




JANUARY

2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 Breakfast (AIT)</p> <p>10:00 Reminisce Stretching/Wellness Walk</p> <p>10:00 Loving Hands Group</p> <p>10:30 Arts & Crafts (EF)</p> <p>10:30 VOCA Music Therapy</p> <p>12:00-1:00 Lunch Social Hour</p> <p>1:00 Latin Lounge Flow</p>	<p>1</p> <p>9:00 Breakfast</p> <p>10:00 Reminisce</p> <p>Stretching / Wellness Walk</p> <p>10:30 Do You Know? (RB)</p> <p>10:30 Wii Bowling (TS)</p> <p>10:30 ART THERAPY</p> <p>10:30 Veterans Gathering Group (AIT)</p> <p>11:00 Massage Therapy</p> <p>12:00-1:00 Lunch / Social Hour</p> <p>1:00 Art</p> <p>1:10 BINGO</p> <p>1:10 Music Group (WJ)</p> <p>2:00 Snack</p> <p>2:30 Home Stretch</p>	<p>2</p> <p>9:00 Breakfast</p> <p>10:00 Reminisce</p> <p>Stretching / Wellness Well-ness Walk</p> <p>10:30 Senior Fitness (TS)</p> <p>10:30 Trivia Time (RB))</p> <p>10:30 Jazz the Walls (EF)</p> <p>12:50 News Flash Recall</p> <p>1:00 Spiritual Hour (RB)</p> <p>1:10 Arts & Crafts (EF)</p> <p>2:00 Snack /Home Stretch</p> <p>3:00 Wind Down</p> <p>3:00 Story Hour (AIT)</p>	<p>3 DOLLAR TREE (RB)</p> <p>9:00 Breakfast</p> <p>10:00 Reminisce</p> <p>Stretching / Wellness Walk</p> <p>10:30 Senior Fitness (RB)</p> <p>10:30 Wii Bowling (EF)</p> <p>10:30 Craft Class (EF)</p> <p>10:30 Focus Group</p> <p>10:30 Guardians of Praise</p> <p>11:00 Koinonia Home Group</p> <p>12:00-1:00 Lunch/Social Hr.</p> <p>1:00 Art</p> <p>1:00 Board Game Bonanza (AIT)</p> <p>1:10 Manicures (EF)</p> <p>2:30 Home Stretch</p> <p>3:00 Wind Down</p>	<p>4</p> <p>9:00 Breakfast</p> <p>10:00 Reminisce</p> <p>Stretching / Wellness Walk</p> <p>10:30 Chair Yoga/ Tai Chi</p> <p>Denise Dameron</p> <p>10:30 Manicures (EF))</p> <p>12:00-1:00 Lunch / Social Hour</p> <p>1:00 Art</p> <p>1:00 MUSIC THERAPY</p> <p>2:00 Snack / Home Stretch</p> <p>3:00 Wind Down</p> <p>SCARVES GALORE (AIT)</p>
<p>7</p> <p>9:00 Breakfast (AIT)</p> <p>10:00 Reminisce Stretching/Wellness Walk</p> <p>10:30 Arts & Crafts (EF)</p> <p>10:30 VOCA Music Therapy</p> <p>11:00 Massage Therapy</p> <p>12:00-1:00 Lunch Social Hour</p> <p>1:00 Latin Lounge Flow</p>	<p>8 GOLDEN CORRAL (AIT)</p> <p>9:00 Breakfast</p> <p>10:00 Reminisce</p> <p>Stretching / Wellness Walk</p> <p>10:30 Do You Know? (RB)</p> <p>10:30 Wii Bowling (TS)</p> <p>10:30 ART THERAPY</p> <p>10:30 Veterans Gathering Group (AIT)</p> <p>12:00-1:00 Lunch / Social Hour</p> <p>1:00 Art</p> <p>1:10 BINGO</p> <p>1:10 Music Group (WJ)</p> <p>2:00 Snack</p> <p>2:30 Home Stretch</p> <p>3:00 Wind Down</p>	<p>9 CASINO (EF)</p> <p>9:00 Breakfast</p> <p>10:00 Reminisce</p> <p>Stretching / Wellness Walk</p> <p>10:30 Senior Fitness (TS)</p> <p>10:30 Trivia Time (RB))</p> <p>10:30 Jazz the Walls (EF)</p> <p>10:30 Jackie the Storyteller</p> <p>12:00-1:00 Lunch / Social Hour</p> <p>12:50 News Flash Recall</p> <p>1:00 Spiritual Hour (RB)</p> <p>1:10 Arts & Crafts (EF)</p> <p>2:00 Snack /Home Stretch</p> <p>3:00 Wind Down</p> <p>3:00 Story Hour (AIT)</p>	<p>10</p> <p>9:00 Breakfast</p> <p>10:00 Reminisce</p> <p>Stretching / Wellness Walk</p> <p>10:30 Senior Fitness (RB)</p> <p>10:30 Wii Bowling (EF)</p> <p>10:30 Craft Class (EF)</p> <p>10:30 Focus Group</p> <p>12:00-1:00 Lunch/Social Hr.