

January 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 New Year's Day M 9:30 Sing Fit - AR 10:00 Life Long Learning - New Year! HCTV	2 A 2:00 Creative Cooking - AR M 6:30 Sing Fit - AR	3 A 11:00 Arts and Crafts - AR	4 S 2:00 Virtual Reality Adventure -TS
5 S 10:30 Activity Cart - IR	6 S 3:00 Chef's Circle - AR K 4:00 Mindful Moments - TS	7 M 6:30 Popcorn and a Movie - HCTV	8 M 9:30 Sing Fit - AR 10:00 Life Long Learning - Chinese New Year - HCTV	9 A 2:00 Creative Cooking - AR M 6:30 The Sawmiller's Band - HCDR	10 A 11:00 Arts and Crafts - AR S 3:00 Happy Hour with Shawn K.	11 S 2:00 Virtual Reality Adventure -TS
12 S 10:30 Activity Cart - IR	13 S 3:00 Chef's Circle - AR K 4:00 Mindful Moments - TS	14	15 M 9:30 Sing Fit - AR 10:00 Life Long Learning - Martin Luther King - HCTV	16 S 10:30 Pet Visit - "Sophie" A 2:00 Creative Cooking - AR	17 A 11:00 Arts and Crafts - AR	18 S 2:00 Virtual Reality Adventure -TS
19 S 10:30 Activity Cart - IR	20 Mart in Luther King Day S 3:00 Chef's Circle - AR K 4:00 Mindful Moments - TS	21	22 M 9:30 Sing Fit - AR 10:00 Life Long Learning - Martin Luther King - HCTV	23 A 2:00 Creative Cooking - AR	24 A 11:00 Arts and Crafts - AR A 1:30 Arts and Crafts - AR	25 Chinese New Year S 2:00 Virtual Reality Adventure -TS
26 S 10:30 Activity Cart - IR	27 S 3:00 Chef's Circle - AR K 4:00 Mindful Moments - TS	28	29 M 9:30 Sing Fit - AR	30 A 2:00 Creative Cooking - AR K 6:30 LifeShare Games - AR	31 A 11:00 Arts and Crafts - AR	

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<p>Ombudsman: Debbie Wessel 812-277-9626</p> <p>State Survey Results are located in the Health Center Lobby.</p> <p>Resident funds are available in the business office and after hours from the Health Center Nurse.</p>	<p>Resident Birthdays Robert H. January 6 Nancy S. January 23 Robert G. January 24 John S. January 27</p>	<p>A - Artisans GF - Gathering of Friends GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce M - Music to My Ears O - Out & About S - Signature Events V - Vitality</p>	<p>1 New Year's Day</p> <p>M 9:30 Sing Fit - AR 10:00 Life Long Learning - New Year! HCTV</p> <p>V 10:30 AL Exercise - ALDR I 11:00 David's Bible Study - AR K 2:00 Bingo - HCDR</p>	<p>2</p> <p>S 9:30 Chef's Circle S 10:00 Resident Council O 10:30 Bus Cruise A 2:00 Creative Cooking - AR M 6:30 Sing Fit - AR</p>	<p>3</p> <p>V 10:30 AL Exercise - ALDR GG 11:00 Catholic Service - HCTV A 11:00 Arts and Crafts - AR M 11:15 Music with Nila - HCDR</p>	<p>4</p> <p>V 11:00 Forever Fit - HCTV K 12:00 Word Trivia - HCDR S 2:00 Virtual Reality Adventure - TS K 3:30 Activity Cart - IR</p>
<p>5</p> <p>I 9:00 Sunday Church Service - HCDR M 10:00 Bonnie & Stacey Singalong - HCDR S 10:30 Activity Cart - IR K 12:00 Week Preview - HCDR K 2:00 Bingo - HCDR</p>	<p>6</p> <p>GG 10:00 Pet Visit with Molly V 10:30 AL Exercise - ALDR K 10:45 Scrabble - AR K 2:00 Bingo - HCDR S 3:00 Chef's Circle - AR K 4:00 Mindful Moments - TS</p>	<p>7</p> <p>S 9:30 Inspired Living Committee - HCDR V 10:15 Nickel Pitch - HCDR I 11:00 Lowell's Bible Study - AR S 12:00 Taste of Town K 2:00 LifeShare Games - AR M 6:30 Popcorn and a Movie - HCTV</p>	<p>8</p> <p>M 9:30 Sing Fit - AR 10:00 Life Long Learning - Chinese New Year - HCTV V 10:30 AL Exercise - ALDR I 11:00 David's Bible Study - AR K 2:00 Bingo - HCDR</p>	<p>9</p> <p>S 9:30 Chef's Circle O 10:30 Bus Cruise S 1:30 Just The Guys - AR A 2:00 Creative Cooking - AR M 6:30 The Sawmiller's Band - HCDR</p>	<p>10</p> <p>V 10:30 AL Exercise - ALDR A 11:00 Arts and Crafts - AR M 11:15 Music with Nila - HCDR S 3:00 Happy Hour with Shawn K.