


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special events are in Red.		1 9:30 Current Events 10:00 Sing-Along 1:30 New Years Resolutions 2:30 Group Walk 3:30 Iowa Books 6:00 Book on CD	2 9:30 Current Events 10:00 Name that Sound (CD) 10:30 Easy Does it Trivia 1:30 Sing Along Hymns 2:00 Storyteller 5:30 Bingo 6:30 Reminiscing	3 9:30 Current Events 10:15 Senior Fitness 1:15 Music Therapy 2:00 Plants and Animals 3:30 Star of the Month 6:00 Group Games	4 9:30 Current Events 10:00 Door Burst Craft 1:30 Short Story 2:30 Random Trivia 3:30 Football Toss 6:00 Picture Books	5 9:30 Current Events 10:00 Hand Massages 10:30 Word Search 1:30 Bingo 2:30 "Body Language" 3:30 Sing A-Long 6:00 Drawer Detective 6:30 Movie Night
6 9:30 Current Events 10:00 Scarf Exercises 10:30 Neck Massages 1:30 Bingo 2:30 Radio Show CD 3:30 Picture Books 6:00 Family Feud 6:30 Listen to Music	7 9:30 Current Events 1:30 Random Trivia 2:30 Reminiscing 3:30 Sing-Along 2 6:00 Name that Tune (CD) 6:30 Listen to Music	8 9:30 Current Events 10:00 Remembering the Good Ol' Days 1:30 Cooking Club 2:00 Entertainment 3:30 Iowa Books 6:00 Book on CD	9 9:30 Current Events 10:00 Name that Sound (CD) 10:30 Don't Burst my Bubble Game 1:30 Sing Along Hymns 5:30 Bingo 6:30 Reminiscing	10 9:30 Current Events 10:00 Games 1:15 Music Therapy 2:30 Bubble Wrap Art 3:30 Group Walk 4:00 Pet Therapy 6:00 What Am I?	11 9:30 Current Events 10:00 Balloon Exercises 10:30 Name that Tune 1:30 Travelogue 2:30 Organize Crossword 6:00 Progressive Relax. 6:30 Picture Books	12 9:30 Current Events 10:00 Hand Massages 10:30 Basketball 1:30 Musical Instruments 2:30 Reminisce Cards 3:30 Sing A-Long 4 6:00 Jigsaw Puzzles 6:30 Movie Night
13 9:30 Current Events 10:00 Balloon Swat 10:30 Nail Care 1:30 Bingo 2:30 Skillset Work 3:30 Categorizing 6:00 Radio Show CD 6:30 Listen to Music	14 9:30 Current Events 10:00 Scenic Drive 10:30 Stories of the Hat 1:30 What's Wrong with this Picture? 2:30 Sing-Along 1 3:30 Chapter A Day 6:30 Farm Book Reminisce	15 9:30 Current Events 10:15 Senior Fitness 1:30 Cooking Club 2:30 Group Walk 6:00 Book on CD 6:30 Watercolor Painting	16 9:30 Current Events 10:00 Music 10:30 Humor 1:30 Begin Categories 2:30 Balloon Toss 3:30 Outburst 6:00 Bingo	17 9:30 Pet Therapy LSL 10:15 Senior Fitness 1:15 Music Therapy 2:00 Entertainment 3:30 Who am I? 6:00 Group Games	18 9:30 Current Events 10:00 Up in the Air 10:30 The Champagne Music Maker 1:30 Reminiscing with the Senses 3:30 Football Toss 6:00 Picture Books	19 9:30 Current Events 10:00 Hand Massages 10:30 Making a List 1:30 Bean Bag Toss 2:30 Reminiscing 3:30 Sing A-Long 3 6:00 Drawer Detective 6:30 Movie Night
20 9:30 Current Events 10:00 Balloon Swat 10:30 Puzzles and Ponders 1:30 Bingo 2:30 Skillset Work 3:30 Picture Books 6:00 Musical Instruments 6:30 Listen to Music	21 9:30 Current Events 10:00 Bingo! 1:30 Eat, Wear, Drive Game 2:30 Capter A Day 3:30 Sing-Along Hymns 6:00 Name that Sound 6:30 Listen to Music	22 9:30 Current Events 10:15 Senior Fitness 1:30 Cooking Club 2:30 Group Walk 6:00 Book on CD 6:30 Watercolor Painting	23 9:30 Current Events 10:00 Ball Toss 10:30 Prune Categories 3:30 Outburst 6:00 Bingo 6:30 Reminiscing	24 9:30 Current Events 10:15 Senior Fitness 1:15 Music Therapy 2:00 Entertainment 4:00 Pet Therapy 6:00 Group Crossword Puzzle	25 9:30 Current Events 10:00 Easy Weave Craft 1:30 Discuss and Recall 2:30 Random Trivia 3:30 Bowling 6:00 Picture Books	26 9:30 Current Events 10:00 Hand Massages 10:30 Coloring Pages 1:30 Musical Instruments 2:30 Reminisce Cards 3:30 Sing A-Long Hymns 6:00 Jigsaw Puzzles 6:30 Movie Night
