


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
<b>January cont'd</b> <b>30</b> <b>Pick Up Weekend Worksheet @ Front Desk</b> 9:30 <b>SS</b> Morning Sunday Service [Lib] 10:30 <b>PE</b> Stop & Stretch [CC] 1:00 <b>PE</b> Stop & Stretch (1-2:00) [CC] 1:45 <b>LE</b> Movie [*] 2:00 <b>SS</b> Afternoon Sunday Service [Lib]	<b>Mellow Monday</b> <b>31</b> 10:00 <b>PE</b> Stop & Stretch [CC] 10:45 <b>PE</b> Stop & Stretch [CC] 1:00 <b>AE</b> Coloring Club! [TR] 1:00 <b>PE</b> Stop & Stretch (1-2:00) [CC] 4:00 <b>SS</b> Monday Meditation [*]	 <b>AIDEN &amp; ZACK</b> <b>4</b> Millie's Birthday! 9:00 <b>LE</b> Safeway Trip [*] 10:00 <b>PE</b> Stretch & Flex [CC] 10:45 <b>PE</b> Flyswatter Volleyball [CC] 1:00 <b>PE</b> Stop & Stretch (1-2:00) [CC] 2:00 <b>LE</b> Birthday Party [DR] 3:30 <b>LE</b> Trip to Walgreens (20% Off!!) [*] 7:30 <b>LE</b> Tuesday Night Movie [*]	<b>ZACK</b> <b>5</b> 9:00 <b>LE</b> Early Birds Coffee with Zack [CC] 10:45 <b>PE</b> Stretch & Flex [CC] 1:00 <b>PE</b> Stop & Stretch (1-2:00) [CC] 2:00 <b>LE</b> Bingo [CC] 3:30 <b>SS</b> Concert in Theater [*] 3:30 <b>PE</b> Resident Walk [CC] 4:00 <b>SS</b> Library Chat-Box [Lib]	<b>Location Keys</b> Captain's Crossing CC Conference Room Conf Dining Room DR Library Lib Lobby L Signup @ Front Desk * Train Room TR	<b>New Year's Day</b> <b>1</b> <b>ZACK</b> 9:30 <b>LE</b> Popcorn [L] 10:30 <b>PE</b> Stretch & Flex [CC] 1:00 <b>PE</b> Stop & Stretch (1-2:00) [CC] 1:45 <b>LE</b> Movie [*] 2:00 <b>LE</b> Bingo [DR] 3:30 <b>LE</b> Cards in the Crossing (Kings in the Corner) [CC] 3:30 <b>PE</b> Resident Walk [CC]	<b>Pick Up Weekend Worksheet @ Front Desk</b> <b>2</b> 9:30 <b>SS</b> Morning Sunday Service [Lib] 10:30 <b>PE</b> Stop & Stretch [CC] 1:00 <b>PE</b> Stop & Stretch (1-2:00) [CC] 1:45 <b>LE</b> Movie [*]	<b>Mellow Monday</b> <b>3</b> 10:00 <b>PE</b> Stop & Stretch [CC] 10:45 <b>PE</b> Stop & Stretch [CC] 1:00 <b>AE</b> Coloring Club! [TR] 1:00 <b>PE</b> Stop & Stretch (1-2:00) [CC] 4:00 <b>SS</b> Monday Meditation [*]	<b>AIDEN &amp; ZACK</b> <b>6</b> 9:00 <b>LE</b> Men's Donuts [TR] 9:00 <b>LE</b> Woman's Donuts [CC] 10:45 <b>PE</b> Stretch & Flex [CC] 1:00 <b>PE</b> Stop & Stretch (1-2:00) [CC] 2:00 <b>LE</b> Bingo [CC]	<b>AIDEN</b> <b>7</b> 9:30 <b>SS</b> Morning Meditation [*] 10:00 <b>PE</b> Stretch & Flex [CC] 11:00 <b>LE</b> Ladies Lunch Outing [*] 1:00 <b>AE</b> Coloring Club! [TR] 1:00 <b>PE</b> Stop & Stretch (1-2:00) [CC] 2:00 <b>AE</b> Friday Fun Arts & Crafts [CC] 4:00 <b>LE</b> Happy Hour [CC]	<b>Pick Up Weekend Worksheet @ Front Desk</b> <b>8</b> <b>ZACK</b> 9:30 <b>LE</b> Popcorn [L] 10:30 <b>PE</b> Stretch & Flex [CC] 1:00 <b>PE</b> Stop & Stretch (1-2:00) [CC] 1:45 <b>LE</b> Movie [*] 2:00 <b>LE</b> Bingo [CC] 3:30 <b>LE</b> Cards in the Crossing (Sequence) [CC] 3:30 <b>PE</b> Resident Walk [CC]
<b>Pick Up Weekend Worksheet @ Front Desk</b> <b>9</b> 9:30 <b>SS</b> Morning Sunday Service [Lib] 10:30 <b>PE</b> Stop & Stretch [CC] 1:00 <b>PE</b> Stop & Stretch (1-2:00) [CC] 1:45 <b>LE</b> Movie [*] 2:00 <b>SS</b> Afternoon Sunday Service [Lib]	<b>AIDEN</b> <b>10</b> 10:00 <b>PE</b> Stretch & Flex [CC] 10:45 <b>PE</b> Stretch & Flex [CC] 1:00 <b>AE</b> Coloring Club! [TR] 1:00 <b>PE</b> Stop & Stretch (1-2:00) [CC] 2:00 <b>LE</b> Music & Sing Along with Friends [CC] 4:00 <b>SS</b> Monday Meditation [*]	<b>AIDEN &amp; ZACK</b> <b>11</b> 9:00 <b>LE</b> Safeway Trip [*] 10:00 <b>PE</b> Stretch & Flex [CC] 11:00 <b>PE</b> Fall Prevention with Ania [CC] 1:00 <b>PE</b> Stop & Stretch (1-2:00) [CC] 2:00 <b>CC</b> Community Connections & Activity Suggestions [CC] 3:30 <b>LE</b> Black Jack [Lib] 7:30 <b>LE</b> Tuesday Night Movie [*]	<b>ZACK</b> <b>12</b> 9:00 <b>LE</b> Early Birds Coffee with Zack [CC] 10:45 <b>PE</b> Stretch & Flex [CC] 11:00 <b>SS</b> Bible Study [Lib] 1:00 <b>PE</b> Stop & Stretch (1-2:00) [CC] 2:00 <b>LE</b> Bingo [CC] 3:30 <b>LE</b> Book Club [Lib] 3:30 <b>SS</b> Concert in Theater [*] 3:30 <b>PE</b> Resident Walk [CC] 4:00 <b>SS</b> Library Chat-Box [Lib]	<b>AIDEN &amp; ZACK</b> <b>13</b> 9:00 <b>LE</b> Men's Donuts [TR] 9:00 <b>LE</b> Woman's Donuts [CC] 10:45 <b>PE</b> Stretch & Flex [CC] 1:00 <b>PE</b> Stop & Stretch (1-2:00) [CC] 2:00 <b>LE</b> Bingo [CC] 3:00 <b>CC</b> Arts Committee [Conf]	<b>AIDEN</b> <b>14</b> 9:30 <b>SS</b> Morning Meditation [*] 10:00 <b>PE</b> Stretch & Flex [CC] 1:00 <b>AE</b> Coloring Club! [TR] 1:00 <b>PE</b> Stop & Stretch (1-2:00) [CC] 2:00 <b>AE</b> Friday Fun Arts & Crafts [CC] 4:00 <b>LE</b> Happy Hour [CC]	<b>Pick Up Weekend Worksheet @ Front Desk</b> <b>15</b> <b>ZACK</b> 9:30 <b>LE</b> Popcorn [L] 10:30 <b>PE</b> Stretch & Flex [CC] 1:00 <b>PE</b> Stop & Stretch (1-2:00) [CC] 1:45 <b>LE</b> Movie [*] 2:00 <b>LE</b> Bingo [CC] 3:30 <b>LE</b> Cards in the Crossing (Pinochle) [CC] 3:30 <b>PE</b> Resident Walk [CC]				
