

Sunday

Monday

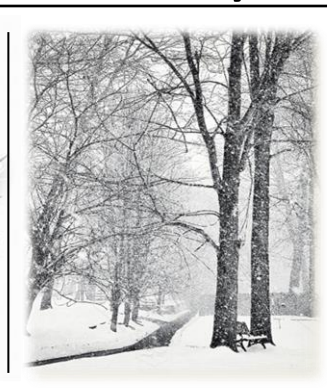
Tuesday

Wednesday

Thursday

Friday


Saturday



**1**   
 — HAPPY NEW YEAR —  
 9:00 “Stronger Seniors”  
 Chair Exercise  
 2:00 Rummikub  
 4:15 Docu-Series  
 7:00 Wednesday Movie


**2**  
 9:00 “Stronger Seniors”  
 10:45 Pilates w/ Courtney  
 12:30 Out to the Movies  
 “Little Women”  
 4:15 Docu-Series

**3**  
 9:00 “Stronger Seniors”  
 10:30 Coloring Corner  
 10:30 Trader Joes Flowers  
 1:00 Grocery Store  
 3:00 Happy Hour  
 4:15 Docu-Series  
 7:00 Friday Night Movie


**4**  
 9:00 “Stronger Seniors”  
 2:00 Docu-Series  
 2:30 Art Therapy with  
 Chaplain Eva   
 3:00 Saturday Matinee  
 7:00 Saturday Night Movie


**5**  
 Religious services  
 transportation by  
 arrangement  
 10:30 LDS Sacrament  
 11:30 Sunday Lunch

**6**  
 9:00 Armchair Fitness  
 11:15 Blood Pressure Clinic  
 (BrightStar Care )  
 1:00 Smith’s Marketplace  
 Play “Chicken Foot”  
 3:00 BINGO!  
 4:15 Docu-Series  
 7:00 Monday Night Movie

**7**  
 Armchair Fitness  
 9:30 Visit with Rowland  
 Hall School Children  
 11:00 Lunch at “*Sicilia Mia*”  
 2:00 U. of U. Faculty Recital  
*Jie Lu (piano)*   
 3:00 Writing Made Fun!  
 4:15 Docu-Series  
 6:45 **Family Home Evening**

**8**  
 8:30 Blood Pressure Clinic  
 9:00 Minding Motion  
 10:00 “Tinker’s Cat Café”  
 1:00 Bank Run  
 2:00 “Camzo Club”  
 Variety Show  
 3:00 Rummikub  
 7:00 Wednesday Movie

**9**  
 9:00 Armchair Fitness  
 10:45 Pilates w/ Courtney  
 1:00 Afternoon Drive   
 2:00 Play “SkipBo”  
 3:00 Current Events  
 with Tim Chambless  
 4:15 Docu-Series

**10** **Full Moon**   
 9:00 Armchair Fitness  
 10:30 Coloring Corner  
 10:30 Trader Joes Flowers  
 1:00 Grocery Store  
 3:00 Happy Hour  
 4:15 Docu-Series  
 6:45 **Utah Symphony**  
 7:00 Friday Night Movie

**11**  
 9:00 Armchair Fitness  
 2:00 Docu-Series  
 3:00 Saturday Matinee  
 3:00 Play “Chicken Foot”  
 7:00 Saturday Night  
 Movie

**12**  
 Religious services  
 transportation by  
 arrangement  
 10:30 LDS Sacrament  
 11:30 Sunday Lunch with  
 Kevin Scott ( piano)

**13**  
 9:00 Armchair Fitness  
 1:00 Smith’s Marketplace  
 3:00 BINGO!  
 4:15 Docu-Series  
 7:00 Monday Night Movie

**14**  
 9:00 Armchair Fitness  
 9:45 Writing Made Fun!  
 1:15 Leonardo Museum  
 “POMPEII”   
 3:30 TED TALKS  
 (Visiting Angels)  
 4:15 Docu-Series

**15**  
 8:30 Blood Pressure Clinic  
 9:00 Minding Motion  
 1:00 Bank Run  
 2:00 Rummikub  
 3:00 “Avian Sanctuary and  
 Protection” visitors!   
 4:15 Docu-Series  
 7:00 Wednesday Movie



**16** **Hearing Clinic**  
 9:00 Armchair Fitness  
 10:00 SHARP HEARING  
 10:00 Day Trip / PAYSON!   
 10:45 Pilates w/ Courtney  
 2:00 Play “SkipBo”  
 3:00 Current Events  
 with Tim Chambless  
 4:15 PBS Drama Series

**17**  
 9:00 Armchair Fitness  
 10:30 Coloring Corner  
 10:30 Trader Joes Flowers  
 1:00 Grocery Store  
 2:00 Music Appreciation  
 with Cathy Clayton  
 3:00 Happy Hour w/ JoAnne  
 7:00 **Open Mic Comedy Night**

