

January 2025

Assisted Living



JOSHUA SPRINGS
SENIOR LIVING
A WATERMARK RETIREMENT COMMUNITYSM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			New Year's Day 1 st 9am Silver Sneakers (T) 10am Crafts- Frames (AR) 1:30pm Bingo w/ Beacon (B) 5pm Cinema Club! (T)	2 nd 9am Challenge Chasers (T) 11am Taste of the Town- Bonanza Café 1pm Nerf Gun Fun w/ AZ Life (BP) 3pm Thirsty Thursday (B)	3 rd 9am Drumming (ER) 10am Creative Hands- flower pens (AR) 1:30pm Bingo (B) 3pm "Welcome 2025" Social (B)	4 th 9am Game shows- TV (T) 10am Breath & Meditate(T) 2pm Happy Hour Social (B) 3pm Watermark University- Culinary Club (B)
5 th 9am Catholic Church TV(T) 10am Balance Exercises 1pm Chicken Foot (GR) 3pm Bible Study (T)	6 th 9am Current Events (T) 10am Chair Yoga (T) 1pm Alzheimer's Support Group (PDR) 3pm Cinema Trivia (T)	7 th 9am I Love Lucy TV (T) 10am Joint Mobility (T) 1pm Chicken Foot (GR) 3pm Community Church (T)	8 th 10am Town Hall (T) 10am Fire Works Art (AR) 1:30pm Bingo w/ Beacon (B) 3pm Community Store (AR) 5pm Cinema Club! (T)	9 th 9am Challenge Chasers Exercise (T) 11pm Taste of the Town- Chili's 1pm Games- Rumycube (GR) 3pm Thirsty Thursday (B)	10 th 9am Current Events (T) 10am Drumming (T) 1:30pm Bingo (B) 3pm Exercise: Body Unwind 5pm Fick Picks! (T)	11 th 9am Game Shows- TV (T) 10am Breathing & Meditation (T) 11am Elks Lodge Outing 3pm Happy Hour Social (B)
12 th 9am Catholic Church TV(T) 10am Balance Exercises (T) 1pm Chicken Foot (GR) 3pm Bible Study (T)	13 th 9am Current Events (T) 10am Chair Yoga (T) 1pm Watermark University- Indoor Gardening Club (AR) 2pm Bereavement Supp. Group w/ Canyon Hospice (T)	14 th 9am The Price Is Right TV (T) 10am Core & Stretch (T) 1pm Chicken Foot (GR) 3pm Community Church (T)	15 th 9am VFW Meeting (T) 10am Crafting w/ Family Care- Mason Jar Flowers (AR) 12:30pm Resident Council (T) 1:30pm Bingo (B) 5pm Cinema Club! (T)	16 th 9am Challenge Chasers Exercise (T) 11pm Taste of the Town- El Palacios 1pm Games- Scrabble (GR) 3pm Thirsty Thursday (B)	17 th 9am Current Events (T) 10am Watermark University- Dream Quilts (AR) 1:30pm Bingo (B) 5pm Fick Picks! (T)	18 th 9am Game Shows- TV (T) 10am Breathing & Meditation (T) 2pm Happy Hour Social (B) 3pm Culinary Club! (B)
19 th 9am Catholic Church TV(T) 11am Lunch & Gambling @ Golden Nugget 1pm Chicken Foot (GR) 3pm Bible Study (T)	Martin Luther King Jr. Day 20 th 9am Current Events (T) 10am Chair Yoga (T) 1pm Scattergories Trivia (T) 3pm Game time!- Yahtzee (GR)	21 st 9am The Price Is Right TV (T) 10am Joint Mobility (T) 1pm Chicken Foot (GR) 3pm Community Church (T)	22 nd 9am Silver Sneakers (T) 10am Crafts w/ Family care(AR) 1:30pm Bingo W/ AZ Life (B) 3pm Community Store (AR) 5pm Cinema Club! (T)	23 rd 9am Challenge Chasers Exercise (T) 11pm Taste of the Town- Outback 3pm Thirsty Thursday & Bday Bash w/ AZ Life (B)	24 th 9am Current Events (T) 10am Drumming (T) 1pm Dinning Meeting (DR) 1:30pm Bingo (B) 3pm Afternoon Exercise- Body Unwind (T)	25 th 9am Game Shows- TV (T) 10am Breathing & Meditation (T) 2pm Casino Party! (GR) 5pm Flick Picks (T)
26 th 9am Catholic Church TV(T) 10am Balance Exercises (T) 1pm Chicken Foot (GR) 3pm Bible Study (T)	27 th 9am Current Events (T) 10am Chair Yoga (T) 1:30pm Tim Performing Live Gospel Music! (SR) 3pm Game time!- Scrabble (GR)	28 th 9am The Price Is Right TV (T) 10am Core & Stretch Time (T) 1pm Chicken Foot (GR) 3pm Community Church (T)	29 th 9am Price is Right! TV (T) 10am Silver Sneakers: Body Balance (T) 1:30pm Bingo 5pm Cinema Club! (T)	30 th 9am Current Events (T) 10am Challenge Chasers (T) 11pm Taste of the Town- Black Bear Diner 1pm Game time! Yahtzee (GR) 3pm Thirsty Thursday (B)	31 st 9am Current Events (T) 10am Handmade Valentines Crafting(AR) 1:30pm Bingo (B) 3pm Afternoon Exercise- Body Unwind (T) 5pm Flick Picks (T)	Activity Locator Key: Bistro (B) Game Rm (GR) Theatre (T) Bistro Patio (BP) Activity Rm (AR) Private Dinning Rm (PDR) Dining Rm (DR) Exercise Room (ER) Sitting Rm by Fireplace 1 st Floor (SR)

BIRTHDAYS: Wanda F. January 4th

*Trips to Walmart Friday's at 9am & Crossroads shopping at 12pm. Sign up with our Concierge @ the Front Desk ☺