

# January 2019

## Independent Living Lifestyle & Leisure



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>6895 S Whitmore Way Salt Lake City, UT 84121 801-943-3909</p>		<b>New Year's Day 1</b> 9:30 <b>PE</b> Morning Exercise-ARS 1:30 Hand and Foot 6:30 Entertainment	<b>2</b> 9:30 <b>PE</b> Morning Exercise-ARS 9:30 Out to the Bank 10:00 <b>SS</b> Catholic Communion 10:30 Shopping 2:30 Relief Society and Priesthood-ARN 6:30 Movie Night	<b>3</b> 9:30 <b>PE</b> Morning Exercise-ARS 2:30 <b>PE</b> Movin' and Groovin'-ARS 3:30 <b>LL</b> Wine and Cheese Social-FL 6:30 <b>CC</b> Entertainment	<b>4</b> 9:30 <b>PE</b> Morning Exercise-ARS 2:00 <b>CC</b> Scenic Drive 6:30 Movie Night	<b>5</b> 10:00 Saturday Morning Paper 1:30 Bridge Club 1:30 <b>LL</b> Resident Led Card Game: Skip-Bo 6:30 <b>LL</b> Resident Choice Movie	
	<b>6</b> 11:00 <b>SS</b> Catholic Communion 11:30 <b>SS</b> LDS Sacrament Service 2:30 Rootbeer Floats 3:00 Jigsaw Puzzle	<b>7</b> 9:30 <b>PE</b> Morning Exercise-ARS 11:00 Outburst 1:30 Let's Play Bingo! 3:30 Chicken Soup for the Soul 6:30 Family Home Evening-ARN	<b>8</b> 9:30 <b>PE</b> Morning Exercise-ARS 11:00 Ladder Ball 1:30 Hand and Foot 3:30 Men's Club 6:00 Aging Support Group 6:30 Entertainment	<b>9</b> 9:30 <b>PE</b> Morning Exercise-ARS 9:30 Out to the Bank 10:00 <b>SS</b> Catholic Communion 10:30 Shopping 1:30 Where are we? 2:30 Relief Society and Priesthood-ARN 3:30 Come Relax! 6:30 Movie Night	<b>10</b> 9:30 <b>PE</b> Morning Exercise-ARS 1:30 Partners in Pen Game 3:30 <b>LL</b> Wine and Cheese Social-FL 6:30 <b>CC</b> Entertainment	<b>11</b> 9:30 <b>PE</b> Morning Exercise-ARS 11:00 Words of Wisdom Video 1:30 <b>CC</b> Scenic Drive 3:30 Name that Tune 6:30 Movie Night	<b>12</b> 10:00 Saturday Morning Paper 1:30 Bridge Club 1:30 <b>LL</b> Resident Led Card Game: Skip-Bo 6:30 <b>LL</b> Resident Choice Movie
	<b>13</b> 11:00 <b>SS</b> Catholic Communion 11:30 <b>SS</b> LDS Sacrament Service 2:30 Rootbeer Floats 3:00 Jigsaw Puzzle	<b>14</b> 9:30 <b>PE</b> Morning Exercise-ARS 11:30 Out to Lunch 1:30 Let's Play Bingo! 3:30 Tea and Music 6:30 Family Home Evening-ARN	<b>15</b> 9:30 <b>PE</b> Morning Exercise-ARS 11:00 Hang Man 1:30 Hand and Foot 2:00 Outing to Movie 6:30 Entertainment	<b>16</b> 9:30 <b>PE</b> Morning Exercise-ARS 9:30 Out to the Bank 10:00 <b>SS</b> Catholic Communion 10:30 Shopping 1:30 Pling Pong 2:30 Relief Society and Priesthood-ARN 3:30 Ladies Night 6:30 Movie Night	<b>17</b> 9:30 <b>PE</b> Morning Exercise-ARS 11:00 Pictionary 1:30 Balloon Tennis 2:00 Bible Study 2:30 <b>PE</b> Movin' and Groovin'-ARS 3:30 <b>LL</b> Wine and Cheese Social-FL 6:30 <b>CC</b> Entertainment	<b>18</b> 9:30 <b>PE</b> Morning Exercise-ARS 11:00 Hand Massages 2:30 <b>CC</b> Service in Memory Care 6:30 Movie Night	<b>19</b> 10:00 Saturday Morning Paper 1:30 Bridge Club 1:30 <b>LL</b> Resident Led Card Game: Skip-Bo 6:30 <b>LL</b> Resident Choice Movie
	<b>20</b> 11:00 <b>SS</b> Catholic Communion 11:30 <b>SS</b> LDS Sacrament Service 2:30 Rootbeer Floats 3:00 Jigsaw Puzzle	<b>Martin Luther King, Jr. Day 21</b> 9:30 <b>PE</b> Morning Exercise-ARS 1:30 Let's Play Bingo! 6:30 Family Home Evening-ARN	<b>22</b> 9:30 <b>PE</b> Morning Exercise-ARS 11:00 Qwirkle 1:30 Hand and Foot 3:30 Men's Club 6:30 Cultural Night	<b>23</b> 9:30 <b>PE</b> Morning Exercise-ARS 9:30 Out to the Bank 10:00 <b>SS</b> Catholic Communion 10:30 Shopping 1:30 Craft with Amy 2:30 Relief Society and Priesthood-ARN 3:30 Marbles 4:30 Out to Diner 7:00 Game Night!	<b>24</b> 9:30 <b>PE</b> Morning Exercise-ARS 11:00 Apples to Apples 1:30 The Price is Right 2:30 Book Club 3:30 <b>LL</b> Wine and Cheese Social-FL 6:30 <b>CC</b> Entertainment	<b>25</b> 9:30 <b>PE</b> Morning Exercise-ARS 11:00 Pictionary 1:30 <b>CC</b> Outing to Target 3:30 Gratitude Journal 6:30 Movie Night	<b>26</b> 10:00 Saturday Morning Paper 1:30 Bridge Club 1:30 <b>LL</b> Resident Led Card Game: Skip-Bo 3:30 Trivia Game 6:30 <b>LL</b> Resident Choice Movie
	<b>27</b> 11:00 <b>SS</b> Catholic Communion 11:30 <b>SS</b> LDS Sacrament Service 2:30 Rootbeer Floats 3:00 Jigsaw Puzzle	<b>28</b> 9:30 <b>PE</b> Morning Exercise-ARS 11:00 Feeling Funny 1:30 Let's Play Bingo! 3:30 Tea and Music 6:30 Family Home Evening-ARN	<b>29</b> 9:30 <b>PE</b> Morning Exercise-ARS 11:00 Hand Massages 1:30 Hand and Foot 3:30 Musical Ball Game 6:30 Entertainment	<b>30</b> 9:30 <b>PE</b> Morning Exercise-ARS 9:30 Out to the Bank 10:00 <b>SS</b> Catholic Communion 10:30 Shopping 1:30 Bowling 2:30 Relief Society and Priesthood-ARN 3:30 Chocolate Chip Cookie Contest 6:30 Movie Night	<b>31</b> 9:30 <b>PE</b> Morning Exercise-ARS 11:00 Fun Money General Store 1:30 Who Am I? 2:00 Bible Study 2:30 <b>PE</b> Movin' and Groovin'-ARS 3:30 <b>LL</b> Wine and Cheese Social-FL 6:30 <b>CC</b> Entertainment	<b>CC</b> Community Connections <b>LL</b> Lifestyle & Leisure <b>PE</b> Physical Engagement <b>SS</b> Spiritual Support	