



CYPRESS PALMS

Senior Living



# JANUARY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p><b>Calendars are subject to change. Please refer to daily program sheets for any changes.</b></p>	<p><b>NEW YEAR'S DAY 1</b></p> <p>9:30 Morning Gazette, SP 1 10:00 Balloon Volleyball, AR 1 10:00 Hydration Cart Rounds!, CA <b>11:00 Chi Chi &amp; Yoga, AR 1</b> 11:00 Piano w/Germaine, LB 1 1:15 Committee Meeting, CA <b>2:00 Piano Bar!, AR 1</b> 3:00 Outside Reading Group, Out 4:00 FIT to Stretch®, CA 4:15 1:1 w/Megan, CA <b>5:30 Music w/James, CA</b></p>	<p><b>2</b></p> <p>9:30 Morning Gazette, SP 1 9:30 Walking Club, Out 10:00 Basketball Movement Group, SP 1 10:00 Hydration Cart Rounds!, CA 10:15 P.A.L.S. W/Rico, LC 10:30 Violin &amp; Tea w/Martha Roy, SP 1 11:30 FIT to Balance®, SUN 1:00 Entertainment w/David, CA <b>2:00 Front Porch Manicures, Out</b> 2:30 Residents Choice w/Jess, CA <b>3:00 Pray the Rosary, AR 1</b> 3:30 BINGO w/Bea, SP 2</p>	<p><b>3</b></p> <p>National Fruitcake Toss Day 9:30 Morning Gazette, SP 1 10:00 Balloon Volleyball, CA 10:00 Hydration Cart Rounds!, CA 11:00 Cocktails &amp; Keys w/Bryan, LB 1 <b>11:00 Outside Trivia, Out</b> 1:15 Committee Meeting, CA <b>2:00 Music &amp; Singing w/Doril, CA</b> 3:30 Baking: Fruitcake, SP 2 3:30 Movie &amp; Popcorn Night, AMC 4:00 FIT to Pedal®, AMC 4:15 1:1 w/Clarissa, CA</p>	<p><b>4</b></p> <p>Holy Communion 9:30 Morning Gazette, SP 1 9:30 Walking Club, Out 10:00 Hydration Cart Rounds!, CA 10:00 Noodle Ball, SP 1 <b>10:00 P.A.L.S. With Maxx</b> 10:30 Ages Entwined®, SP 2 <b>1:30 Outside Handbell Choir, Out</b> 3:30 Wine &amp; Makeovers @ Boutique, PE 1 4:30 FIT to Stretch®, CA <b>5:30 Evening Social, CA</b></p>	<p><b>5</b></p> <p>9:30 Morning Gazette, SP 1 9:45 FIT to Stretch®, SP 1 10:00 Improv w/Patrick, AR 1 10:00 Balloon Volleyball, SP 2 10:00 Hydration Cart Rounds!, CA 11:00 Craft: January Centerpieces, SP 1 1:15 Faces &amp; Places Trivia, CA <b>2:00 Happy Hour, AR 1</b> 3:00 Outside Reading Group, Out 3:00 Beading w/Paula, AR 3 3:30 Cypress Singers, AR 1 4:00 FIT to Stretch®, CA 4:15 1:1 w/Megan, CA</p>	<p><b>6</b></p> <p>9:30 Daily Inspiration, AMC 10:00 Current Events, CA 10:30 Trivia, CA 11:00 Crossword Puzzles, CA 1:15 FIT to Stretch®, CA 2:00 Chicken Soup for the Soul, CA <b>3:00 Johnny's Soda Shoppe &amp; Music, LB 1</b> <b>3:00 Music &amp; Entertainment!, LB 1</b></p>	
	<p><b>7</b></p> <p>9:30 Daily Inspiration, AMC 10:00 Prince of Peace Church Service, AR 1 11:15 Movement Group, CA 1:15 Nail Salon, SUN 2:00 Book Club, CA 3:00 Sunday Matinee, AMC 3:30 Aromatherapy &amp; Hand Massages, PE 1</p>	<p><b>8</b></p> <p>Happy Birthday Elvis! 