

January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:30 Exercise CH 11:00 Gospel Hymn Sing MC 12:00 Lunch DR	2 10:30-11:30 & 1:30-3:30 Open Exercise #3243 10:00 Sew n' So #3239 2:15 NEW Meditation & Light Stretching with Shannon DR 6:15 Bingo with Judie Wood DR	3 8:30 Exercise Video DR 9:30 Shopping and Errands TRP 1:30 Bridge/Scrabble DR 6:15 BYO Fun & Games DR	4 9:30 Coffee Social DR 10:30-11:30 & 1:30-3:30 Open Exercise #3234 10:00 Computer Club DR 1:00 Mahjong DR 6:30 Music with Rich Blough	5 8:30 Exercise DR 9:30 HH Singers Rehearsal DR 9:30-11:30 & 1:30-3:30 Open Exercise #3243 11:00 Lunch and Tour at Sierra Nevada Brewery TRP 1:00 Hand & Foot DR	6 11:00-12:00 Mimosa Hour DR 11-12:30 Brunch DR 3:00 Movie: Silver Skies
7 12:00-1:30 Lunch DR	8 8:30 Exercise DR 9:30-11:30 & 1:30-3:30 Open Exercise #3243 9:30 New Resident Social CH 10:00 HH Resident Association Meeting DR 12:00 Wal-Mart/Target Run TRP 12:00 Yoga Class with Aimee DR 1:00 Hearts Game DR 3:15 Open Calendar Meeting DR	9 10:30-11:30 & 1:30-3:30 Open Exercise #3243 10:00 Sew n' So #3239 10:00 WNC Farmer's Market, Lunch at Brixx Wood Fired Pizza, and Biltmore Park Walk n' Shop TRP 2:00 Book Club DR	10 8:30 Exercise Video DR 9:30 Shopping and Errands TRP 1:30 Bridge/Scrabble DR 6:15 BYO Fun & Games DR	11 9:30 Coffee Social DR 10:30-11:30 & 1:30-3:30 Open Exercise #3234 10:00 Computer Club DR 1:00 Mahjong DR 6:30 Music with Ralph Congdon	12 8:30 Exercise DR 9:30 HH Singers Rehearsal DR 9:30-11:30 & 1:30-3:30 Open Exercise #3243 1:00 Hand & Foot DR	13 11:00-12:30 Brunch DR 3:00 Movie: The Monuments Men DR
14 12:00-1:30 Lunch DR	15 8:30 Exercise DR 9:30-11:30 & 1:30-3:30 Open Exercise #3243 10:00 Bible Study DR 10:30 Trader Joe's Shopping & Lunch at Moe's Southwest Grill TRP 11:00 Gospel Hymn Sing MC 12:00 Yoga Class with Aimee DR 1:00 Hearts Game DR 2:00 Open Food Menu Chat DR	16 10:30-11:30 & 1:30-3:30 Open Exercise #3243 10:00 Sew n' So #3239 2:15 NEW Meditation & Light Stretching with Shannon DR 3:00 Happy Hour DR 6:15 Bingo with Judie Wood DR	17 8:30 Exercise Video DR 9:30 Shopping and Errands TRP 1:30 Bridge/Scrabble DR 6:15 BYO Fun & Games DR	18 9:30 Coffee Social DR 10:30-11:30 & 1:30-3:30 Open Exercise #3234 10:00 Computer Club DR 1:00 Mahjong DR 6:30 Music with Alex Taub	19 8:30 Exercise DR 9:30-11:30 & 1:30-3:30 Open Exercise #3243 10:00 NC Arboretum (See last sheet for details) and lunch at Johnny Mac's BBQ TRP 1:00 Hand & Foot DR	20 11:00-12:30 Brunch DR 3:00 Movie: Strangers in Good Company DR 5:30 Wine & Cheese Social DR
21 12:00-1:30 Lunch DR	22 8:30 Exercise DR 9:30-11:30 & 1:30-3:30 Open Exercise #3243 10:00 Bible Study DR 11:00 Gospel Hymn Sing MC 12:00 Yoga Class with Aimee DR 1:00 Hearts Game DR	23 8:30 NEW HH Men's Breakfast at Cracker Barrel TRP 10:30-11:30 & 1:30-3:30 Open Exercise #3243 10:00 Sew n' So #3239 1:30 Hearing Aid Cleaning (DR) 2:15 NEW Meditation & Light Stretching with Shannon DR	24 8:30 Exercise Video DR 9:30 Shopping and Errands TRP 1:30 Bridge/Scrabble DR 6:15 BYO Fun & Games DR	25 9:30 Coffee Social DR 10:30-11:30 & 1:30-3:30 Open Exercise #3234 10:00 Computer Club DR 1:00 Mahjong DR 6:30 Music with King Goslin	26 8:30 Exercise DR 9:30 HH Singer Rehearsal DR 9:30-11:30 & 1:30-3:30 Open Exercise #3243 3:00 NEW Monthly Happy Birthday Party DR (See the birthday section for details) 1:00 Hand & Foot DR	27 9:30 HH Singers Rehearsal DR 11:00-12:30 Brunch DR 3:00 Movie: Battle of the Sexes 5:30 Community Potluck
28 12:00-1:30 Lunch DR 3:00 Songs and Sounds DR	29 8:30 Exercise DR 9:30-11:30 & 1:30-3:30 Open Exercise #3243 10:00 Bible Study DR 11:00 Gospel Hymn Sing MC 12:00 Yoga Class with Aimee DR 1:00 Hearts Game DR	30 8:30 New HH Women's Breakfast at Kosta's Kitchen TRP 10:30-11:30 & 1:30-3:30 Open Exercise #3243 10:00 Sew n' So #3239 2:15 NEW Meditation & Light Stretching with Shannon DR 3:30 Welcome Committee Mtg DR 6:15 Bingo with Judie Wood DR	31 8:30 Exercise Video DR 9:30 Shopping and Errands TRP 1:30 Bridge/Scrabble DR 6:15 BYO Fun & Games DR	Update: If the clubhouse is open in January, all on-campus activities will take place there. Until then, activities will remain in the dining room/bar area.		Location Key: MC-Memory Care TH-Therapy House #3243 TRP Trip/Outing WS-Woodshop LIB-Library DR-Dogwood Dining Room BAR-Bar Area of DR CH-Clubhouse KH-Craft House