

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

 <p><b>January 2019</b> "Liv'n in the New"</p>	<p>Happy New Years!!</p> <p>New Year's Day</p>	<p>1 11:00 Exercise Class 1:30 Reminiscing 1:45 Water Aerobics 3:00 BINGO 5:30 Hand Massage</p>	<p>2 9:00 Blood Pressure Clinic 9:00 Foot Clinic 10:00 Shopping/Walmart 1:30 Crossword Puzzle 2:00 Minding Motion 3:30 Nail Spa 5:30 BINGO</p>	<p>3 10:30 Balance Clinic 11:00 Work your Brain 1:30 Healthy You Goals 1:45 Water Aerobics 3:00 BINGO 5:30 Fun Fitness 6:00 Movie Night</p>	<p>4 10:00 Resident Council 1:30 Remember When 2:30 Word Search 3:30 Fun Fitness</p>	
<p>6 10:00 LDS Services 2:30 Priesthood &amp; RS 7:00 Hymns W/Youth</p>	<p>7 11:00 Exercise Class 1:30 Book Club 1:45 Water Aerobics 3:00 Sing Along 6:45 LDS FHE</p>	<p>8 11:00 Exercise Class 1:30 Music W/Stephanie 2:00 Poetry Club 2:30 Craft Time W/Ann 5:30 Ball Toss</p>	<p>9 10:00 Town Hall 10:30 Meal Planning 11:00 Ask-A-Nurse 1:30 Winnie &amp; Helen 1:45 Water Aerobics 3:00 BINGO 5:30 Hand Massage</p>	<p>10 10:00 Shopping/Smiths 11:00 Dr JD Green 1:30 Crossword Puzzle 2:00 Minding Motion 3:30 Nail Spa 5:30 BINGO</p>	<p>11 10:30 Balance Clinic 11:00 Work Your Brain 1:30 Healthy You Goals 1:45 Water Aerobics 3:00 BINGO 5:30 Fun Fitness 6:00 Movie Night</p>	<p>12 1:30 Remember When 2:30 Word Search 3:30 Fun Fitness</p>
<p>13 10:00 LDS Services 2:30 Priesthood &amp; RS 7:00 Hymns W/Youth</p>	<p>14 11:00 Exercise Class 1:30 Book Club 1:45 Water Aerobics 3:00 Sing Along 6:45 LDS FHE</p>	<p>15 11:00 Exercise Class 1:30 Managers Comp 3:00 Cranium Crunches 5:30 Ball Toss</p>	<p>16 11:00 Exercise Class 1:30 DUP 1:30 Scenic Drive 1:45 Water Aerobics 3:00 BINGO 5:30 Hand Massage</p>	<p>17 10:00 Shopping/Walmart 1:30 Crossword Puzzle 2:00 Minding Motion 3:30 Nail Spa 5:30 BINGO</p>	<p>18 10:30 Balance Clinic 11:00 Work Your Brain 1:30 Music W/Bob 1:45 Water Aerobics 3:00 BINGO 5:30 Fun Fitness 6:00 Movie Night</p>	<p>19 1:30 Remember When 2:30 Word Search 3:30 Fun Fitness</p>
<p>20 10:00 LDS Services 2:30 Priesthood &amp; RS 7:00 Hymns W/Youth</p>	<p>21 11:00 Exercise Class 1:30 Book Club 1:45 Water Aerobics 3:00 Sing Along 6:45 LDS FHE</p> <p>Martin Luther King Day Tu B'Shevat</p>	<p>22 11:00 Exercise Class 1:30 Craft Time 3:00 Cranium Crunches 5:30 Ball Toss</p>	<p>23 11:00 Exercise Class 1:30 Reminiscing 1:45 Water Aerobics 2:00 Fix it Clinic 3:00 BINGO 5:30 Hand Massage</p>	<p>24 10:00 Shopping/Smiths 1:30 Crossword Puzzle 2:00 Minding Motion 3:30 Birthday Bash 5:30 BINGO</p>	<p>25 10:30 Balance Clinic 11:00 Work Your Brain 1:30 Healthy You Goals 1:45 Water Aerobics 3:00 BINGO 5:30 Fun Fitness 6:00 Movie Night</p>	<p>26 1:30 Remember When 2:30 Word Search 3:30 Fun Fitness</p>
<p>27 10:00 LDS Services 2:30 Priesthood &amp; RS 7:00 Hymns W/Youth</p>	<p>28 11:00 Exercise Class 1:30 Mixed Nuts 1:45 Water Aerobics 2:30 Health Lecture 6:00 House Warming Party 6:45 LDS FHE</p> <p>Australia Day (observed)</p>	<p>29 11:00 Exercise Class 1:30 Craft Time 3:00 Cranium Crunches 5:30 Ball Toss</p>	<p>30 11:00 Exercise Class 1:30 Scenic Drive 1:45 Water Aerobics 3:00 BINGO 5:30 Hand Massage</p>	<p>31 10:00 Shopping/Walmart 1:30 Crossword Puzzle 2:00 Minding Motion 3:30 Nail Spa 5:30 BINGO</p>	<p>Activities are subject to change due to wants and needs of residents, as well as circumstances beyond our control.</p>	