</p>	<p>11</p> <p>V 11:00 Forever Fit - HCTV K 12:00 Word Trivia - HCDR S 2:00 Virtual Reality Adventure - TS K 3:30 Activity Cart - IR</p>
<p>12</p> <p>I 9:00 Sunday Church Service - HCDR M 10:00 Bonnie & Stacey Singalong - HCDR S 10:30 Activity Cart - IR K 12:00 Week Preview - HCDR K 2:00 Bingo - HCDR K 2:00 Sunday Bingo - AR</p>	<p>13</p> <p>V 10:30 AL Exercise - ALDR K 10:45 Scrabble - AR K 2:00 Bingo - HCDR S 3:00 Chef's Circle - AR K 4:00 Mindful Moments - TS</p>	<p>14</p> <p>V 10:15 Nickel Pitch - HCDR I 11:00 Lowell's Bible Study - AR K 2:00 LifeShare Games - AR GG 6:30 Popcorn Christian Church - IR</p>	<p>15</p> <p>GF 7:00 Just The Guys - Men's Breakfast M 9:30 Sing Fit - AR 10:00 Life Long Learning - Martin Luther King - HCTV V 10:30 AL Exercise - ALDR I 11:00 David's Bible Study - AR K 2:00 Bingo - HCDR</p>	<p>16</p> <p>S 9:30 Chef's Circle O 10:30 Bus Cruise S 10:30 Pet Visit - "Sophie" K 2:00 Altrusa Bingo - HCDR A 2:00 Creative Cooking - AR</p>	<p>17</p> <p>V 10:30 AL Exercise - ALDR A 11:00 Arts and Crafts - AR M 11:15 Music with Nila - HCDR S 3:00 Happy Hour & Music with Mark Dickens</p>	<p>18</p> <p>V 11:00 Forever Fit - HCTV K 12:00 Word Trivia - HCDR S 2:00 Virtual Reality Adventure - TS K 3:30 Activity Cart - IR</p>
<p>19</p> <p>I 9:00 Sunday Church Service - HCDR M 10:00 Bonnie & Stacey Singalong - HCDR S 10:30 Activity Cart - IR K 12:00 Week Preview - HCDR K 2:00 Bingo - HCDR</p>	<p>20 Mart in Luther King Day</p> <p>GG 10:00 Pet Visit with Molly V 10:30 AL Exercise - ALDR K 10:45 Scrabble - AR K 2:00 Bingo - HCDR S 3:00 Chef's Circle - AR K 4:00 Mindful Moments - TS</p>	<p>21</p> <p>V 10:15 Nickel Pitch - HCDR I 11:00 Lowell's Bible Study - AR K 2:00 LifeShare Games - AR M 6:30 Bluegrass Express - HCDR</p>	<p>22</p> <p>M 9:30 Sing Fit - AR 10:00 Life Long Learning - Martin Luther King - HCTV V 10:30 AL Exercise - ALDR I 11:00 David's Bible Study - AR K 2:00 Bingo - HCDR</p>	<p>23</p> <p>S 9:30 Chef's Circle O 10:30 Bus Cruise GG 10:30 Pet Visit with Sophie A 2:00 Cooking with Susie and Susan AR A 2:00 Creative Cooking - AR M 6:30 Popcorn and a Movie - HCTV</p>	<p>24</p> <p>V 10:30 AL Exercise - ALDR A 11:00 Arts and Crafts - AR M 11:15 Music with Nila - HCDR A 1:30 Arts and Crafts - AR</p>	<p>25 Chinese New Year</p> <p>V 11:00 Forever Fit - HCTV K 12:00 Word Trivia - HCDR S 2:00 Virtual Reality Adventure - TS K 3:30 Activity Cart - IR</p>
