

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2019

Personal Care – “Liv’n in the New”

	1	2	3	4	5	
	11:00 New Year’s Luncheon (dr) 1:30 Remembering 2018: trivia and games (ck) 2:30 New Year Traditions around the world (ck) 3:30 Bell Toss (ck) New Year’s Day	9:30 This was the year 2000 (3) 10:00 Strengthening with Ed (3) 2:00 World news w/Joel (ck) 3:30 Wii Bowling (ck) 6:30 Table games (ck)	9:30 Uplifting news stories (3) 10:00 Lean & limber with Ed (3) 1:00 Shut the box (ck) 2:00 Bingo (ck) 3:30 Skip-Bo card game (ck)	10:00 Mass & Confessions (4) 10:00 Fitness with Ed (3) 1:00 Who am I? (ck) 2:00 Happy Hour with Kenny (dr) 3:30 Shabbat Service (ck) 5:45 Animal Friends (3)	10:30 Sittercise with Ginger (3) 11:00 Rejuvenation bar (3) 1:00 Brain games (ck) 2:30 Prize Bingo (ck) 3:30 Heads up game (ck)	
9:30 St. Paul Cathedral shuttle 10:00 Fitness with Mark (3) 1:30 Bulletin board trivia (ck) 2:00 Wii Wheel of Fortune (ck) 3:00 The Five Pillars of Islam (ck)	10:00 Sit n’ stretch with Ed (3) 1:00 Giant Eagle Trip 1:30 Art workshop: Personalized Polka dot Mug (ck) 2:30 Spelling bee (ck) 3:00 Learn a new Language: the story of ASL and signs for beginners (ck)	9:30 Current News (3) 10:00 Exercise to Elvis with Susannah (3) 1:00 Legend Elvis Presley (ck) 2:00 Elvis Land Performance with Randy (dr) 3:30 Elvis Word games (ck) 6:00 Prize Bingo (ck)	9:30 Daily Horoscope (3) 10:00 Strengthening with Ed (3) 10:30 Lunch outing to Uno Pizzeria & Grill/ trip to Loew’s Theatre 3:30 Crazy 8 card game (ck) 6:30 Karaoke Night (ck)	9:30 Humor of the day (3) 10:00 Lean & Limber with Ed (3) 1:00 Fun cognitive puzzles (ck) 2:00 Tech Corner: introduction to the Wellness Wheel (ck) 3:30 Travelogue: explore the exciting country of Australia (ck)	10:00 Communion (4) 10:00 Fitness with Ed (3) 1:00 BBC News 2:00 Happy Hour with Drew Pinchotti (dr) 3:30 Shabbat Service (ck)	10:30 Sittercise with Ginger (3) 11:00 Refreshing drinks (3) 1:00 Crossword puzzles (ck) 2:30 Prize Bingo (ck) 3:30 Apples to Apples (ck)
9:30 St. Paul Cathedral shuttle 10:00 Move n’ groove (3) 1:30 Symphony Trip 2:30 Charades (ck) 3:30 The Secrets of the Dead Sea Scrolls (ck)	9:30 Hand Massages (3) 10:00 Sit n’ stretch with Ed (3) 1:00 Giant Eagle Trip 1:30 Cooking Club: Guacamole and beer deep (ck) 3:00 ASL signs for beginners (ck) 6:00 Life is good: sustainable living documentary (4)	National Strawberry Ice Cream Day 9:30 Fun Strawberry Facts (3) 10:00 Fitness with Susannah (3) 1:00 Strawberry Ice Cream Social (ck) 2:00 A Look into the Concept of Reincarnation (ck) 6:00 Prize Bingo (ck)	9:30 What am I? (3) 10:00 Strengthening with Ed (3) 10:30 Shot in The Dark Mini Golf And lunch at Mills mall 2:00 World news with Joel (ck) 3:30 L.C.R. Dice game (ck) 6:30 Movie at the gardens: “The New Year” (4)	9:30 January IQ Quiz (3) 10:00 Lean & Limber with Ed (3) 1:00 Jenga (4) 2:00 Art workshop: Snowball Wine Vases (4) 3:30 Life and times of Betty White (4)	10:00 Communion (4) 10:00 Fitness with Ed (3) 1:00 Tips for a healthy brain (ck) 2:00 Happy Hour with Kim Hawkins (ck) 3:30 Shabbat Service (ck)	10:30 Sittercise with Ginger (3) 11:00 Fruit Rejuvenation (3) 1:00 Word Unscramble (ck) 2:30 Prize Bingo (ck) 3:30 Sorry Game (ck)
9:30 St. Paul Cathedral shuttle 10:00 Fitness with Mark (3) 1:30 Movie at the Gardens: Secret Life of Walter Mitty (4) 3:30 The Philosophies of Buddhism (ck)	10:00 Sit n’ stretch w/Ed (3) 1:00 Giant Eagle Trip 1:00 Dr. Martin Luther King, “I Have a Dream” speech (ck) 2:00 Remembering Dr. Martin Luther King (ck) 3:00 ASL signs for beginners (ck) Martin Luther King Day Tu B'Shevat	9:30 Daily Chronicles (3) 10:00 Fitness with Susannah (3) 1:30 Famous Faces: Stars(ck) 2:30 Science for Seniors: bouncing bubble experiment (ck) 3:30 Table Tennis (ck) 6:00 Prize Bingo (ck)	9:30 On this day... (3) 10:00 Strengthening with Ed (3) 1:30 Movie at the Gardens: “Sully” (4) 3:30 Heads Up Game (ck) 6:00 Table games (ck)	9:30 January Gazette (3) 10:00 Lean & Limber with Ed (3) 1:00 Scrabble (ck) 2:00 Documentary “Happy” (4) 3:30 Shuffleboard (ck) 6:00 Card games (ck)	10:00 Communion (4) 10:00 Fitness with Ed (3) 1:00 Person, place or thing? (ck) 2:00 Happy Hour with Steve Tori (dr) 3:30 Shabbat Service (ck)	10:30 Sittercise with Ginger (3) 11:00 Juice Bar (3) 1:00 Cranium crunches (ck) 2:30 Prize Bingo (ck) 3:30 Word search games (ck)
9:30 St. Paul Cathedral shuttle 10:00 Move n’ groove (3) 1:30 Symphony Trip 2:30 Poker card game (ck) 3:30 Mysteries of the Bible (ck)	10:00 Sit n’ stretch (3) 1:00 Giant Eagle Trip 1:00 Learn about some inspiring young activists of today (ck) 2:00 Tech Corner: how YouTube works (ck) 3:00 ASL signs for beginners (ck) 6:00 Uno card game (ck) Australia Day (observed)	10:00 Fitness with Susannah (3) 1:00 Word search games (ck) 2:00 Resident Council (ck) 3:30 Life and Times of Oprah Winfrey (ck) 6:00 Prize Bingo (ck)	9:30 January Birthday quiz (3) 10:00 Strengthening with Ed (3) 12:30 Trip to the Aviary 2:30 Happy Birthday December Quiz (ck) 3:30 Interactive Math games (ck)	9:30 Reminiscing corner (3) 10:00 Lean & Limber with Ed (3) 1:00 Famous Fictional Adventure stories (ck) 2:00 Bingo (ck) 3:30 Plant of the Day: The Zebra Plant (ck)	<p>“Challenges are gifts that force us to search for a new center of gravity. Don’t fight them. Just find a new way to stand.”</p> <p>— Oprah Winfrey</p>	