



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Calendar subject to change. Please see our Front Lobby or Laundry Room boards on the second and third floors.</p> <p>Laurel Hearing Aid: First Thursday, 9:30 a.m., CH</p> <p>Reading Daily News: Monday-Thursday, 10:30 a.m., LL</p> <p>PAML Lab: Every Wednesday, 9 a.m., CH</p>	<p>NEW YEAR'S DAY 1</p> <p>10:00 FlexStretch & FIT to Be Strong®, LL</p> <p>10:30 Bible Devotions w/Mike, CH</p> <p>11:30 FIT to Balance®, LL</p> <p>1:00 Bingo, LLA</p> <p>2:00 Westpark Book Club, CH</p> <p>2:00 Ice Cream Social, FC</p> <p>2:15 Wii Bowling Teams 3 & 6, LLA</p> <p>2:30 FIT to Pedal®, PR</p> <p>6:45 Hand & Foot Games, LL</p>	<p>2</p> <p>10:00 FlexStretch & FIT to Be Strong®, LL</p> <p>10:30 Coffee Social, FC</p> <p>11:00 Nondenominational Bible Study, CH</p> <p>1:00 Living w/Loss Support Group, GDR</p> <p>1:00 Wii Bowling Teams 4 & 7, LLA</p> <p>1:15 FIT to Pedal®, PR</p> <p>2:00 Wii Bowling Teams 8, LLA</p> <p>3:00 Crochet & Knitting for a Cause, FC</p> <p>6:45 Cards & Games, LL</p>	<p>3</p> <p>9:30 Mindful Movement (Yoga), LLA</p> <p>11:30 FIT to Balance®, LL</p> <p>11:45 Van to Low Vision Group</p> <p>1:00 Shanghai Rummy, LL</p> <p>1:00 Wii Bowling Teams 1 & 2, LLA</p> <p>2:00 Billings Library, LL</p> <p>2:30 Coffee Social, FC</p> <p>3:45 Van: Parkinson's Support Group</p> <p>4:00 Happy Hour, LLA</p> <p>6:30 Joy Lutheran Service, CH</p> <p>6:45 Cards & Games, LL</p>	<p>4</p> <p>9:30 Laurel Hearing Aid Service, CH</p> <p>10:00 FlexStretch & FIT to Be Strong®, LL</p> <p>1:00 Bingo, LLA</p> <p>2:00 Popcorn Social, FC</p> <p>2:00 Shooting Pool, LL</p> <p>2:00 Dance for Life, LL</p> <p>2:10 Catholic Rosary, CH</p> <p>2:30 FIT to Pedal®, PR</p> <p>6:45 Cards, LL</p> <p>7:00 Music w/Almeda Bradshaw, LL</p>	<p>5</p> <p>10:00 FlexStretch & FIT to Be Strong®, LL</p> <p>11:30 FIT to Balance®, LL</p> <p>2:00 FIT to Pedal®, PR</p> <p>6:45 Cards, LL</p> <p>7:00 Music & Friends Video, BSTV</p>	<p>6</p> <p>9:30 Mindful Movement (Yoga), LLA</p> <p>10:00 Coffee Social, FC</p> <p>10:00 FlexStretch & FIT to Be Strong®, LL</p> <p>2:00 Canasta Card Group, LL</p> <p>4:00 Catholic Mass, LL</p> <p>6:00 Bob Southern on Piano, LOB</p> <p>6:45 Cards & Games, LL</p> <p>6:45 Rummikub Game, LLA</p>
<p>7</p> <p>10:00 Emmanuel Baptist Video, BSTV</p> <p>11:00 Protestant Service, CH</p> <p>1:00 Faith Chapel Sermon Video, BSTV</p> <p>2:30 Coffee Social, FC</p> <p>3:00 FIT to Pedal®, PR</p> <p>6:45 Cards & Games, LL</p> <p>7:00 Inspirational Movie, BSTV</p>	<p>8</p> <p>10:00 FlexStretch & FIT to Be Strong®, LL</p> <p>11:30 FIT to Balance®, LL</p> <p>1:00 Bingo, LLA</p> <p>2:00 Ice Cream Social, FC</p> <p>2:30 FIT to Pedal®, PR</p> <p>6:45 Hand & Foot Games, LL</p>	<p>9</p> <p>9:45 Catholic Mass, CH</p> <p>10:00 FlexStretch & FIT to Be Strong®, LL</p> <p>10:30 Coffee Social, FC</p> <p>10:30 Preparing Sandwiches Mission, LLA</p> <p>11:00 Nondenominational Bible Study, CH</p> <p>1:00 Wii Bowling Teams 4 & 7, LLA</p> <p>1:15 FIT to Pedal®, PR</p> <p>1:00 WP Pinochle, LL</p> <p>2:00 Wii Bowling Teams 8, LLA</p> <p>3:00 Crochet & Knitting for a Cause, FC</p> <p>6:45 Cards & Games, LL</p>	<p>10</p> <p>9:30 