

SUN	MON	TUE	WED	THUR	FRI	SAT
		New Year's Day Front Office Closed, No Transportation, No Housekeeping, No Activities, Bistro Closed 1	8:40 9th Day Christmas (Art Studio) 2 10:30 AL Resident Meeting with Brody & Nicole (AR) 11:00 Faith Matters (MC) 1:00 Manicures (AR) 1:00 Bridge (GH) 3:30 Chime Choir (LHC)	8:40 10th Day Christmas (Art Studio) 3 9:30 Pack the Trunk 10:00 Store Trip to Bakers & Wal-Mart 10:30 Christmas Bell Concert (LHC) 11:00 Hymn Sing (LHC) 1:30 Bingo (Candy) (AR) 3:00 Mass (LHC) 6:15 Bridge (AR)	8:40 11th Day Christmas 4 9:15 Positive Current Events and Jokes (AR) 10:00 Handwork & Sewing Group (Art Studio) 11:00 IL Lakeside Shuttle 1:00 Popcorn Fridays (CS) 4:00 Social Hour (GH)	10:00 Resident Lead Quarter Bingo (GH) 5 6:30 Movie (GH)
9:10 Catholic Reading (MC) 6 9:20 Catholic Communion (MC) 9:45 Worship Service 10:30 Worship Service (LHC) 1:30 Rummikub Group (AR) 6:30 Movie (GH)	10:00 Quilt Tying (Art Studio) 7 12:30 Centering Prayer (MC) 12:30 Bridge (AR) 2:00 Mahjongg (2nd FL IL) 2:00 Bingo (Cart Prizes) (GH) 3:00 Book Club (MC) 3:30 Bible Stories (AR) 6:15 Rosary (MC) 6:30 Bridge (AR) 6:45 Entertainment with "Happy Faces" Singing Group (GH)	8:40 Thoughtful Time Out (Art Studio) 8 11:00 Red Hat Organizational Meeting 1:00 Poker (1 FL East Lounge) 2:00 When Swing Was King (GH) 2:00 Dominos (GH) 3:30 Resident Choir Rehearsal (MC) 6:15 Bridge (AR) 6:15 Mahjongg (2nd Floor East)	9:00 Open Kiwanis International Group (GH) 9 11:00 Pie & Pondering Outing 11:00 Faith Matters (MC) 1:00 Bridge (GH) 1:30 Creative Expressions with Brent (Art Studio) 3:30 Chime Choir (LHC)	8:40 Thoughtful Time Out (Art Studio) 10 10:00 Store Trip to Hy-Vee and Target 11:00 Hymn Sing (LHC) 1:30 Bingo (Candy) (AR) 3:00 Mass (LHC) 3:30 Travel Back In Time (AR) 6:15 Bridge (AR)	9:15 Positive Current Events and Jokes (AR) 11 10:00 Handwork & Sewing Group (Art Studio) 11:00 IL Lakeside Shuttle 1:00 Popcorn Fridays (CS) 1:30 January Birthday Party (GH) 4:00 Social Hour (GH)	10:00 Resident Lead Quarter Bingo (GH) 12 6:30 Movie (GH)
9:10 Catholic Reading (MC) 13 9:20 Catholic Communion (MC) 9:45 Worship Service 10:30 Worship Service (LHC) 1:30 Rummikub Group (AR) 6:30 Movie (GH)	10:30 Outreach Presentation (AR) 14 12:30 Centering Prayer (MC) 12:30 Bridge (AR) 2:00 Mahjongg (2nd FL IL) 2:00 Bingo (Cart Prizes) (GH) 3:30 Bible Stories (AR) 6:15 Rosary (MC) 6:30 Bridge (AR)	8:40 Thoughtful Time Out (Art Studio) 15 9:45 Dining Committee (GH) 11:00 Lunch Bunch Outing 1:00 Poker (1 FL East Lounge) 2:00 Dominos (GH) 3:00 Storytelling (GH) 3:30 Resident Choir Rehearsal (MC) 6:15 Bridge (AR) 6:15 Mahjongg (2nd Floor East)	11:00 Faith Matters (MC) 16 12:45 Protestant Communion (LHC) 1:00 Manicures (AR) 1:00 Bridge (GH) 