

January 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans GF - Gathering of Friends I - Inspirations JG - Just the Guys K - Keeping it Sharp/Reminisce L - Lifelong Learning MM - Mindful Moments M - Music to My Ears O - Out & About S - Signature Events V - Vitality		Happy New Year 2020!!!!	1 New Year's Day I 10:00 Communion A 10:30 Art with a Heart /Hand Made Cards O 2:00 Scenic Drive K 3:30 IN2L Games MM 4:30 Yoga Breathing and Movement	2 MM 10:00 Curiosity Cart V 11:30 Moving to Music K 2:00 Bingo S 3:00 Inspired Living Committee L 3:30 Virtual Reality/National Geographic Antarctica Gathering of Friends/Movie Night GF 6:00	3 MM 10:00 Aromatherapy/Hand Massage A 10:30 Jewelry Making V 11:30 Guided Meditation K 1:30 Daily Chronicles M 3:00 Happy Hour with Mike Hutchens	4 MM 10:00 Musical Movements V 10:30 IN2L Vitality K 1:00 Media Cart I 2:30 Today in History
5 V 10:00 Meditation Movement K 10:15 World News & Coffee I 10:30 Mass of the Air on ABC I 11:00 Southeast Christian Church on TV on NBC MM 1:30 Tickle Your Senses M 2:00 IN2L Sing Along	6 I 10:00 Morning Motivations MM 10:30 Curiosity Cart M 10:30 Music Trivia O 2:00 Scenic Drive K 6:00 Gathering of Friends	7 MM 10:00 Cocoa with Friends S 10:30 Chef's Circle K 2:00 Bingo L 3:30 Lifelong Learning/ Visit Italy L 4:00 Virtual Reality/Winter in Venice V 4:30 7th Ining Stretch	8 I 10:00 Communion A 10:30 Art with a Heart / Inspiration Cards JG 10:30 Just the Guys Donuts with Walt O 2:00 Scenic Drive K 3:30 IN2L Games MM 4:30 Yoga Breathing and Movement	9 MM 10:00 Curiosity Cart V 11:30 Moving to Music K 2:00 Bingo L 3:30 Virtual Reality/Invasion Invasion GF 6:00 Gathering of Friends/Movie Night	10 MM 10:00 Aromatherapy/Hand Massage A 10:30 Nail Art V 11:30 Guided Meditation K 1:30 Daily Chronicles M 3:00 Happy Hour 1st Floor Cafe with Elvis	11 MM 10:00 Musical Movements V 10:30 IN2L Vitality K 1:00 Media Cart I 2:30 Today in History
12 V 10:00 Meditation Movement K 10:15 World News & Coffee I 10:30 Mass of the Air on ABC I 11:00 Southeast Christian Church on TV on NBC MM 1:30 Tickle Your Senses M 2:00 IN2L Sing Along	13 I 10:00 Morning Motivations MM 10:30 Curiosity Cart M 10:30 Music Trivia O 2:00 Scenic Drive L 3:30 Lifelong Learning/Academy Awards K 6:00 Gathering of Friends	14 MM 10:00 Cocoa with Friends S 10:30 Chef's Circle K 2:00 Bingo S 3:00 Resident Council Meeting L 3:30 Virtual Reality/Pup's Eye View V 4:30 7th Ining Stretch	15 I 10:00 Communion A 10:30 Flower Arranging O 2:00 Scenic Drive K 3:30 IN2L Games MM 4:30 Yoga Breathing and Movement	16 MM 10:00 Curiosity Cart JG 10:30 Just the Guys with Don V 11:30 Moving to Music S 12:00 Taste of Town K 2:00 Bingo L 3:30 Virtual Reality/Life on the Refuge GF 6:00 Gathering of Friends/Movie Night	17 MM 10:00 Aromatherapy/Hand Massage A 10:30 Clay Play V 11:30 Guided Meditation K 1:30 Daily Chronicles M 3:00 Happy Hour 1st Floor Cafe Dalston Keller	18 MM 10:00 Musical Movements V 10:30 IN2L Vitality K 1:00 Media Cart I 2:30 Today in History
