


January 2020  
Personal Care Lifestyle & Leisure



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div>100 Shelby Station Drive Louisville, KY 40245 502-632-5500</div></div>		<div><div>AE Artistic Expression</div><div>CC Community Connections</div><div>CE Continuing Education</div><div>LL Lifestyle &amp; Leisure</div><div>PE Physical Engagement</div><div>SS Spiritual Support</div></div>	<b>New Year's Day</b> 1 10:00 Nu Step-W [A] 11:45 SS Daily Devotion [A] 1:00 Chair Tai-Chi [A] 2:30 LL New Years Party W/ David [C] 6:00 Classic TV Shows	10:30 PE Silver Sneaker [W] 2 11:15 Po.ke.no [A] 11:45 SS Daily Devotion [A] 1:00 Chair Tai-Chi [A] 2:00 CE Book Club [A] 3:30 SS Catholic Service [A] 3:30 Happy Hour w/ Allen [C] 6:30 Classic TV Shows [TR]	<b>Happy Birthday Carolyn!</b> 3 10:30 PE Silver Sneaker [W] 11:15 Po.ke.no [A] 11:45 SS Daily Devotion [A] 1:00 Chair Tai-Chi [A] 2:00 New Year's Bingo [C] 3:30 Happiest Hour [C] 6:30 Classic TV Shows [TR]	10:00 Nu-Step [W] 4 11:45 SS Daily Devotion [A] 1:00 Chair Tai-Chi [A] 2:00 AE Art W/ Barbie 3:00 Card Play [C] 6:00 Classic TV Shows [TR]
9:30 Coffee & News [C] 5 10:00 Nu-Step [W] 10:30 Mass on the air-WHAS 11:00 SS Southeast Broadcast [TR] 11:45 SS Daily Devotion [A] 1:00 Chair Tai-Chi [A] 2:00 Card Play [C] 6:00 Walk The Halls	10:30 Silver Sneaker [W] 6 11:15 Po.ke.no [A] 11:45 SS Daily Devotion [A] 1:00 Chair Tai-Chi [A] 2:00 New Year's Bingo [C] 3:30 Happy Hour & Triva [C] 6:00 Classic TV Shows [TR]	10:30 PE Silver Sneaker [W] 7 11:15 Po.ke.no [A] 11:45 SS Daily Devotion [A] 1:00 Chair Tai-Chi [A] 2:00 New Year's Black Jack [C] 3:30 Happy Hour [C] 6:00 Massage and Meditation W/ Susan [A]	10:30 PE Silver Sneaker [W] 8 11:15 Po.ke.no [A] 11:45 SS Daily Devotion [A] 1:00 Chair Tai-Chi [A] 1:00 Wed. Outing [BT] 3:30 Happy Hour & Karaoke [C] 6:00 Bingo After Dark [C]	<b>Food Committee</b> 9 10:30 PE Silver Sneaker [W] 11:15 Po.ke.no [A] 11:45 SS Daily Devotion [A] 1:00 Chair Tai-Chi [A] 2:00 Arts & Crafts [A] 3:30 SS Catholic Service [A] 3:30 Happy Hour W/ Rob [C] 6:30 Classic TV Shows [TR]	10:30 PE Silver Sneaker [W] 10 11:15 Po.ke.no [A] 11:45 SS Daily Devotion [A] 1:00 Chair Tai-Chi [A] 2:00 New Year's Bingo [C] 3:30 Happiest Hour [C] 6:30 Classic TV Shows [TR]	10:00 Nu-Step [W] 11 11:45 SS Daily Devotion [A] 1:00 Chair Tai-Chi [A] 2:00 Baby Boomers [L] 3:00 Card Play [C] 6:00 Classic TV Shows [TR]
9:30 Coffee & News [C] 12 10:00 Nu-Step [W] 10:30 Mass on the air-WHAS 11:00 SS Southeast Broadcast [TR] 11:45 SS Daily Devotion [A] 1:00 Chair Tai-Chi [A] 2:00 Card Play [C] 6:00 Walk The Halls	10:30 PE Silver Sneaker [W] 13 11:15 Po.ke.no [A] 11:45 SS Daily Devotion [A] 1:00 Chair Tai-Chi [A] 2:00 New Year's Bingo [C] 3:30 Happiest Hour [C] 6:00 Classic TV Shows [TR]	10:30 PE Silver Sneaker [W] 14 11:15 Po.ke.no [A] 11:45 SS Daily Devotion [A] 1:00 Chair Tai-Chi [A] 2:00 Men's Club [A] 3:30 Happiest Hour [C] 6:00 Massage and Meditation W/ Susan [A]	10:30 PE Silver Sneaker [W] 15 11:15 Po.ke.no [A] 11:45 SS Daily Devotion [A] 1:00 Chair Tai-Chi [A] 1:00 Wed. Outing / Meijers [BT] 3:30 Happy Hour & Triva [C] 6:00 Bingo After Dark [C]	10:30 PE Silver Sneaker [W] 16 11:15 Po.ke.no [A] 11:45 SS Daily Devotion [A] 1:00 Chair Tai-Chi [A] 2:00 Baking Club-C 3:30 SS Catholic Service [A] 3:30 Happiest Hour [C] 6:30 Classic TV Shows [TR]	10:30 PE Silver Sneaker [W] 17 11:15 Po.ke.no [A] 11:45 SS Daily Devotion [A] 1:00 Chair Tai-Chi [A] 2:00 New Year's Bingo [C] 3:30 Happiest Hour [C] 6:30 Classic TV Shows [TR]	10:00 Nu-Step [W] 18 11:45 SS Daily Devotion [A] 1:00 Chair Tai-Chi [A] 2:00 AE Art W/ Barbie 3:00 Card Play [C] 6:00 Classic TV Shows [TR]
<b>Activity Professionals Week!</b> 19 9:30 Coffee & News [C] 10:00 Nu-Step [W] 10:30 Mass on the air-WHAS 11:00 SS Southeast Broadcast [TR] 11:45 SS Daily Devotion [A] 1:00 Chair Tai-Chi [A] 2:00 Card Play [C] 6:00 Walk The Halls	<b>Martin Luther King, Jr. Day</b> 20 10:30 PE Silver Sneaker [W] 11:15 Po.ke.no [A] 11:45 SS Daily Devotion [A] 1:00 Chair Tai-Chi [A] 2:00 New Year's Bingo [C] 3:30 Happy Hour W/Gil [C] 6:00 Classic TV Shows [TR]	<b>Lunch Outing</b> 21 10:30 PE Silver Sneaker [W] 11:00 Lunch Outing [BT] 11:45 SS Daily Devotion [A] 1:00 Chair Tai-Chi [A] 3:30 Happiest Hour [C] 6:00 Massage and Meditation W/ Susan [A]	10:30 PE Silver Sneaker [W] 22 11:15 Po.ke.no [A] 11:45 SS Daily Devotion [A] 1:00 Chair Tai-Chi [A] 1:00 Wed. Outing [BT] 3:30 Happy Hour & Snacks Around The World [C] 6:00 Bingo After Dark [C]	<b>RESIDENT COUNCIL</b> 23 10:30 PE Silver Sneaker [W] 11:15 Po.ke.no [A] 11:45 SS Daily Devotion [A] 1:30 RESIDENT COUNCIL [A] 3:30 SS Catholic Service [A] 3:30 Happiest Hour [C] 6:30 Classic TV Shows [TR]	<b>Fast Food Friday</b> 24 10:30 PE Silver Sneaker [W] 11:15 Po.ke.no [A] 11:45 SS Daily Devotion [A] 1:00 Chair Tai-Chi [A] 2:00 New Year's Bingo [C] 3:30 Happiest Hour [C] 6:30 Classic TV Shows [TR]	9:30 Coffee & Donuts [C] 25 10:00 Nu-Step [W] 10:30 Morning Bingo [C] 11:45 SS Daily Devotion [A] 1:00 Chair Tai-Chi [A] 3:00 Card Play [C] 6:00 Classic TV Shows [TR]
9:30 Coffee & News [C] 26 10:00 Nu-Step [W] 10:30 Mass on the air-WHAS 11:00 SS Southeast Broadcast [TR] 11:45 SS Daily Devotion [A] 1:00 Chair Tai-Chi [A] 2:00 Card Play [C] 6:00 Walk The Halls	10:30 PE Silver Sneaker [W] 27 11:15 Po.ke.no [A] 11:45 SS Daily Devotion [A] 1:00 Chair Tai-Chi [A] 2:00 New Year's Bingo [C] 3:30 Happiest Hour [C] 6:00 Ladies Bunco Night [A]	<b>Xscape Movie Theater!</b> 28 10:00 PE Nu Step [W] 11:15 Po.ke.no [A] 11:45 SS Daily Devotion [A] 1:00 Chair Tai-Chi [A] 2:00 Card Play [C] 3:30 Happy Hour W/ Gary [C] 6:00 Massage and Meditation W/ Susan [A]	10:30 PE Silver Sneaker [W] 29 11:15 Po.ke.no [A] 11:45 SS Daily Devotion [A] 1:00 Chair Tai-Chi [A] 1:00 Wed. Outing [BT] 3:30 Happiest Hour [C] 6:00 Bingo After Dark [C]	10:30 PE Silver Sneaker [W] 30 11:15 Po.ke.no [A] 11:45 SS Daily Devotion [A] 1:00 Chair Tai-Chi [A] 2:00 CC Community Outreach [A] 3:30 SS Catholic Service [A] 3:30 Happiest Hour [C] 6:30 Classic TV Shows [TR]	<b>Winter Tea Party</b> 31 10:30 PE Silver Sneaker [W] 11:15 Po.ke.no [A] 11:45 SS Daily Devotion [A] 1:00 Chair Tai-Chi [A] 2:30 Winter Tea Party [C] 3:30 Happy Hour W/Don [C] 6:30 Classic TV Shows [TR]	<b>Location Keys</b> Activity Room A Bus Trip BT Cafe' C Lobby L TV Room TR Wellness Room W