9:30 Morning Gazette, SP 1 10:00 Balloon Volleyball, AR 1 10:00 Hydration Cart Rounds!, CA 11:00 Piano w/Germaine, LB 1 <b>11:00 Chi Chi &amp; Yoga, AR 1</b> 1:15 Committee Meeting, CA <b>2:00 Elvis Tribute Show, AR 1</b> 3:00 Outside Reading Group, Out 4:00 FIT to Stretch®, CA <b>5:30 Entertainment: Two Peace Band, CA</b></p>	<p><b>9</b></p> <p>9:30 Morning Gazette, SP 1 9:30 Walking Club, Out 10:00 Basketball Movement Group, SP 1 10:00 Hydration Cart Rounds!, CA 11:00 Treasures of the Heart®, SP 1 11:30 FIT to Balance®, SUN 1:30 FIT to Stretch®, CA <b>2:00 Front Porch Manicures, Out</b> 2:30 Residents Choice w/Jess, CA <b>3:00 Pray the Rosary, AR 1</b> 3:30 BINGO w/Bea, SP 2</p>	<p><b>10</b></p> <p>8:00 Omelette Bar w/ Chef Chris 9:30 Morning Gazette, SP 1 9:45 FIT to Be Strong®, CA 10:00 Hydration Cart Rounds!, CA 10:15 Zumba Gold w/Amber, AR 1 11:00 Outside Singalongs, Out 1:15 Committee Meeting, CA <b>2:00 Music w/Good Vibes, CA</b> 3:30 Movie &amp; Popcorn Night, AMC 4:00 FIT to Pedal®, AMC 4:15 1:1 w/Clarissa, CA</p>	<p><b>11</b></p> <p>Holy Communion 9:30 Morning Gazette, SP 1 9:30 Walking Club, Out 10:00 Hydration Cart Rounds!, CA 10:00 FIT to Be Strong®, CA <b>10:30 Ages Entwined® Cooking, AR 1</b> <b>1:30 Outside Handbell Choir, Out</b> 3:30 Wine &amp; Makeovers @ Boutique, PE 1 3:30 Cocktail Hour w/Rick Elkins 4:30 FIT to Stretch®, CA <b>5:30 Evening Social, CA</b></p>	<p><b>12</b></p> <p>9:30 Morning Gazette, SP 1 9:45 FIT to Stretch®, SP 1 10:00 Improv w/Patrick, AR 1 10:00 Balloon Volleyball, SP 2 10:00 Hydration Cart Rounds!, CA 11:00 Craft: Adult Coloring, SP 1 1:15 Faces &amp; Places Trivia, CA <b>2:00 Happy Hour, AR 1</b> 3:00 Outside Reading Group, Out 3:30 Cypress Singers, AR 1 4:00 FIT to Stretch®, CA 4:15 1:1 w/Megan, CA</p>	<p><b>13</b></p> <p>9:30 Daily Inspiration, AMC 10:00 Current Events, CA 10:30 Trivia, CA <b>10:30 Music w/Tim, CA</b> 11:00 Crossword Puzzles, CA 1:15 FIT to Stretch®, CA 2:00 Chicken Soup for the Soul, CA <b>3:00 Johnny's Soda Shoppe &amp; Music, LB 1</b> <b>3:00 Music &amp; Entertainment!, LB 1</b></p>
	<p><b>14</b></p> <p>9:30 Daily Inspiration, AMC 10:00 Prince of Peace Church Service, AR 1 11:15 Movement Group, CA 1:15 Nail Salon, SUN 2:00 Book Club, CA 3:00 Sunday Matinee, AMC 3:30 Aromatherapy &amp; Hand Massages, PE 1</p>	<p><b>MARTIN LUTHER KING JR. DAY 15</b></p> <p>9:30 Morning Gazette, SP 1 10:00 Balloon Volleyball, AR 1 10:00 Hydration Cart Rounds!, CA <b>11:00 Chi Chi &amp; Yoga, AR 1</b> 11:00 Piano w/Germaine, LB 1 1:15 Committee Meeting, CA <b>2:00 Piano Bar!, AR 1</b> 3:00 Outside Reading Group, Out 4:00 FIT to Stretch®, CA 4:15 1:1 w/Megan, CA <b>5:30 Music w/James, CA</b></p>	<p><b>16</b></p> <p>9:30 Morning Gazette, SP 1 9:30 Walking Club, Out 10:00 Basketball Movement Group, SP 1 10:00 Hydration Cart Rounds!, CA 10:15 P.A.L.S. W/Rico, LC 10:30 Violin &amp; Tea w/Martha Roy, SP 1 11:30 FIT to Balance®, SUN 1:00 Entertainment w/David, CA <b>2:00 Front Porch Manicures, Out</b> 2:30 Residents Choice w/Jess, CA <b>3:00 Pray the Rosary, AR 1</b> 3:30 BINGO w/Bea, SP 2</p>	<p><b>Happy Birthday Betty White! 