January 2020 Assisted Living Lifes	style & Leisure					created COCO
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tranquillity	6441 Jefferson Pike Frederick, MD 21703 301-668-6030	AE Artistic Expression CC Community Connections CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support		1 10:00 🛄 Special 🥎	, , , , , , , , , , , , , , , , , , , 	11:15 PE Saturday Fitness 3:00 CE Trivia Trials w/ Sally 6:30 LL Saturday Sitcoms (Great Room)
9:30 SS Parkway Church Svc 10:00 SS Communion Church Service w/ Bishop 11:15 Sunday Fitness 3:00 S Snacks & Trivia 6:30 Sunday Movie in the Great Room	Errands & Local Shopping Day 10:00 PE Fitness 4 TQ \$\$ 11:00 AE Drum Circle w/Chris 2:00 PE Faces & Places 3:00 PE Faces & Places 4:00 PE Fitness 4 TQ \$\$	Beauty/Barber Shop 10:00 PE Physical Fitness Games 10:00 NU Women's Table Talk 11:00 PE Concentration 1:45 PE Bible Focus w/Bishop Z 2:00 PE Special Interest Groups 3:00 PE TedTalks 6:30 PE TedTalks 6:30 PE Tuesday TV in the Great Room	Beauty/Barber Shop Catholic Communion 10:00 Catholic Circuit Fitness Class 11:00 Men's Big Screen Westerns 12:00 Men's Pizza & Beer Lunch 2:00 Music by Piano Bar Bob 3:00 Happy Hour 4:00 Social Time 6:30 Individual Brain Engagemen (Activity Room Tables)	Interest Groups 11:00 CC Resident Outing 2:00 LL TQ Tweeters Choir 3:00 AE Jewelry Making 4:00 LL American History	Favorite Winter Sweater Day 10:30 E Strength Building Exercise 11:30 E Know Your Country 2:00 A Creative Crafting 4:00 Bridge Club 6:30 Classic Movie (Great Room)	11:15 PE Sit & Be 11 Fit 3:00 CE Trivia Trials w/ Sally 6:30 LL Saturday Sitcoms (Great Room)
9:30 SS Parkway Church Svc 10:00 SS Communion Church Service w/ Bishop 11:15 PE Event Exercise 3:00 GE Snacks & Trivia 6:30 LL Sunday Movie in the Great Room		Beauty/Barber Shop 10:00 LL Women's Table Talk 10:30 SS St. John's Catholic Service 1:45 SS Bible Focus w/Bishop Z 2:00 LL Special Interest Groups 3:00 LL Cooking & Cultures w/Lucia 4:00 S YouTube 6:30 LL Tuesday TV in the Great Room	Beauty/Barber Shop Catholic Communion Ntl' Wear a Hat Day 10:30 III Indoor Planting & Gardening 2:00 III Sing-a-long w/George & De 3:00 III Happy Hour 4:00 III Happy Hour	Groups 11:00 CC Resident Outing 2:00 LL Music/Family FX	Favorite Flannel Shirt Day 10:30 Fiddler Norm 11:00 Memory Cafe 2:00 Taste of January 3:00 Paint & Sip 4:00 Bridge Club 6:30 Classic Movie (Great Room)	11:15 PE Saturday Fitness 3:00 CE Trivia Trials w/ Sally 6:30 LL Saturday Sitcoms (Great Room)
9:30 SS Parkway Church Svc 10:00 SS Communion Church Service w/ Bishop 11:15 PE Sunday Fitness 3:00 CE Snacks & Trivia 6:30 LL Sunday Movie in the Great Room	Martin Luther King, Jr. Day 10:00 PE Fitness 4 TQ \$\$ 11:00 PE Fitness 4		Beauty/Barber Shop Catholic Communion 10:30 Circuit Fitness Class 2:00 Le Blondie Brownie Day Sundar 3:00 Le Happy Hour 4:00 Le Social Time 6:30 Le Individual Brain Engagemen (Activity Room Tables)	Interest Groups 11:00 LL Resident Outing 2:00 AE Group Winter	Wear a Tie Day 10:00 PE Strength Building 11:00 PE Shout Outs 12:00 PE Shout Outs 12:00 PE Shout Outs 12:00 PE Strength Building 11:00 PE Strength Building 11:00 PE Strength Building 12:00 PE Strength Building	11:15 PE Sit & Be Fit 3:00 CE Trivia Trials w/ Sally 6:30 LL Saturday Sitcoms (Great Room)
9:30 SS Parkway Church Svc 10:00 SS Communion Church Service w/Father Lawrence 11:15 PE Event Exercise 1:30 SS People's Baptist Church Svc 3:00 Snacks & Trivia 6:30 Sunday Movie in the Great Room	10:00 PE Fitness 4 TQ \$\$ 11:00 SS Devotions 2:00 Winter Wonders & Wonderland 3:00 Music/Douglas Ray 4:00 National Parks 6:30 E Individual Brain Engagement (Tables in Activity Room)	Beauty/Barber Shop 10:00 PE Physical Fitness Games 11:00 Vintage Music 12:00 Birthday Lunch Dec /Jan 2:00 Special Interest Groups 3:00 CC Community Connections 4:00 Fe How It's Made 6:30 Tuesday TV in the Great Room	Beauty/Barber Shop Catholic Communion 10:30 Women's Baking 2:00 Sernie 102nd Birthday Part & Music by Steve Flynn 3:00 Opera Happy Hour 4:00 Social Time 6:30 Individual Brain Engagemen (Activity Room Tables)	11:00 CE Word Scramble 2:00 CE Table Games 3:00 AE Toonskool Art w/Jim	Favorite Scarf Day 10:00 PE Strength Building Exercise 11:00 II Morning Bingo 2:00 AE Inspire Your Heart w/Art Day - Art Project 3:30 II Hot Chocolate & Snacks 4:00 II Bridge Club 6:30 II Classic Movie (Great Room)	