3:30 Chime Choir (LHC) 6:30 Entertainment with the Livin' Easy Jazz Ensemble (GH)	8:40 Thoughtful Time Out (Art Studio) 17 10:00 Store Trip to Bakers & Wal-Mart 11:00 Hymn Sing (LHC) 1:30 Bingo (Candy) (AR) 3:00 Mass (LHC) 6:15 Bridge (AR)	9:15 Positive Current Events and Jokes (AR) 18 10:00 Residents & RAC Committee (GH) 10:00 Handwork & Sewing Group (Art Studio) 11:00 IL Lakeside Shuttle 1:00 Popcorn Fridays (CS) 4:00 Social Hour (GH)	10:00 Resident Lead Quarter Bingo (GH) 19 6:30 Movie (GH)
9:10 Catholic Reading (MC) 20 9:20 Catholic Communion (MC) 9:45 Worship Service 10:30 Worship Service (LHC) 1:30 Rummikub Group (AR) 6:30 Movie (GH)	Martin Luther King Day 21 11:00 History of Martin Luther King Jr. (AR) 12:30 Centering Prayer (MC) 12:30 Bridge (AR) 2:00 Mahjongg (2nd FL IL) 2:00 Bingo (Cart Prizes) (GH) 3:00 Beginners Bridge "Lesson" 3:30 Bible Stories (AR) 6:15 Rosary (MC) 6:30 Entertainment with Matt & Allen Carlson (GH) 6:30 Bridge (AR)	8:40 Thoughtful Time Out (Art Studio) 22 11:00 Blues Brothers Outing 1:00 Poker (1 FL East Lounge) 2:00 Dominos (GH) 3:30 Resident Choir Rehearsal (MC) 6:15 Bridge (AR) 6:15 Mahjongg (2nd Floor East)	11:00 Faith Matters (MC) 23 1:00 Bridge (GH) 1:30 Back to Basic Water Color Painting (GH) 3:30 Chime Choir (LHC)	8:40 Thoughtful Time Out (Art Studio) 24 10:00 Store Trip to Hy-Vee and Target 11:00 Hymn Sing (LHC) 1:30 Bingo (Candy) (AR) 3:00 Mass (LHC) 6:15 Bridge (AR) 6:30 Beginners Bridge "Play Of the Hand"	Hot Breakfast 25 10:00 Handwork & Sewing Group (Art Studio) 10:45 Pet Visit From Scatter Joy Acres (AR) 11:00 IL Lakeside Shuttle 1:00 Popcorn Fridays (CS) 4:00 Social Hour (GH)	9:00 Lakeside Outing to Cathedral Flower Festival 26 10:00 Resident Lead Quarter Bingo (GH) 6:30 Movie (GH)
9:10 Catholic Reading (MC) 27 9:20 Catholic Communion (MC) 9:45 Worship Service 10:30 Worship Service (LHC) 1:30 Rummikub Group (AR) 6:30 Movie (GH)	10:30 Life Enrichment Chat (AR) 28 12:30 Centering Prayer (MC) 12:30 Bridge (AR) 2:00 Mahjongg (2nd FL IL) 2:00 Bingo (Cart Prizes) (GH) 3:00 Beginners Bridge "Lesson" 3:30 Bible Stories (AR) 6:15 Rosary (MC) 6:30 Bridge (AR)	8:40 Thoughtful Time Out (Art Studio) 29 11:00 \$5 Tuesday Movie Outing 1:00 Poker (1 FL East Lounge) 2:00 Dominos (GH) 3:30 Resident Choir Rehearsal (MC) 6:15 Bridge (AR) 6:15 Mahjongg (2nd Floor East)	10:00 Resident Meeting (GH) 30 11:00 Faith Matters (MC) 1:00 Bridge (GH) 1:30 Let's Get Crafty (Art Studio) 3:30 Chime Choir (LHC)	8:40 Thoughtful Time Out (Art Studio) 31 10:00 Store Trip to Bakers & Wal-Mart 11:00 Hymn Sing (LHC) 1:30 Bingo (Candy) (AR) 3:00 Mass (LHC) 6:15 Bridge (AR) 6:30 Beginners Bridge "Play Of the Hand"		



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SUN	MON	TUE	WED	THUR	FRI	SAT
