

JANUARY 2024



AL/IL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>WC= Wellness Center 2nd floor, P=Pub 2nd floor, D=dining room 2nd floor, C= community room 1st floor, B=Bistro 1st floor, BP=Bistro Patio 1st floor</p>	<p>1 New Year's Day</p> <p>10:30 Group Exercise-Weights (WC) 2:30 Quarter Bingo (D) Remember to bring your quarters! 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Mexican Train Dominos (Independent Activity- P)</p>	<p>2</p> <p>10:30 Spiritual Talk with Jean (P) Non-Denominational 1:00 Remembrance Gathering (C) 2:30 Live Music with Scott Belemont (D) 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Yahtzee Dice Game (P)</p>	<p>3</p> <p>10:00 Catholic Communion Service (C) 10:30 Group Exercise-Exercise Bands (WC) 1:00 Craft Hour-Independent Activity (P) 2:30 Phase 10 Card Game (P) 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Farkle Dice Game (P)</p>	<p>4</p> <p>10:30 Exercise Machines (WC) 1:00 Trythlon Team Meeting (P) 2:30 Quarter Bingo (D) Remember to bring your quarters! 6:00 Cribbage (Independent Activity- P)</p>	<p>5</p> <p>10:30 Group Exercise-Cardio (WC) 1:30 Interdenominational Worship Service with Chaplain Jean (C) 2:30 Happy Hour (P) 3:30 Exercise Machines 3:30p-4:30p (WC)</p>	<p>6</p> <p>10:30 Group Exercise-Chair Yoga (WC) 1:00 Resident Choice Card Game (P) 2:30 Cookies and Coffee (P) 3:30 Exercise Machines 3:30p-4:30pm (WC)</p>	
	<p>7</p> <p>10:30 Group Exercise (WC) 1:00 Kings in the Corner (P) 2:30 Social Hour (P) 3:30 Exercise Machines 3:30p-4:30p (WC)</p>	<p>8</p> <p>10:30 Group Exercise-Weights (WC) 2:30 Quarter Bingo (D) Remember to bring your quarters! 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Mexican Train Dominos (Independent Activity- P)</p>	<p>9</p> <p>10:30 Spiritual Talk with Jean (P) Non-Denominational 2:30 Yahtzee Dice Game (P) 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Movie Night-Grumpy Old Men</p>	<p>10</p> <p>8:45 Aquarium Outing 10:30 Group Exercise-Exercise Bands (WC) 2:30 Cooking Activity-Puppy Chow (B) 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Stuck in the Mud Dice Game (P)</p>	<p>11</p> <p>10:00 Ladies Hour-Brunch (D) 10:30 Exercise Machines (WC) 1:00 Tryathlon Practice (P) 2:30 Quarter Bingo (D) Remember to bring your quarters!</p>	<p>12</p> <p>10:30 Group Exercise-Cardio (WC) 1:30 Interdenominational Worship Service with Chaplain Jean (C) 2:30 Happy Hour (P) 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Card Club-Independent Activity (P)</p>	<p>13</p> <p>10:30 Group Exercise-Chair Yoga (WC) 1:00 Resident's Choice Card Game (P) 2:30 Cookies and Coffee (P) 3:30 Exercise Machines 3:30p-4:30pm (WC)</p>
	<p>14</p> <p>10:30 Group Exercise (WC) 1:00 Headbands Game (P) 2:30 Social Hour (P) 3:30 Exercise Machines 3:30p-4:30p (WC)</p>	<p>15 Martin Luther King Day</p> <p>10:30 Group Exercise-Weights (WC) 1:00 Tryathlon Practice (P) 2:30 Quarter Bingo (D) Remember to bring your quarters! 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Mexican Train Dominos (Independent Activity- P)</p>	<p>16</p> <p>10:30 Spiritual Talk with Jean (P) Non-Denominational 1:00 Tryathlon Competition (P) 2:30 Yahtzee Dice Game (P) 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Skip-Bo Card Game (P)</p>	<p>17</p> <p>10:00 Catholic Communion Service (C) 10:30 Group Exercise-Exercise Bands (WC) 1:30 Oldies and Hymns with Kay (D) 2:30 Kings in the Corner Card Game (P) 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Three or More Dice Game (P)</p>	<p>18</p> <p>10:00 Men's Hour- Show and Tell Coffee hour (P) 10:30 Exercise Machines (WC) 1:00 Tryathlon Competition (P) 2:30 Quarter Bingo (D) Remember to bring your quarters! 6:00 Cribbage (Independent Activity- P)</p>	<p>19</p> <p>10:30 Group Exercise-Cardio (WC) 1:00 The Really Big Show (P) 1:30 Interdenominational Worship Service with Chaplain Jean (C) 2:30 Happy Hour (P) 3:30 Exercise Machines 3:30p-4:30p (WC)</p>	<p>20</p> <p>10:30 Group Exercise-Chair Yoga (WC) 1:00 Crazy 8's Card Game (P) 2:30 Cookies and Coffee (P) 3:30 Exercise Machines 3:30p-4:30pm (WC)</p>

