



Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

<p style="text-align: center;">Clean Slate</p> <p>Now is the time to start a new. To wipe it clean, brand new. No need to look back. Go forward & stay on your track. Be in the moment and you'll know it, your slate is clean.</p> <p style="text-align: center;">~ Chelle Fox ~</p>	<p style="text-align: right;">1</p> <p>10:00 Chair Exercise *AR 10:30 Catholic Service *BCC 11:00 Arts & Crafts *AR 2:00 Bean Bag Toss *FPR 3:30 BINGO *AR 6:30 Game Night *AR</p> <p style="text-align: center;"><small>New Year's Day</small></p>	<p style="text-align: right;">2</p> <p>10:00 Chair Yoga/Carol *AR 11:00 "Stay Active" Meeting with Chelle Fox *AR 2:00 & 2:30 Shopping at Rite Aid & Grocery Outlet 3:00 Poetry Reading *FPR 6:30 CANADA *MT</p>	<p style="text-align: right;">3</p> <p>10:00 Chair Exercise *AR 11:00 New Resident Welcome (all are welcome) *AR 1:30 Afternoon Movie *MT Planes, Trains & Automobiles 3:00 Happy Hour Featuring: Hunter Nakazono *FPR 6:30 Casino Bingo *AR</p>	<p style="text-align: right;">4</p> <p>10:00 Chair Exercise *AR 10:45 Coffee & News *AR 11:15 BINGO *AR 11:30 Take a Stroll 2:00 Trivia Time *FPR 4:00 Balloon Badminton *AR 6:30 Evening Movie *MT Paint Your Wagon</p>	<p style="text-align: right;">5</p> <p>10:00 Chair Exercise *AR 11:00 "We Can Fix It" Meeting w/Darren Miller *AR 3:00 Happy Hour Featuring: Tim Pacheco *FPR 6:30 Evening Movie *MT Planes, Trains & Automobiles</p>	<p style="text-align: right;">6</p> <p>10:00 Chair Exercise *AR 10:45 BINGO *AR 11:30 Take a Stroll 1:30 Afternoon Movie *MT Paint Your Wagon 2:00 Manicures *AR 4:00 Catholic Communion *AR 6:30 Game Night *AR</p>
<p style="text-align: right;">7</p> <p>10:00 Chair Exercise *AR 10:45 Coffee & News *AR 11:30 Take a Stroll 2:30 Church Service *AR 4:00 Balloon Badminton *AR 6:30 Evening Movie *MT The Shack</p>	<p style="text-align: right;">8</p> <p>10:00 Chair Exercise *AR 10:30 Catholic Service *BCC 10:45 Arts & Crafts *AR 11:30 Reading w/Joni *FPR 2:00 Bible Study *AR 3:30 BINGO *AR 6:30 Game Night *AR</p>	<p style="text-align: right;">9</p> <p>10:00 Chair Exercise *AR 11:00 Caring Canines *LIB 2:00 Scenic Drive: Pismo 3:00 Poetry Reading *FPR 6:30 CANADA *MT</p>	<p style="text-align: right;">10</p> <p>10:00 Chair Exercise *AR 11:00 Cayucos Potluck 11:30 Reading w/Joni *FPR 1:30 Afternoon Movie *MT Instant Family 3:00 Happy Hour Featuring: Eliza Sings *FPR 6:30 Casino Bingo *AR</p>	<p style="text-align: right;">11</p> <p>10:00 Chair Exercise *AR 10:45 Coffee & News *AR 11:15 BINGO *AR 11:30 Take a Stroll 2:00 Charades *FPR 4:00 Balloon Badminton *AR 6:30 Evening Movie *MT "Bedtime Story"</p>	<p style="text-align: right;">12</p> <p>10:00 Chair Exercise *AR 10:45 Coffee & News *AR 11:00 Cell Phone Class *FPR 3:00 Happy Hour Featuring: Estero Bay Songbirds *FPR (new performers) 6:30 Evening Movie *MT Instant Family</p>	<p style="text-align: right;">13</p> <p>10:00 Chair Exercise *AR 10:45 BINGO *AR 11:30 Take a Stroll 1:30 Afternoon Movie *MT "Bedtime Story" 2:00 Manicures *AR 4:00 Catholic Communion *AR 6:30 Game Night *AR</p>
