

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# January 2019 Activity Professional's Week!

<p>8:30 News Headlines 9:00 West Praise Chapel 9:30 Higher/Lower 10:30 Exercise Fun 11:00 Life Enrichment (PT) 11:00 Book Club (BC) 1:00 Sunshine Group (PT) 2:00 Penny Bingo 3:00 Bell Class 4:00 Fun &amp; Fitness (PT) 7:00 Hot Cocoa &amp; a Movie</p> <p style="text-align: right;"><b>6</b></p>	<p>8:30 Morning Coffee &amp; News 9:30 Sitting Zumba 10:00 West Praise Chapel 11:00 Life Enrichment (PT) 11:00 Book Club (BC) 1:00 Sunshine Group (PT) 2:00 Derby Races 3:00 Manicure / Glamour Hour 4:00 Fun &amp; Fitness (PT) 7:00 Penny Bingo</p> <p style="text-align: right;"><b>7</b></p>	<p>8:30 Coffee &amp; Tea Social <b>9:30 Rose Parade</b> 10:00 Web Connection Games 11:00 Life Enrichment (PT) 11:00 Book Club (BC) 1:00 Sunshine Group (BC) <b>2:00 New Year's Day Party</b> 3:00 Patio Time / Web Games 4:00 Fun &amp; Fitness (PT) 5:00 Easy Listening 7:00 Penny Bingo</p> <p style="text-align: center;">New Year's Day</p> <p style="text-align: right;"><b>1</b></p>	<p>8:30 News Broadcast 9:15 Sing A Long w/ Beverly 10:30 Fun w/ Exercise 10:30 Communion / Prayer Visits 11:00 Life Enrichment (PT) 11:00 Book Club (BC) 1:00 Sunshine Group (PT) 2:00 Jingo 3:00 Brain Games 4:00 Fun &amp; Fitness (PT) 7:00 Penny Bingo</p> <p style="text-align: right;"><b>2</b></p>	<p>8:30 News Announcements 9:30 Morning Stretching 10:00 Web Connection Games 11:00 Bible Study w/ Betty (PT) 11:00 Book Club (BC) 1:00 Sunshine Group (PT) 2:00 Jingo 3:00 Trivia-mania 4:00 Fun &amp; Fitness (PT) 5:00 Easy Listening 7:00 Penny Bingo</p> <p style="text-align: right;"><b>3</b></p>	<p>8:30 Morning Coffee &amp; News 9:30 Table Toss 10:00 AC Video Tour 11:00 Life Enrichment (PT) 11:00 Book Club (BC) 1:00 Sunshine Group (PT) 2:00 WAEC Bowling League 3:00 Pure Harmony Spa 4:00 Fun &amp; Fitness (PT) 7:00 Nickel Bingo</p> <p style="text-align: right;"><b>4</b></p>	<p>8:30 Morning Discussion 9:30 Table Toss 10:00 Web Connection 11:00 Life Enrichment (PT) 11:00 Book Club (BC) 1:00 Sunshine Group (PT) 2:00 Penny Bingo 3:00 Higher/Lower 3:30 Hangman Fun 4:00 Fun &amp; Fitness (PT) 6:45 Knott Ave. Church 7:30 Wheel of Fortune</p> <p style="text-align: right;"><b>5</b></p>
<p>8:30 News Headlines 9:00 West Praise Chapel 9:30 Higher/Lower 10:30 Exercise Fun 11:00 Life Enrichment (PT) 11:00 Book Club (BC) 1:00 Sunshine Group (PT) 2:00 Penny Bingo 3:00 Bell Class 4:00 Fun &amp; Fitness (PT) 7:00 Hot Cocoa &amp; a Movie</p> <p style="text-align: right;"><b>6</b></p>	<p>8:30 Morning Coffee &amp; News 9:30 Sitting Zumba 10:00 West Praise Chapel 11:00 Life Enrichment (PT) 11:00 Book Club (BC) 1:00 Sunshine Group (PT) 2:00 Derby Races 3:00 Manicure / Glamour Hour 4:00 Fun &amp; Fitness (PT) 7:00 Penny Bingo</p> <p style="text-align: right;"><b>7</b></p>	<p>8:30 News Announcements 9:00 Music Arts w/ Jesse 11:00 Life Enrichment (PT) 11:00 Book Club (BC) 1:00 Sunshine Group (BC) 2:00 Chenille's Wellness Class 3:00 Patio Time 4:00 Fun &amp; Fitness (PT) 5:00 Easy Listening 7:00 Penny Bingo</p> <p style="text-align: right;"><b>8</b></p>	<p>8:30 News Talk 9:15 Sing A Long w/ Beverly 10:30 Fun w/ Exercise 10:30 Communion / Prayer Visits 11:00 Life Enrichment (PT) 11:00 Book Club (BC) 1:00 Sunshine Group (PT) 1:30 Blast from the Past w/ Joy 3:30 Senior Games 4:00 Fun &amp; Fitness (PT) 7:00 Penny Bingo</p> <p style="text-align: center;"><b>*Soum's on Dau</b></p> <p style="text-align: right;"><b>9</b></p>	<p>8:30 Coffee &amp; Tea Social 9:15 Senior Topics w/ Lisa 11:00 Bible Study w/ Betty (PT) 11:00 Book Club (BC) 1:00 Sunshine Group (PT) 2:00 Music Class w/ Josh 4:00 Fun &amp; Fitness (PT) 5:00 Easy Listening 7:00 Penny Bingo</p> <p style="text-align: right;"><b>10</b></p>	<p><b>8:30 Donut Social</b> 9:30 Table Toss 10:00 AC Video Tour 11:00 Life Enrichment (PT) 11:00 Book Club (BC) 1:00 Sunshine Group (PT) 2:00 WAEC Bowling League 3:00 Pure Harmony Spa 4:00 Fun &amp; Fitness (PT) 7:00 Nickel Bingo</p> <p style="text-align: right;"><b>11</b></p>	<p>8:30 Morning Discussion 9:00 Table Toss 9:30 Religious Hymns 10:00 Spirit Lifters 11:00 Life Enrichment (PT) 11:00 Book Club (BC) 1:00 Sunshine Group (PT) 2:00 Creative Arts w/ Yelena 4:00 Fun &amp; Fitness (PT) 6:45 Knott Ave. Church 7:30 Wheel of Fortune</p> <p style="text-align: right;"><b>12</b></p>
<p>8:30 News Headlines 9:00 Bible Study 9:30 Higher/Lower 10:30 Exercise Fun 11:00 Life Enrichment (PT) 11:00 Book Club (BC) 1:00 Sunshine Group (PT) 2:00 Penny Bingo 3:00 Bell Class 4:00 Fun &amp; Fitness (PT) 7:00 Hot Cocoa &amp; a Movie</p> <p style="text-align: right;"><b>13</b></p>	<p>8:30 Coffee &amp; Tea Social 9:30 Sitting Zumba 10:00 Derby Races 11:00 Life Enrichment (PT) 11:00 Book Club (BC) 1:00 Sunshine Group (PT) 2:00 Jingo 3:00 Manicure / Glamour Hour 4:00 Fun &amp; Fitness (PT) 7:00 Penny Bingo</p> <p style="text-align: right;"><b>14</b></p>	<p>8:30 Newspaper Talk 9:00 Music Arts w/ Jesse 11:00 Life Enrichment (PT) 11:00 Book Club (BC) 1:00 Sunshine Group (BC) 2:00 Chenille's Wellness Class 3:00 Patio Time 4:00 Fun &amp; Fitness (PT) 5:00 Easy Listening 7:00 Penny Bingo</p> <p style="text-align: center;"><b>*Resident Outing</b></p> <p style="text-align: right;"><b>15</b></p>	<p>8:30 Early Bird News 9:15 Sing A Long w/ Beverly 10:30 Fun w/ Exercise 