

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
KEY CC/CD - Classroom C/D CS - Coffee Spot LR - Living Room PDR - Private Dining Room IDR - Independent Dining Room ADR - Assisted Dining Room ALT - Assisted 2nd Floor FLC - Family Life Center		1 New Years Day Office and Wellness Center Closed	2 10:30 Bible Study- PDR 1:30 Music & Manicures-LR 2:00 Taste of Trinity-IDR 3:00 Wii Bowling 7:00 Bingo-ADR	3 ANB 9:10 - 9:30 10:30 Resident Meeting 1:00 Pattern & Purpose: American Quilts @ Joselyn Art Museum 6:15 Dominoes-CS	4 11:00 Rosary-PDR 1:30 Birthday Party-IDR 3:00 Hillbilly Hal-LR 7:00 Bingo-ADR	5 10:30 Project Work-CS 1:30 Movie-LR
6 9:00 Catholic Communion-PDR 9:00 Lutheran Worship Service-FLC 10:30 Lutheran Worship Service-FLC 1:30 Movie-LR	7 10:00 Welcome Committee-PDR 11:30 Coffee & Jesus-PDR 12:30 Quilting-CD 1:30 Craft-CC 2:00 Choir Practice-TCY 7:00 Bingo-ADR	8 9:00 SUN @ Fontenelle Forest 10:00 Grocery Shopping: Hy-Vee 1:30 Trivia-CC 3:30 UNO-CS 6:15 Skip-Bo-CS 7:00 Garden Club-IDR	9 10:30 Bible Study-PDR 1:00 Activity Meeting-CS 2:00 Village Chapel-LR 3:00 Wii Bowling 7:00 Bingo-ADR	10 10:30 Massages-CC 12:30 Open Door Mission 6:15 Dominoes-CS	11 11:00 Rosary-PDR 11:30 Speaker & Lunch at HyVee 3:00 Name That Tune Social-IDR 7:00 Bingo-ADR	12 10:30 Project Work-CS 1:30 Movie-LR Movie Outing: Time and Movie-TBA
13 9:00 Catholic Communion-PDR 9:00 Lutheran Worship Service-FLC 10:30 Lutheran Worship Service-FLC 1:30 Movie-LR	14 11:30 Lunch Bunch: Red Robin 2:00 Choir Practice-TCY 2:30 Guess Who?-CS 7:00 Bingo-ADR	15 10:00 Grocery Shopping: Family Fare 1:30 Explorer's Drive 6:15 Skip-Bo-CS 7:00 BUNCO- IDR	16 10:30 Bible Study-PDR 2:00 Terry Orr-LR 2:00 RAC Meeting-CD 3:00 Wii Bowling 7:00 Bingo-ADR	17 ANB 9:10 - 9:30 7-9 Breakfast Bash 2:00 Foundation Speaker-CC 3:30 Orange Leaf 6:15 Dominoes-CS	18 11:00 Rosary-PDR 12:30 Cooking Club-FLC Kitchen 3:30 Paul Cabbott-LR 7:00 Bingo-ADR	19 10:30 Project Work-CS 1:30 Movie-LR 6:00 Curious Incident of The Dog
20 9:00 Catholic Communion-PDR 9:00 Lutheran Worship Service-FLC 10:30 Lutheran Worship Service-FLC 1:30 Movie-LR	21 11:30 Coffee & Jesus-PDR 12:30 Quilting-CD 2:00 Choir Practice-TCY 2:00 Putt Putt-LR 3:15 Matt & Allen Carlson 7:00 Bingo-ADR	22 10:00 Grocery Shopping: Fareway 1:30 Trivia-CC 3:00 Rummy-CS 6:15 Skip-Bo-CS	23 10:30 Bible Study-PDR 2:00 Village Chapel-LR 3:00 Wii Bowling 7:00 Bingo-ADR	24 10:30 Massages-CC 1:00 Holy Family Shrine Catholic Church 6:15 Dominoes-CS	25 11:00 Rosary-PDR 1:00 Fun Fit Friday Bowling 7:00 Bingo-ADR	26 10:30 Project Work-CS 1:30 Movie-LR
