


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1=1st Floor Entertainment 2=2nd Floor Therapy Gym 3=3rd Floor Activities DR=Dining Room L=Lobby PDR=Private Dining Room G=Gazebo	JANUARY IS NATIONAL HOBBY MONTH What do you like to do? in your spare time?		01 NEW YEAR'S DAY OFFICE CLOSED KITCHEN CLOSED	02 10:00 AM EXERCISE CLASS (3)	03 RESIDENT POTLUCK
04 1:00 PM Worship for Everyone with Holy Communion (DR)	05 10:30 AM Breakfast Bingo (3) <u>10:00 AM KROGER</u> Sign up in lobby 3:00 PM Resident Council Meeting (3)	06 10:00 AM CHAIR YOGA (301) 11:00 AM TRIVIA (DR) 2:00 pm BIBLE STUDY (3) 3:00 PM WII BOWLING 4:30 PM DINNER	07 BEAUTY SHOP DAY 8:30-11:30 AM 60 PLUS PROGRAM (L) 10:00 AM MEIJER Sign up in lobby 2:00 PM ENTERTAINMENT ARNIE LEWIS 50S AND 60S	08 9:30 AM <u>DONUTS & COFFEE</u> (DR) 10:30 AM CHAIR EXERCISES (3) 1:00 PM CARDIO DRUMMING (301) 3:30 PM Happy Hour(L) 4:30 PM DINNER	09 10:00 AM CHAIR YOGA WITH KAREN (VIDEO) 12:00 PM "LUNCH BUNCH" CINCO DE MAYO-GLENDALE SIGN UP IN LOBBY MEET IN LOBBY AT 12	10)
11 1:00 PM Worship for Everyone with Holy Communion (DR)	12 10:30 AM Breakfast Bingo (3) <u>10:00 AM KROGER</u> Sign up in lobby 1:00 PM MOVIES AND POPCORN (3)	13 10:00 AM CHAIR YOGA (301) 11:00 AM TRIVIA (DR) 2:00 PM BIBLE STUDY (3) 3:00 PM WII BOWLING 4:30 PM DINNER	14 BEAUTY SHOP DAY 10:00 AM MEIJER Sign up in lobby 3:00 PM RESIDENT BINGO (DR)	15 10:00 AM CHAIR EXERCISES - VIDEO W KAREN (3) 1:00 PM CARDIO DRUMMING (301) 3:30 PM Happy Hour(L) 4:30 PM DINNER	16 10:00 AM NO CHAIR YOGA WITH KAREN (VIDEO) 10:00 AM TRIP TO SCRAMBLER'S SIGN UP IN LOBBY 2:00 PM "GAME TIME" (DR) Come down and play games with your neighbors.	17 RESIDENT POTLUCK
18 1:00 PM Worship for Everyone with Holy Communion (DR)	19 10:30 AM Breakfast Bingo (3) <u>10:00 AM KROGER</u> Sign up in lobby 1:00 PM PAINTING WITH DENISE (3)	20 10:00 AM CHAIR YOGA (301) 11:00 AM TRIVIA (DR) 2:00 PM BIBLE STUDY (3) 3:00 PM WII BOWLING 4:30 PM DINNER	21 BEAUTY SHOP DAY 10:00 AM MEIJER Sign up in lobby 2;00 PM GROUP EXERCISE WITH JOE (3)	22 10:00 AM CHAIR EXERCISES - VIDEO W KAREN (3) 1:00 PM CARDIO DRUMMING (301) 3:30 PM Happy Hour(L) 4:30 PM DINNER	23 10:00 AM CHAIR YOGA WITH KAREN (VIDEO) 1:00 PM LET'S PLAY FAMILY FEUD (3) COME PLAY FAMILY FEUD WITH YOUR NEIGHBORS.	24
25 1:00 PM Worship for Everyone with Holy Communion (DR)	26 10:30AM Breakfast Bingo (3) <u>10:00 AM KROGER</u> Sign up in lobby 1:00 PM BIRTHDAY BASH	27 10:00 AM CHAIR YOGA (301) 11:00 AM TRIVIA (DR) 2:00 pm BIBLE STUDY (3) 3:00 PM WII BOWLING 4:30 DINNER	28 BEAUTY SHOP DAY 10:00 AM MEIJER Sign up in lobby 2:00 PM DISCOVERY SERIES WITH JOE (3)	29 10:00 AM CHAIR EXERCISES - VIDEO W KAREN (3) 1:00 PM CARDIO DRUMMING (301) 3:30 PM Happy Hour(L) 4:30 PM DINNER	30 10:00 AM CHAIR YOGA WITH KAREN (VIDEO) 2:00 PM CHAIR VOLLEYBALL (3)	31 