Mindful Movement (Yoga), LLA</p> <p>11:30 FIT to Balance®, LL</p> <p>1:00 Shanghai Rummy, LL</p> <p>1:00 Wii Bowling Teams 1 & 2, LLA</p> <p>1:00 FIT to Pedal®, PR</p> <p>2:30 Coffee Social, FC</p> <p>4:00 Happy Hour, LLA</p> <p>6:45 Cards & Games, LL</p>	<p>11</p> <p>10:00 FlexStretch & FIT to Be Strong®, LL</p> <p>10:30 Blood Pressure Clinic, LLA</p> <p>1:00 Bingo, LLA</p> <p>2:00 Popcorn Social, FC</p> <p>2:00 Dance for Life, LL</p> <p>2:00 Shooting Pool, LL</p> <p>2:10 Catholic Rosary, CH</p> <p>2:30 FIT to Pedal®, PR</p> <p>6:45 Cards, LL</p>	<p>12</p> <p>10:00 FlexStretch & FIT to Be Strong®, LL</p> <p>11:30 FIT to Balance®, LL</p> <p>2:00 Ladies' Tea, LL</p> <p>6:45 Cards, LL</p>	<p>13</p> <p>9:30 Mindful Movement (Yoga), LLA</p> <p>10:00 Coffee Social, FC</p> <p>10:00 FlexStretch & FIT to Be Strong®, LL</p> <p>2:00 Canasta Card Group, LL</p> <p>4:00 Catholic Mass, LL</p> <p>6:45 Cards & Games, LL</p> <p>6:45 Rummikub Game, LLA</p>
<p>14</p> <p>10:00 Emmanuel Baptist Video, BSTV</p> <p>11:00 Protestant Service, CH</p> <p>1:00 Faith Chapel Sermon Video, BSTV</p> <p>2:30 Coffee Social, FC</p> <p>3:00 FIT to Pedal®, PR</p> <p>6:45 Cards & Games, LL</p> <p>7:00 Inspirational Movie, BSTV</p>	<p>MARTIN LUTHER KING JR. DAY 15</p> <p>9:00 Foot Clinic/Sign Up Front Desk, 3rd-Spa</p> <p>10:00 FlexStretch & FIT to Be Strong®, LL</p> <p>10:30 Bible Devotions w/Mike, CH</p> <p>11:30 FIT to Balance®, LL</p> <p>1:00 Bingo, LLA</p> <p>2:00 Ice Cream Social, FC</p> <p>2:15 Wii Bowling Team 3 & 6, LLA</p> <p>2:30 FIT to Pedal®, PR</p> <p>6:45 Hand & Foot Games, LL</p>	<p>16</p> <p>10:00 FlexStretch & FIT to Be Strong®, LL</p> <p>10:30 Coffee Social, FC</p> <p>11:00 Nondenominational Bible Study, CH</p> <p>1:00 Living w/Loss Support Group, GDR</p> <p>1:00 Wii Bowling Teams 4 & 7, LLA</p> <p>1:15 FIT to Pedal®, PR</p> <p>1:30 Michelle & Mara, LOB</p> <p>2:00 Wii Bowling Teams 8, LLA</p> <p>3:00 Crochet & Knitting for a Cause, FC</p> <p>6:45 Cards & Games, LL</p>	<p>17</p> <p>8:30 Gentlemen's Breakfast, FSD</p> <p>9:30 Mindful Movement (Yoga), LLA</p> <p>9:30 FlexStretch & FIT to Be Strong®, LL</p> <p>11:30 FIT to Balance®, LL</p> <p>12:00 Food Committee Mtg., GDR</p> <p>1:00 Wii Bowling Teams 1 & 2, LLA</p> <p>1:00 Shanghai Rummy, LL</p> <p>1:30 United Methodist Women B/S, CH</p> <p>2:30 FIT to Pedal®, PR</p> <p>2:30 Coffee Social, FC</p> <p>4:00 Happy Hour, LLA</p> <p>6:45 Cards & Games, LL</p> <p>7:00 Reflexion Band, LL</p>	<p>18</p> <p>10:00 FlexStretch & FIT to Be Strong®, LL</p> <p>10:30 Resident Massages</p> <p>1:00 Bingo, LLA</p> <p>2:00 Popcorn Social, FC</p> <p>2:00 Shooting Pool, LL</p> <p>2:00 Dance for Life, LL</p> <p>2:10 Catholic Rosary, CH</p> <p>2:30 FIT to Pedal®, PR</p> <p>6:45 Cards, LL</p>	<p>19</p> <p>10:00 FlexStretch & Exercise, LL</p> <p>11:30 FIT to Balance®, LL</p> <p>1:00 FIT to Pedal®, PR</p> <p>2:00 Low Vision Support Group, LLA</p> <p>6:45 Cards, LL</p> <p>7:00 Music & Friends Video, BSTV</p>	<p>20</p> <p>9:30 Mindful Movement (Yoga), LLA</p> <p>10:00 Coffee Social, FC</p> <p>10:00 FlexStretch & FIT to Be Strong®, LL</p> <p>2:00 Singalong w/Ginny, LL</p> <p>2:00 Canasta Card Group, LL</p> <p>4:00 Catholic Mass, LL</p> <p>6:00 Bob Southern on Piano, LOB</p> <p>6:45 Cards & Games, LL</p> <p>6:45 Rummikub Game, LLA</p>