27 9:30 Current Events 10:00 Football Toss 10:30 Nail Care 1:30 Bingo 2:30 Skillset Work 3:30 Group Walk 6:00 Puzzles and Ponders 6:30 Listen to Music	28 9:30 Current Events 10:00 Scenic Drive 1:30 Group Walk 2:30 Capter A Day 3:30 Sing-Along 1 6:00 Name that Sound 6:30 Listen to Music	29 9:30 Current Events 10:15 Senior Fitness 1:30 Cooking Club 2:30 Group Walk 6:00 Book on CD 6:30 Watercolor Painting	30 9:30 Current Events 10:00 Remembering Bubble Songs 10:30 What Am I? 1:30 Horse Races 3:30 Outburst 6:00 Bingo	31 9:30 Current Events 10:15 Senior Fitness 1:15 Music Therapy 2:15 Cork Charm 3:30 Group Walk 6:00 Group Games		

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Activities in Blue require you to sign up in the notebook at the front desk.</p> <p>Special events are in Red.</p>		<p>1</p> <p>Happy New Year!</p> <p>3:00 Resident Led Games SDR</p>	<p>2</p> <p>10:00 Wellness Wednesday SDR</p>	<p>3</p> <p>10:15 Senior Fitness LDR</p> <p>2:00 Manicures MR</p> <p>3:00 Rummikub LSL</p>	<p>4</p> <p>10:00 Walmart</p> <p>1:45 Armchair Travels MR</p> <p>5:00 Pizza & Beer Night</p>	<p>5</p> <p>10:00 Rosary Prayer PDR</p> <p>2:30 Bingo SDR</p> <p>6:30 Movie Night MR</p>
<p>6</p> <p>3:00 Calvary Apostolic Church LDR</p> <p>3:30 Dominoes LSL</p>	<p>7</p> <p>10:00 Walking Club</p> <p>11:00 Bible Study PRD</p> <p>12:00 Chair Massages LDR</p> <p>1:30 Hy-Vee</p>	<p>8</p> <p>10:15 Senior Fitness MR (No Melinda)</p> <p>11:00 Book Club PDR</p> <p>1:30 Devotions with Michelle SDR</p> <p>2:00 Music LDR</p> <p>3:00 Games SDR</p>	<p>9</p> <p>10:00 Town Hall Meeting</p> <p>1:30 Library</p>	<p>10</p> <p>10:15 Senior Fitness MR (No Melinda)</p> <p>2:00 Men's Group SDR</p> <p>3:00 Rummikub LSL</p>	<p>11</p> <p>1:45 Armchair Travels MR</p> <p>3:30 Happy Hour LSL</p>	<p>12</p> <p>10:00 Rosary Prayer PDR</p> <p>2:30 Bingo SDR</p> <p>6:30 Movie Night MR</p>
<p>13</p> <p>3:00 Calvary Apostolic Church SDR</p> <p>3:30 Dominoes LSL</p>	<p>14</p> <p>11:00 Bible Study PDR</p> <p>1:30 Walmart</p> <p>4:00 Outback Steakhouse</p>	<p>15</p> <p>10:15 Sr Fitness LDR</p> <p>11:00 Book Club PDR</p> <p>1:30 Devotions w/ Michelle SDR</p> <p>2:00 World Religions SDR</p> <p>3:00 Jewelry Making</p>	<p>16</p> <p>10:00 Botanical Gardens DSM</p>	<p>17</p> <p>9:30 Pet Therapy LSL</p> <p>10:15 Senior Fitness LDR</p> <p>2:00 Music with Rick L. LDR</p> <p>3:00 Rummikub LSL</p>	<p>18</p> <p>10:00 Manicures MR</p> <p>1:45 Armchair Travels MR</p> <p>3:30 Happy Hour LSL</p>	<p>19</p> <p>10:00 Rosary Prayer PDR</p> <p>2:30 Bingo SDR</p> <p>6:30 Movie Night MR</p>
<p>20</p> <p>3:00 Calvary Apostolic Church SDR</p> <p>3:30 Dominoes LSL</p>	<p>21</p> <p>10:00 Walking Club</p> <p>11:00 IA Wild Hockey Game</p> <p>2:30 Meals from the Heartland LDR</p> <p>5:00 Music with Helene LDR</p>	<p>22</p> <p>10:15 Sr Fitness LDR</p> <p>11:00 Book Club PDR</p> <p>1:30 Devotions with Pastor Michelle SDR</p> <p>2:00 Fellowship SDR</p> <p>3:00 Games SDR</p>	<p>23</p> <p>1:30 Fareway</p>	<p>24</p> <p>10:15 Senior Fitness LDR</p> <p>2:00 Music with Dave Gray LDR</p> <p>3:00 Rummikub LSL</p>	<p>25</p> <p>1:45 Armchair Travels MR</p> <p>11:45 Rolling Smoke BBQ *Lunch @ The Shores</p> <p>3:30 Happy Hour LSL</p>	<p>26</p> <p>10:00 Rosary Prayer PDR</p> <p>2:30 Bingo SDR</p> <p>6:30 Movie Night MR</p>
<p>27</p> <p>3:00 Calvary Apostolic Church SDR</p> <p>3:30 Dominoes LSL</p>	<p>28</p> <p>10:00 Walmart</p> <p>11:00 Bible Study PDR</p> <p>1:30 Monthly Worship Service with Pastor Michelle SDR</p>	<p>29</p> <p>10:15 Senior Fitness LDR</p> <p>11:00 Book Club PDR</p> <p>3:00 Games SDR</p>	<p>30</p> <p>10:00 Walgreens</p> <p>1:30 Library</p>	<p>31</p> <p>10:15 Senior Fitness LDR</p> <p>3:00 Rummikub LSL</p>	<p>KEY</p> <p>AR = Activity Room 2nd Floor</p> <p>MR = Media Room 2nd Floor</p> <p>LDR = Large Dining Rm 1st Floor</p> <p>SDR = Small Dining Rm 1st Floor</p> <p>PDR = Private Dining RM 1st Floor</p> <p>LSL = Lakeside Lounge 1st Floor</p>	