<p style="text-align: right;">14</p> <p>10:00 Chair Exercise *AR 10:45 Coffee & News *AR 11:30 Take a Stroll 2:30 Church Service *AR 4:00 Balloon Badminton *AR 6:30 Evening Movie *MT Eight Below</p>	<p style="text-align: right;">15</p> <p>10:00 Chair Exercise *AR 10:30 Catholic Service *BCC 10:45 Arts & Crafts *AR 11:00 "Keep it Clean" Meeting with Luchi *AR 2:00 Bible Study *AR 3:30 BINGO *AR 6:30 Game Night *AR</p> <p style="text-align: center;"><small>Martin Luther King Jr. Day</small></p>	<p style="text-align: right;">16</p> <p>10:00 Chair Yoga/Carol *AR 11:00 Encouraging Words w/Jonathan Roberts *AR 2:00 Outing: Target in SLO 3:00 Poetry Reading *FPR 6:30 CANADA *MT</p>	<p style="text-align: right;">17</p> <p>10:00 Chair Exercise *AR 11:00 Resident Council Meeting (all are welcome) *AR 1:30 Afternoon Movie *MT The Frisco Kid 3:00 Happy Hour Featuring: Rick Jarrett *FPR 6:30 Casino Bingo *AR</p>	<p style="text-align: right;">18</p> <p>10:00 Chair Exercise *AR 10:45 Coffee & News *AR 11:15 BINGO *AR 11:30 Take a Stroll 2:00 Trivia Time *FPR 4:00 Balloon Badminton *AR 6:30 Evening Movie *MT Has Anybody Seen My Gal?</p>	<p style="text-align: right;">19</p> <p>10:00 Chair Exercise *AR 11:00 The Uke-Ladies *FPR 3:00 Happy Hour Featuring: Roy Griffith *FPR 6:30 Evening Movie *MT The Frisco Kid</p>	<p style="text-align: right;">20</p> <p>10:00 Chair Exercise *AR 10:45 BINGO *AR 11:30 Take a Stroll 1:30 Afternoon Movie *MT Has Anybody Seen My Gal? 2:00 Manicures *AR 4:00 Catholic Communion *AR 6:30 Game Night *AR</p>
<p style="text-align: right;">21</p> <p>10:00 Chair Exercise *AR 10:45 Coffee & News *AR 11:30 Take a Stroll 2:30 Church Service *AR 4:00 Balloon Badminton *AR 6:30 Evening Movie *MT The Earthling</p> <p style="text-align: center;"><small>Activity Professionals Week</small></p>	<p style="text-align: right;">22</p> <p>10:00 Chair Exercise *AR 10:30 Catholic Service *BCC 10:45 Arts & Crafts *AR 11:30 Reading w/Joni *FPR 2:00 Bible Study *AR 3:30 BINGO *AR 6:30 Game Night *AR</p>	<p style="text-align: right;">23</p> <p>10:00 Chair Exercise *AR 11:00 "Clinical Care" Meeting with Charlotte Doria *AR 2:00 Outing: Kohl's in SLO 3:00 Poetry Reading *FPR 6:30 CANADA *MT</p>	<p style="text-align: right;">24</p> <p>10:00 Chair Exercise *AR 11:00 "Food for Thought" Meeting w/Caitlin Ott *AR 1:30 Afternoon Movie: *MT Strange Bedfellows 3:00 Happy Hour Featuring: Tony Street *FPR (new performer) 6:30 Casino Bingo *AR</p> <p style="text-align: center;"><small>Tu B'Shevat Begins</small></p>	<p style="text-align: right;">25</p> <p>10:00 Chair Exercise *AR 10:45 Coffee & News *AR 11:00 "From the Top" Meeting with Jonathan *AR 2:00 Charades *FPR 4:00 Balloon Badminton *AR 6:30 Evening Movie *MT Blindfold</p>	<p style="text-align: right;">26</p> <p>10:00 Chair Exercise *AR 10:45 Coffee & News *AR 11:00 Cell Phone Class *FPR 3:00 Happy Hour Featuring: Rick Tennock *FPR 6:30 Evening Movie *MT Strange Bedfellows</p> <p style="text-align: center;"><small>Australia Day (Observed)</small></p>	<p style="text-align: right;">27</p> <p>10:00 Chair Exercise *AR 10:45 BINGO *AR 11:30 Take a Stroll 1:30 Afternoon Movie *MT Blindfold 2:00 Manicures *AR 4:00 Catholic Communion *AR 6:30 Game Night *AR</p>