19 V 10:00 Meditation Movement K 10:15 World News & Coffee I 10:30 Mass of the Air on ABC I 11:00 Southeast Christian Church on TV on NBC MM 1:30 Tickle Your Senses M 2:00 IN2L Sing Along	20 Martin Luther King Day I 10:00 Morning Motivations MM 10:30 Curiosity Cart M 10:30 Music Trivia O 2:00 Scenic Drive K 6:00 Gathering of Friends	21 MM 10:00 Cocoa with Friends S 10:30 Chef's Circle K 2:00 Bingo L 3:30 Lifelong Learning/Mountains L 4:00 Virtual Reality/Route to Mount Everest V 4:30 7th Ining Stretch	22 I 10:00 Communion A 10:30 Art with a Heart /Hand Made Cards O 2:00 Scenic Drive K 3:30 IN2L Games MM 4:30 Yoga Breathing and Movement	23 MM 10:00 Curiosity Cart V 11:30 Moving to Music K 2:00 Bingo L 3:30 Virtual Reality/Highlight Reel GF 6:00 Gathering of Friends/Movie Night	24 MM 10:00 Aromatherapy/Hand Massage A 10:30 Jewelry Making V 11:30 Guided Meditation K 1:30 Daily Chronicles M 3:00 Happy Hour 1st Floor Cafe Artis Seay	25 Chinese New Year MM 10:00 Musical Movements V 10:30 IN2L Vitality K 1:00 Media Cart I 2:30 Today in History
26 V 10:00 Meditation Movement K 10:15 World News & Coffee I 10:30 Mass of the Air on ABC I 11:00 Southeast Christian Church on TV on NBC S 11:00 Sunday Brunch- 1st floor Cafeteria MM 1:30 Tickle Your Senses M 2:00 IN2L Sing Along	27 I 10:00 Morning Motivations MM 10:30 Curiosity Cart M 10:30 Music Trivia O 2:00 Scenic Drive K 6:00 Gathering of Friends	28 MM 10:00 Cocoa with Friends S 10:30 Chef's Circle K 2:00 Bingo L 3:30 Lifelong Learning/History of Automobiles L 4:00 Virtual Reality/Enter the Motordome V 4:30 7th Ining Stretch	29 I 10:00 Communion A 10:30 Art with a Heart / Inspiration Cards O 2:00 Scenic Drive K 3:30 IN2L Games MM 4:30 Yoga Breathing and Movement	30 MM 10:00 Curiosity Cart V 11:30 Moving to Music K 2:00 Bingo L 3:30 Virtual Reality/Science Sky Dive GF 6:00 Gathering of Friends/Movie Night	31 MM 10:00 Aromatherapy/Hand Massage A 10:30 Jewelry Making V 11:30 Guided Meditation K 1:30 Daily Chronicles M 3:00 Happy Hour 1st Floor Cafe with Bobby Swanatra	We now offer Therapeutic Massage Services. \$20 dollars for 20 minutes. Call Shannon Rich 502-299-0932

January 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Birthday ! Jean M. 1-8 Marie D. 1-13 Louise F. 1-13	"January is here, with eyes that keenly glow, A frost -mailed warrior striding a shadowy steed of snow." ~Edgar Fawcett~		1 New Year's Day V 9:00 Roll in the New Year K 9:30 The Gift of Time I 10:00 Communion A 10:30 Art with a Heart /Hand Made Cards CC 10:45 New Year's Black Eyed Peas 12:45 Relax & Recharge O 2:00 Scenic Drive	2 V 9:00 Head to Toe Range of Motion K 9:30 Life Story CC 10:45 Winter Carrot Zucchini Bread 12:45 Relax & Recharge 2:00 Bingo M 3:30 