17</b></p> <p>9:30 Morning Gazette, SP 1 10:00 Balloon Volleyball, CA 10:00 Hydration Cart Rounds!, CA <b>11:00 Outside Trivia, Out</b> 1:15 Committee Meeting, CA 2:00 Music Therapy w/ Mary M., SP 2 3:30 Golden Girls Marathon!, AMC 4:00 FIT to Pedal®, AMC 4:15 1:1 w/Clarissa, CA</p>	<p><b>18</b></p> <p>Holy Communion 8:00 Resident Breakfast, AR 1 9:30 Morning Gazette, SP 1 9:30 Walking Club, Out 10:00 Hydration Cart Rounds!, CA 10:00 Noodle Ball, SP 1 <b>10:00 P.A.L.S. With Maxx</b> 10:30 Ages Entwined®, SP 2 <b>1:30 Outside Handbell Choir, Out</b> <b>2:15 The Spoonman, AR 1</b> 3:30 Wine &amp; Makeovers @ Boutique, PE 1 <b>5:30 Evening Social, CA</b></p>	<p><b>19</b></p> <p>9:30 Morning Gazette, SP 1 9:45 FIT to Stretch®, SP 1 10:00 Improv w/Patrick, AR 1 10:00 Balloon Volleyball, SP 2 10:00 Hydration Cart Rounds!, CA 11:00 Craft: Gasparilla Pirate Hats, SP 1 1:15 Faces &amp; Places Trivia, CA <b>2:00 Pirate Invasion Happy Hour!, AR 1</b> 3:00 Walk the Plank Bingo!, SP 1 3:30 Cypress Singers, AR 1 4:00 FIT to Stretch®, CA 4:15 1:1 w/Megan, CA</p>	<p><b>20</b></p> <p>9:30 Daily Inspiration, AMC 10:00 Current Events, CA 10:30 Trivia, CA 11:00 Crossword Puzzles, CA 1:15 FIT to Stretch®, CA 2:00 Chicken Soup for the Soul, CA <b>3:00 Johnny's Soda Shoppe &amp; Music, LB 1</b> <b>3:00 Music &amp; Entertainment!, LB 1</b></p>
	<p><b>21</b></p> <p>9:30 Daily Inspiration, AMC 10:00 Prince of Peace Church Service, AR 1 11:15 Movement Group, CA 1:15 Nail Salon, SUN 2:00 Book Club, CA 3:00 Sunday Matinee, AMC 3:30 Aromatherapy &amp; Hand Massages, PE 1</p>	<p><b>22</b></p> <p>9:30 Morning Gazette, SP 1 10:00 Balloon Volleyball, AR 1 10:00 Hydration Cart Rounds!, CA <b>11:00 Chi Chi &amp; Yoga, AR 1</b> 11:00 Piano w/Germaine, LB 1 1:15 Committee Meeting, CA <b>2:00 Piano Bar!, AR 1</b> 3:00 Outside Reading Group, Out 4:00 FIT to Stretch®, CA 4:15 1:1 w/Megan, CA <b>5:30 Entertainment: Two Peace Band, CA</b></p>	<p><b>National Pie Day 23</b></p> <p>9:30 Morning Gazette, SP 1 9:30 Walking Club, Out <b>10:00 Balloon Competition @ Coliseum</b> 10:00 Basketball Movement Group, SP 1 10:00 Hydration Cart Rounds!, CA 11:00 Treasures of the Heart®, SP 1 1:30 FIT to Stretch®, CA <b>2:00 Front Porch Manicures, Out</b> 2:30 Residents Choice w/Jess, CA <b>3:00 Pray the Rosary, AR 1</b> 3:30 Baking: Apple Pie Bites, SP 2</p>	<p><b>24</b></p> <p>9:30 Morning Gazette, SP 1 9:45 FIT to Be Strong®, CA 10:00 Hydration Cart Rounds!, CA 10:15 Zumba Gold w/Amber, AR 1 11:00 Outside Singalongs, Out 12:00 Caregivers' Support Group, SP 2 1:15 Committee Meeting, CA <b>2:00 Music w/Good Vibes, CA</b> 3:30 Movie &amp; Popcorn