<p style="text-align: right;">28</p> <p>10:00 Chair Exercise *AR 10:45 Coffee & News *AR 11:30 Take a Stroll 2:30 Church Service *AR 4:00 Balloon Badminton *AR 6:30 Evening Movie *MT The King's Speech</p>	<p style="text-align: right;">29</p> <p>10:00 Chair Exercise *AR 10:30 Catholic Service *BCC 10:45 Arts & Crafts *AR 11:30 Reading w/Joni *FPR 2:00 Bible Study *AR 3:30 BINGO *AR 6:30 Game Night *AR</p>	<p style="text-align: right;">30</p> <p>10:00 Chair Exercise *AR 11:30 Lunch at Duckies & then to the Elephant Seals 2:00 Trivia Time *FPR 3:00 Poetry Reading *FPR 6:30 CANADA *MT</p>	<p style="text-align: right;">31</p> <p>10:00 Chair Exercise *AR 10:45 Coffee & News *AR 11:30 Reading w/Joni *FPR 1:30 Afternoon Movie: *MT A Very Special Favor 3:00 Happy Hour Featuring: Justin Ezzi *FPR (new performer) 6:30 Casino Bingo *AR</p>	<h1 style="font-size: 4em; margin: 0;">January 2024</h1> <h2 style="font-size: 2em; margin: 0;">Casa de Flores Assisted Living Community</h2>		

Calendar may be subject to change. Location Key: *AR=activity room *FPR=fireplace room *MT=movie theater *LIB=library *BCC=bayside care center *FF=frannie's fountain

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Clean Slate</p> <p>Now is the time to start a new. To wipe it clean, brand new. No need to look back. Go forward & stay on your track. Be in the moment and you'll know it, your slate is clean.</p> <p>~ Chelle Fox ~</p>	<p>10:00 Chair Exercise *AR</p> <p>10:30 Catholic Service *BCC</p> <p>11:00 Arts & Crafts *AR</p> <p>2:00 Bean Bag Toss *FPR</p> <p>3:30 BINGO *AR</p> <p>6:30 Game Night *AR</p> <p><small>New Year's Day</small></p>	<p>10:00 Chair Yoga/Carol *AR</p> <p>11:00 "Stay Active" Meeting with Chelle Fox *AR</p> <p>2:00 & 2:30 Shopping at Rite Aid & Grocery Outlet</p> <p>3:00 Poetry Reading *FPR</p> <p>6:30 CANADA *MT</p>	<p>10:00 Chair Exercise *AR</p> <p>11:00 New Resident Welcome (all are welcome) *AR</p> <p>1:30 Afternoon Movie *MT Planes, Trains & Automobiles</p> <p>3:00 Happy Hour Featuring: Hunter Nakazono *FPR</p> <p>6:30 Casino Bingo *AR</p>	<p>10:00 Chair Exercise *AR</p> <p>10:45 Coffee & News *AR</p> <p>11:15 BINGO *AR</p> <p>11:30 Take a Stroll</p> <p>2:00 Trivia Time *FPR</p> <p>4:00 Balloon Badminton *AR</p> <p>6:30 Evening Movie *MT Paint Your Wagon</p>	<p>10:00 Chair Exercise *AR</p> <p>11:00 "We Can Fix It" Meeting w/Darren Miller *AR</p> <p>3:00 Happy Hour Featuring: Tim Pacheco *FPR</p> <p>6:30 Evening Movie *MT Planes, Trains & Automobiles</p>	<p>10:00 Chair Exercise *AR</p> <p>10:45 BINGO *AR</p> <p>11:30 Take a Stroll</p> <p>1:30 Afternoon Movie *MT Paint Your Wagon</p> <p>2:00 Manicures *AR</p> <p>4:00 Catholic Communion *AR</p> <p>6:30 Game Night *AR</p>