January Jingle GG 4:00 Mini Muffin Match Up	3 V 9:00 Take the Stairs K 9:30 Rolling 31 Days CC 10:45 Blizzard Cookies 12:45 Relax & Recharge A 2:00 My Artisan Journal M 3:00 Happy Hour with Mike Hutchens GG 4:00 Nerf Gun Target Shooting 4:30 Healthy Hands	4 V 9:00 Quick Qigong K 9:30 Famous Pairs CC 10:45 Sweet & Salty Peanut Butter Dip 12:45 Relax & Recharge A 2:00 Snowman Sensory Bottle M 3:00 Name That Croon GG 4:00 Throwing Horseshoes 4:30 Healthy Hands
5 V 9:00 Humming Your Way to Health K 9:30 Writer's Circle CC 10:45 Dr. Pepper Pudding Cake 12:45 Relax & Recharge A 2:00 Thirsty Coasters M 3:30 Hymn Sing GG 4:00 Name 10 4:30 Healthy Hands	6 V 9:00 Snowball Fight K 9:30 Penny Ante CC 10:45 Three Bean Salad 12:45 Relax & Recharge O 2:00 Scenic Drive M 3:30 Glee Club GG 4:00 Basketball 4:30 Healthy Hands GF 6:00 Hot Chocolate & Tales	7 V 9:00 Amazing Grace Chair Yoga K 9:30 What's In Your Junk Drawer? CC 10:30 Chef's Circle 12:45 Relax & Recharge K 2:00 Bingo M 3:30 Legendary Ladies GG 4:00 Grocery Game	8 V 9:00 Roll in the New Year K 9:30 The Gift of Time I 10:00 Communion A 10:30 Art with a Heart / Inspiration Cards CC 10:45 Elvis Presley's Peanut Butter Banana Sandwich 12:45 Relax & Recharge A 2:00 Earth's Rotation Day	9 V 9:00 Head to Toe Range of Motion K 9:30 Life Story CC 10:45 Broccoli Cheese Soup 12:45 Relax & Recharge 2:00 Bingo M 3:30 January Jingle GG 4:00 Mini Muffin Match Up 4:30 Healthy Hands	10 V 9:00 Take the Stairs K 9:30 Rolling 31 Days CC 10:45 Chocolate Covered Cherry Bars 12:45 Relax & Recharge A 2:00 My Artisan Journal- Postcard M 3:00 Happy Hour 1st Floor Cafe with Elvis	11 V 9:00 Quick Qigong K 9:30 Famous Pairs CC 10:45 Snowman Oreos 12:45 Relax & Recharge A 2:00 Bob Ross Art M 3:30 Name That Croon GG 4:00 Throwing Horseshoes 4:30 Healthy Hands GF 6:00 Hangman
12 V 9:00 Humming Your Way to Health K 9:30 Writer's Circle CC 10:45 Hot Chocolate Cookies 12:45 Relax & Recharge A 2:00 Crystal Icicles M 3:30 Hymn Sing GG 4:00 Name 10 4:30 Healthy Hands	13 V 9:00 Snowball Fight K 9:30 Penny Ante CC 10:45 Cinnamon Bread Sticks 12:45 Relax & Recharge O 2:00 Scenic Drive 2:00 Veterans Day Heart Card M 3:30 Glee Club GG 4:00 Basketball 4:30 Healthy Hands	14 V 9:00 Amazing Grace Chair Yoga K 9:30 What's In Your Junk Drawer? CC 10:30 Chef's Circle 12:45 Relax & Recharge K 2:00 Bingo M 3:30 Legendary Ladies GG 4:00 Grocery Game	15 V 9:00 Roll in the New Year K 9:30 The Gift of Time I 10:00 Communion A 10:30 Flower Arranging CC 10:45 Spinach Artichoke Dip 12:45 Relax & Recharge O 2:00 Scenic Drive M 3:30 Songs of Texas GG 4:00 Parachute Circle	16 V 9:00 Head to Toe Range of Motion K 9:30 Life Story CC 10:45 Pumpkin Spiced Apples 12:00 Taste of Town 12:45 Relax & Recharge 2:00 Bingo M 3:30 January Jingle GG 4:00 Mini Muffin Match Up	17 V 9:00 Take the Stairs K 9:30 Rolling 31 Days CC 10:45 No Bake Peanut Butter Chex Bars 12:45 Relax & Recharge A 2:00 My Artisan Journal- Life Timeline M 3:00 Happy Hour 1st Floor Cafe Dalston Keller	18 V 9:00 Quick Qigong K 9:30 Famous Pairs CC 10:45 Cranberry Chocolate Oatmeal Balls 12:45 Relax & Recharge A 2:00 Kindness Flowers M 3:30 Name That Croon GG 4:00 Throwing Horseshoes 4:30 Healthy Hands
