


January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 New Year's Day Office Closed No Housekeeping Arbor Café Closed	2 1:00 Knitting 2:00 Scrabble	10 8:30 Grocery 10:00 Massage 3:30 Rosary 4:00 Thirsty Thursday 7:00 Bridge	4 1:00 Theater and a Thought 7:00 Pinochle	5 1:30 Bingo
		6	7 9:30 Mass 1:00 Bridge 7:00 Poker/Dominoes/ Chess	8 11:00 Bible Study 1:30 Coloring 7:00 Bridge	9 1:00 Knitting 2:00 Scrabble	10 8:30 Grocery 10:00 Massage 3:30 Rosary 4:00 Thirsty Thursday 7:00 Bridge
13	14 9:30 Mass 1:00 Bridge 7:00 Poker/Dominoes/ Chess	15 1:30 Coloring 3:00 Speaker Series: "Desire to be Heard: Art, Culture & Human Exp" 7:00 Bridge	16 1:00 Knitting 2:00 Scrabble 3:30 Hearing Checks	17 8:30 Grocery 10:00 Massage 1:00 Writers' Workshop 3:30 Rosary 4:00 Thirsty Thursday 7:00 Bridge	18 7:00 Pinochle	19 1:30 Bingo
20 4:00 Vespers	21 9:30 Mass 1:00 Bridge 7:00 Poker/Dominoes/ Chess	22 11:00 Bible Study 12:00 Ladies Lunch 1:00 Quilting Seminar 1:30 Coloring 7:00 Bridge	23 1:00 Knitting 2:00 Scrabble	24 8:30 Grocery 10:00 Massage 3:30 Rosary 4:00 Thirsty Thursday 7:00 Bridge	25 7:00 Pinochle	26 1:30 Bingo
27	28 9:30 Mass 1:00 Bridge 7:00 Poker/Dominoes/ Chess	29 1:30 Coloring 7:00 Bridge	30 1:00 Knitting 2:00 Scrabble	31 8:15 Grocery 10:00 Massage 3:30 Rosary 4:00 Thirsty Thursday 5 -7 Winter Buffet (RSVP in Office) 7:00 Bridge		Special events are in BLUE

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A physician's consent form will be required to participate in exercise classes and the wellness center. Katie will provide those. No pre-registration for classes is required.		1 Happy New Year	2 9:30 Resident Led Exercise	3 9:30 Tai Chi 11:00 Small Group Training 1:30 Strength & Balance	4 9:30 Resident Led Exercise	5
6	7 9:30 Resident Led Exercise	8 10:00 Yoga 11:00 Small Group Training 1:30 Strength & Balance 2:30 Live Well-Get Fit Information Session	9 9:30 Resident Led Exercise	10 9:30 Tai Chi 11:00 Small Group Training 1:00 VNA Kiosk Sign-up 1:30 Strength & Balance 2:00 Get Back on Track for 2019: Healthy Weight Loss Tips	11 9:30 Resident Led Exercise	12
13	14 9:30 Resident Led Exercise	15 10:00 Yoga 11:00 Small Group Training 1:30 Strength & Balance 2:30 Live Well-Get Fit	16 9:30 Resident Led Exercise	17 9:30 Tai Chi 11:00 Small Group Training 1:30 Strength & Balance	18 9:30 Resident Led Exercise	19
20	21 9:30 Resident Led Exercise	22 10:00 Yoga 11:00 Small Group Training 1:30 Strength & Balance 2:30 Live Well-Get Fit	23 9:30 Resident Led Exercise	24 9:30 Tai Chi 11:00 Small Group Training 1:30 Strength & Balance	25 9:30 Resident Led Exercise	26
27	28 9:30 Resident Led Exercise	29 10:00 Yoga 11:00 Small Group Training 1:30 Strength & Balance 2:30 Live Well-Get Fit	30 9:30 Resident Led Exercise	31 9:30 Tai Chi 11:00 Small Group Training 1:30 Strength & Balance		“Live Well-Get Fit” program sessions will meet in the community room.