SUN	MON	TUE	WED	THUR	FRI	SAT
ROOM KEY C - Cafe DR - Dining Room FR - Fitness Room HR - Hobby Room L - Library LR - Living Room T - Theatre	New Year's Day 10:00 Forever Fit 10:30 Searching for January (HR) **11:00 New Year's Day Brunch (DR)** **2:00 Music with Brian McCarn! (C)** 3:00 H.H. Snack Prep -BBQ Meatballs (HR) 3:30 Happy Hour (C) 5:00 Rose Bowl Game - ESPN (LR)	9:00 Early Bird Fitness 10:00 Forever Fit 10:30 He's a Georgia Peach! (HR) 2:00 Documentary: Migration of the Butterflies (T) 2:30 Bridge Group (L) 3:00 New Year's Goal Setting (FR) 4:00 Word Puzzles (C)	9:00 Early Bird Fitness 10:00 Forever Fit 10:30 Bet You Didn't Know! (HR) **2:00 Waltonwood Welcome Social (C)** 3:00 Machine Circuit (FR) 4:00 Scrabble Competition! (L)	9:00 Early Bird Fitness 10:00 Forever Fit 10:30 National Trivia Day! (HR) 1:30 Devotions with Don (T) 2:00 Who Am I? (C) 3:00 Aroma Therapy (FR) 4:00 Relax & Chat (C)	9:00 Early Bird Fitness 10:00 Forever Fit **10:30 Shopping at Harris Teeter** 2:00 Bingo! (HR) 2:45 Bird Day Scavenger Hunt! (LR) 3:30 Happy Hour (C) 6:30 Movie Night (T)	9:30 Pet Therapy with Callie! 10:00 Forever Fit 10:30 "Little Christmas" Discussion (HR) 2:00 Wheel of Fortune (C) 3:00 Bean Day Project (HR) 4:00 Cards Group (L) 6:30 Movie Night (T)
7 10:00 Forever Fit 10:00 Catholic Service with St. Gabriels 10:30 Through the Hoop! (C) 2:00 Providence Baptist Worship Service (T) 3:00 BINGO (HR) 4:00 Sunday Tea (C)	8 9:00 Early Bird Fitness 10:00 Forever Fit 10:30 "Coming of Age" Discussion (HR) **11:30 Lunch at Maggianos** 2:30 Long Live Elvis! (C) 3:00 H.H. Snack Prep - PB Banana Sandwiches (HR) 3:30 Happy Hour (C)	9 9:00 Early Bird Fitness 10:00 Forever Fit 10:30 Trivia Tuesday (HR) 2:00 Happy Birthday, Connecticut! (C) 2:30 Bridge Group (L) 3:00 Sit & Get Fit (FR) **3:30 Resident Council (HR)**	10 9:00 Early Bird Fitness 10:00 Forever Fit 10:30 Name that Tune! (HR) **1:30 Hearing Aid Clinic (1:30-3:00pm) (FR)** 2:00 Hott Cocoa Social (C) 3:00 Machine Circuit (FR) 4:00 Poetry Reading (LR)	11 9:00 Early Bird Fitness 10:00 Forever Fit 10:30 Dominoes (HR) 1:30 Devotions with Don (T) **2:00 Food Council (DR)** 3:00 Cardio Crew (FR) 4:00 Documentary: The Grand Canyon (T) **5:30 Family Night: Movie Trivia! (LR)**	12 9:00 Early Bird Fitness 10:00 Forever Fit **10:30 Shopping at Steinmart** 2:00 Bingo! (HR) 2:45 Cornhole (FR) 3:30 Happy Hour (C) 6:30 Movie Night (T)	13 10:00 Forever Fit 10:30 Match the Radio (HR) **2:00 Joy Ride** 3:00 Smore's Saturday (HR) 4:00 Watercolor Art (HR) 6:30 Movie Night (T)
14 10:00 Forever Fit 10:00 Catholic Service with St. Gabriels 10:30 Sunday Mimosas (C) 2:00 Central Church Worship Service (T) 3:00 BINGO (HR) 4:00 Sunday Tea (C)	15 Martin Luther King Day 9:00 Early Bird Fitness 10:00 Forever Fit 10:30 MLK Word Searches (HR) **11:30 Lunch at Urban Cookhouse** 2:30 Martin Luther King Day Discussion (C) 3:00 H.H. Snack Prep - Parm. Zucchini Fries (HR) 3:30 Happy Hour (C)	16 9:00 Early Bird Fitness 10:00 Forever Fit 2:00 Which Theater? (HR) **2:00 Rosanne Presents "Trios, Duos, & More" (L)** 2:30 Bridge Group (L) 3:00 Chair Yoga (FR) 4:00 National Fig Newton