</p> <p>1:00 Board Game Bonanza (AIT)</p> <p>1:00 Art</p> <p>1:10 Manicures (EF)</p> <p>2:30 Home Stretch</p> <p>3:00 Wind Down</p>	<p>11 1:00 MOVIE DAY</p> <p>9:00 Breakfast</p> <p>10:00 Reminisce</p> <p>Stretching / Wellness Walk</p> <p>10:30 Chair Yoga/ Tai Chi</p> <p>Denise Dameron</p> <p>10:30 Manicures (EF))</p> <p>12:00-1:00 Lunch / Social Hour</p> <p>1:00 Art</p> <p>1:00 MUSIC THERAPY</p> <p>2:00 Snack / Home Stretch</p> <p>3:00 Wind Down</p> <p>SCARVES GALORE (AIT)</p>
<p>14</p> <p>9:00 Breakfast (AIT)</p> <p>10:00 Reminisce Stretching/Wellness Walk</p> <p>10:00 Loving Hands Group</p> <p>10:30 Arts & Crafts (EF)</p> <p>10:30 VOCA Music Therapy</p> <p>12:00-1:00 Lunch Social Hour</p> <p>1:00 Latin Lounge Flow</p>	<p>15 VALUE WORLD (EF)</p> <p>9:00 Breakfast</p> <p>10:00 Reminisce</p> <p>Stretching / Wellness Walk</p> <p>10:30 Do You Know? (RB)</p> <p>10:30 Wii Bowling (TS)</p> <p>10:30 ART THERAPY</p> <p>10:30 Veterans Gathering Group (AIT)</p> <p>11:00 Massage Therapy</p> <p>12:00-1:00 Lunch / Social Hour</p> <p>1:00 Art</p> <p>1:10 BINGO</p> <p>1:10 Music Group (WJ)</p> <p>2:00 Snack</p> <p>2:30 Home Stretch</p> <p>3:00 Wind Down</p>	<p>16</p> <p>9:00 Breakfast</p> <p>10:00 Reminisce</p> <p>Stretching / Wellness Walk</p> <p>10:30 Senior Fitness (TS)</p> <p>10:30 Trivia Time (RB))</p> <p>10:30 Jazz the Walls (EF)</p> <p>12:00-1:00 Lunch / Social Hour</p> <p>12:50 News Flash Recall</p> <p>1:00 Spiritual Hour (RB)</p> <p>1:10 Arts & Crafts (EF)</p> <p>2:00 Snack /Home Stretch</p> <p>3:00 Wind Down</p> <p>3:00 Story Hour (AIT)</p>	<p>17 GREEN BAG LUNCH SERIES</p> <p>9:00 Breakfast</p> <p>10:00 Reminisce</p> <p>Stretching / Wellness Walk</p> <p>10:30 Senior Fitness (RB)</p> <p>10:30 Wii Bowling (EF)</p> <p>10:30 Craft Class (EF)</p> <p>10:30 Focus Group</p> <p>11:00 Koinonia Home Group</p> <p>12:00-1:00 Lunch/Social Hr.</p> <p>1:00 Art</p> <p>1:00 Board Game Bonanza (AIT)</p> <p>1:10 Manicures (EF)</p> <p>2:30 Home Stretch</p> <p>3:00 Wind Down</p>	<p>18 MLK with Latonya R Frazier (AIT)</p> <p>9:00 Breakfast</p> <p>10:00 Reminisce</p> <p>Stretching / Wellness Walk</p> <p>10:30 Chair Yoga/ Tai Chi</p> <p>Denise Dameron</p> <p>10:30 Manicures (EF))</p> <p>12:00-1:00 Lunch / Social Hour</p> <p>1:00 Art</p> <p>1:00 MUSIC THERAPY</p> <p>2:00 Snack / Home Stretch</p> <p>3:00 Wind Down</p>