<p>7</p> <p>10:00 Chair Exercise *AR</p> <p>10:45 Coffee & News *AR</p> <p>11:30 Take a Stroll</p> <p>2:30 Church Service *AR</p> <p>4:00 Balloon Badminton *AR</p> <p>6:30 Evening Movie *MT The Shack</p>	<p>8</p> <p>10:00 Chair Exercise *AR</p> <p>10:30 Catholic Service *BCC</p> <p>10:45 Arts & Crafts *AR</p> <p>11:30 Reading w/Joni *FPR</p> <p>2:00 Bible Study *AR</p> <p>3:30 BINGO *AR</p> <p>6:30 Game Night *AR</p>	<p>9</p> <p>10:00 Chair Exercise *AR</p> <p>11:00 Caring Canines *LIB</p> <p>2:00 Scenic Drive: Pismo</p> <p>3:00 Poetry Reading *FPR</p> <p>6:30 CANADA *MT</p>	<p>10</p> <p>10:00 Chair Exercise *AR</p> <p>11:00 Cayucos Potluck</p> <p>11:30 Reading w/Joni *FPR</p> <p>1:30 Afternoon Movie *MT Instant Family</p> <p>3:00 Happy Hour Featuring: Eliza Sings *FPR</p> <p>6:30 Casino Bingo *AR</p>	<p>11</p> <p>10:00 Chair Exercise *AR</p> <p>10:45 Coffee & News *AR</p> <p>11:15 BINGO *AR</p> <p>11:30 Take a Stroll</p> <p>2:00 Charades *FPR</p> <p>4:00 Balloon Badminton *AR</p> <p>6:30 Evening Movie *MT "Bedtime Story"</p>	<p>12</p> <p>10:00 Chair Exercise *AR</p> <p>10:45 Coffee & News *AR</p> <p>11:00 Cell Phone Class *FPR</p> <p>3:00 Happy Hour Featuring: Estero Bay Songbirds *FPR (new performers)</p> <p>6:30 Evening Movie *MT Instant Family</p>	<p>13</p> <p>10:00 Chair Exercise *AR</p> <p>10:45 BINGO *AR</p> <p>11:30 Take a Stroll</p> <p>1:30 Afternoon Movie *MT "Bedtime Story"</p> <p>2:00 Manicures *AR</p> <p>4:00 Catholic Communion *AR</p> <p>6:30 Game Night *AR</p>
<p>14</p> <p>10:00 Chair Exercise *AR</p> <p>10:45 Coffee & News *AR</p> <p>11:30 Take a Stroll</p> <p>2:30 Church Service *AR</p> <p>4:00 Balloon Badminton *AR</p> <p>6:30 Evening Movie *MT Eight Below</p>	<p>15</p> <p>10:00 Chair Exercise *AR</p> <p>10:30 Catholic Service *BCC</p> <p>10:45 Arts & Crafts *AR</p> <p>11:00 "Keep it Clean" Meeting with Luchi *AR</p> <p>2:00 Bible Study *AR</p> <p>3:30 BINGO *AR</p> <p>6:30 Game Night *AR</p> <p><small>Martin Luther King Jr. Day</small></p>	<p>16</p> <p>10:00 Chair Yoga/Carol *AR</p> <p>11:00 Encouraging Words w/Jonathan Roberts *AR</p> <p>2:00 Outing: Target in SLO</p> <p>3:00 Poetry Reading *FPR</p> <p>6:30 CANADA *MT</p>	<p>17</p> <p>10:00 Chair Exercise *AR</p> <p>11:00 Resident Council Meeting (all are welcome) *AR</p> <p>1:30 Afternoon Movie *MT The Frisco Kid</p> <p>3:00 Happy Hour Featuring: Rick Jarrett *FPR</p> <p>6:30 Casino Bingo *AR</p>	<p>18</p> <p>10:00 Chair Exercise *AR</p> <p>10:45 Coffee & News *AR</p> <p>11:15 BINGO *AR</p> <p>11:30 Take a Stroll</p> <p>2:00 Trivia Time *FPR</p> <p>4:00 Balloon Badminton *AR</p> <p>6:30 Evening Movie *MT Has Anybody Seen My Gal?</p>	<p>19</p> <p>10:00 Chair Exercise *AR</p> <p>11:00 The Uke-Ladies *FPR</p> <p>3:00 Happy Hour Featuring: Roy Griffith *FPR</p> <p>6:30 Evening Movie *MT The Frisco Kid</p>	<p>20</p> <p>10:00 Chair Exercise *AR</p> <p>10:45 BINGO *AR</p> <p>11:30 Take a Stroll</p> <p>1:30 Afternoon Movie *MT Has Anybody Seen My Gal?</p> <p>2:00 Manicures *AR</p> <p>4:00 Catholic Communion *AR</p> <p>6:30 Game Night *AR</p>
