


January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
KEY AR = Activity Room 2nd Floor MR = Media Room 2nd Floor LDR = Large Dining Rm 1st Floor SDR = Small Dining Rm 1st Floor LSLP=Lakeside Lounge Patio LSL = Lakeside Lounge 1st Floor ER = Exercise Room 3rd Floor		Activities in Blue require you to sign up in the notebook at the front desk. Special events are in Red .	Happy New Year! 1 3:00 Crocheting AR	2 10:00 Painting Workshop AR 3:00 Rummikub LSL 4:00 Bible Study with Rhonda SDR	3 10:00 Manicures MR 1:00 Senior Fitness 1:50 Armchair MR 4:30 Pizza and Beer Night	4 10:30 Cookies and Socializing in Pinkies 2:30 Bingo SDR 6:30 Movie Night MR
5 10:30 Cookies and Socializing in Pinkies 3:00 Sunday Service with Pastor Zeb LDR	6 10:00 Fareway 12:00 Chair Massages 1:00 Senior Fitness Class SDR 2:30 Snowflake Craft AR	7 11:00 Community Class-rooms SDR 1:30 Devotional and Hymns with Pastor Zeb SDR 2:30 Hot Cocoa Social LSL 3:30 Phase 10 AR	8 10:00 Town Hall Meeting LDR 1:00 Sr Fitness SDR 3:00 Homeless Mats AR 6:15 Resident Led Game SDR	9 10:00 Painting Workshop AR 1:00 Matter of Balance AR 3:00 Wii Bowling Tourney Meeting MR 4:00 Bible Study SDR	10 9:00 Taking Down Xmas Trees LSL 1:00 Sr Fitness SDR 1:50 Armchair MR 3:30 New Year Themed Happy Hour	11 10:30 Cookies and Socializing in Pinkies 2:30 Bingo SDR 6:30 Movie Night MR
12 10:30 Cookies and Socializing in Pinkies 3:00 Sunday Service with Pastor Zeb LDR	13 Wii Bowling Tournament Week 1 10:00 Target 1:00 Senior Fitness Class SDR 2:30 Science Experiment AR	14 11:00 Book Club with Brittney SDR 1:30 Hymns with Pastor Zeb SDR 3:00 Farkle AR 6:15 Resident Led Game SDR	15 10:00 Manicures MR 1:00 Sr Fitness SDR 2:00 Library 3:00 Homeless Mats AR	16 10:00 Painting Workshop AR 1:00 Matter of Balance AR 2:00 Entertainment with Rick L. LDR 4:00 Bible Study SDR	17 1:00 Senior Fitness Class SDR 1:50 Armchair Trav. MR 3:30 Happy Hour LSL	18 10:30 Cookies and Socializing in Pinkies 2:30 Bingo SDR 6:30 Movie Night MR
19 10:30 Cookies and Socializing in Pinkies 3:00 Sunday Service with Pastor Zeb LDR	20 Wii Bowling Tournament Week 2 10:00 Hy-Vee 1:00 Senior Fitness Class SDR 2:30 Meals from the Heartland LDR 5:00 Helene V. LDR	21 11:00 Book Club with Brittney SDR 2:00 New Resident Social 3:00 Jewelry AR 6:15 Resident Led Game SDR	22 10:50 Monterrey Mexican Lunch Outing 1:00 Sr Fitness SDR 3:00 Homeless Mats AR	23 10:00 Painting Workshop AR 1:00 Matter of Balance AR 3:00 Rummikub LSL 4:00 Bible Study SDR	24 9:30 Pet Therapy LSL 1:00 Senior Fitness Class SDR 1:50 Armchair Travels MR 3:30 Happy Hour LSL	25 10:30 Cookies and Socializing in Pinkies 2:30 Bingo SDR 6:30 Movie Night MR
26 10:30 Cookies and Socializing in Pinkies 3:00 Sunday Service with Lutheran Church of the Cross LDR	27 Wii Bowling Tournament Week 3 10:00 Walmart 1:00 Senior Fitness Class SDR 2:00 Entertainment with Joe K. LDR	28 10:00 Bingo Store AR 11:00 Book Club with Brittney SDR 3:00 Farkle AR 6:15 Resident Led Game SDR	29 1:00 Sr Fitness SDR 3:00 Homeless Mats AR 4:00 Supper at Burger Shed in Altoona	30 10:00 Painting Workshop AR 1:00 Matter of Balance AR 3:00 Rummikub LSL 4:00 Bible Study SDR	31 10:00 Manicures MR 1:00 Senior Fitness Class SDR 1:50 Armchair Travels MR 3:30 Happy Hour	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Special events are in Red. Bus outings are in Blue.	1 9:30 Independent Activities 10:30 Putting The Past In Order 1:00 Storyteller Jim Boardman 2:00 Snack and Socializing 6:00 Current Events	2 9:30 Independent Activities 10:30 Music Therapy 1:30 Remembering The Wonders of Winter 2:00 Snack and Socializing 6:00 Current Events	3 9:30 Independent Activities 10:00 Craft Club 1:50 Group Exercises 3:30 Five-Clue What Is It? 6:00 Group Walk or Social and Hot Cocoa	4 9:00 Chair Exercise Video 10:00 Hand Massages 10:30 Group Crossword 1:30 Bingo 3:30 Sing A-Long 1 6:00 Drawer Detective 6:30 Movie Night
