Sunday	Monday	Tuesday Happy New Year 1	Wednesday Shopping 2	Thursday Appointments	Friday Happy Hour!	Saturday
Januar Westmont of		2019 10:00 "Move it or Lose it (DR) (Work off all the holiday treats!) 1:30 Taking down the tree (LB) 2:30 Flower Arranging (AR) 3:00 Bingo (RR) Resident Led	10:00 Good Morning Stretch 11:00 Catholic Service (RR) 11:30 Safeway (LB) 2:00 Juliee "Anyone Can Paint Class" Come Paint & have some fun! (AR) 3:00 Bingo (RR)	10:00 Exercise 2B the Best You (DR) 1:00 Visit / Poppy & Taylor (LR) 1:00 Crochet Club Meets (AR) 1:00 Worship Service by Golden Hills Church (RR) 1:30 Flower Arranging (AR) 3:00 Bingo (RR)		10:00 Move & Groove to Music w/ Helen (Exercise Class) (DR) 1:30 Arts & Crafts Painting (AR) 2:30 Movie Matinee (TR) 3:00 Bingo (RR) Resident Led
8:30 Golden Hills Church (LB)	7 10:00 Good Morning Stretch & Workout w/ Larry (DR) 10:45 Daily News/ Trivia (LB) 1:00 Arts & Crafts (AR) 1:30 Movie (TR) 3:00 Bingo (RR) 6:00 Prayer Group (RR)	Appointments 10:00 "Move it or Lose it" w/ Trinh (DR) 10:45 Bible Study (RR) 1:30 Food for Thought (DR) 2:30 Flower Arranging (AR) 3:00 Bingo (RR)	Shopping 9 10:00 Good Morning Stretch 11:00 Catholic Service (RR) 11:30 Safeway (LB) 1:30 Ice Cream Social & January Birthday Bash (DR) 3:00 Bingo (RR)	Appointments 10 10:00 Exercise 2B the Best You (DR) 1:00 Crochet Club Meets (AR) 1:00 Worship Service by Golden Hills Church (RR) 1:30 Flower Arranging (AR) 3:00 Bingo (RR)	10:00 Chair Aerobics w/ the Rat Pack & Other Favorites (DR) 1:00 Guinness & Shiloh Pet Therapy Dogs (LB)	10:00 Move & Groove to Music w/ Helen (Exercise Class) (DR) 1:30 Arts & Crafts Painting (AR) 2:30 Movie Matinee (TR) 3:00 Bingo (RR) Resident Led
8:30 Golden Hills Church (LB)	10:45 Daily News/ Trivia (LB)	Appointments 15 10:00 "Move it or Lose it" w/ Trinh (DR) 10:45 Bible Study (RR) 1:30 Resident Council (DR) 2:30 Flower Arranging (AR) 3:00 Bingo (RR)	Shopping 16 10:00 Good Morning Stretch 11:00 Catholic Service (RR) 11:30 Safeway (LB) 2:00 Juliee "Anyone Can Paint Class" Come Paint & have some fun (AR) 3:00 Bingo (RR)	10.00 Francisc 2D the Dest Ven (DD)	Happy Hour! 18 10:00 Chair Aerobics w/ the Rat Pack & Other Favorites (DR) 1:00 Guinness & Shiloh Pet Therapy Dogs (LB) 1:30 Stories of Inspiration (RR) 3:00 Happy Hour (DR) Eddie Williams	10:00 Move & Groove to Music w/ Helen (Exercise Class) (DR) 1:30 Arts & Crafts Painting (AR) 2:30 Movie Matinee (TR) 3:00 Bingo (RR) Resident Led
20 :30 Golden Hills Church (LB) 8:30 IHM Catholic Service (LB) 9:00 Pet Visits with Nan & Clan! 1:00 Victory Baptist (RR) 3:00 Bingo (RR)	10:45 Daily News/ Trivia (LB)	Appointments 22 10:00 "Move it or Lose it" w/ Trinh (DR) 10:45 Bible Study (RR) 1:30 (AR) 2:30 Flower Arranging (AR) 3:00 Bingo (RR)		Appointments 24 10:00 Exercise 2B the Best You (DR) 1:00 Crochet Club Meets (AR) 1:00 Worship Service by Golden Hills Church (RR) 1:30 Flower Arranging (AR) 3:00" Family Candy Bingo" (DR) Compass Rose & Assisted Living	10:00 Chair Aerobics w/ the Rat Pack & Other Favorites (DR) 1:00 Guinness & Shiloh Pet Therapy Dogs (LB) 1:30 Stories of Inspiration (RR)	2 10:00 Move & Groove to Music w/ Helen (Exercise Class) (DR) 1:30 Arts & Crafts Painting (AR) 2:30 Movie Matinee (TR) 3:00 Bingo (RR) Resident Led
8:30 Golden Hills Church (LB) 8:30 IHM Catholic Service (LB) 9:00 Pet Visits with Nan & Clan! 1:00 Victory Baptist (RR) 3:00 Bingo (RR)	10:00 Good Morning Stretch & Workout w/ Larry (DR) 10:45 Daily News/ Trivia (LB)	Appointments 29 10:00 "Move it or Lose it"	Shopping 30 10:00 Good Morning Stretch (DR) 11:00 Catholic Service (RR) 11:30 Safeway (LB) 1:30 Balloon Volleyball (AR) 3:00 Bingo (RR) 6:00 Dementia Support (RR	10:00 Exercise 2B the Best You (DR) 1:00 Crochet Club Meets (AR) 1:00 Worship Service by Golden Hills Church (RR) 1:30 Flower Arranging (AR) 3:00 Bingo (RR 6:00 Bingo Bash (DR)	Please come and enjoy of Our goal is to feed the mencourage you to get involved to have on our calendar, (DR) Dining Room (AR) (RR) Resource Room (LI	nind body & soul. We volved! This is your omething you would like please let us know. Activity Room