**18**  
 9:00 Armchair Fitness  
 1:30 Pioneer Theatre  
 “Mary Stuart”   
 2:00 PBS Drama Series  
 2:30 Art Therapy with  
 Chaplain Eva  
 3:00 Saturday Matinee  
 7:00 Saturday Night Movie

**19** Religious services  
 transportation by  
 arrangement  
 10:30 LDS Sacrament  
 11:30 Sunday Lunch with  
 Cathy Clayton (Harp)  
 3:00 Sound of Music Sing-  
 a-Long (Pt.1)  
 6:30 Sound of Music (Pt.2)

**20**  
 9:00 Armchair Fitness  
 11:15 Blood Pressure Clinic  
 (BrightStar Care)  
 3:00 BINGO!  
 4:15 Docu-Series  
 7:00 Monday Night Movie

**21**  
 9:00 Armchair Fitness  
 9:45 Writing Made Fun!   
 11:00 Lunch at Olive Garden  
 1:30 Afternoon Short Drive  
 3:30 “Broadway Comes  
 to Parklane!”   
 4:30 Docu-Series

**22**  
 8:30 Blood Pressure Clinic  
 9:00 Minding Motion  
 1:00 Bank Run  
 2:00 Rummikub  
 3:00 “Art for the Rest of  
 Us!”  
 4:15 Docu-Series  
 7:00 Wednesday Movie

**23**  
 9:00 Armchair Fitness  
 10:45 Pilates w/ Courtney  
 1:00 Afternoon Drive   
 2:00 Play “SkipBo”  
 3:00 Current Events  
 with Tim Chambless  
 4:15 Docu-Series

**24**  
 9:00 Armchair Fitness  
 10:30 Coloring Corner  
 1:00 Grocery Store  
 3:00 Happy Hour with  
 Maggie & Julie  
 4:15 Docu-Series  
 7:00 Friday Night Movie

**25**  
 9:00 Armchair Fitness  
 2:00 Sing-a-Long with  
 Jazz Pianist, Scott  
 Larrabee   
 3:00 Saturday Matinee  
 3:00 Play “Chicken Foot”  
 7:00 Saturday Night  
 Movie

**26**  
 Religious services  
 transportation by  
 arrangement  
 10:30 LDS Sacrament  
 11:30 Sunday Lunch

**27**  
 9:00 Armchair Fitness  
 1:00 Smith’s Marketplace  
 3:00 BINGO !  
 4:15 Docu-Series  
 7:00 Monday Night Movie

**28**  
 9:00 Armchair Fitness  
 9:45 Writing made Fun  
 11:00 Lunch at **Black Bear  
 Diner**  
 3:00 THE GREAT  
 DECISIONS  
 4:15 Docu-Series

**29**  
 9:00 Blood Pressure Clinic  
 9:00 Minding Motion  
 1:00 Bank Run  
 2:00 Rummikub  
 3:00 New Fiddlers Band  
 4:15 Docu-Series  
 7:00 Wednesday Movie

**30**  
 9:00 Armchair Fitness  
 10:45 Pilates w/ Courtney  
 1:00 Afternoon Drive   
 2:00 Play “SkipBo”  
 3:00 Current Events  
 with Tim Chambless  
 4:15 Docu-Series

**31**  
 9:00 Armchair Fitness  
 10:30 Coloring Corner  
 1:00 Grocery Store  
 2:00 Canine Companions  
 Marilyn & “Serene”  
 3:00 Happy Hour with  
 Larry Turner!  
 4:15 Docu-Series







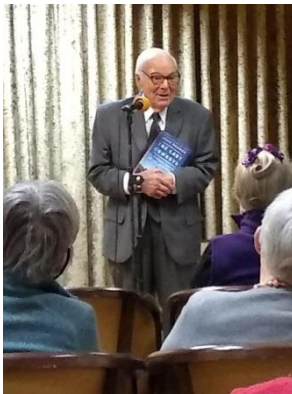
# The Park Bench



680 E. 100 S.  
SLC, UT 84102  
(801)537-1100



- 1<sup>st</sup> Charlotte Weiss
- 1<sup>st</sup> Nel Monteith
- 5<sup>th</sup> Joyce Barnes
- 9<sup>th</sup> Doris Warner
- 13<sup>th</sup> Jean Bradshaw
- 15<sup>th</sup> Bill Brooks
- 16<sup>th</sup> Gloria Gustin
- 23<sup>rd</sup> Gae Hixson
- 26<sup>th</sup> Jane Jordan
- 29<sup>th</sup> Marie Klobucar



# JANUARY 2020

