

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>January 2019</h1>						
		<b>1</b>  10:00 Pet Therapy w/Izzy (LR) 10:30 Crossword Puzzle (AR) 1:00 Bowl Football Games (MT) 1:15 Question Quest Trivia (AR) 2:00 Stretch, Strength & Balance (WC) 6:30 Movie Night (MT)	<b>2</b> 9:30 Morning Stretch (WC) 1:00 Travelogue Discover Latvia (MT) 2:00 Strength & Yoga w/Sandy (WC) 3:00 TV Limited Series – Call the Midwife (MT) 6:30 The Incredible Story of the Monarch Butterfly - (MT)	<b>3</b> 9:30 Pet Therapy w/Jasmine (LR) 10:30 Bingo (B) 12:45 Walmart (O) 1:00 Alaska Day Movie – Eight Below (MT) 2:00 Stretch, Strength & Balance (WC) 3:00 Men’s Coffee (FL) 3:00 Art Class (AR)	<b>4</b> 9:00 Morning Stretch (WC) 9:30 Discussion w/Aubrey (MT) 10:30 Frost Bingo (CR) 1:00 Uno w/Karen (LR) 2:00 Homemade Bread Social (B) 2:30 Pet Therapy w/ Rowdy (LR) 6:30 James Bond Movie Night (MT)	<b>5</b> 10:30 Bingo (B) 1:30 Gospel Sing Along (B) 2:00 National Bird Day Popcorn & Movie – Fly Away Home (MT) 3:00 Trivia w/Bev (AR) 5:30 Rummikub (CR)
<b>6</b> 9:00 McLean Bible Church (MT) 10:30 Exercise Video (WC) 1:00 Resident Choice Board Games (CR) 2:00 Trinity Lutheran Church (B) 2:30 Movie Matinee (MT) 3:30 Puzzle Time (AR)	<b>7</b> 9:30 Morning Stretch (WC) 10:30 Bingo (B) 1:30 St. John’s Rosary (PD) 2:00 Canasta (CR) 2:30 Presentation & Discussion w/Steve Herholtz (Historian) (MT) 3:00 Ladies Coffee/Tea Club (RGR) 6:30 Pet Therapy w/Harper (LR)	<b>8</b> 10:00 Pet Therapy w/Izzy (LR) 10:30 Pokeno (CR) 1:15 Nix the Six Game (CR) 2:00 Stretch, Strength & Balance (WC) 3:00 Virtual Travelers Club (MT) 6:30 Movie Night (MT)	<b>9</b> 9:30 Morning Stretch (WC) 10:30 News Discussion (MT) 11:15 Piano w/Laura (B) 1:00 Craft Time (AR) 2:00 Strength & Yoga w/Sandy (WC) 3:00 TV Limited Series – Call the Midwife (MT) 6:30 Evening Devotions w/ Becky (LR)	<b>10</b> 9:30 Weekly Chronicles (GR) 10:30 Bingo (B) 11:45 Ciao Bella Celebrations Café (O) 2:00 Stretch, Strength & Balance (WC) 3:00 Men’s Coffee (FL) 3:00 Art Class (AR) 6:00 Losing Sight of Shore (MT)	<b>11</b> 9:00 Morning Stretch (WC) 9:30 Discussion w/Aubrey (MT) 10:30 Word Games (MT) 1:00 Uno w/Karen (LR) 2:00 Catholic Mass (PD) 2:30 Monthly Birthday Party (B) 6:30 Movie Night (MT)	<b>12</b> 10:30 Bingo (B) 2:00 Popcorn & Movie (MT) 3:00 Trivia w/Bev (AR) 5:30 Rummikub (CR)
<b>13</b> 9:00 McLean Bible Church (MT) 10:30 Exercise Video (WC) 1:00 Resident Choice Board Games (CR) 2:00 Grace Baptist Church (B) 2:30 Movie Matinee (MT) 3:30 Puzzle Time (AR)	<b>14</b> 9:30 Morning Stretch (WC) 10:30 Bingo (B) 1:00 Philadelphia _ America’s Most Historic Square (MT) 1:30 St. John’s Rosary (PD) 2:00 Canasta (CR) 3:00 Ladies Coffee/Tea Club (RGR) 6:30 Pet Therapy w/Harper (LR)	<b>15</b> 10:00 Pet Therapy w/Izzy (LR) 10:30 Crossword Puzzle (AR) 1:15 America Masters - The Bing Crosby Story (MT) 2:00 Stretch, Strength & Balance (WC) 3:00 Music w/Stan (B) 6:30 Movie Night (MT)	<b>16</b> 9:30 Morning Stretch (WC) 10:30 News Discussion (MT) 11:30 Violin w/Jessica (B) 2:00 