5 9:00 Chair Exercise Video 10:00 Balloon Swat 10:30 Nail Care 3:00 Church Service with Pastor Zeb LDR 6:30 Listen to Music	6 9:30 Independent Activities 10:30 Music Appreciation Club 1:00 Random Trivia 1:50 Group Exercises 6:00 Current Events 6:30 Paint By Numbers	7 9:30 Sing A-Long 1 10:00 Crafting Club 1:30 Cooking Club 2:30 Snack and Socializing 6:00 Current Events 6:30 Group Walk	8 9:30 Individual Activities 11:00 Spiritual Time with Pastor Zeb 1:50 Group Exercises 3:30 Individual Activities 6:00 Current Events	9 9:30 Individual Activities 10:30 Music Therapy 1:30 Picture This 3:30 Mocha Categories 6:00 Current Events & IN2L	10 9:30 Current Events & IN2L 10:00 Short Story 1:50 Group Exercises 3:30 Travelogue 6:00 Name That Tune	11 9:00 Chair Exercise Video 9:30 Current Events 10:00 Hand Massages 10:30 Basketball 1:30 Musical Instruments 3:30 Sing A-Long 4 6:30 Movie Night
12 9:00 Chair Exercise Video 10:00 Balloon Swat 10:30 Nail Care 1:30 Bingo 3:00 Church Service with Pastor Zeb LDR 6:30 Listen to Music	13 9:30 Current Events & IN2L 10:00 Music Appreciation Club 1:30 Picture Books 1:50 Group Exercises 6:00 Adult Coloring Pages	14 10:00 Crafting Club 1:30 Cooking Club 2:30 Snack and Socializing 3:30 Sing A-Long 4 6:00 Current Events 6:30 Watercolor Painting	15 9:30 Individual Activities 11:00 Spiritual Time with Pastor Zeb 1:50 Group Exercises 3:30 Outburst 6:00 Current Events	16 9:30 Individual Activities 10:30 Music Therapy 2:00 Entertainment LDR 3:00 Timeslips 6:00 Current Events & IN2L	17 10:30 Scenic Bus Ride 1:00 Random Trivia 1:50 Group Exercises 3:30 Reminisce Cards 6:30 Adult Coloring Pages	18 9:00 Chair Exercise Video 10:00 Hand Massages 10:30 Group Crossword 1:30 Bean Bag Toss 6:00 Drawer Detective 6:30 Movie Night
19 9:00 Chair Exercise Video 10:00 Balloon Swat 10:30 Nail Care 1:30 Bingo 3:00 Church Service with Pastor Zeb LDR 6:30 Listen to Music	20 10:00 Food for Thought 1:50 Group Exercises 2:30 Scenic Bus Ride 3:30 Sing A-long Hymns 6:00 Adult Coloring Pages	21 10:00 Crafting Club 1:30 Cooking Club 2:30 Snack and Socializing 6:00 Current Events 6:30 Watercolor Painting	22 9:30 Individual Activities 10:30 Who am I? 1:50 Group Exercises 3:30 Mad Libs 6:00 Current Events	23 9:30 Individual Activities 10:30 Music Therapy 1:30 Wintertime Sensory Kit 3:00 Timeslips 6:00 Current Events & IN2L	24 9:30 Pet Therapy LSL 10:00 Magic Memory 1:50 Group Exercises 3:30 Group Puzzles 6:00 Listening To Music	25 9:00 Chair Exercise Video 10:00 Hand Massages 10:30 Coloring Pages 1:30 Musical Instruments 3:30 Sing A-Long Hymns 6:30 Movie Night
26 9:00 Chair Exercise Video 10:00 Football Toss 10:30 Nail Care 2:30 Skillset Work 3:00 Church Service with Church of Cross LDR 6:30 Random Trivia	27 9:30 Current Events & IN2L 10:00 Music Appreciation Club 1:30 Group Walk 1:50 Group Exercises 3:30 Sing-Along 3 6:00 Paint By Numbers	28 10:00 Crafting Club 1:30 Cooking Club 2:00 Entertainment LDR 6:00 Current Events 6:00 Book on CD	29 9:30 Individual Activities 10:30 Scenic Bus Ride 1:30 Ranch Categories 1:50 Group Exercises 3:30 Who am I? 6:00 Current Events	30 9:30 Individual Activities 10:00 Discuss and Recall 1:30 Short Story 3:00 Timeslips 6:00 Current Events & IN2L	31 9:30 Current Events & IN2L 10:00 Picture This 1:50 Group Exercises 3:30 Group Puzzles 6:00 Listening To Music	