<p>21</p> <p>10:00 Emmanuel Baptist Video, BSTV</p> <p>11:00 Protestant Service, CH</p> <p>1:00 Faith Chapel Sermon Video, BSTV</p> <p>2:30 Coffee Social, FC</p> <p>3:00 FIT to Pedal®, PR</p> <p>6:45 Cards & Games, LL</p> <p>7:00 Inspirational Movie, BSTV</p>	<p>22</p> <p>10:00 FlexStretch & FIT to Be Strong®, LL</p> <p>11:30 FIT to Balance®, LL</p> <p>1:00 Bingo, LLA</p> <p>2:00 Ice Cream Social, FC</p> <p>2:30 FIT to Pedal®, PR</p> <p>6:45 Hand & Foot Games, LL</p>	<p>23</p> <p>10:00 FlexStretch & FIT to Be Strong®, LL</p> <p>10:30 Coffee Social, FC</p> <p>11:00 Nondenominational Bible Study, CH</p> <p>1:00 Wii Bowling Teams 4 & 7, LLA</p> <p>1:15 FIT to Pedal®, PR</p> <p>2:00 Wii Bowling Teams 8, LLA</p> <p>3:00 Crochet & Knitting for a Cause, FC</p> <p>6:45 Cards & Games, LL</p>	<p>24</p> <p>9:30 Mindful Movement (Yoga), LL</p> <p>11:30 FIT to Balance®, LL</p> <p>1:00 Shanghai Rummy, LL</p> <p>1:00 Wii Bowling Teams 1 & 2, LLA</p> <p>2:30 Coffee Social, FC</p> <p>4:00 Happy Hour, LL</p> <p>6:45 Cards & Games, LL</p>	<p>25</p> <p>10:00 FlexStretch & FIT to Be Strong®, LL</p> <p>2:00 Popcorn Social, FC</p> <p>2:00 Shooting Pool, LL</p> <p>2:00 Dance for Life, LL</p> <p>2:10 Catholic Rosary, CH</p> <p>2:30 FIT to Pedal®, PR</p> <p>6:45 Cards, LL</p>	<p>26</p> <p>10:00 Flex Stretch & FIT to Be Strong®, LL</p> <p>11:30 FIT to Balance®, LL</p> <p>1:00 FIT to Pedal®, PR</p> <p>3:30 Cold Frosty Band, LL</p> <p>6:45 Cards, LL</p>	<p>27</p> <p>9:30 Mindful Movement (Yoga), LLA</p> <p>10:00 Coffee Social, FC</p> <p>10:00 FlexStretch & FIT to Be Strong®, LL</p> <p>2:00 Canasta Card Group, LL</p> <p>4:00 Catholic Mass, LL</p> <p>6:45 Cards & Games, LL</p> <p>6:45 Rummikub Game, LLA</p>
<p>28</p> <p>10:00 Emmanuel Baptist Video, BSTV</p> <p>11:00 Protestant Service, CH</p> <p>1:00 Faith Chapel Sermon Video, BSTV</p> <p>2:30 Coffee Social, FC</p> <p>3:00 FIT to Pedal®, PR</p> <p>6:45 Cards & Games, LL</p> <p>7:00 Inspirational Movie, BSTV</p>	<p>29</p> <p>10:00 FlexStretch & FIT to Be Strong®, LL</p> <p>11:30 FIT to Balance®, LL</p> <p>2:00 Ice Cream Social, FC</p> <p>2:30 FIT to Pedal®, PR</p> <p>6:45 Hand & Foot Games, LL</p>	<p>30</p> <p>10:00 FlexStretch & FIT to Be Strong®, LL</p> <p>10:30 Coffee Social, FC</p> <p>11:00 Nondenominational Bible Study, CH</p> <p>1:00 Wii Bowling Teams 4 & 7, LLA</p> <p>1:15 FIT to Pedal®, PR</p> <p>2:00 Wii Bowling Teams 8, LLA</p> <p>3:00 Crochet & Knitting for a Cause, FC</p> <p>6:45 Cards & Games, LL</p>	<p>31</p> <p>9:30 Mindful Movement (Yoga), LLA</p> <p>11:30 FIT to Balance®, LL</p> <p>1:00 Shanghai Rummy, LL</p> <p>2:30 Coffee Social, FC</p> <p>6:45 Cards & Games, LL</p>	<p>Locations</p> <p>3rd Floor Spa, 3rd-Spa Assisted Living, AL Big-Screen TV, BSTV Chapel, CH East Gazebo, East GAZ Food Service Department, FSD Four Seasons Dining, FSD</p> <p>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</p> <p>Lower Level Therapy Room, LLTR Pedal Room, PR Second Floor Library, LIB Theatre Room, TR-LL Whispering Pines Dining, WPD</p>		