10:30 Communion / Prayer Visits 11:00 Life Enrichment (PT) 11:00 Book Club (BC) 1:00 Sunshine Group (PT) 1:30 Blast from the Past w/ Joy (BC) 3:30 Senior Games 4:00 Fun &amp; Fitness (PT) 7:00 Penny Bingo</p> <p style="text-align: right;"><b>16</b></p>	<p>8:30 Morning Coffee &amp; News 9:15 Senior Topics w/ Lisa 11:00 Bible Study w/ Betty (PT) 11:00 Book Club (BC) 1:00 Sunshine Group (PT) 2:00 Music Class w/ Josh 4:00 Fun &amp; Fitness (PT) 5:00 Easy Listening 7:00 Penny Bingo</p> <p style="text-align: right;"><b>17</b></p>	<p>8:30 News Broadcast 9:30 Table Toss <b>10 Winnie The Pooh Memories</b> 11:00 Life Enrichment (PT) 11:00 Book Club (BC) 1:00 Sunshine Group (PT) 2:00 WAEC Bowling League 3:00 Pure Harmony Spa 4:00 Fun &amp; Fitness (PT) 7:00 Nickel Bingo</p> <p style="text-align: center;"><b>*Oh, Pooh! Dau</b></p> <p style="text-align: right;"><b>18</b></p>	<p>8:30 Morning Discussion 9:00 Table Toss 9:30 Religious Hymns 10:00 Web Connection 11:00 Life Enrichment (PT) 11:00 Book Club (BC) 1:00 Sunshine Group (PT) 2:00 Creative Arts w/ Yelena 4:00 Fun &amp; Fitness (PT) 6:45 Knott Ave. Church 7:30 Wheel of Fortune</p> <p style="text-align: right;"><b>19</b></p>
<p>8:30 News Headlines 9:30 Friendship Baptist Church 10:30 Exercise Fun 11:00 Life Enrichment (PT) 11:00 Book Club (BC) 1:00 Sunshine Group (PT) 2:00 Penny Bingo 3:00 Bell Class 4:00 Fun &amp; Fitness (PT) 7:00 Hot Cocoa &amp; a Movie</p> <p style="text-align: right;"><b>20</b></p>	<p>8:30 News Broadcast 9:30 Sitting Zumba 10:00 West Praise Chapel 11:00 Life Enrichment (PT) <b>NO BISTRO TODAY</b> 1:00 Sunshine Group (PT) <b>2:00 MLK Remembrance</b> 3:00 Manicure / Glamour Hour 4:00 Fun &amp; Fitness (PT) 7:00 Penny Bingo</p> <p style="text-align: center;">Martin Luther King Day Tu B'Shevat</p> <p style="text-align: right;"><b>21</b></p>	<p>8:30 Morning Coffee &amp; News 9:00 Music Arts w/ Jesse 11:00 Life Enrichment (PT) 11:00 Book Club (BC) 1:00 Sunshine Group (BC) 2:00 Chenille's Wellness Class 3:00 Patio Time 4:00 Fun &amp; Fitness (PT) 5:00 Easy Listening 7:00 Penny Bingo</p> <p style="text-align: right;"><b>22</b></p>	<p>8:30 News Announcements 9:15 Sing A Long w/ Beverly 10:30 Fun w/ Exercise 10:30 Communion / Prayer Visits 11:00 Life Enrichment (PT) 11:00 Book Club (BC) 1:00 Sunshine Group (PT) 1:30 Blast from the Past w/ Joy (BC) 3:30 Senior Games 4:00 Fun &amp; Fitness (PT) 7:00 Penny Bingo</p> <p style="text-align: right;"><b>23</b></p>	<p>8:30 Coffee &amp; Tea Social 9:15 Senior Topics w/ Lisa 11:00 Bible Study w/ Betty (PT) 11:00 Book Club (BC) 1:00 Sunshine Group (PT) 2:00 Music Class w/ Josh 4:00 Fun &amp; Fitness (PT) 5:00 Easy Listening 