

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1:00 Steelers vs Ravens</b> <b>1</b>  New Year's Day	<b>9:30 Resistance Training – 957</b> <b>2</b> <b>10:00 Morning Reflection – 957</b> 11:00 Move & Groove – 957 1:00 Exercise Video – 957 1:30 Uno – 3	<b>9:30 Better Balance – 957</b> <b>3</b> <b>10:00 Bible Study – C/957</b> 11:00 Muscles in Motion – 957 1:00 Exercise Video – 957 2:00 Manicures – 957 <b>3:00 Best Loved Hymns – 957</b> 6:00 Left Center Right – 2	<b>9:30 Resistance Training – 957</b> <b>4</b> 11:00 Move & Groove – 957 11:00 Chaplain's Corner – 2 1:00 Exercise Video – 957 2:00 Keno – 3	<b>9:30 Better Balance – 957</b> <b>5</b> <b>10:00 Morning Reflection – 957</b> 10:30 Library Cart – 2 11:00 Muscles in Motion – 957 1:00 Exercise Video – 957 2:00 Craft Corner – 3 (Pine Cone Bird Feeder)	<b>9:30 Resistance Training – 957</b> <b>6</b> 11:00 Move & Groove – 957 1:00 Exercise Video – 957 2:00 Bingo – 3	<b>1:00 Movie Matinee – 957</b> <b>7</b> <i>Elephant Whispers</i> PG – 41m
<b>Time TBA Browns vs Steelers</b> <b>8</b> <b>2:30 Interfaith Church Service – C/957</b>	<b>9:30 Better Balance – 957</b> <b>9</b> <b>10:00 Morning Reflection – 957</b> 11:00 Muscles in Motion – 957 1:00 Exercise Video – 957 <b>3:00 Music by Lauren Condon – C/957</b>	<b>9:30 Resistance Training – 957</b> <b>10</b> <b>10:00 Bible Study – C/957</b> 11:00 Move & Groove – 957 1:00 Exercise Video – 957 2:00 Manicures – 3 <b>3:00 Best Loved Hymns – 957</b> 6:00 Shut the Box – 2	<b>9:30 Better Balance – 957</b> <b>11</b> 11:00 Muscles in Motion – 957 11:00 Chaplain's Corner – 2 1:00 Exercise Video – 957 2:00 Keno – 3	<b>9:30 Resistance Training – 957</b> <b>12</b> <b>10:00 Morning Reflection – 957</b> 10:30 Library Cart – 2 11:00 Move & Groove – 957 1:00 Exercise Video – 957 2:00 Craft Corner – 3 (Waterless Snow Globe)	<b>9:30 Better Balance – 957</b> <b>13</b> 11:00 Muscles in Motion – 957 1:00 Exercise Video – 957 2:00 Bingo – 3	<b>10:30 Let's Cook</b> <b>14</b> (Spinach Artichoke Dip) <b>1:00 Movie Matinee – 957</b> <i>Kangaroo Valley</i> PG – 1h 16m <b>1:30 Hall Cart</b> (Spinach Artichoke Dip)
<b>2:30 Interfaith Church Service C/957</b> <b>15</b>	<b>9:30 Resistance Training – 957</b> <b>16</b> <b>10:00 Morning Reflection – 957</b> <b>10:30 Mini Waffle Day!</b> 11:00 Move & Groove – 957 1:00 Exercise Video – 957 <b>3:00 Music by The Procida Twins C/957</b> Martin Luther King Jr. Day	<b>9:30 Better Balance – 957</b> <b>17</b> <b>10:00 Bible Study – C/957</b> 11:00 Muscles in Motion – 957 1:00 Exercise Video – 957 <b>1:45 Rosary Prayers – 957</b> 2:00 Manicures – 3 <b>2:15 Catholic Communion Service C/957</b> <b>3:00 Best Loved Hymns – 957</b> 6:00 Left Center Right – 2	<b>9:30 Resistance Training – 957</b> <b>18</b> 11:00 Move & Groove – 957 11:00 Chaplain's Corner – 2 1:00 Exercise Video – 957 1:30 Resident Council – 3 2:00 Culinary Circle – 3 3:00 Keno – 3:00	<b>9:30 Better Balance – 957</b> <b>19</b> <b>10:00 Morning Reflection – 957</b> 11:00 Muscles in Motion – 957 1:00 Exercise Video – 957 <b>2:00 National Popcorn Day!</b> (Caramel Corn Hall Cart) 	<b>9:30 Resistance Training – 957</b> <b>20</b> 11:00 Move & Groove – 957 1:00 Exercise Video – 957 2:00 Happy Hour Bingo – 3	<b>1:00 Movie Matinee – 957</b> <b>21</b> <i>Pinocchio</i> PG – 1h 56m
<b>2:30 Interfaith Church Service C/957</b> <b>22</b> Chinese New Year (Year of the Rabbit)	<b>9:30 Better Balance – 957</b> <b>23</b> <b>10:00 Morning Reflection – 957</b> 11:00 Muscles in Motion – 957 1:00 Exercise Video – 957 <b>3:00 Music by Gary Stewart – C/957</b> Activity Professionals Week	<b>9:30 Resistance Training – 957</b> <b>24</b> <b>10:00 Bible Study – C/957</b> 11:00 Move & Groove – 957 1:00 Exercise Video – 957 2:00 Manicures – 3 <b>3:00 Best Loved Hymns – 957</b> 6:00 Shut the Box – 2	<b>9:30 Better Balance – 957</b> <b>25</b> 11:00 Muscles in Motion – 957 11:00 Chaplain's Corner – 2 1:00 Exercise Video – 957 2:00 Keno – 3	<b>9:30 Resistance Training – 957</b> <b>26</b> <b>10:00 Morning Reflection – 957</b> 10:30 Library Cart – 2 11:00 Move & Groove – 957 1:00 Exercise Video – 957 1:30 Craft Corner – 3 (Gingerbread Body Lotion) Australia Day (observed)	<b>9:30 Better Balance – 957</b> <b>27</b> 11:00 Muscles in Motion – 957 1:00 Exercise Video – 957 <b>1:00 You Buy, We Fly</b> (Crumb Cookies) 2:00 Bingo – 3	<b>1:00 Movie Matinee – 957</b> <b>28</b> <i>The Pink Panther</i> PG – 1h 32m <b>1:30 Hall Cart</b> (Pretzel Bites)
<b>2:30 Interfaith Church Service C/957</b> <b>29</b>	<b>9:30 Resistance Training – 957</b> <b>30</b> <b>10:00 Morning Reflection – 957</b> 11:00 Move & Groove – 957 1:00 Exercise Video – 957 <b>3:00 Westmoreland Performing Arts – Vibrations – C/957</b>	<b>9:30 Better Balance – 957</b> <b>31</b> <b>10:00 Bible Study – C/957</b> 11:00 Muscles in Motion – 957 1:00 Exercise Video – 957 2:00 Manicures <b>3:00 Best Loved Hymns – 957</b> <b>6:00 Birthday Party! – 3</b> (January Birthdays)	 <h1>January 2023</h1> <p>Redstone Highlands – Greensburg</p>			

