

# January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activities in <b>Blue</b> require you to sign up in the notebook at the front desk Special events are in <b>Red</b> Lifelong learning events in <b>Green</b> ***** <b>Pinnacle Bank</b> <b>Tues-Wed-Thur 10-2</b> ***** <b>Patti/Mary Kay-Wed. Jan 2</b>	<b>Painting Experience-Jan 30</b> <b>Big canvas. Big message. Big art.</b> Everyone paints together on one canvas adding abstract layers of colors, marks & messages. The large art installation becomes your message to the world. Stop by anytime between 10 & 12 noon to make your marks on the shared canvas!	<b>1</b>  <b>Happy New Year</b> <b>11:00-1:00 Buffet</b> <b>Thrive Closed</b>	<b>2</b> 9:00 Rise N Shine 10:00 Bible Study 10:00 Ted Talk Topic: What if our health care system kept us healthy? 1:00 Bible Truths 2:00 Bingo	<b>3</b> 9:00 Rise N Shine 9:20 Devotions 9:30 AL Polish To Go 10:00 Computer Seminar 1:00 Computer Seminar 1:00 Shopping:CVS 1:00 Decorating Sacks for Meals on Wheels	<b>4</b> 9:00 Rise N Shine 10:00 Pitch 10:00 Writing Group 10:30 Catholic Devotions 11:00 Sr. Brain Fitness 4:00 Social Hour Music: Will Hutchinson	<b>5</b> 9:00 Rise N Shine 9:00 Wii Bowling 2&7 Movie
<b>6</b> 10:15 Worship 10:00 Rosary 10:30 Catholic Communion 11-1 Brunch 2&7 Movie	<b>7</b> 9:00 Rise N Shine 9:30 Linus Blanket Project 10:00 Sing Along with Doris AL Lobby 2:00 3 Chords and a Cloud of Dust-Music	<b>8</b> 9:00 Rise N Shine 9:00 Wii Bowling 9:20 Devotions 10:00 Pitch 10:00 Knit Together 10:00 The Landing SPEAKS 1:00 Silver Chords (Choir) 2:00 Chime Choir 7:00 Parkinson's Support Gp	<b>9</b> 9:00 Rise N Shine 10:00 Bible Study 1:00 Bible Truths No Bingo 1:00 Bus to Cristo Rey Church-Christmas Display Free will offering	<b>10</b> 9:00 Rise N Shine 9:00 Tabitha Vital Signs 9:20 Devotions 9:30 AL Polish To Go 1:00 Shopping: Walt Library 1:30 Movie-Wmsburg Sq.	<b>11</b> 9:00 Rise N Shine 9:30 Live Well-Get Fit 10:00 Pitch 10:00 Writing Group 11:00 Sr. Brain Fitness 3:00 Immanuel Speaker Series 4:00 Social Hour: Music: Chris Sayre	<b>12</b> 9:00 Rise N Shine 9:00 Wii Bowling 2&7 Movie
<b>13</b> 10:15 Worship 10:00 Rosary 10:30 Catholic Communion 11-1 Brunch 2&7 Movie	<b>14</b> 9:00 Rise N Shine 9:30 Linus Blanket Project 10:00 Our Great State Nebr. AL Lobby 1:00 RAC 2:00 AL Birthday Party	<b>15</b> 9:00 Rise N Shine 9:00 Wii Bowling 9:20 Devotions 10:00 Pitch 10:00 Knit Together 1:00 Silver Chords (Choir) 2:00 Chime Choir	<b>16</b> 9:00 Rise N Shine 10:00 Bible Study 1:00 Bible Truths 2:00 Musical Bingo Wmsburg Sq.	<b>17</b> 9:00 Rise N Shine 9:00 Christensen Audiology 9:20 Devotion 9:30 Polish To Go 1:00 Shopping: Walgreens 6:30 What is Meditation? Wmsburg Sq.	<b>18</b> 9:00 Rise N Shine 9:30 Live Well-Get Fit 10:00 Pitch 10:00 Writing Group 11:00 Move & Groove 11:00 Sr. Brain Fitness 4:00 Social Hour Music: Terri Orr	<b>19</b> 9:00 Rise N Shine 9:00 Wii Bowling 2&7 Movie
