


# January 2020

## Assisted Living Lifestyle & Leisure

created with 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>6441 Jefferson Pike Frederick, MD 21703 301-668-6030</p>		<b>AE</b> Artistic Expression <b>CC</b> Community Connections <b>CE</b> Continuing Education <b>LL</b> Lifestyle & Leisure <b>PE</b> Physical Engagement <b>SS</b> Spiritual Support	<b>Happy New Year's 2020!</b> <b>New Year's Day</b>	<b>Special Interest Groups</b> <b>Resident Outing</b> <b>Spirit of Art w/Linda</b> <b>Show Tune Memories</b> <b>Science Discoveries</b> <b>Thursday TV (Great Room)</b>	<b>Sport Team Shirt Day</b> <b>Strength Building Exercise</b> <b>Morning Bingo</b> <b>Manicures &amp; Music</b> <b>Bridge Club</b> <b>Classic Movie (Great Room)</b>	<b>Saturday Fitness</b> <b>Trivia Trials w/ Sally</b> <b>Saturday Sitcoms (Great Room)</b>
			<b>Beauty/Barber Shop</b> <b>Catholic Communion</b> <b>Circuit Fitness Class</b> <b>Men's Big Screen Westerns</b> <b>Men's Pizza &amp; Beer Lunch</b> <b>Music by Piano Bar Bob</b> <b>Happy Hour</b> <b>Social Time</b> <b>Individual Brain Engagement (Activity Room Tables)</b>	<b>Special Interest Groups</b> <b>Resident Outing</b> <b>TQ Tweeters Choir</b> <b>Jewelry Making</b> <b>American History</b> <b>Thursday TV (Great Room)</b>	<b>Favorite Winter Sweater Day</b> <b>Strength Building Exercise</b> <b>Know Your Country</b> <b>Creative Crafting</b> <b>Bridge Club</b> <b>Classic Movie (Great Room)</b>	<b>Sit &amp; Be Fit</b> <b>Trivia Trials w/ Sally</b> <b>Saturday Sitcoms (Great Room)</b>
			<b>Beauty/Barber Shop</b> <b>Catholic Communion</b> <b>Ntl' Wear a Hat Day</b> <b>Indoor Planting &amp; Gardening</b> <b>Sing-a-long w/George &amp; Deb</b> <b>Happy Hour</b> <b>Hollywood Bio</b> <b>Individual Brain Engagement (Activity Room Tables)</b>	<b>Special Interest Groups</b> <b>Resident Outing</b> <b>Music/Family FX</b> <b>Classic Cinema</b> <b>Thursday TV (Great Room)</b>	<b>Favorite Flannel Shirt Day</b> <b>Fiddler Norm</b> <b>Memory Cafe</b> <b>Taste of January</b> <b>Paint &amp; Sip</b> <b>Bridge Club</b> <b>Classic Movie (Great Room)</b>	<b>Saturday Fitness</b> <b>Trivia Trials w/ Sally</b> <b>Saturday Sitcoms (Great Room)</b>
			<b>Beauty/Barber Shop</b> <b>Catholic Communion</b> <b>Physical Fitness Games</b> <b>Women's Table Talk</b> <b>Colored Pencil Art</b> <b>Bible Focus w/Bishop Z</b> <b>Special Interest Groups</b> <b>Broadway Musical Tunes by Tori</b> <b>Virtual Concert</b> <b>Tuesday TV in the Great Room</b>	<b>Special Interest Groups</b> <b>Resident Outing</b> <b>Group Winter Scarecrow Project</b> <b>National Geographic</b>	<b>Wear a Tie Day</b> <b>Strength Building Exercise</b> <b>Shout Outs</b> <b>Order Out Lunch Chinese</b> <b>Chinese New Year</b> <b>TGIF Cocktail Hour</b> <b>Bridge Club</b> <b>Classic Movie (Great Room)</b>	<b>Sit &amp; Be Fit</b> <b>Trivia Trials w/ Sally</b> <b>Saturday Sitcoms (Great Room)</b>
			<b>Beauty/Barber Shop</b> <b>Catholic Communion</b> <b>Physical Fitness Games</b> <b>Women's Baking</b> <b>Bernie 102nd Birthday Party &amp; Music by Steve Flynn</b> <b>Opera Happy Hour</b> <b>Social Time</b> <b>Individual Brain Engagement (Activity Room Tables)</b>	<b>Stretch &amp; Balance</b> <b>Word Scramble</b> <b>Table Games</b> <b>Toonskool Art w/Jim</b> <b>Thursday TV (Great Room)</b>	<b>Favorite Scarf Day</b> <b>Strength Building Exercise</b> <b>Morning Bingo</b> <b>Inspire Your Heart w/Art Day - Art Project</b> <b>Hot Chocolate &amp; Snacks</b> <b>Bridge Club</b> <b>Classic Movie (Great Room)</b>	