**TUNE-IN TO CHANNEL 957** Activities in **PURPLE** can be watched on Channel 957 – Activities are subject to change

## Chinese New Year!



Sunday,  
January 22nd  
Year of the  
Rabbit

## Craft Corner

**Pine Cone Bird Feeders**  
Thursday, January 5th  
2:00



## National Popcorn Day!

Thursday, January 19th  
Enjoy a Caramel Corn Hall Cart!



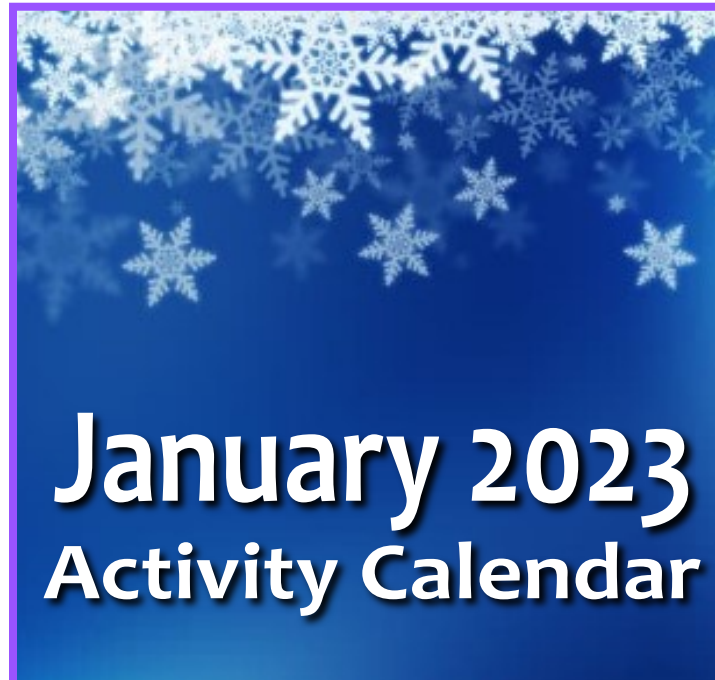
## Spiritual Programs

Tune in to Channel 957  
or come to the chapel to enjoy  
the  
following spiritual programs:

- Morning Reflection w/  
Chaplain Drew  
- Mondays & Thursdays  
@ 10:00am
- Rosary Prayers - 957 only  
- Tuesday, January 17th  
@ 1:45pm
- Catholic Anointing Mass  
- Tuesday, January 17th  
@ 2:15pm
- Interfaith Church Service  
- Sundays @ 2:30pm  
- Chapel & Channel 957
- Worship Service  
- Sundays @ 2:30pm



Chaplain's Corner  
Wednesdays  
@ 11:00am  
2nd Floor Lounge



**Courtyard (CY)**  
Redstone Highlands  
Greensburg Campus

## Happy Birthday!

Lucille M. - 1/02  
Kathy A. - 1/09  
Teresa B. - 1/14  
Louisa T. - 1/27  
Sara T. - 1/31



## Bingo

Friday, January 20th  
2:00pm



## Let's Cook

**Spinach Artichoke Dip!**  
Saturday, January 14th @ 10:30  
Country Kitchen



## Birthday Party!

Tuesday,  
January 31st

All Residents with  
January Birthdays  
are invited to attend  
a Birthday Party!



## You Buy, We Fly

### Crumb Cookies!

Residents pay for their own  
cookies, we pick them up and  
deliver to you!