Night, AMC 4:00 FIT to Pedal®, AMC 4:15 1:1 w/Clarissa, CA</p>	<p><b>25</b></p> <p>Holy Communion 9:30 Morning Gazette, SP 1 9:30 Walking Club, Out 10:00 Noodle Ball, SP 1 10:00 Hydration Cart Rounds!, CA <b>10:30 Lunch @ Carmelita's, Out</b> 10:30 Ages Entwined®, SP 2 <b>1:30 Outside Handbell Choir, Out</b> 3:30 Wine &amp; Makeovers @ Boutique, PE 1 4:30 FIT to Stretch®, CA <b>5:30 Evening Social, CA</b></p>	<p><b>26</b></p> <p>9:30 Morning Gazette, SP 1 9:45 FIT to Stretch®, SP 1 10:00 Improv w/Patrick, AR 1 10:00 Balloon Volleyball, SP 2 10:00 Hydration Cart Rounds!, CA 11:00 Craft: Heart Suncatchers, SP 1 1:15 Faces &amp; Places Trivia, CA <b>2:00 Happy Hour, AR 1</b> 3:00 Outside Reading Group, Out 3:30 Cypress Singers, AR 1 4:00 FIT to Stretch®, CA 4:15 1:1 w/Megan, CA</p>	<p><b>27</b></p> <p>9:30 Daily Inspiration, AMC 10:00 Current Events, CA 10:30 Trivia, CA 11:00 Crossword Puzzles, CA 1:15 FIT to Stretch®, CA 2:00 Chicken Soup for the Soul, CA <b>3:00 Johnny's Soda Shoppe &amp; Music, LB 1</b> <b>3:00 Music &amp; Entertainment!, LB 1</b></p>
	<p><b>28</b></p> <p>9:30 Daily Inspiration, AMC 10:00 Prince of Peace Church Service, AR 1 11:15 Movement Group, CA 1:15 Nail Salon, SUN 2:00 Book Club, CA 3:00 Sunday Matinee, AMC 3:30 Aromatherapy &amp; Hand Massages, PE 1</p>	<p><b>29</b></p> <p>9:30 Morning Gazette, SP 1 10:00 Balloon Volleyball, AR 1 10:00 Hydration Cart Rounds!, CA <b>11:00 Chi Chi &amp; Yoga, AR 1</b> 11:00 Piano w/Germaine, LB 1 1:15 Committee Meeting, CA <b>2:00 The Grammys, AR 1</b> 3:00 Outside Reading Group, Out 4:00 FIT to Stretch®, CA 4:15 1:1 w/Megan, CA</p>	<p><b>30</b></p> <p>9:30 Morning Gazette, SP 1 9:30 Walking Club, Out 10:00 Basketball Movement Group, SP 1 10:00 Hydration Cart Rounds!, CA 11:30 FIT to Balance®, SUN <b>12:00 Valiant Veterans®, AR 1</b> 1:00 FIT to Stretch®, CA <b>2:00 Front Porch Manicures, Out</b> 2:30 Residents Choice w/Jess, CA <b>3:00 Pray the Rosary, AR 1</b> 3:30 BINGO w/Bea, SP 2</p>	<p><b>January Birthday Celebration! 31</b></p> <p>9:30 Morning Gazette, SP 1 10:00 Balloon Volleyball, CA 10:00 Hydration Cart Rounds!, CA 11:00 Craft: Birthday Decorations!, SP 1 1:15 Committee Meeting, CA 1:30 Outside Discussion Group, Out <b>3:00 January Birthday Party!, SP 2</b> <b>3:30 Drinks &amp; Karaoke, SP 2</b> 4:00 FIT to Pedal®, AMC 4:15 1:1 w/Clarissa, CA</p>	<p><b>Locations</b></p> <p>First Floor Activity Room, AR 1 First Floor Lobby, LB 1 Fourth Floor Activity Room, AR 4 Learning Center, LC Outside, Out Pearl Essence Activity Room, PE 1</p> <p>Pearl Essence Sun Porch, SUN Plaza, Plaza Reservations, RSVP Sand Pearl Activity Room, SP 1 Sand Pearl Dining Room, SP 2 Sand Pearl Theatre, AMC</p> <p>Second Floor Fire Place, CA Third Floor Activity Room, AR 3 Third Floor Lobby, LB 3 Wellness Center, Bonsai</p>		