<p>21</p> <p>10:00 Chair Exercise *AR</p> <p>10:45 Coffee & News *AR</p> <p>11:30 Take a Stroll</p> <p>2:30 Church Service *AR</p> <p>4:00 Balloon Badminton *AR</p> <p>6:30 Evening Movie *MT The Earthling</p> <p><small>Activity Professionals Week</small></p>	<p>22</p> <p>10:00 Chair Exercise *AR</p> <p>10:30 Catholic Service *BCC</p> <p>10:45 Arts & Crafts *AR</p> <p>11:30 Reading w/Joni *FPR</p> <p>2:00 Bible Study *AR</p> <p>3:30 BINGO *AR</p> <p>6:30 Game Night *AR</p>	<p>23</p> <p>10:00 Chair Exercise *AR</p> <p>11:00 "Clinical Care" Meeting with Charlotte Doria *AR</p> <p>2:00 Outing: Kohl's in SLO</p> <p>3:00 Poetry Reading *FPR</p> <p>6:30 CANADA *MT</p>	<p>24</p> <p>10:00 Chair Exercise *AR</p> <p>11:00 "Food for Thought" Meeting w/Caitlin Ott *AR</p> <p>1:30 Afternoon Movie: *MT Strange Bedfellows</p> <p>3:00 Happy Hour Featuring: Tony Street *FPR (new performer)</p> <p>6:30 Casino Bingo *AR</p> <p><small>Tu B'Shevat Begins</small></p>	<p>25</p> <p>10:00 Chair Exercise *AR</p> <p>10:45 Coffee & News *AR</p> <p>11:00 "From the Top" Meeting with Jonathan *AR</p> <p>2:00 Charades *FPR</p> <p>4:00 Balloon Badminton *AR</p> <p>6:30 Evening Movie *MT Blindfold</p>	<p>26</p> <p>10:00 Chair Exercise *AR</p> <p>10:45 Coffee & News *AR</p> <p>11:00 Cell Phone Class *FPR</p> <p>3:00 Happy Hour Featuring: Rick Tennock *FPR</p> <p>6:30 Evening Movie *MT Strange Bedfellows</p> <p><small>Australia Day (Observed)</small></p>	<p>27</p> <p>10:00 Chair Exercise *AR</p> <p>10:45 BINGO *AR</p> <p>11:30 Take a Stroll</p> <p>1:30 Afternoon Movie *MT Blindfold</p> <p>2:00 Manicures *AR</p> <p>4:00 Catholic Communion *AR</p> <p>6:30 Game Night *AR</p>
<p>28</p> <p>10:00 Chair Exercise *AR</p> <p>10:45 Coffee & News *AR</p> <p>11:30 Take a Stroll</p> <p>2:30 Church Service *AR</p> <p>4:00 Balloon Badminton *AR</p> <p>6:30 Evening Movie *MT The King's Speech</p>	<p>29</p> <p>10:00 Chair Exercise *AR</p> <p>10:30 Catholic Service *BCC</p> <p>10:45 Arts & Crafts *AR</p> <p>11:30 Reading w/Joni *FPR</p> <p>2:00 Bible Study *AR</p> <p>3:30 BINGO *AR</p> <p>6:30 Game Night *AR</p>	<p>30</p> <p>10:00 Chair Exercise *AR</p> <p>11:30 Lunch at Duckies & then to the Elephant Seals</p> <p>2:00 Trivia Time *FPR</p> <p>3:00 Poetry Reading *FPR</p> <p>6:30 CANADA *MT</p>	<p>31</p> <p>10:00 Chair Exercise *AR</p> <p>10:45 Coffee & News *AR</p> <p>11:30 Reading w/Joni *FPR</p> <p>1:30 Afternoon Movie: *MT A Very Special Favor</p> <p>3:00 Happy Hour Featuring: Justin Ezzi *FPR (new performer)</p> <p>6:30 Casino Bingo *AR</p>	<h1>January 2024</h1> <h2>Casa de Flores Assisted Living Community</h2>		
<p>Calendar may be subject to change. Location Key: *AR=activity room *FPR=fireplace room *MT=movie theater *LIB=library *BCC=bayside care center *FF=frannie's fountain</p>						