



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	ONGOING PROGRAMS
<p><b>Life Enrichment Contact Information:</b> Cindy Livingston &amp; Linda Hellow Ext.5892</p>		<p><b>1 Happy New Year!</b> <b>10:30</b> Spiritual Video Series (ALR) <b>1:00</b> Alcohol Ink Creations with Cindy (ALR)</p>	<p><b>2</b> <b>11:30</b> <b>Lunch Excursion To Bonefish Grill</b> <b>2:00</b> Dogs: The Kid with the Dog (TH)</p>	<p><b>3</b> <b>1:30</b> Guided Meditation With Cindy (Quiet Waters)</p>	<p><b>4</b> <b>11:00</b> The Aging Brain: <i>The Aging Mind, What Changes?</i> (TH) <b>1:30</b> Suren's Nepalese Surprise For Cindy's Farewell (ALR)</p>	<p><b>5</b> <b>10:00</b> Trivia (ALR)</p>	<p><b>Sunday</b> 9:15 Chapel (FEL) 3:00 Movie &amp; Popcorn (TH) 2:00 Bingo (ALR) <b>Monday</b> 9:30 Community Circle (ALR) 10:30 World Religions (FEL) (1st &amp; 3rd Mondays) 11:00 Exercise Class (ALR) 11:00 Thought for the Day (TLR) <b>Tuesday</b> 9:30 Community Circle (ALR) 1:00 Mind &amp; Body Strengthening (TLR) 10:30 Spiritual Video Series (ALR) 11:00 St Gabriel Community Service (TH) (2nd Tuesday) 3:00 Blackjack (ALR) <b>Wednesday</b> 9:30 Community Circle (ALR) 11:00 Exercise Class (ALR) 3:30 Chaplain Video Series (FEL) <b>Thursday</b> 9:30 Community Circle (ALR) 1:00 Mind &amp; Body Strengthening (TLR) 10:30 Sensory Exploration (TLR) 10:30 Chapel (ALR) 3:00 Bingo (ALR) 7:00 Movie in Theater (TH) <b>Friday</b> 9:30 Creative Corner (MED) 9:30 Community Circle (ALR) 2:30 Catholic Mass (2nd Friday) (TH) 10:00 Catholic Communion (TH) 11:00 Exercise Class (ALR) <b>Saturday</b> 9:00 Donut Day! (TDR) 9:30 Coffee &amp; Donuts (ALR) 2:00 Blackjack (ALR) 3:00 Documentary Series (TH)</p>
<p><b>6</b> <b>9:15</b> Chapel (FEL) <b>10:30</b> Aromatherapy Hand Massages (Private Sessions) <b>1:30</b> Music with Josh Brookstein (TLR)</p>	<p><b>7</b> <b>1:30</b> Epiphany Celebration With Chaplain Carol (ALR)</p>	<p><b>8</b> <b>10:30</b> Spiritual Video Series (ALR) <b>2:00</b> Trudy Grabowski Celebration of Life (ALR)</p>	<p><b>9</b> <b>12:00</b> <b>Lunch in the Grill</b> <b>1:30</b> Winter Decorating (ALR)</p>	<p><b>10</b> <b>1:30</b> Explore History: Catherine the Great (MED) <b>5:30</b> Music with Dan McClerren (TLR)</p>	<p><b>11</b> <b>2:00</b> Curious Dragonfly: The Power of the Human Brain (ALR)</p>	<p><b>12</b> <b>10:30</b> Trivia (ALR)</p>	
<p><b>13</b> <b>9:15</b> Chapel (FEL) <b>10:30</b> Aromatherapy Hand Massages (Private Sessions)</p>	<p><b>14</b> <b>10:00</b> Travels with Toni: Welcome 2019! (TLR) <b>11:00</b> Resident Council (TLR)</p>	<p><b>15</b> <b>10:30</b> Spiritual Video Series (ALR) <b>2:00</b> Life Enrichment Planning Meeting (ALR)</p>	<p><b>16</b> <b>1:30</b> Movie with Dick Gustafson: <b><i>Brigadoon</i></b> (ALR)</p>	<p><b>17</b> <b>1:30</b> Primrose Academy Visit: Winter Crafts (ALR)</p>	<p><b>18</b> <b>1:30</b> Nature's Educators: Animal Classification (ALR)</p>	<p><b>19</b> <b>10:00</b> Trivia (ALR) <b>4:00</b> Cottager Concert Featuring: Kathryn Radakovich, Soprano &amp; Amanda Williams, Piano (FEL)</p>	
<p><b>20</b> <b>9:15</b> Chapel (FEL) <b>10:30</b> Aromatherapy Hand Massages (Private Sessions) <b>1:30</b> Music with Josh Brookstein (TLR)</p>	<p><b>21</b> <b>1:30</b> Pansy Planting (TDR) <b>3:00</b> April &amp; Nora: <i>Hana to Makena and Everything in Between</i> (FEL)</p>	<p><b>22</b> <b>10:30</b> Spiritual Video Series (ALR) <b>2:00</b> Jim &amp; Kent's Cowboy Show (FEL)</p>	<p><b>23</b> <b>1:30</b> String Painting With Sandi (ALR)</p>	<p><b>24</b> <b>1:30</b> Sacred Sound Concert With Jim Lanpheer (TLR) <b>5:45</b> Piano Music with Molly Kaufman (TLR)</p>	<p><b>25</b> <b>1:30</b> Awesome Art with Lisa (ALR)</p>	<p><b>26</b> <b>10:00</b> Creative Craft (ALR)</p>	
<p><b>27</b> <b>9:15</b> Chapel (FEL) <b>10:30</b> Aromatherapy Hand Massages (Private Sessions)</p>	<p><b>28</b> <b>1:30</b> IN2L Hour (TLR) <b>3:00</b> World Issues: <i>Renewable Energy</i> (FEL)</p>	<p><b>29</b> <b>10:30</b> Spiritual Video Series (ALR) <b>2:00</b> Town Hall (ALR)</p>	<p><b>30</b> <b>3:00</b> Birthday Bash (ALR)</p>	<p><b>31</b> <b>1:30</b> Ten On Ten With Patrick (ALR) <b>1:30</b> Cowboy Poetry with Susie Knight (FEL)</p>	<p><b>ALIB</b>- Alpine Library <b>ALR</b>- Alpine Living Room <b>FEL</b>- Fellowship Hall <b>LIB</b>- Library <b>SG</b>- Suites Garden <b>MED</b>-Meadow Living Room</p>	<p><b>SIL</b>- Silverton Gallery <b>TC</b>- Town Center <b>TDR</b>-Timbers Dining Room <b>TLR</b>- Timbers Living Room <b>TH</b>- Theatre</p>	

Calendar events are subject to change. See Ch. 22 or call the Concierge Desk for up-to-date information. Items in bold are excursions.