<b>20</b> 10:15 Worship 10:00 Rosary 10:30 Catholic Communion 11-1 Brunch 2&7 Movie	<b>21</b> 9:00 Rise N Shine 9:00 Foot Dr-IL 9:30 Linus Blanket Project 9:00 Foot Dr-AL 10:00 The Year That Was AL Lobby 2:00 Celebration of Life Service	<b>22</b> 9:00 Rise N Shine 9:00 Wii Bowling 9:20 Devotions 10:00 Pitch 10:00 Knit Together 10:00 The Landing SPEAKS 1:00 Silver Chords (Choir) 2:00 Chime Choir	<b>23</b> 9:00 Rise N Shine 10:00 Bible Study 1:00 Bible Truths 1:00 Humane Society No Bingo	<b>24</b> 9:00 Rise N Shine 9:00 Tabitha Vital Signs 9:20 Devotions 9:30 AL Polish To Go 1:00 Shopping:Scheels 2:00 Magic Show!  <b>Gourmet Dinner</b>	<b>25</b> 9:00 Rise N Shine 9:30 Live Well-Get Fit 10:00 Pitch 10:00 Writing Group 11:00 Sr. Brain Fitness 4:00 Social Hour Music: The Links	<b>26</b> 9:00 Rise N Shine 9:00 Wii Bowling 2&7 Movie
<b>27</b> 10:15 Worship 10:00 Rosary 10:30 Catholic Communion 11-1 Brunch 2&7 Movie	<b>28</b> 9:00 Rise N Shine 9:30 Linus Blanket Project 9:30 Coffee with John 10:00 Humor Makes The World Go Round AL Lobby 11:00 Res. Life Enrichment Committee 1:00 NET Video Follow The Water	<b>29</b> 9:00 Rise N Shine 9:00 Wii Bowling 9:20 Devotions 10:00 Pitch 10:00 Knit Together 1:00 Silver Chords (Choir) 2:00 Chime Choir	<b>30</b> 9:00 Rise N Shine 10:00 Bible Study 10:00 Painting Experience Bev Todd 1:00 Bible Truths 2:00 Bingo 7:00 Book Club	<b>31</b> 9:00 Rise N Shine 9:20 Devotions 9:30 AL Polish To Go 11:30 Lunch Bunch-Cactus 12:30 AARP Safe Driving Class 1:00 Shopping:Target	<b>Computer Seminars</b> <b>Thursday Dec. 3</b>  <b>10:00AM</b> <b>IPad &amp; iPhone Tips &amp; Tricks</b> <b>1:00PM</b> <b>Senior Tech Tips &amp; Tricks</b> <b>(including Windows 10)</b>	Join us on Monday mornings in the AL Lobby for a little fun! ***** <b>The NET Collection</b> <b>Follow The Water</b> This film is about an adventure to follow a mythical drop of water 1,300 miles through three different states-Nebraska, Wyoming & Missouri

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>FAMILY SWIM</b>  <b>EVERY WEDNESDAY</b> 4:30 - 5:30 p.m.  <b>EVERY SATURDAY</b> 9:30 - 11 a.m.	<b>Location Key</b> Williamsburg Square  Aerobics Room  Swimming Pool  Assisted Living Theater	1  New Year's Day  Closed	2  8:15 Cardio Tone 9:00 Rise N Shine 9:30 EZ Tone 10:30 Aqua Fit 12:30 Jazzercise Lite®	3  9:00 Rise N Shine 9:00 Yoga Flow 10:00 Cardio Blast 10:45 SilverSneakers® 2:00 Aquatic Bootcamp 4:45 Aqua Fit 5:00 SilverBoot (camp)	4  8:15 Cardio Tone 9:00 Rise N Shine 9:00 Move & Go Thru H2O 10:30 Aqua Fit 12:30 Jazzercise Lite® 2:00 Splash Attack!	5  8:15 Aqua Fit 9:00 Rise N Shine 10:00 SilverBoot (camp)