Day! (C)	17 9:00 Early Bird Fitness 10:00 Forever Fit 10:30 Ben Franklin Invented WHAT? (HR) **2:00 Outing to Amelie's Bakery** 3:00 Machine Circuit (FR) 4:00 Men's Club (C)	18 9:00 Early Bird Fitness 10:00 Forever Fit **10:30 "Feel the Thrill" Tour** 1:30 Devotions with Don (T) 2:00 Late Successors (L) 2:00 Documentary: Giant Panda DAY! (T) 3:00 Putting Green Challenge (FR) 4:00 Test Your Knowledge (C)	19 9:00 Early Bird Fitness 10:00 Forever Fit **10:30 Shopping at Walmart** 2:00 Bingo! (HR) 2:45 Shuffleboard with Katie (FR) 3:30 Happy Hour (C) 6:30 Movie Night (T)	20 9:30 Pet Therapy with Callie! 10:00 Forever Fit 10:30 Famous Actors Vs. Famous Movies (HR) 2:00 Sweet Tooth Prep (HR) 3:00 Sweet Tooth Social (C) 4:00 Farkle (C) 6:30 Movie Night (T)
21 10:00 Forever Fit 10:00 Catholic Service with St. Gabriels 10:30 Hunt For Happiness (HR) 2:00 Providence Baptist Worship Service (T) 3:00 BINGO (HR) 4:00 Sunday Tea (C)	22 9:00 Early Bird Fitness 10:00 Forever Fit 10:30 Learn About It: Hibernation (HR) **11:30 Lunch at Fenwick's** 2:30 Optical Illusions (C) 3:30 Happy Hour (C)	23 9:00 Early Bird Fitness 10:00 Forever Fit 10:30 Shut the Box (HR) **2:00 Singing with Sarah Marin (LR)** 2:30 Bridge Group (L) 3:00 Stretch It Out! (FR) 4:00 One to One's	24 9:00 Early Bird Fitness 10:00 Forever Fit 10:30 Name 5! (HR) **2:00 Music with Tim Wilson (C)** 3:00 Machine Circuit (FR) 4:00 Coffee & Chat (C)	25 9:00 Early Bird Fitness 10:00 Forever Fit 10:30 Fill in the Blank (HR) **1:30 Charlotte Ballet: Innovative Works** 1:30 Devotions with Don (T) 3:00 Soap Making (HR) 4:00 Get Puzzlin'	26 9:00 Early Bird Fitness 10:00 Forever Fit **10:30 Shopping at Resident's Choice** 2:00 Bingo! (HR) 2:45 Walking Club (FR) 3:30 Happy Hour (C) 6:30 Movie Night (T)	27 10:00 Forever Fit 10:30 Post Workout Cool-Down (HR) **1:45 Starbucks Run!** **3:15 Resident Birthday Party! (C)** 4:15 Balloon Toss (FR) 6:30 Movie Night (T)
28 10:00 Forever Fit 10:00 Catholic Service with St. Gabriels 10:30 HOI (HR) 2:00 Afternoon Social (C) 3:00 BINGO (HR) 4:00 Sunday Funday (C) 8:00 PRO Bowl (LR)	29 9:00 Early Bird Fitness 10:00 Forever Fit 10:30 Giant Crossword (HR) **11:30 Lunch at Kabutos** **2:30 Book Club Meeting (L)** 3:00 H.H. Snack Prep -Protein Cups (HR) 3:30 Happy Hour (C)	30 9:00 Early Bird Fitness 10:00 Forever Fit 10:30 Yahtzee (HR) **2:00 John Lewis in Concert (LR)** 2:30 Bridge Group (L) 3:00 Meditation & Stretch (FR) 4:00 Jewelry Class (C)	31 9:00 Early Bird Fitness 10:00 Forever Fit 10:30 Get Board! (HR) **2:00 Waltonwood Welcome Social (C)** **3:00 Metropolitan Music Ministries (DR)** 3:00 Machine Circuit (FR)	Happy Birthday! 4th - Don Freund 29th - Kitty Conte	All activities will last 30-45 minutes and are subject to change. Please refer to flyers for updates.	There are 3 opportunities for exercise each day. 9:00am - Early Bird Fitness 10:00am - Forever Fit 3:00pm - Assorted fitness classes, health talks, and physical games. We encourage all residents to attend at least one fitness program per day.

January 2018

Calendar

Assisted Living LEM: Kensey Rash

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