



# JANUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Locations</b> 3rd Floor Spa, 3rd-Spa Assisted Living, AL Big-Screen TV, BSTV Chapel, CH East Gazebo, East GAZ Food Service Department, FD Four Seasons Dining, FSD Friendship Cafe, FC FTBS-Room, FTBS-LL Generation Dining Room, GDR Life Enrichment Office, LEO Lobby, LOB Lower Level, LL Lower Level Activity Room, LLA	Lower Level Therapy Room, LLTR Pedal Room, PR Second Floor Library, LIB Sun Room, SR Theatre Room, TR-LL Whispering Pines Dining, WPD	<b>NEW YEAR'S DAY 1</b> <b>10:30 New Years Brunch, FSD</b> 3:00 Crochet & Knitting for a Cause, FC 6:45 Cards (Pinochle) & Games, LL	<b>2</b> 9:30 Mindful Movement (Yoga), LL 9:30 FIT to Balance®, LL 10:00 FIT to Be Strong®, LL <b>11:45 Van to Low Vision Group</b> 1:00 Shanghai Rummy, LL 1:00 Wii Bowling Teams 1 & 2, LLA 1:15 FIT to Pedal®, PR <b>2:00 Billings Library, LLA</b> 2:00 Wii Bowling Team 5, LLA 2:30 Coffee Social, FC <b>3:40 Van to Parkinson Group</b> 4:00 Happy Hour, LLA	<b>3</b> 9:30 Laurel Hearing Aid Service, LL 10:00 FIT to Be Strong®, LL 1:00 Bingo, LLA 2:00 Dance for Life, LLA 2:00 FIT to Pedal®, PR 2:00 Popcorn Social, FC 2:10 Catholic Rosary, CH 6:30 Cards & Cribbage, LL	<b>4</b> 9:00 Core Stix, Sign Up Only, LLTR 10:00 FIT to Be Strong® & Balance, LL 1:00 Faith Chapel Video Sermon, BSTV <b>1:00 Everett on Piano, LL</b> 1:00 Core Stix, Sign Up Only, LLTR 6:45 Cards, LL	<b>5</b> 9:30 Mindful Movement (Yoga), LL 10:00 Coffee Social, FC 2:00 Canasta Card Group, LL 4:00 Catholic Mass, LL <b>6:00 Bob Southern on Piano, LOB</b>
<b>6</b> 10:00 Emmanuel Baptist Video, BSTV 11:00 Protestant Service, CH 1:00 Faith Chapel Sermon Video, BSTV 2:30 Coffee Social, FC 6:45 Cards & Games, LL	<b>7</b> 9:30 FIT to Balance®, LL 10:00 FIT to Be Strong®, LL 10:30 Bible Devotions w/Mike, CH 1:00 Bingo, LLA <b>2:00 Westpark Book Club, GDR</b> 2:00 Ice Cream Social, FC 2:15 Wii Bowling Teams 3 & 6, LLA 3:15 FIT to Pedal®, PR 6:45 Hand & Foot Games, LL	<b>8</b> 9:00 Core Stix, Sign Up Only, LLTR 9:45 Catholic Mass, CH 10:00 FIT to Be Strong®, LL 10:30 Shooting Pool, LL 11:00 Nondenominational Bible Study, LLA 1:00 Core Stix, Sign Up Only, LLTR 1:00 WP Pinochle, LL 2:00 Wii Bowling Teams 4 & 7, LLA 3:00 Crochet & Knitting for a Cause, FC 6:45 Cards (Pinochle) & Games, LL	<b>9</b> 9:30 Mindful Movement (Yoga), LL 9:30 FIT to Balance®, LL 10:00 FIT to Be Strong®, LL 1:00 Shanghai Rummy, LL 1:15 FIT to Pedal®, PR 1:30 United Methodist Women Circle, GDR 2:00 Wii Bowling Team 5, LLA 2:30 FIT to Pedal®, PR 2:30 Coffee