27 9:00 Catholic Communion-PDR 9:00 Lutheran Worship Service-FLC 10:30 Lutheran Worship Service-FLC 1:30 Movie-LR	28 11:30 Lunch Bunch: Ming's 2:00 Dart Ball 2:00 Choir Practice-TCY 7:00 Bingo-ADR	29 10:00 Grocery Shopping: Target Movie Outing: Time and Movie TBA 6:15 Skip-Bo-CS	30 10:30 Bible Study-PDR 1:30 Music & Manicures-LR 3:00 Wii Bowling 7:00 Bingo-ADR	31 11:00 Bean Bag Toss-LR 1:00 Lewis & Clark Historic Center 6:15 Dominoes-CS	Special events are in RED . Lifelong Learning activities are in GREEN . Recurring events are in BLUE .	Activities in BOLD BLACK require residents to sign up for the event. The binder is on the counter in the business office.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Location Key D = Classroom D C = Classroom C ALE = Assisted Living 2nd Floor Elbow WC = Wellness Center TCY = Trinity Courtyard LR = Living Room east fireplace</p>		<p>1 CLOSED HAPPY NEW YEAR</p>	<p>2 9:00 Foundations-D 10:00 Fit 4 Life-ALE 1:00 Total Body-TCY</p>	<p>3 9:00 Fireside Fit-LR 10:00 Movers & Shakers-C 10:30 Massage-C 11:00 Posture Plus-TCY 1:00 Balance & Core-C</p>	<p>4 9:00 Foundations-D 9:30 Yoga-C 10:00 Fit 4 Life-ALE 1:00 Fun Fit Friday-C</p>	
<p>2</p>	<p>7 9:00 Foundations-D 10:00 Fit 4 Life-ALE 11:00 Line Dance-C 1:00 Circuit -TCY</p>	<p>8 9:00 Fireside Fit-LR 10:00 Movers & Shakers-C 11:00 Posture Plus-TCY 1:00 Balance & Core-C</p>	<p>9 9:00 Foundations-D 10:00 Fit 4 Life-ALE 1:00 Circuit -TCY</p>	<p>10 9:00 Fireside Fit-LR 10:00 Movers & Shakers-C 11:00 Posture Plus-TCY 1:00 Balance & Endurance-C 2:00 Live Well Get Fit Information Mtg</p>	<p>11 9:00 Foundations-D 9:30 Yoga-C 10:00 Fit 4 Life-ALE 1:00 Fun Fit Friday-C</p>	<p>12</p>
<p>13</p>	<p>14 9:00 Foundations-D 10:00 Fit 4 Life-ALE 11:00 Line Dance-C 1:00 Circuit -TCY</p>	<p>15 9:00 Fireside Fit-LR 10:00 Movers & Shakers-C 11:00 Posture Plus-TCY 1:00 Balance & Core-C</p>	<p>16 9:00 Foundations-D 10:00 Fit 4 Life-ALE 11:30 VNA Wellness Speaker-C 1:00 Circuit -TCY</p>	<p>17 9:00 Fireside Fit-LR 10:00 Movers & Shakers-C 10:30 Massage-C 11:00 Posture Plus-TCY 1:00 Balance & Core-C 2:00 Live Well Get Fit</p>	<p>18 9:00 Foundations-D 9:30 Yoga-C 10:00 Fit 4 Life-ALE 1:00 Fun Fit Friday-C</p>	<p>19</p>
<p>20</p>	<p>21 9:00 Foundations-D 10:00 Fit 4 Life-ALE 11:00 Line Dance-C 1:00 Circuit -TCY</p>	<p>22 9:00 Fireside Fit-LR 10:00 Movers & Shakers-C 11:00 Posture Plus-TCY 1:00 Balance & Core-C</p>	<p>23 9:00 Foundations-D 10:00 Fit 4 Life-ALE 1:00 Circuit -TCY</p>	<p>24 9:00 Fireside Fit-LR 10:00 Movers & Shakers-C 11:00 Posture Plus-TCY 1:00 Balance & Core-C 2:00 Live Well Get Fit</p>	<p>25 9:00 Foundations-D 9:30 Yoga-C 10:00 Fit 4 Life-ALE 1:00 Fun Fit Friday-Bowling Outing</p>	<p>26</p>
<p>27</p>	<p>28 9:00 Foundations-D 10:00 Fit 4 Life-ALE 11:00 Line Dance-C 1:00 Circuit -TCY</p>	<p>29 9:00 Fireside Fit-LR 10:00 Movers & Shakers-C 11:00 Posture Plus-TCY 1:00 Balance & Core-C</p>	<p>30 9:00 Foundations-D 10:00 Fit 4 Life-ALE 1:00 Circuit -TCY</p>	<p>31 9:00 Fireside Fit-LR 10:00 Movers & Shakers-C 10:30 Massage-C 11:00 Posture Plus-TCY 1:00 Balance & Core-C 2:00 Live Well Get Fit</p>		