19 V 9:00 Humming Your Way to Health K 9:30 Writer's Circle CC 10:45 Peanut Butter Loaf 12:45 Relax & Recharge A 2:00 No Sew Lavender Scented Sachets M 3:30 Hymn Sing GG 4:00 Name 10	20 Martin Luther King Day V 9:00 Snowball Fight K 9:30 Penny Ante CC 10:45 Ambrosia Salad 12:45 Relax & Recharge O 2:00 Scenic Drive M 3:30 Glee Club GG 4:00 Basketball 4:30 Healthy Hands GF 6:00 Hot Chocolate & Tales	21 V 9:00 Amazing Grace Chair Yoga K 9:30 What's In Your Junk Drawer? CC 10:30 Chef's Circle 12:45 Relax & Recharge K 2:00 Bingo M 3:30 Legendary Ladies GG 4:00 Grocery Game	22 V 9:00 Roll in the New Year K 9:30 The Gift of Time I 10:00 Communion A 10:30 Art with a Heart /Hand Made Cards CC 10:45 Crockpot Chicken Noodle Soup 12:45 Relax & Recharge O 2:00 Scenic Drive	23 V 9:00 Head to Toe Range of Motion K 9:30 Life Story CC 10:45 Olive Red Pepper Cheddar Dip 12:45 Relax & Recharge 2:00 Bingo M 3:30 January Jingle GG 4:00 Mini Muffin Match Up	24 V 9:00 Take the Stairs K 9:30 Rolling 31 Days CC 10:45 Ultra-Gooey Peanut Butter Cookies 12:45 Relax & Recharge A 2:00 My Artisan Journal- Unique as a Snowflake M 3:00 Happy Hour 1st Floor Cafe Rob Maupin Jr.	25 Chinese New Year V 9:00 Quick Qigong K 9:30 Famous Pairs CC 10:45 Fortune Cookies 12:45 Relax & Recharge A 2:00 Winter Process Art M 3:30 Name That Croon GG 4:00 Throwing Horseshoes 4:30 Healthy Hands GF 6:00 Hangman
26 V 9:00 Humming Your Way to Health K 9:30 Writer's Circle CC 10:45 Loaded Vegetarian Chili 12:45 Relax & Recharge A 2:00 Oil Pastel Winter Tree Art M 3:30 Hymn Sing GG 4:00 Name 10 4:30 Healthy Hands	27 V 9:00 Snowball Fight K 9:30 Penny Ante CC 10:45 No Bake Peanut Butter Blossom 12:45 Relax & Recharge O 2:00 Scenic Drive M 3:30 Glee Club GG 4:00 Basketball 4:30 Healthy Hands	28 V 9:00 Amazing Grace Chair Yoga K 9:30 What's In Your Junk Drawer? CC 10:30 Chef's Circle 12:45 Relax & Recharge K 2:00 Bingo M 3:30 Legendary Ladies GG 4:00 Grocery Game	29 V 9:00 Roll in the New Year K 9:30 The Gift of Time I 10:00 Communion A 10:30 Art with a Heart / Inspiration Cards CC 10:45 Lemon Thumbprint Cookies 12:45 Relax & Recharge O 2:00 Scenic Drive	30 V 9:00 Head to Toe Range of Motion K 9:30 Life Story CC 10:45 Cranberry Cream Cheese Dip 12:45 Relax & Recharge 2:00 Bingo M 3:30 January Jingle GG 4:00 Mini Muffin Match Up	31 V 9:00 Take the Stairs K 9:30 Rolling 31 Days CC 10:45 Cracker Barrel Hash Brown Casserole 12:45 Relax & Recharge A 2:00 My Artisan Journal- Paint Without a Paintbrush M 3:00 Happy Hour 1st Floor Cafe with Pat Portman	