

# January 2019

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<b>Birthdays</b> * Betty Cummings 2nd * Jan Johnson 6th * Elaine Johnson 7th * Nancy Upchurch 15th * Toni Berg 16th * Jim Boyd 16th	<b>Birthdays</b> * Mae Manns 22nd * Al Doig 24th * Bob Huskey 25th * Lynnette Johnson 26th * Julie Leavitt 29th * Jerry McDaniel 31st	<b>1</b> 	<b>2</b> 8:30 Exercise Video (CH) 9:30 Shopping/Errands TRP 9:30 Billiards (CH) 1:30 Bridge/Scrabble (CH) 1:30 Henderson County Public Library (Movie-Mama Mia) 6:15 BYO Fun & Games (CH)	<b>3</b> <b>9:00—4:00 Doctor Appts. (Call office for transportation)</b> 9:30 Coffee Social (CH) 10:00 Computer Club (CH) 12:00 Chair Yoga/Light Stretching 1:00 Mahjong (CH)	<b>4</b> 8:30 Exercise (CH) 9:30 HH Singers Rehearsal (CH) 9:30 Billiards (CH) 1:00 Hand & Foot (CH)	<b>5</b> 11:00-12:00 Mimosa Hour DR) 11-1:30 Brunch DR <b>3:00 Hendersonville Symphony (Pick-up at 2:15)</b> 3:00 Movie: TBA (CH)
<b>6</b> 12:00-1:30 Lunch (DR)	<b>7</b> 8:30 Exercise (CH) 9:30 New Residents Coffee (CH) <b>10:00 HH Resident Association Meeting (CH)</b> 12:00 Yoga Class with Aimee(CH) 1:00 Hearts Game (CH)	<b>8</b> 10:00 Sew n' So (CH) 11:00 Virginia @ ARC Memory Exercises (CH) 2:00 Book Club (CH) <b>6:15 Bingo with Judie Wood (CH)</b>	<b>9</b> 8:30 Exercise Video (CH) <b>9:30 Shopping/Errands TRP</b> 9:30 Billiards (CH) 1:30 Bridge/Scrabble (CH) 6:15 BYO Fun & Games (CH)	<b>10</b> <b>9:00—4:00 Doctor Appts. (Call office for transportation)</b> 9:30 Coffee Social (CH) 10:00 Computer Club (CH) 12:00 Chair Yoga/Light Stretching 1:00 Mahjong (CH) <b>6:30 Blissing Trio (CH)</b>	<b>11</b> 8:30 Exercise (CH) 9:30 HH Singers Rehearsal (CH) 9:30 Billiards (CH) 1:00 Hand & Foot (CH)	<b>12</b> 11:00-1:30 Brunch (DR) 3:00 Movie: TBA (CH) <b>5:30 Wine &amp; Cheese (CH)</b>
<b>13</b> 12:00-1:30 Lunch (DR)	<b>14</b> 8:30 Exercise (CH) 9:30 Billiards (CH) 10:00 Bible Study (CH) 11:00 Gospel Hymn Sing (MC) 12:00 Yoga Class with Aimee 1:00 Hearts Game (CH) <b>1:00 Food Committee Meeting (CH)</b> <b>3:00 Calendar Planning Meeting (CH)</b>	<b>15</b> 10:00 Sew n' So (CH) <b>11:00 Henderson County Curb Market / Haus Heidelberg Restaurant (Pick-up at 10:30 - TRP)</b> 3:30 Happy Hour	<b>16</b> 8:30 Exercise Video (CH) <b>9:30 Shopping/Errands TRP</b> 9:30 Billiards (CH) 1:30 Bridge/Scrabble (CH) <b>1:30 Henderson County Public Library (Documentary-Mister Fred Rogers)</b> 6:15 BYO Fun & Games (CH)	<b>17</b> <b>9:00—4:00 Doctor Appts. (Call office for transportation)</b> 9:30 Coffee Social (CH) 10:00 Computer Club (CH) 12:00 Chair Yoga/Light Stretching (CH) 1:00 Mahjong (CH) <b>6:30 Paul Indelicato</b>	<b>18</b> 8:30 Exercise (CH) 9:30 HH Singers Rehearsal (CH) 9:30 Billiards (CH) 1:00 Hand & Foot (CH)	<b>19</b> 11:00-1:30 Brunch (DR) <b>5:30 POT LUCK (CH)</b>
<b>20</b> 12:00-1:30 Lunch (DR)	<b>21</b> 8:30 Exercise (CH) 9:30 Billiards (CH) 10:00 Bible Study (CH) 11:00 Gospel Hymn Sing (MC) 12:00 Yoga Class with Aimee(CH) 1:00 Hearts Game (CH)	<b>22</b> 10:00 Sew n' So (CH) 11:00 Virginia @ ARC Memory Exercises(CH) <b>3:30 Welcome Committee Meeting (CH)</b>	<b>23</b> 8:30 Exercise Video (CH) <b>9:30 Shopping/Errands TRP</b> 9:30 Billiards (CH) 1:30 Bridge/Scrabble (CH) <b>3:30 Amy @ ARC Healthy Living Presentation (Fun, Food and Giveaways!)</b> 6:15 BYO Fun & Games (CH)	<b>24</b> <b>9:00—4:00 Doctor Appts. (Call office for transportation)</b> 9:30 Coffee Social (CH) 10:00 Computer Club (CH) 12:00 Chair Yoga/Light Stretching 1:00 Mahjong (CH) <b>5:00 Birthday Party</b> <b>6:30 Ralph Congdon</b> 	<b>25</b> 8:30 Exercise (CH) 9:30 HH Singers Rehearsal (CH) 9:30 Billiards (CH) 1:00 Hand & Foot (CH)	<b>26</b> 9:30 HH Singers Rehearsal (CH) 11:00-1:30 Brunch (DR) 3:00 Movie: TBA
<b>27</b> 12:00-1:30 Lunch (DR) <b>2:30 Songs and Sounds (CH)</b>	<b>28</b> 8:30 Exercise (CH) 9:30 Billiards (CH) 10:00 Bible Study (CH) 11:00 Gospel Hymn Sing (MC) 1:00 Hearts Game (CH) <b>3:30 Hearing Aid Cleaning</b>	<b>29</b> 10:00 Sew n' So (CH) <b>6:15 Bingo with Judie Wood (CH)</b>	<b>30</b> 8:30 Exercise Video (CH) <b>9:30 Shopping/Errands TRP</b> 9:30 Billiards (CH) <b>12:00 Postero Restaurant and Henderson County Heritage Museum (Pick-up @11:30AM -TRP)</b> 1:30 Bridge/Scrabble (CH) 6:15 BYO Fun & Games (CH)	<b>31</b> <b>9:00—4:00 Doctor Appts. (Call office for transportation)</b> 9:30 Coffee Social (CH) 10:00 Computer Club (CH) 12:00 Chair Yoga/Light Stretching (CH) <b>-(CANCELLED)</b> 1:00 Mahjong (CH)	<b>Weekend Dining Room</b> <b>Saturdays:</b> Transportation: 10:45 TO GO Orders : 1:30 <b>Sundays:</b> Transportation: 11:45 TO GO Orders: 1:30	
						<b>Location Key:</b> 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