JANUARY 2024



AL/IL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>21</p> <p>10:30 Group Exercise (WC) 1:00 Kings in the Corner (P) 2:30 Social Hour (P) 3:30 Exercise Machines 3:30p-4:30p (WC)</p>	<p>22</p> <p>10:30 Group Exercise-Weights (WC) 1:00 Tryathlon Practice (P) 2:30 Quarter Bingo (D) Remember to bring your quarters! 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Mexican Train Dominos (Independent Activity- P)</p>	<p>23</p> <p>10:30 Spiritual Talk with Jean (P) Non-Denominational 1:00 Tryathlon Competition (P) 2:30 Yahtzee Dice Game (P) 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Movie Night- Grumpier Old Men (C)</p>	<p>24</p> <p>9:00 Walmart Outing 10:30 Group Exercise-Exercise Bands (WC) 2:30 Monthly Birthday Social with Live Music from Mary Franz (D) 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Tabletop Curling (P)</p>	<p>25</p> <p>10:30 Exercise Machines (WC) 1:00 Tryathlon Competition (P) 2:30 Quarter Bingo (D) Remember to bring your quarters!</p>	<p>26</p> <p>10:30 Group Exercise-Cardio (WC) 1:00 The Really Big Show (P) 1:30 Interdenominational Worship Service with Chaplain Jean (C) 2:30 Happy Hour (P) 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Card Club-Independent Activity (P)</p>	<p>27 Holocaust Remembrance Day</p> <p>10:30 Chair Yoga (WC) 1:00 Spoons Card Game (P) 2:30 Cookies and Coffee (P) 3:30 Exercise Machines 3:30p-4:30pm (WC)</p>
<p>28</p> <p>10:30 Group Exercise (WC) 1:00 Headbands Game (P) 2:30 Social Hour (P) 3:30 Exercise Machines 3:30p-4:30p (WC)</p>	<p>29</p> <p>10:30 Group Exercise-Weights (WC) 1:00 Tryathlon Practice (P) 2:30 Quarter Bingo (D) Remember to bring your quarters! 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Mexican Train Dominos (Independent Activity- P)</p>	<p>30</p> <p>10:30 Spiritual Talk with Jean (P) Non-Denominational 1:00 Tryathlon Competition (P) 2:00 Resident Council Meeting (C) 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Yahtzee Dice Game (P)</p>	<p>31</p> <p>10:30 Group Exercise-Exercise Bands (WC) 1:30 Oldies and Hymns with Kay (D) 2:30 Phase 10 Card Game (P) 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Uno Card Game (P)</p>	<p>Resident Birthdays Mike B. 1/1 Lynn G. 1/3 Marie G. 1/8 Mary Jeanne B. 1/13 Pat K. 1/17 Kathy F. 1/24 Victor B. 1/26</p>		<p>Please note activities are subject to change.</p>