6	7  8:15 Cardio Tone 9:00 Rise N Shine 9:00 Move & Go Thru H2O 10:30 Aqua Fit 12:30 Jazzercise Lite® 2:00 Splash Attack! 2:00 Movement & Music	8  9:00 Rise N Shine 9:00 Yoga Flow 10:00 Cardio Blast 10:45 SilverSneakers® 2:00 Splash Attack! 4:45 Aqua Fit 5:00 SilverBoot (camp)	9  8:15 Cardio Tone 9:00 Rise N Shine 9:30 EZ Tone 10:30 Aqua Fit 12:30 Jazzercise Lite® 1:30 EZ Tai Chi 2:00 Tai Chi 4:00 Scoot N Boot	10  9:00 Rise N Shine 9:00 Yoga Flow 10:00 Cardio Blast 10:45 SilverSneakers® 2:00 Aquatic Bootcamp 4:45 Aqua Fit 5:00 SilverBoot (camp)	11  8:15 Cardio Tone 9:00 Rise N Shine 9:00 Move & Go Thru H2O 9:30 Live Well-Get Fit Intro 10:30 Aqua Fit 12:30 Jazzercise Lite® 2:00 Splash Attack!	12  8:15 Aqua Fit 9:00 Rise N Shine 10:00 SilverBoot (camp)
13	14  8:15 Cardio Tone 9:00 Rise N Shine 9:00 Move & Go Thru H2O 10:30 Aqua Fit 12:30 Jazzercise Lite® 2:00 Splash Attack!	15  9:00 Rise N Shine 9:00 Yoga Flow 10:00 Cardio Blast 10:45 SilverSneakers® 2:00 Splash Attack! 4:45 Aqua Fit 5:00 SilverBoot (camp)	16  8:15 Cardio Tone 9:00 Rise N Shine 9:30 EZ Tone 10:30 Aqua Fit 12:30 Jazzercise Lite® 1:30 EZ Tai Chi 2:00 Tai Chi 4:00 Scoot N Boot	17  9:00 Rise N Shine 9:00 Yoga Flow 10:00 Cardio Blast 10:45 SilverSneakers® 2:00 Aquatics Bootcamp 4:45 Aqua Fit 5:00 SilverBoot (camp)	18  8:15 Cardio Tone 9:00 Rise N Shine 9:00 Move & Go Thru H2O 9:30 Live Well—Get Fit 10:30 Aqua Fit 12:30 Jazzercise Lite® 2:00 Splash Attack!	19  8:15 Aqua Fit 9:00 Rise N Shine 10:00 SilverBoot (camp)
20	21  8:15 Cardio Tone 9:00 Rise N Shine 9:00 Move & Go Thru H2O 10:30 Aqua Fit 12:30 Jazzercise Lite® 2:00 Splash Attack!	22  9:00 Rise N Shine 9:00 Yoga Flow 10:00 Cardio Blast 10:45 SilverSneakers® 2:00 Splash Attack! 4:45 Aqua Fit 5:00 SilverBoot (camp)	23  8:15 Cardio Tone 9:00 Rise N Shine 9:30 EZ Tone 10:30 Aqua Fit 12:30 Jazzercise Lite® 1:30 EZ Tai Chi 2:00 Tai Chi 4:00 Scoot N Boot	24  9:00 Rise N Shine 9:00 Yoga Flow 10:00 Cardio Blast 10:45 SilverSneakers® 2:00 Aquatic Bootcamp 4:45 Aqua Fit 5:00 SilverBoot (camp)	25  8:15 Cardio Tone 9:00 Rise N Shine 9:00 Move & Go Thru H2O 9:30 Live Well—Get Fit 10:30 Aqua Fit 12:30 Jazzercise Lite® 2:00 Splash Attack!	26  8:15 Aqua Fit 9:00 Rise N Shine 10:00 SilverBoot (camp)
27	28  8:15 Cardio Tone 9:00 Rise N Shine 9:00 Move & Go Thru H2O 10:30 Aqua Fit 12:30 Jazzercise Lite® 2:00 Splash Attack!	29  9:00 Rise N Shine 9:00 Yoga Flow 10:00 Cardio Blast 10:45 SilverSneakers® 2:00 Splash Attack! 4:45 Aqua Fit 5:00 SilverBoot (camp)	30  8:15 Cardio Tone 9:00 Rise N Shine 9:30 EZ Tone 10:30 Aqua Fit 12:30 Jazzercise Lite® 1:30 EZ Tai Chi 2:00 Tai Chi 4:00 Scoot N Boot	31  9:00 Rise N Shine 9:00 Yoga Flow 10:00 Cardio Blast Dance 10:45 SilverSneakers® 2:00 Aquatic Bootcamp 4:45 Aqua Fit 5:00 SilverBoot (camp)		The Pickle Ball Court will be available whenever classes are not being held in the aerobics studio.