<p>21 ADS IS CLOSED</p> <p>Martin Luther King Day</p> 	<p>22 MOBILE DENTIST</p> <p>9:00 Breakfast</p> <p>10:00 Reminisce</p> <p>Stretching / Wellness Walk</p> <p>10:30 Do You Know? (RB)</p> <p>10:30 Wii Bowling (TS)</p> <p>10:30 ART THERAPY</p> <p>10:30 Veterans Gathering Group (AIT)</p> <p>11:00 Massage Therapy</p> <p>12:00-1:00 Lunch / Social Hour</p> <p>1:00 Art</p> <p>1:10 BINGO</p> <p>1:10 Music Group (WJ)</p> <p>2:00 Snack</p> <p>2:30 Home Stretch</p> <p>3:00 Wind Down</p>	<p>23</p> <p>9:00 Breakfast</p> <p>10:00 Reminisce</p> <p>Stretching / Wellness Well-ness Walk</p> <p>10:30 Senior Fitness (TS)</p> <p>10:30 Trivia Time (RB))</p> <p>10:30 Jazz the Walls (EF)</p> <p>11:00 Cleveland Clinic Health talk</p> <p>12:00-1:00 Lunch / Social Hour</p> <p>12:50 News Flash Recall</p> <p>1:00 Spiritual Hour (RB)</p> <p>1:10 Arts & Crafts (EF)</p> <p>2:00 Snack /Home Stretch</p> <p>3:00 Wind Down</p> <p>3:00 Story Hour (AIT)</p>	<p>24 CAREGIVER SUPPORT GROUP</p> <p>9:00 Breakfast</p> <p>10:00 Reminisce</p> <p>Stretching / Wellness Walk</p> <p>10:30 Senior Fitness (RB)</p> <p>10:30 Wii Bowling (EF)</p> <p>10:30 Craft Class (EF)</p> <p>10:30 Guardians Praise</p> <p>12:00-1:00 Lunch/Social Hr.</p> <p>1:00 Board Game Bonanza (AIT)</p> <p>1:00 Art</p> <p>1:10 Manicures (EF)</p> <p>2:30 Home Stretch</p> <p>3:00 Wind Down</p>	<p>25 1:00 MOVIE DAY</p> <p>9:00 Breakfast</p> <p>10:00 Reminisce</p> <p>Stretching / Wellness Walk</p> <p>10:30 Chair Yoga/ Tai Chi</p> <p>Denise Dameron</p> <p>10:30 Manicures (EF))</p> <p>12:00-1:00 Lunch / Social Hour</p> <p>1:00 Art</p> <p>1:00 MUSIC THERAPY</p> <p>2:00 Snack / Home Stretch</p> <p>3:00 Wind Down</p> <p>SCARVES GALORE (AIT)</p>
<p>28</p> <p>9:00 Breakfast</p> <p>10:00 Reminisce Stretching/Wellness Walk</p> <p>10:00 Loving Hands Group</p> <p>10:30 Arts & Crafts (EF)</p> <p>10:30 VOCA Music Therapy</p> <p>12:00-1:00 Lunch Social Hour</p> <p>1:00 Latin Lounge Flow (AIT)</p>	<p>29</p> <p>9:00 Breakfast</p> <p>10:00 Reminisce</p> <p>Stretching / Wellness Walk</p> <p>10:30 Do You Know? (RB)</p> <p>10:30 Wii Bowling (TS)</p> <p>10:30 ART THERAPY</p> <p>10:30 Veterans Gathering Group (AIT)</p> <p>11:00 Massage Therapy</p> <p>12:00-1:00 Lunch / Social Hour</p> <p>1:00 Art</p> <p>1:10 BINGO</p> <p>1:10 Music Group (WJ)</p> <p>2:00 Snack</p> <p>2:30 Home Stretch</p> <p>3:00 Wind Down</p>	<p>30 PODIATRIST</p> <p>9:00 Breakfast</p> <p>10:00 Reminisce</p> <p>Stretching / Wellness Walk</p> <p>10:30 Senior Fitness (TS)</p> <p>10:30 Trivia Time (RB))</p> <p>10:30 Jazz the Walls (EF)</p> <p>12:00-1:00 Lunch / Social Hour</p> <p>12:50 News Flash Recall</p> <p>1:00 Spiritual Hour (RB)</p> <p>1:10 Arts & Crafts (EF)</p> <p>2:00 Snack /Home Stretch</p> <p>3:00 Wind Down</p> <p>3:00 Story Hour (AIT)</p>	<p>Please contact DENISE MITCHELL</p> <p>To schedule your appointment With the Podiatrist on January 30th</p> <p>361-6141 ext 885</p>	
<p>CAREGIVER SUPPORT GROUP</p> <p>January 24, 2019</p> <p>6:00 p.m.</p> <p>RESPIRE CARE & DINNER</p> <p>AVAILABLE UPON REQUEST</p>				

Activities on this calendar are subject to change. Any changes will be made to the appropriate calendar. **ALL TRIPS ARE WEATHER PERMITTING**