<p>26</p> <p>I 9:00 Sunday Church Service - HCDR M 10:00 Bonnie & Stacey Singalong - HCDR S 10:30 Activity Cart - IR K 12:00 Week Preview - HCDR K 2:00 Bingo - HCDR</p>	<p>27</p> <p>V 10:30 AL Exercise - ALDR K 10:45 Scrabble - AR K 2:00 Bingo - HCDR S 3:00 Chef's Circle - AR K 4:00 Mindful Moments - TS</p>	<p>28</p> <p>V 10:15 Nickel Pitch - HCDR I 11:00 Lowell's Bible Study - AR K 2:00 LifeShare Games - AR M 6:30 Bonnie & Stacey Singalong - HCDR</p>	<p>29</p> <p>M 9:30 Sing Fit - AR V 10:30 AL Exercise - ALDR I 11:00 David's Bible Study - AR K 2:00 Bingo - HCDR</p>	<p>30</p> <p>S 9:30 Chef's Circle O 10:30 Bus Cruise A 2:00 Creative Cooking - AR K 6:30 LifeShare Games - AR</p>	<p>31</p> <p>V 10:30 AL Exercise - ALDR A 11:00 Arts and Crafts - AR M 11:15 Music with Nila - HCDR A 1:30 Arts & Crafts - AR</p>	<p>Calendar Key: HCDR - Health Center Dining Room RDR - Restorative Dining Room HCTR - Health Center TV Room AR - Activity Room IR - Individual Rooms TG - Therapy GYM TS - Town Square ALDR - Assisted Living Room L - Library</p>

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<p>5</p> <p>V Humming Your Way to Health K Writer's Circle S Activity Cart - IR CC Dr. Pepper Pudding Cake Relax & Recharge A Thirsty Coasters M Hymn Sing GG Name 10 Healthy Hands</p>	<p>6</p> <p>V Snowball Fight K Penny Ante CC Three Bean Salad Relax & Recharge A Winter Bubble Trees S Chef's Circle - AR M Glee Club GG Basketball K Mindful Moments - TS</p>	<p>7</p> <p>V Amazing Grace Chair Yoga K What's In Your Junk Drawer? CC Almond Cupcakes Relax & Recharge A Snowy Shaving Cream Paint M Legendary Ladies GG Grocery Game Healthy Hands GF Flower Arranging</p>	<p>8</p> <p>V Roll in the New Year M Sing Fit - AR K The Gift of Time Life Long Learning - Chinese New Year - HCTV CC Elvis Presley's Peanut Butter Banana Sandwich Relax & Recharge A Earth's Rotation Day Globes</p>	<p>9</p> <p>V Head to Toe Range of Motion K Life Story CC Broccoli Cheese Soup Relax & Recharge A Creative Cooking - AR A No Sew Fleece Blankets M January Jingle GG Mini Muffin Match Up Healthy Hands</p>	<p>10</p> <p>V Take the Stairs K Rolling 31 Days CC Chocolate Covered Cherry Bars A Arts and Crafts - AR Relax & Recharge A My Artisan Journal- Postcard S Happy Hour with Shawn K. M January Happy Hour GG Nerf Gun Target Shooting Healthy Hands</p>	<p>11</p> <p>V Quick Qigong K Famous Pairs CC Snowman Oreos Relax & Recharge A Bob Ross Art S Popcorn Social -TS M Name That Croon GG Throwing Horseshoes Healthy Hands</p>
<p>12</p> <p>V Humming Your Way to Health K Writer's Circle S Activity Cart - IR CC Hot Chocolate Cookies Relax & Recharge A Crystal Icicles M Hymn Sing GG Name 10 Healthy Hands</p>	<p>13</p> <p>V Snowball Fight K Penny Ante CC Cinnamon Bread Sticks Relax & Recharge A Dream Catchers Veterans Day Heart Card S Chef's Circle - AR M Glee Club GG Basketball</p>	<p>14</p> <p>V Amazing Grace Chair Yoga K What's In Your Junk Drawer? CC Laura Bush's Texas Cookies Relax & Recharge A Ribbon Wreath M Legendary Ladies GG Grocery Game Healthy Hands GF Flower Arranging</p>	<p>15</p> <p>V Roll in the New Year M Sing Fit - AR K The Gift of Time Life Long Learning - Martin Luther King - HCTV CC Spinach Artichoke Dip Relax & Recharge A To Be...Collage M Songs of Texas</p>	<p>16</p> <p>V Head to Toe Range of Motion K Life Story S Pet Visit - "Sophie" CC Pumpkin Spiced Apples Relax & Recharge A Creative Cooking - AR A No Sew Fleece Blankets M January Jingle GG Mini Muffin Match Up</p>	<p>17</p> <p>V Take the Stairs K Rolling 31 Days CC No Bake Peanut Butter Chex Bars A Arts and Crafts - AR Relax & Recharge A My Artisan Journal- Life Timeline M January Happy Hour GG Nerf Gun Target Shooting Healthy Hands</p>	<p>18</p> <p>V Quick Qigong K Famous Pairs CC Cranberry Chocolate Oatmeal Balls Relax & Recharge A Kindness Flowers S Popcorn Social -TS M Name That Croon GG Throwing Horseshoes</p>