Social, FC <b>4:00 Happy Hour, LLA</b> <b>6:30 Joy Lutheran Service, CH</b>	<b>10</b> 10:00 FIT to Be Strong®, LL 10:30 Blood Pressure Clinic, LL 10:45 Wing Meeting 100 -114 1:00 Bingo, LLA 2:00 Popcorn Social, FC 2:00 Dance for Life, LL 2:00 FIT to Pedal®, PR 2:10 Catholic Rosary, CH 6:30 Cards & Cribbage, LL	<b>11</b> 9:00 Core Stix, Sign Up Only, LLTR 10:00 FIT to Be Strong® & Balance, LL 1:00 Faith Chapel Video Sermon, BSTV 1:00 Core Stix, Sign Up Only, LLTR <b>2:00 Westpark Ladies' Tea, LL</b> <b>2:00 Ladies' Tea, LL</b> 6:45 Cards, LL	<b>12</b> 9:30 Mindful Movement (Yoga), LL 10:00 Coffee Social, FC 2:00 Canasta Card Group, LL 4:00 Catholic Mass, LL
<b>13</b> 10:00 Emmanuel Baptist Video, BSTV 11:00 Protestant Service, CH 1:00 Faith Chapel Sermon Video, BSTV 2:30 Coffee Social, FC 6:45 Cards & Games, LL	<b>14</b> 9:30 FIT to Balance®, LL 10:00 FIT to Be Strong®, LL 10:30 WP Discussion Group w/Mike, GDR 2:00 Ice Cream Social, FC <b>2:00 Assisted Living Meeting, LIB</b> 2:15 Wii Bowling Teams 3 & 6, LL 6:45 Hand & Foot Games, LL 7:00 Art Adventure, LLA	<b>15</b> 9:00 Core Stix, Sign Up Only, LLTR 10:00 FIT to Be Strong®, LL 10:30 Shooting Pool, LL 11:00 Nondenominational Bible Study, LLA 1:00 Core Stix, Sign Up Only, LLTR <b>1:00 Living w/Loss Support Group, GDR</b> <b>1:30 Talk w/Jon, LL</b> 3:00 Crochet & Knitting for a Cause, FC 3:30 Wii Bowling Team 8, LLA 6:45 Cards (Pinochle) & Games, LL	<b>16</b> <b>8:30 Gentlemen's Breakfast, FSD</b> 9:30 Mindful Movement (Yoga), LL 9:30 FIT to Balance®, LL 10:00 FIT to Be Strong®, LL 1:00 Shanghai Rummy, LL 1:00 Wii Bowling Teams 1 & 2, LLA 1:15 FIT to Pedal®, PR 1:30 Wii Bowling Teams 1 & 2, LLA 2:00 Wii Bowling Team 5, LLA 2:30 Coffee Social, FC <b>3:00 Talk w/Birdie, LL</b> 4:00 Happy Hour, LLA	<b>17</b> 10:00 FIT to Be Strong®, LL <b>10:30 Resident Massages</b> 1:00 Bingo, LLA 2:00 Dance for Life, LL 2:00 FIT to Pedal®, PR 2:00 Popcorn Social, FC 2:10 Catholic Rosary, CH 6:30 Cards & Cribbage, LL	<b>18</b> 9:00 Core Stix, Sign Up Only, LLTR 10:00 FIT to Be Strong® & Balance, LL 1:00 Faith Chapel Video Sermon, BSTV 1:00 Core Stix, Sign Up Only, LLTR 2:00 Low Vision Support Group, LLA <b>2:00 Reflexion Band, LL</b> 6:45 Cards, LL	<b>19</b> 9:30 Mindful Movement (Yoga), LL 10:00 Coffee Social, FC <b>2:00 Singalong w/Ginny, LL</b> 2:00 Canasta Card Group, LL 4:00 Catholic Mass, LL <b>6:00 Bob Southern on Piano, LOB</b> 6:45 Rummikub Game, LL