Strength & Yoga w/Sandy (WC) 3:00 TV Limited Series – Call the Midwife (MT) 3:00 Veteran’s Meeting & Social (LR) 6:30 41 on 41 (MT)	<b>17</b> 9:30 Pet Therapy w/Jasmine (LR) 10:30 Bingo (B) 12:45 Dollar Tree (O) 2:00 Stretch, Strength & Balance (WC) 2:00 Capital Caring Discussion & Movie (MT) 3:00 Men’s Coffee (FL) 3:00 Art Class (AR)	<b>18</b> 9:00 Morning Stretch (WC) 9:30 Discussion w/Aubrey (MT) 10:30 Hymns & Devotional (LR) 1:00 Uno w/Karen (LR) 2:30 Gourmet Coffee Day & Pastries Social (B) 2:30 Pet Therapy w/ Rowdy (LR) 6:30 James Bond Movie Night (MT)	<b>19</b> 10:30 Bingo (B) 1:00 Today’s Devotion w/Deb (CR) 2:00 Popcorn & Movie (MT) 3:00 Trivia w/Bev(AR) 5:30 Rummikub (CR)
<b>20</b> 9:00 McLean Bible Church (MT) 10:30 Exercise Video (WC) 1:00 Resident Choice Board Games (CR) 2:30 Movie Matinee (MT) 3:30 Puzzle Time (AR)	<b>21</b> 9:30 Morning Stretch (WC) 10:30 Bingo (B) 1:00 Eat, Wear or Drive Game (GR) 1:30 St. John’s Rosary (PD) 2:00 Canasta (CR) 3:00 Ladies Coffee/Tea Club (RGR) 6:30 Pet Therapy w/Harper (LR)	<b>22</b> 10:00 Pet Therapy w/Izzy (LR) 10:30 Crossword Puzzle (AR) 1:15 Question Quest Trivia (AR) 2:00 Stretch, Strength & Balance (WC) 3:00 Music with Will (B) 6:30 Movie Night (MT)	<b>23</b> 9:30 Morning Stretch (WC) 10:30 News Discussion (MT) 11:15 Piano w/Laura (B) 1:00 Briefing on Veterans Benefits & Claims Procedures (O) 2:00 Strength & Yoga w/Sandy (WC) 3:00 TV Limited Series – Call the Midwife (MT) 6:30 Evening Devotions w/ Becky (LR)	<b>24</b> 9:30 Weekly Chronicles (GR) 10:30 Bingo (B) 2:00 Stretch, Strength & Balance (WC) 3:00 Men’s Coffee (FL) 3:00 Art Class (AR) 6:00 Women at War 1939-1945 (MT)	<b>25</b> 9:00 Morning Stretch (WC) 9:30 Discussion w/Aubrey (MT) 10:30 Frost Bingo (CR) 1:00 Uno w/Karen (LR) 2:00 Pizza Party Social (B) 3:00 Pokeno (CR) 6:30 Movie Night (MT)	<b>26</b> 10:30 Bingo (B) 2:30 Popcorn & Movie (MT) 3:00 Trivia w/Bev(AR) 5:30 Rummikub (CR)
<b>27</b> 9:00 McLean Bible Church (MT) 10:30 Exercise Video (WC) 1:00 Resident Choice Board Games (CR) 2:00 Joyful Noise (B) 2:30 Movie Matinee (MT) 3:30 Puzzle Time (AR)	<b>28</b> 9:30 Resident Council (CR) 10:30 Bingo (B) 1:00 Who, What, When (GR) 1:30 St. John’s Rosary (PD) 2:00 Canasta (CR) 3:00 Ladies Coffee/Tea Club (RGR) 6:30 Pet Therapy w/Harper (LR)	<b>29</b> 10:00 Pet Therapy w/Izzy (LR) 10:30 Crossword Puzzle (AR) 1:15 Treats & Trivia Tuesday (AR) 2:00 Stretch, Strength & Balance (WC) 3:00 Bingo Challenge (\$1 to play – limit 12 players) (CR) 6:30 Movie Night (MT)	<b>30</b> 9:30 Morning Stretch (WC) 10:30 News Discussion (MT) 1:00 Book Club (MT) 2:00 Strength & Yoga w/Sandy (WC) 3:00 TV Limited Series – Call the Midwife (MT) 6:30 Rummikub (CR)	<b>31</b> 9:30 Pet Therapy w/Jasmine (LR) 10:30 Bingo (B) 11:45 Country Cookin (O) 2:00 Stretch, Strength & Balance (WC) 3:00 Men’s Coffee (FL) 3:00 Art Class (AR)		*Games are available to play all day in the card room. *Puzzles are available all day in the activities room. *With exception of when other scheduled activities are taking place.