

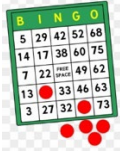









# JANUARY 2023 ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2.</p>  	<p>3.</p> <p><b>Morning</b> Devotion/Fitness Current Events Health Talk 50/50 Raffle Word for the Year! New Year Bingo</p> <p><b>Afternoon</b> Move and Groove Soul Train Line Brenda's Center Games</p>  <p><b>Outing:</b> Walgreens <b>Attire:</b> Clover Shirt</p>	<p>4.</p> <p><b>Morning</b> Devotion/Fitness Hot Topic Second Line Crew Brainstorming Brass Band Bingo</p> <p><b>Afternoon</b> Move and Groove Dance Off Balloon Volleyball Music Therapy</p>  <p><b>Outing:</b> Dollar Tree</p>	<p>5.</p> <p><b>Morning</b> Devotion/Fitness Hot Topic Bible Study Word in a Word Second Line Bingo</p> <p><b>Afternoon</b> Move and Groove True of False Word Search Center Games</p>  <p><b>Outing:</b> Walmart <b>Attire:</b> Hat Day</p>	<p>6.</p> <p><b>Morning</b> Devotion/ Fitness Hot Topic TGIF Raffle Manicures Saints Bingo</p> <p><b>Afternoon</b> Move and Groove Table Toppers (Art) Rootbeer Floats Movie Time</p>  <p><b>Outing:</b> Bunny Bread <b>Attire:</b> Rep Your Club</p>
<p>9.</p> <p><b>Morning</b> Devotion / Fitness Current Events 50/50 Nurse Talk Court Nominations LBJ Bingo</p> <p><b>Afternoon</b> Move and Groove Line Dancing Class Card Games</p> <p><b>Outing:</b> Red, White &amp; Blue <b>Attire:</b> Saints</p>	<p>10</p> <p><b>Morning</b> Devotion / Fitness Current Events Clover Court Garden Walk MBJ Bingo</p> <p><b>Afternoon</b> Move and Groove True or False Jewelry Class</p>  <p><b>Outing:</b> Hobby Lobby</p>	<p>11.</p> <p><b>Morning</b> Devotion / Fitness Hot Topics Fitness With Fredrick Pet Therapy Let's Make a Deal Bingo</p> <p><b>Afternoon</b> Move and Groove Word Search Movies and Popcorn</p>  <p><b>Outing:</b> Walmart <b>Attire :</b> Alumni Day</p>	<p>12.</p> <p><b>Morning</b> Devotion/Fitness Hot Topics <b>Price is Right</b></p> <p><b>Afternoon</b> Move and Groove Peppermint Wreath Black Out Bingo</p>  <p><b>Outing:</b> St. Charles Ride</p>	<p>13.</p> <p><b>Morning</b> Devotion/ Fitness TGIF Raffle Jeopardy MLK Remembrance Secondline Bingo</p> <p><b>Afternoon</b> Move and Groove Spades Tournament Dance Off</p>  <p><b>Outing:</b> Parkway's Poboy <b>Attire:</b> Rep Your Club</p>
<p>16.</p>  	<p>17.</p> <p><b>Morning</b> Devotion/ Fitness Current Events Meet the Nominees Pigeon Steppers Bingo</p> <p><b>Afternoon</b> Move and Groove Art and Jazz</p>  <p><b>Outing:</b> DD'S Discount</p> <p><b>FREE HAIR CUTS/SPA DAY!</b></p>	<p>18.</p> <p><b>Morning</b> Devotion/Fitness Hot Topics Fitness with Frederick Word in a Word Hot 8 Bingo</p> <p><b>Afternoon</b> Move and Groove Scavenger Hunt</p> <p><b>Outing:</b> Piccadilly's</p>	<p>19.</p> <p><b>Morning</b> Devotion/Fitness Hot Topics Aux Cord Games Family Feud</p> <p><b>Afternoon</b> Move and Groove Brain Games Movie and Popcorn</p>  <p><b>Outing:</b> New Orleans Museum of Art</p>	<p>20.</p> <p><b>Morning</b> Devotion/Fitness Hot Topics Finish the Lyric? Umbrellas for Clubs TGIF Raffle</p> <p><b>Afternoon</b> Move and Groove Table Games Total Request Radio</p>  <p><b>Outing:</b> Canal Street Ride <b>Attire:</b> Rep Your Club</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>23. <b>Morning</b> Devotion/Fitness Current Events Nurse Health Talk 50/50 Pastor Barrow CTC Steppers Bingo</p> <p><b>Afternoon</b> Move and Groove Table Tournament Club Arts &amp; Crafts</p> <p><b>Outing:</b> Rouses</p> 	<p>24. <b>Morning</b> Devotion/Fitness Current Events Voting for Court What Comes Next? Dumaine Gang Bingo</p> <p><b>Afternoon</b> Move and Groove Word Search Music &amp; Happy Hour</p> <p><b>Outing</b> Golden Carrol</p> 	<p>25. <b>Morning</b> Devotion /Fitness Current Events Voting for Court Cupcake Walk Big 7 Bingo</p> <p><b>Afternoon</b> Move and Groove Table Trivia Karaoke Party</p>  <p><b>Outing:</b> City Park Ride <b>Attire:</b> Clover Day</p>	<p>26. <b>Morning</b> Devotion /Fitness Current Events Voting for Court Name that Tune MBJ Bingo</p> <p><b>Afternoon</b> Move and Groove Club Arts &amp; Crafts Bible Triva</p> <p><b>Attire:</b> Best of New Orleans <b>Outing:</b> Jazz Museum \$6</p> 	<p>27. <b>Morning:</b> Devotion/Fitness Mardi Gras Court Announcement <b>Second line Battle of the Clubs</b></p> <p><b>Afternoon</b> Move and Groove Pitty Pat Tournament Movie and Popcorn</p>  <p><b>Attire:</b> Rep Your Club</p>
<p>30. <b>Morning</b> Devotion/Fitness Current Events Nurse Health Talk Pastor Barrow Clover Bingo</p> <p><b>Afternoon</b> Move and Groove Soul Train Line Tie-Dye T-shirts</p> <p><b>Outing:</b> DDs Fashion <b>Clothing:</b> Alumni Day</p> 	<p>31. <b>Morning</b> Devotion /Fitness Current Events What's in the Bag? February Bingo</p> <p><b>Afternoon</b> Move and Groove <b>January Birthdays!</b> Jazz and Paint Class Finish The Lyrics</p> <p><b>Outing:</b> Walgreens</p>	<p><b>January Birthdays</b> Malcolm Williams Geraldine Miles Joann Sparks Jarvis Carto</p> 	<p><b>Important:</b> Please return all updated documents such as Statement of Medical Status and income verifications. (Letters have gone home to participants in need of updated information.)</p>	

(CALENDER SUBJECT TO CHANGE DAILY)

**CENTER NEWS:**

- All families are invited to The Battle of The Crews 1/27/2023
- All families are invited to the Birthday Celebration 1/31/2023
- \$20 late fee per 30 minutes will be assessed for any participant remaining in the center after 4:30 pm

**Health Corner:**

- Free Counseling Service
- 1. Free Your Mind NOLA (504) 345-8428

Safe Helpline (877)995-5247

**Move More & Sit Less**

Physical activity can help prevent many of the health problems that come with age. It can also help you continue doing your day-to-day activities without becoming dependent on others. [The CDC recommends](#) 150 minutes of moderate-intensity aerobic activity weekly and twice-weekly muscle-strengthening activities. Find ways to incorporate more movement into your daily life. Try chair exercises, yoga, or find a walking buddy. It is OK to start small – but start!