7:00 Penny Bingo</p> <p style="text-align: right;"><b>24</b></p>	<p><b>8:30 Donut Social</b> 9:30 Table Toss 10:00 AC Video Tour 11:00 Life Enrichment (PT) 11:00 Book Club (BC) 1:00 Sunshine Group (PT) <b>2:00 Birthday Bash</b> 3:00 Pure Harmony Spa 4:00 Fun &amp; Fitness (PT) 7:00 Nickel Bingo</p> <p style="text-align: right;"><b>25</b></p>	<p>8:30 Morning Discussion 9:00 Table Toss 9:30 Religious Hymns 10:00 Spirit Lifters 11:00 Life Enrichment (PT) 11:00 Book Club (BC) 1:00 Sunshine Group (PT) 2:00 Creative Arts w/ Yelena 4:00 Fun &amp; Fitness (PT) 6:45 Knott Ave. Church 7:30 Wheel of Fortune</p> <p style="text-align: right;"><b>26</b></p>
<p>8:30 News Headlines 9:00 Ing's Family Chimes 9:30 Crescent Baptist Ministry 10:00 Web Connection Games 10:30 Exercise Fun 11:00 Life Enrichment (PT) 11:00 Book Club (BC) 1:00 Sunshine Group (PT) 2:00 Penny Bingo 3:00 Bell Class 4:00 Fun &amp; Fitness (PT) 7:00 Hot Cocoa &amp; a Movie</p> <p style="text-align: right;"><b>27</b></p>	<p>8:30 News Announcements 9:30 Sitting Zumba 10:00 Derby Races 11:00 Life Enrichment (PT) 11:00 Book Club (BC) 1:00 Sunshine Group (PT) 2:00 Jingo 3:00 Manicure / Glamour Hour 4:00 Fun &amp; Fitness (PT) 7:00 Penny Bingo</p> <p style="text-align: center;">Australia Day (observed)</p> <p style="text-align: right;"><b>28</b></p>	<p>8:30 Coffee &amp; Tea Social 9:00 Music Arts w/ Jesse 11:00 Life Enrichment (PT) 11:00 Book Club (BC) 1:00 Sunshine Group (BC) 2:00 Chenille's Wellness Class 3:00 Patio Time 4:00 Fun &amp; Fitness (PT) 5:00 Easy Listening 7:00 Penny Bingo</p> <p style="text-align: center;"><b>*Resident Group Outing</b></p> <p style="text-align: right;"><b>29</b></p>	<p>8:30 Newspaper Talk 9:15 Sing A Long w/ Beverly 10:30 Fun w/ Exercise 10:30 Communion / Prayer Visits 11:00 Life Enrichment (PT) 11:00 Book Club (BC) 1:00 Sunshine Group (PT) 1:30 Blast from the Past w/ Joy (BC) 3:30 Senior Games 4:00 Fun &amp; Fitness (PT) 7:00 Penny Bingo</p> <p style="text-align: right;"><b>30</b></p>	<p>8:30 News Broadcast 9:15 Senior Topics w/ Lisa <b>10:00 Resident Council</b> 11:00 Bible Study w/ Betty (PT) 11:00 Book Club (BC) 1:00 Sunshine Group (PT) 2:00 Music Class w/ Josh 5:00 Easy Listening 7:00 Penny Bingo</p> <p style="text-align: right;"><b>31</b></p>	<p><b>Life is like a book Some chapters are sad, some happy, &amp; some exciting But if you never turn the page, You will never know what the next chapter holds. Wishig you the best chapter yet in this coming NEW YEAR!</b></p>	

Activities subject to change; All Activities are held in the Large Dining Room unless specified: PT = Physical Therapy / BC = Bistro Café. Room Visits offered Daily & PRN