<b>20</b> 10:00 Emmanuel Baptist Video, BSTV 11:00 Protestant Service, CH 1:00 Faith Chapel Sermon Video, BSTV 2:30 Coffee Social, FC 6:45 Cards & Games, LL	<b>MARTIN LUTHER KING JR. DAY 21</b> 9:00 Foot Clinic/Sign Up Front Desk, 3rd-Spa 9:30 FIT to Balance®, LL 10:00 FIT to Be Strong®, LL 10:30 Bible Devotions w/Mike, CH <b>12:00 Teacher's Luncheon, FSD</b> 1:30 Bingo, LLA 2:00 Ice Cream Social, FC 2:45 Wii Bowling Teams 3 & 6, LLA 6:45 Hand & Foot Games, LL	<b>22</b> 9:00 Core Stix, Sign Up Only, LLTR 10:00 FIT to Be Strong®, LL 10:30 Danish & Coffee, FC 10:30 Shooting Pool, LL 11:00 Nondenominational Bible Study, LLA 1:00 Core Stix, Sign Up Only, LLTR 3:00 Crochet & Knitting for a Cause, FC 6:45 Cards (Pinochle) & Games, LL	<b>23</b> 9:30 Mindful Movement (Yoga), LL 9:30 FIT to Balance®, LL 10:00 FIT to Be Strong®, LL 1:00 Shanghai Rummy, LL 1:00 Wii Bowling Teams 1 & 2, LLA 1:15 FIT to Pedal®, PR 2:00 Wii Bowling Team 5, LLA 2:30 Coffee Social, FC 4:00 Happy Hour, LLA <b>7:00 High Country Cowboys, LL</b>	<b>24</b> 10:00 FIT to Be Strong®, LL 10:45 Wing Meeting (176-189) 1:00 Bingo, LLA 2:00 Popcorn Social, FC 2:00 FIT to Pedal®, PR 2:10 Catholic Rosary, CH <b>3:00 Community Volunteer Meeting, LL</b> 6:30 Cards & Cribbage, LL	<b>25</b> 9:00 Core Stix, Sign Up Only, LLTR 10:00 FIT to Be Strong® & Balance, LL 1:00 Faith Chapel Video Sermon, BSTV 1:00 Core Stix, Sign Up Only, LLTR <b>3:00 Cold Frosty Morning Band, LL</b> 6:45 Cards, LL	<b>26</b> 9:30 Mindful Movement (Yoga), LL 10:00 Coffee Social, FC 2:00 Canasta Card Group, LL 4:00 Catholic Mass, LL
<b>27</b> 10:00 Emmanuel Baptist Video, BSTV 11:00 Protestant Service, CH 1:00 Faith Chapel Sermon Video, BSTV 2:30 Coffee Social, FC 6:45 Cards & Games, LL	<b>28</b> 9:30 FIT to Balance®, LL 10:00 FIT to Be Strong®, LL 10:30 WP Discussion Group w/Mike, GDR 2:00 Ice Cream Social, FC 6:45 Hand & Foot Games, LL	<b>29</b> 9:00 Core Stix, Sign Up Only, LLTR 10:00 FIT to Be Strong®, LL 10:30 Shooting Pool, LL 11:00 Nondenominational Bible Study, LLA 1:00 Core Stix, Sign Up Only, LLTR 3:00 Crochet & Knitting for a Cause, FC 6:45 Cards (Pinochle) & Games, LL	<b>30</b> 9:30 Mindful Movement (Yoga), LL 9:30 FIT to Balance®, LL 10:00 FIT to Be Strong®, LL 1:00 Shanghai Rummy, LL 1:15 FIT to Pedal®, PR 2:00 Wii Bowling Team 5, LLA 2:30 Coffee Social, FC	<b>31</b> 10:00 FIT to Be Strong®, LL 1:00 Bingo, LLA 2:00 Popcorn Social, FC 2:00 FIT to Pedal®, PR 2:10 Catholic Rosary, CH 6:30 Cards & Cribbage, LL	<b>Laurel Hearing Service: First Thursday, 9:30 a.m., LL</b> <b>Lab Corp: Every Wednesday, 9 a.m., LL</b> <b>Remember to check in every day with check-in button.</b> <b>Calendar events subject to change.</b>	