

January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All activities are held in the Activity Room unless noted. Calendar is subject to change.			1 Happy New Year	2 10:30 Exercises 1:00 Wii Bowling 2:30 Ebke's Piano Recital 2:00 Bible Study-GR 3:15 Preventative Health 4:30 Chapel-Calvary 6:00 Pitch	3 10:30 Exercises 11:00 Trivia 1:15 Super Saver 2:00 Stretch & Balance 3:15 Card Bingo	4 9:30 Bible Study with Eleanor-FDR 10:30 Rosary 2:00 Planet Earth BBC film on the big screen
5 10:30 Catholic Communion 1:30 Worship and Communion with Pastor David 2:30 Sunday Movie "I Can Only Imagine"	6 9:30 Coffee w/ Pastor David 9:30 Catholic Mass 10:30 Exercises 1:00 Susan the Barber 1:00 Bridge-GR 1:30 RAC Meeting 2:30 Stretch & Balance	7 9:30 Walking Club 10:30 Exercises 2:30 Dave Conde with "A Warmer Day" 4:00 Protestant Chapel and Communion 6:00 Pitch	8 9:30 NE History Museum Outing sign up No A.M. Exercises 1:30 Maddie sing-a long 2:30 Stretch & Balance 3:15 Bingo 6:00 Wii Bowling	9 9:30 Men's Coffee 10:30 Exercises 1-2 Five Points Bank 1:00 Wii Bowling 1:30 Bookmobile 2:00 Bible Study-GR 4:30 Chapel-Eastridge	10 10:30 Exercises 11:00 Trivia 1:15 Walgreens 2:00 Stretch & Balance 2:30 Good Ole Music with "Just Us"	11 10:30 Rosary 10:30 The Landing's Choir-here 2:00 Planet Earth BBC film on the big screen
12 10:30 Catholic Communion 12:00 Alzheimer's Walk 1:30 Worship with Pastor David 2:30 Sunday Movie	13 9:30 Coffee w/ Pastor David 9:30 Catholic Mass 1:00 Bridge-GR 2:30 Stretch & Balance 3:15 Card Bingo	14 9:30 Walking Club 10:30 Exercises 11:00 Trivia 2:30 Traci Aging Partners "The Wiz'dom of Oz" 6:00 Pitch	15 10:30 Exercises 11:00 Trivia 1:15 Walmart 2:30 Stretch & Balance 3:15 Bingo 6:00 Wii Bowling	16 10:30 Exercises 11:00 Trivia 1:00 Wii Bowling 2:00 Bible Study-GR 3:15 Chapel-Methodist 6:00 Pitch	17 Sweatshirt, Soup and Snowman Day 10:30 Exercises 2:00 Stretch & Balance 2:45 Slushy Happy Hour w/Ruth at the Piano	18 9:30 Bible Study with Eleanor-FDR 10:30 Rosary 2:00 Planet Earth BBC film on the big screen
19 10:30 Catholic Communion 1:30 Worship and Communion with Pastor David 2:30 Sunday Movie	20 9:30 Coffee w/ Pastor David 9:30 Catholic Mass 10:30 Exercises 1:00 Bridge-GR 1:30 Dining Committee 2:30 Stretch & Balance 3:00 Card Bingo/Interim	21 9:30 Walking Club 10:30 Exercises 1:00 Choir Practice at The Landing 2:45 Birthday Party Ruth at the Piano 6:00 Pitch	22 10:30 Exercises 11:00 Here's To Your Health/Interim 1:15 Target 2:30 Stretch & Balance 3:15 Bingo 6:00 Wii Bowling	23 9:30 Men's Coffee 10:30 Exercises 1-2 Five Points Bank 1:00 Wii Bowling 1:30 Bookmobile 2:00 Bible Study-GR 4:30 Chapel-Zion	24 10:30 Exercises 11:00 Trivia 2:00 Stretch & Balance 2:30	25 10:30 Rosary 2:00 Planet Earth BBC film on the big screen
26 10:30 Catholic Communion 1:30 Worship with Pastor David 2:30 Sunday Movie	27 9:30 Coffee w/ Pastor David 9:30 Catholic Mass 10:30 Exercises 1:00 Bridge-GR 2:30 Stretch & Balance 4:00 Celebration of Life	28 9:00 NE Hearing-FDR 9:30 Walking Club 10:30 Exercises 3:00 New Resident Welcome Social	29 10:30 Exercises 11:00 Trivia 1:15 Dollar Tree 2:30 Stretch & Balance 3:15 Bingo 6:00 Wii Bowling	30 10:30 Exercises 11:00 Trivia 1:00 Wii Bowling 2:00 Bible Study-GR 4:30 Chapel-Berean 6:00 Pitch	31 9:30 Ladies Coffee 10:30 Exercises 11:00 Trivia 1:15 Book Club-GR 2:00 Stretch & Balance 2:30	SCR = South Community Room FDR = Family Dining Room NR=North Community Room GR= Game Room CH = Kessler Chapel

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	AR-Activity Room GR-Game Room TC-Thrive Center		1 10:30 Fit 4 Life 2:30 Stretch and Balance-AR	2 9:30 Sit 2B Fit- TC 10:30 Cardio Pump 2:30 Small Group Training-TC 3:30 Preventative Health Checks/ Interim	3 10:30 Fit 4 Life-AR 2:30 Stretch and Balance-AR	4
5	6 10:30 Fit 4 Life-AR 2:30 Tai-Chi-AR	7 9:30 Sit 2B Fit-TC 9:30 Walking Club-GR 10:30 Cardio Pump 2:30 Bocce Ball-TC	8 8:30 Natural History Museum Tour 2:30 Stretch and Balance-AR	9 9:30 Sit 2B Fit- TC 10:30 Cardio Pump 2:30 Small Group Training-TC	10 10:30 Fit 4 Life-AR 2:30 Stretch and Balance-AR	11
12	13 10:30 Fit 4 Life-AR 2:30 Tai-Chi-AR	14 9:30 Sit 2B Fit-TC 9:30 Walking Club-GR 10:30 Cardio Pump 1:00 Knots Kneaded Massages 2:30 Bocce Ball-TC	15 10:30 Fit 4 Life 2:30 Stretch and Balance-AR	16 9:30 Sit 2B Fit- TC 10:30 Cardio Pump 2:30 Small Group Training-TC	17 10:30 Fit 4 Life-AR 2:30 Stretch and Balance-AR	18
19	20 10:30 Fit 4 Life-AR 2:30 Tai-Chi-AR	21 9:30 Sit 2B Fit-TC 9:30 Walking Club-GR 10:30 Cardio Pump 2:30 Bocce Ball-TC	22 10:30 Fit 4 Life 11:00 Interim-Here's to Your Health 2:30 Stretch and Balance-AR	23 9:30 Sit 2B Fit- TC 10:30 Cardio Pump 2:30 Small Group Training-TC	24 10:30 Fit 4 Life-AR 2:30 Stretch and Balance-AR	25
26	27 10:30 Fit 4 Life-AR 2:30 Tai-Chi-AR	28 9:30 Sit 2B Fit-TC 9:30 Walking Club-GR 10:30 Cardio Pump 2:30 Bocce Ball-TC	29 10:30 Fit 4 Life 2:30 Stretch and Balance-AR	30 9:30 Sit 2B Fit- TC 10:30 Cardio Pump 2:30 Small Group Training-TC	31 10:30 Fit 4 Life-AR 2:30 Stretch and Balance-AR	