


# Courtyards January Calendar 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>2019</b> <i>Happy New Year!</i></p>	<p>1 <b>New Years Day!</b> 8:00-Rose Bowl parade #5 9:30- Exercise #5, #7&amp; #12 10:30-12:00- <b>New Year's Day Brunch CH</b> 2:00-Rose Bowl game CH 2:00-Bingo with Bob bldg. #7 4:00- Champagne &amp; resolutions #7 6:30-Bunco with Vicky. #7</p>	<p>2 <b>80's Day</b> 8:00-Men's Breakfast CH 9:30-Zumba Exercise #5,#7&amp; #12 10:30-Jewelry Making class w/ Debbie: #7 1:30-Resident Council &amp; 80's contest (win a prize) #7 3:30-New Year Wreath Making #5 6:30-Family Game Night #5</p>	<p>3 9-Frost Bank Visits #12 9:30- Exercise #5 &amp; #7 10:00-Lena Pope Bible Study RSVP 10:30-<b>Makeopvers with Mary Kay #5</b> 1:30- (Super Walmart) RSVP 2:00- Cash Bingo with Bob #12 4:00-Indoor Gardening Club #7</p>	<p>4 9:30- Exercise #5,#7&amp; #12 10:00-Casual Cat Charities volunteer RSVP 10:30- <b>Craft Class with Debbie #5</b> 1:00-Menu meet w/ Chris #12 2:00-Happy Hour &amp; Marcia Rose CH 3:00-7 Dimensions of Wellness CH 3:30- Rummikube CH</p>	<p>5 9:30- Exercise #5,#7,#12 10-Bunco w/ Betty bldg. #7 10:30- Manicures bldg. #7 2:00-Bingo with Bob bldg. #7 3:00-<b>Health Journals #5</b> 6:30-News &amp; Brews bldg. #5 &amp; #7 (tv area)</p>	
<p>6 9:00-Morning Coffee Social #7 10:30- Exercise #5 &amp; #7 2:00-Piano and Hymns by Bruce #5 2:30-Aplpe Cider Social #5 4:00- Church Service w/ Pastor Charlie bldg. #5 6:30-Movie Night :MIB #5</p>	<p>7 <b>LADIES LUNCH</b> 9:30- Zumba Exercise #5,#7,12 10:00-Dancercise Class w/ Phillip Ware bldg. #7 11:30-Free Ladies Lunch CH 2:00-Bingo with Bob bldg. #5 4:00-Meditation &amp; Motivation with Keke #5 6:30-Monday Movie Night CH</p>	<p>8 <b>ADVENTURE</b> 9:30- Exercise #5,#7&amp; #12 9:30- <b>Winstar Casino w/ free lunch! RSVP to reserve your seat and free lunch)</b> 2:00-Bingo with Bob bldg. #7 4:00: Horse Racing win \$\$ #5 6:30-Bunco with Vicky. #7</p>	<p>9 <b>Camo Day</b> 9:30-Zumba Exercise #5,#7&amp; #12 10:30-Jewelry Making class w/ Debbie: #7 2:00-Hot Chocolate Social w/ Keke w/ WWII trivia #5 3:30- <b>Jeopardy New Years Edition #7</b> 6:30-Family Game Night #5</p>	<p>10 9-Frost Bank Visits #12 9:30- Exercise #5 &amp; #7 10:00-Lena Pope Bible Study RSVP 10:30-<b>Shoulder &amp; Neck Massages from Massage School of TX #5</b> 1:30-Target RSVP 2:00- Cash Bingo with Bob #12 4:00-Indoor Gardening Club #7</p>	<p>11 9:30- Exercise #5,#7&amp; #12 10:00-Casual Cat Charities volunteer RSVP 10:30- Card Making Class w/ Paula #5 2:00-Happy Hour John Goodwin CH 3:00-7 Dimensions of Wellness CH 3:30- Rummikube CH</p>	<p>12 9:30- Exercise #5,#7&amp; #12 10-Bunco w/ Betty bldg. #7 10:30- Manicures bldg. #5 2:00-Bingo with Bob bldg. #7 3:00-<b>Health Journals #5</b> 6:30-News &amp; Brews bldg. #5 &amp; #7 (tv area)</p>
<p>13 9:00-Morning Coffee Social #7 10:30- Exercise #5 &amp; #7 1:45- <b>Weekend Shopping w/ Arely (KOHLS) RSVP</b> 4:00- Church Service w/ Pastor Charlie bldg. #5 6:30-Sunday Movie Night: Guardians of the Galaxy #5</p>	<p>14 9:30- Zumba Exercise #5,#7,12 10:00-Dancercise Class #7 10:30-Taste Testing: New Exotic Fruits #7 2:00-Bingo with Bob bldg. #5 4:00-Meditation &amp; Motivation with Keke #5 6:30-Monday Movie Night CH</p>	<p>15 <b>ADVENTURE</b> 9:30- Exercise #5,#7&amp; #12 10:30-<b>Ridgemar Mall RSVP</b> 10:45- Beginners Sign Language Class with Andrea 2:00-Bingo with Bob bldg. #7 4:00- Horse Racing win \$\$ #5 6:30-Bunco with Betty. #7</p>	<p>16 <b>Hawaiian Day</b> 9:30-Zumba Exercise #5,#7&amp; #12 10:30-Jewelry Making class w/ Debbie: #7 12-Lunch n Learn (free) CH 2:00- Hot Chocolate Social w/ Keke &amp; Hula Contest #5 3:30-<b>Hawaiian Anti-aging Facials #5</b> 6:30-Family Game Night #5</p>	<p>17 9-Frost Bank Visits #12 9:30- Exercise #5 &amp; #7 10:00-Lena Pope Bible Study RSVP 10:30-<b>Makeopvers &amp; Glamour Shots #7</b> 1:30-Neighborhood Walmart RSVP 2:00- Cash Bingo with Bob #12 4:00-Indoor Gardening Club #7</p>	<p>18 9:30- Exercise #5,#7&amp; #12 10:00- <b>Casual Cat Charities volunteer RSVP</b> 10:30-Craft Class with Debbie #5 11:30-Cooking Demo with Chris #7 2:00-Happy hour w/ Chuck yielding CH 3:00-7 Dimensions of Wellness CH</p>	<p>19 9:30- Exercise #5,#7&amp; #12 10-Bunco w/ Betty bldg. #7 10:30- Manicures bldg. #7 3:00-<b>Health Journals #5</b> 6:30-News &amp; Brews bldg. #5 &amp; #7 (tv area)</p>
<p>20 9:00-Morning Coffee Social 10:30- Exercise #5 &amp; #7 1:30-Sunday Communion #7 2:00- <b>Piano by Bruce #5</b> 2:30-Apple Cider Social #5 4:00- Church Service bldg.5 6:30-Sunday Movie Night: Grumpy old men #5</p>	<p>21 <b>Martin Luther King Bday</b> 9:30- Zumba Exercise #5,#7,12 10:30-<b>Martin Luther King Trivia and Donuts #7</b> 2:00-Bingo with Bob bldg. #5 4:00-Meditation &amp; Motivation with Keke #5 6:30-Monday Movie Night CH</p>	<p>22 <b>ADVENTURE</b> 9:30- Exercise #5,#7&amp; #12 10:30- <b>Dallas Cowboys Stadium Tour RSVP</b> 10:45- Beginners Sign Language Class with Andrea 2:00-Bingo with Bob bldg. #7 4:00- Horse Racing win \$\$ #5 6:30-Bunco with Vicky. #7</p>	<p>23 <b>Twin Day</b> 9:30-Zumba Exercise #5,#7&amp; #12 10:30-Jewelry Making class w/ Debbie: #7 1:30- Hot Chocolate Social w/ Keke and lookalike contest #7 3:30- <b>Jeopardy Fashion Edition #5</b> 6:30-Family Game Night #5</p>	<p>24 9-Frost Bank Visits #12 9:30- Exercise #5 &amp; #7 10:00-Lena Pope Bible Study RSVP 10:30-<b>Parrafin Wax Manicures #5</b> 1:30-Walmart RSVP 2:00- Cash Bingo with Bob #12 4:00-Indoor Gardening Club #7</p>	<p>25 9:30- Exercise #5,#7&amp; #12 10:00 <b>Casual Cat Charities volunteer RSVP</b> 10:30- Card Making Class w/ Paula #5 2:00- <b>Happy Hour w/ John Goodwin</b> 5:00-<b>Courtyards Community Potluck CH</b></p>	<p>26 9:30- Exercise #5,#7&amp; #12 10-Bunco w/ Betty bldg. #7 10:30- Manicures bldg. #5 2:00-Bingo with Bob bldg. #7 3:00-<b>Health Journals #5</b> 6:30-News &amp; Brews bldg. #5 &amp; #7 (tv area)</p>
<p>27 9:00-Morning Coffee Social 10:30- Exercise #5 &amp; #7 1:45- <b>Weekend Shopping w/ Arely (JC PENNY) RSVP</b> 4:00-Church Pastor Charlie bldg. #5 Sunday Movie Night: Chocolate #5</p>	<p>28 9:30- Zumba Exercise #5,#7,12 10:00-Dancercise Class w/ Phillip Ware bldg. #7 10:30-Resident Swap Meet #7 2:00-Bingo with Bob bldg. #5 4:00-Meditation &amp; Motivation with Keke #5 6:30-Monday Movie Night CH</p>	<p>29 <b>ADVENTURE</b> 9:30- Exercise #5,#7&amp; #12 10:30-10:45- Beginners Sign Language Class with Andrea 11:00-<b>Taste Southern Cuisine RSVP</b> 2:00-Bingo with Bob bldg. #7 4:00- Horse Racing win \$\$ #5 6:30-Bunco with Vicky. #7</p>	<p>30 <b>Nerd Day</b> 9:30-Zumba Exercise #5,#7&amp; #12 10:30-Jewelry Making class w/ Debbie: #7 1:30- Hot Chocolate Social w/ Keke and nerd contest #7 3:30-<b>Volunteer outreach: NICU baby onesies(assembly) #5</b> 6:30-Family Game Night #5</p>	<p>31 <b>New Residents Welcome</b> 9-Frost Bank Visits #12 9:30- Exercise #5 &amp; #7 10:30-<b>Courtyards Country Store (Bring your courtyards cash to spend)</b> 1:30- Trader Joes RSVP 2:00- Cash Bingo with Bob #12 4:30-<b>House Warming Party CH</b></p>	<p>Be sure to join us for the "7 dimensions of Wellness" Fridays at 3:00 pm in the clubhouse, to learn about what we will be doing this year and what prizes you can win (massages, spa days, tickets, and more!)</p>	