

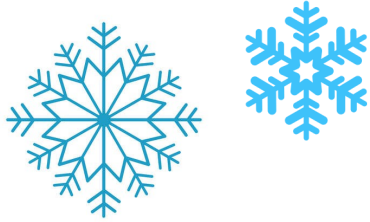






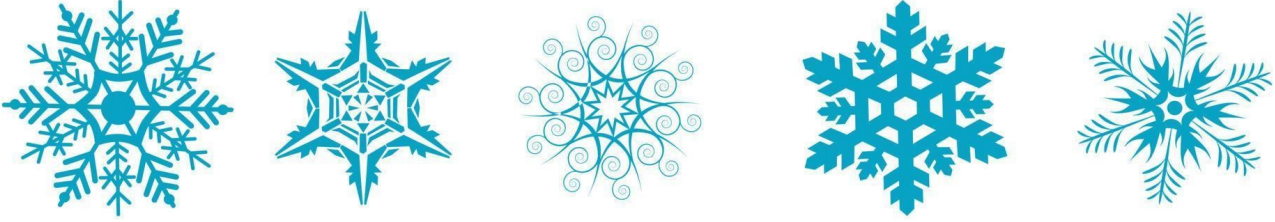


Exercise with Natalie is M, W, F
10:30 in the Activity Room

January 2024

Shuttle Bus Tues & Thurs
 9:30-12 & 1-3:30 

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 	2 10:00 Chair Yoga (BL) 2:00 Entertainment with Don Owen (L) 3:30 Happy Hour (BL)	3 9:30 Coffee Social (BL) 10:30 Fun & Fitness(AR) 11:00 Book Club (Library) 1:30 Card Group (AR) 1:30 Movie Afternoon (TR) 3:30 Happy Hour (BL)	4 10:00 Chair Yoga (BL) 2:00 Bingo (AR) 3:30 Happy Hour (BL)	5 10:00 Trivia (L) 10:30 Zumba (BL) 1:30 Card Group (AR) 2:00 Let's Travel (BL) 3:30 Happy Hour (BL)	6 2:00 Entertainment with Everything Country (L)
7 10:30 Coffee and Chats (BL)	8 9:30 Coffee Social (BL) 10:00 Boomer Visits 10:30 Fun & Fitness(AR) 1:30 Card Group (AR) 2:00 Entertainment with Hal Allison (L) 3:30 Happy Hour (BL)	9 10:00 Chair Yoga (BL) 10:30 Activity Meeting with Ashley & Natalie(AR) 2:00 Prize Bingo (AR) 2:00 Men's Club (4th Floor) 3:30 Happy Hour (BL)	10 9:30 Coffee Social (BL) 10:30 Fun & Fitness(AR) 1:30 Card Group (AR) 1:30 Movie Afternoon (TR) 3:30 Happy Hour (BL)	11 10:00 Chair Yoga (BL) 12:30-2:30 Walker Clinic 2:00 Entertainment with Micheal T (L) 3:30 Happy Hour (BL)	12 10:00 Advice for Younger People (L) 10:30 Zumba (BL) 1:30 Card Group (AR) 2:00 Canvas Painting (AR) 3:30 Happy Hour (BL)	13 10:30 Trivia (L) 2:00 Bingo (AR) 
14 10:30 Coffee and Chats (BL) 2:00 Entertainment with 705 Folk Legends (L)	15 9:30 Coffee Social (BL) 10:00 Boomer Visits 10:30 Fun & Fitness(AR) 1:30 Card Group (AR) 2:00 High Tea Afternoon (BL) 3:30 Happy Hour (BL)	16 10:00 Chair Yoga (BL) 2:00 Bingo (AR) 3:30 Happy Hour (BL) 	17 9:30 Coffee Social (BL) 10:30 Fun & Fitness(AR) 1:30 Card Group (AR) 1:30 Movie Afternoon (TR) 3:30 Happy Hour (BL)	18 10:00 Chair Yoga (BL) 2:00 Bingo (AR) 3:30 Happy Hour (BL)	19 10:00 Trivia (L) 10:30 Zumba (BL) 1:30 Card Group (AR) 2:00 Entertainment with Ed Smith (L) 3:30 Happy Hour (BL)	20 2:00 Entertainment with Rosita Stone (L) 
21 10:30 Coffee and Chats (BL) 	22 9:30 Coffee Social (BL) 10:00 Boomer Visits 10:30 Fun & Fitness(AR) 1:30 Card Group (AR) 2:00 Craft Group (BL) 3:30 Happy Hour (BL)	23 10:00 Chair Yoga (BL) 2:00 Bingo (AR) 2:00 Men's Club (4th Floor) 3:30 Happy Hour (BL)	24 9:30 Coffee Social (BL) 10:30 Fun & Fitness(AR) 1:30 Card Group (AR) 1:30 Movie Afternoon (TR) 2:00 Entertainment with Don Owen (L) 3:30 Happy Hour (BL) 6:30 Entertainment with Eric L (L)	25 10:00 Chair Yoga (BL) 10:00 Catholic Church (TR) 2:00 Bingo (AR) 3:30 Happy Hour (BL) 6:30 Entertainment with Deidrey (L)	26 10:00 Trivia (L) 10:30 Zumba (BL) 1:30 Card Group (AR) 2:00 Game: Who Am I? (BL) 3:30 Happy Hour (BL)	27 10:30 - 12:00 Ladies Nail Parlour (AR) 2:00 Bingo (AR)
28 10:30 Coffee and Chats (BL)	29 9:30 Coffee Social (BL) 10:00 Boomer Visit 10:30 Fun & Fitness(AR) 1:30 Card Group (AR) 2:00 Entertainment with Emilio (L) 3:30 Happy Hour (BL)	30 10:00 Chair Yoga (BL) 10:30 Resident Council (BL) 2:00 Bingo (AR) 3:30 Happy Hour (BL) 	31 9:30 Coffee Social (BL) 10:30 Fun & Fitness(AR) 11:00 Book Club (Library) 1:30 Card Group (AR) 2:00 Entertainment with Darlene and The Sham-rocker (L) 3:30 Happy Hour (BL)			

ACTIVITY LOCATION LEGEND

AR- Activity Room

BL- Bar Lounge

L-Lobby

DR- Dining Room

O- Outdoors

TR-Theatre Room