		New Year's Day Thrive Wellness Center CLOSED	9:00 Hydro Balance (PL) 9:00 Move-N-Groove with Pam (WS) 10:00 Gentle Flow (AR) 2:00 H2O Power (PL)	9:00 Rise N Shine (GH) 10:00 Activation Stations (WS) 1:00 Total Body (P) 2:00 Fitness Splash (PL) 4:00 Family Swim (PL)	9:00 Rusty Hinges H2O (PL) 10:00 Chair Dancing (AR)	10:00 Family Swim (PL)
6	9:00 Aqua Shape up (PL) 10:00 Balance and Bone Builder (WS) 1:00 Rise and Shine PM Edition (WS) 2:00 H2O Power (PL)	9:00 Rise N Shine (GH) 10:00 Activation Stations (WS) 1:00 Total Body (P) 2:00 Fitness Splash (PL) 2:00 Live Well - Get Fit (WS)	9:00 Hydro Balance (PL) 9:00 Move-N-Groove with Pam (WS) 10:00 Gentle Flow (AR) 2:00 H2O Power (PL)	9:00 Rise N Shine (GH) 10:00 Activation Stations (WS) 1:00 Total Body (P) 2:00 Fitness Splash (PL) 4:00 Family Swim (PL)	9:00 Rusty Hinges H2O (PL) 10:00 Chair Dancing (AR)	10:00 Family Swim (PL)
13	9:00 Aqua Shape up (PL) 10:00 Balance and Bone Builder (WS) 1:00 Rise and Shine PM Edition (WS) 2:00 H2O Power (PL)	9:00 Rise N Shine (GH) 10:00 Activation Stations (WS) 1:00 Total Body (P) 2:00 Fitness Splash (PL) 2:00 Live Well - Get Fit (WS)	9:00 Hydro Balance (PL) 9:00 Move-N-Groove with Pam (WS) 10:00 Gentle Flow (AR) 2:00 H2O Power (PL)	9:00 Rise N Shine (GH) 10:00 Activation Stations (WS) 1:00 Total Body (P) 2:00 Fitness Splash (PL) 4:00 Family Swim (PL)	9:00 Rusty Hinges H2O (PL) 10:00 Chair Dancing (AR)	10:00 Family Swim (PL)
20	Martin Luther King Day 9:00 Aqua Shape up (PL) 10:00 Balance and Bone Builder (WS) 10:30 VNA Presents... "How To Get Better Sleep" (GH) 11:30 VNA Kiosk Assistance (Thrive Wellness Center) 1:00 Rise and Shine PM Edition (WS) 2:00 H2O Power (PL)	9:00 Rise N Shine (GH) 10:00 Activation Stations (WS) 1:00 Total Body (P) 2:00 Fitness Splash (PL) 2:00 Live Well - Get Fit (WS)	9:00 Hydro Balance (PL) 9:00 Move-N-Groove with Pam (WS) 10:00 Gentle Flow (AR) 2:00 H2O Power (PL) 6:30 Wellness Wednesday Topic: Conflict Resolution (GH)	9:00 Rise N Shine (GH) 10:00 Activation Stations (WS) 1:00 Total Body (P) 2:00 Fitness Splash (PL) 4:00 Family Swim (PL)	9:00 Rusty Hinges H2O (PL) 10:00 Chair Dancing (AR)	10:00 Family Swim (PL)
27	9:00 Aqua Shape up (PL) 10:00 Balance and Bone Builder (WS) 1:00 Rise and Shine PM Edition (WS) 2:00 H2O Power (PL)	9:00 Rise N Shine (GH) 10:00 Activation Stations (WS) 1:00 Total Body (P) 2:00 Fitness Splash (PL) 2:00 Live Well - Get Fit (WS)	9:00 Hydro Balance (PL) 9:00 Move-N-Groove with Pam (WS) 10:00 Gentle Flow (AR) 2:00 H2O Power (PL)	9:00 Rise N Shine (GH) 10:00 Activation Stations (WS) 1:00 Total Body (P) 2:00 Fitness Splash (PL) 4:00 Family Swim (PL)	ROOM KEY AR - Activity Room GH - Grand Hall P - Parlor PL - Pool WS - Wellness Studio	

January 2019
Wellness