<p>19</p> <p>V Humming Your Way to Health K Writer's Circle S Activity Cart - IR CC Peanut Butter Loaf Relax & Recharge A No Sew Lavender Scented Sachets M Hymn Sing GG Name 10</p>	<p>20 Martin Luther King Day</p> <p>V Snowball Fight K Penny Ante CC Ambrosia Salad Relax & Recharge A DIY Shibori S Chef's Circle - AR M Glee Club GG Basketball K Mindful Moments - TS</p>	<p>21</p> <p>V Amazing Grace Chair Yoga K What's In Your Junk Drawer? CC Elvis' Pudding Cake Relax & Recharge A Creative Storytelling M Legendary Ladies GG Grocery Game Healthy Hands GF Flower Arranging</p>	<p>22</p> <p>V Roll in the New Year M Sing Fit - AR K The Gift of Time Life Long Learning - Martin Luther King - HCTV CC Crockpot Chicken Noodle Soup Relax & Recharge A Winter Sugar Painting M Songs of Texas</p>	<p>23</p> <p>V Head to Toe Range of Motion K Life Story CC Olive Red Pepper Cheddar Dip Relax & Recharge A Creative Cooking - AR A DIY Fortune Fun M January Jingle GG Mini Muffin Match Up Healthy Hands</p>	<p>24</p> <p>V Take the Stairs K Rolling 31 Days CC Ultra-Gooey Peanut Butter Cookies A Arts and Crafts - AR Relax & Recharge A Arts and Crafts - AR A My Artisan Journal- Unique as a Snowflake</p>	<p>25 Chinese New Year</p> <p>V Quick Qigong K Famous Pairs CC Fortune Cookies Relax & Recharge S Popcorn Social -TS A Winter Process Art M Name That Croon GG Throwing Horseshoes Healthy Hands</p>
<p>26</p> <p>V Humming Your Way to Health K Writer's Circle S Activity Cart - IR CC Loaded Vegetarian Chili Relax & Recharge A Oil Pastel Winter Tree Art M Hymn Sing GG Name 10 Healthy Hands</p>	<p>27</p> <p>V Snowball Fight K Penny Ante CC No Bake Peanut Butter Blossom Relax & Recharge A My Artisan Box S Chef's Circle - AR M Glee Club GG Basketball K Mindful Moments - TS</p>	<p>28</p> <p>V Amazing Grace Chair Yoga K What's In Your Junk Drawer? CC Hot Chocolate Cupcakes Relax & Recharge A My Artisan Box M Legendary Ladies GG Grocery Game Healthy Hands GF Flower Arranging</p>	<p>29</p> <p>V Roll in the New Year M Sing Fit - AR K The Gift of Time CC Lemon Thumbprint Cookies Relax & Recharge A Newspaper Winter Landscape M Songs of Texas GG Parachute Circle Healthy Hands</p>	<p>30</p> <p>V Head to Toe Range of Motion K Life Story CC Cranberry Cream Cheese Dip Relax & Recharge A Creative Cooking - AR A Newspaper Winter Landscape M January Jingle GG Mini Muffin Match Up Healthy Hands</p>	<p>31</p> <p>V Take the Stairs K Rolling 31 Days CC Cracker Barrel Hash Brown Casserole A Arts and Crafts - AR Relax & Recharge A My Artisan Journal- Paint Without a Paintbrush M January Happy Hour</p>	<p>Calendar Key: HCDR - Health Center Dining Room RDR - Restorative Dining Room HCTR - Health Center TV Room AR - Activity Room IR - Individual Rooms TG - Therapy GYM TS - Town Square ALDR - Assisted Living Room L - Library</p>