<b>Pick Up Weekend Worksheet @ Front Desk</b> <b>16</b> 9:30 <b>SS</b> Morning Sunday Service [Lib] 10:30 <b>PE</b> Stop & Stretch [CC] 1:00 <b>PE</b> Stop & Stretch (1-2:00) [CC] 1:45 <b>LE</b> Movie [*] 2:00 <b>SS</b> Afternoon Sunday Service [Lib]	<b>AIDEN</b> <b>17</b> Martin Luther King, Jr. Day 10:00 <b>PE</b> Stretch & Flex [CC] 10:45 <b>PE</b> Stretch & Flex [CC] 1:00 <b>AE</b> Coloring Club! [TR] 1:00 <b>PE</b> Stop & Stretch (1-2:00) [CC] 2:00 <b>LE</b> Monday Music with Nick Nicholai [DR] 4:00 <b>SS</b> Photography Show [Conf]	<b>AIDEN &amp; ZACK</b> <b>18</b> 9:00 <b>LE</b> Safeway Trip [*] 10:00 <b>PE</b> Stretch & Flex [CC] 10:45 <b>PE</b> Flyswatter Volleyball [CC] 1:00 <b>PE</b> Stop & Stretch (1-2:00) [CC] 2:00 <b>LE</b> Resident Council Meeting [Conf] 7:30 <b>LE</b> Tuesday Night Movie [*]	<b>ZACK</b> <b>19</b> 9:00 <b>LE</b> Early Birds Coffee with Zack [CC] 10:45 <b>PE</b> Stretch & Flex [CC] 11:00 <b>SS</b> Bible Study [Lib] 1:00 <b>PE</b> Stop & Stretch (1-2:00) [CC] 2:00 <b>CE</b> Healthy Living [DR] 3:30 <b>SS</b> Concert in Theater [*] 3:30 <b>PE</b> Resident Walk [CC] 4:00 <b>SS</b> Library Chat-Box [Lib]	<b>AIDEN &amp; ZACK</b> <b>20</b> 9:00 <b>LE</b> Men's Donuts [TR] 9:00 <b>LE</b> Woman's Donuts [CC] 10:45 <b>PE</b> Stretch & Flex [CC] 1:00 <b>PE</b> Stop & Stretch (1-2:00) [CC] 2:00 <b>LE</b> Food Committee Meeting [DR] 3:30 <b>LE</b> Trip to The Market/Rite Aid [*]	<b>AIDEN</b> <b>21</b> 9:30 <b>SS</b> Morning Meditation [*] 10:00 <b>PE</b> Stretch & Flex [CC] 11:00 <b>LE</b> Guys Lunch Outing [*] 1:00 <b>AE</b> Coloring Club! [TR] 1:00 <b>PE</b> Stop & Stretch (1-2:00) [CC] 2:00 <b>AE</b> Friday Fun Arts & Crafts [CC] 4:00 <b>LE</b> Happy Hour [CC]	<b>Pick Up Weekend Worksheet @ Front Desk</b> <b>22</b> <b>ZACK</b> 9:30 <b>LE</b> Popcorn [L] 10:30 <b>PE</b> Stretch & Flex [CC] 1:00 <b>PE</b> Stop & Stretch (1-2:00) [CC] 1:45 <b>LE</b> Movie [*] 2:00 <b>LE</b> Bingo [CC] 3:30 <b>LE</b> Cards in the Crossing (Residents Choice) [CC] 3:30 <b>PE</b> Resident Walk [CC]				
<b>Pick Up Weekend Worksheet @ Front Desk</b> <b>23</b> 9:30 <b>SS</b> Morning Sunday Service [Lib] 10:30 <b>PE</b> Stop & Stretch [CC] 1:00 <b>PE</b> Stop & Stretch (1-2:00) [CC] 1:45 <b>LE</b> Movie [*] 2:00 <b>SS</b> Afternoon Sunday Service [Lib]	<b>AIDEN</b> <b>24</b> 10:00 <b>PE</b> Stretch & Flex [CC] 10:45 <b>PE</b> Stretch & Flex [CC] 1:00 <b>AE</b> Coloring Club! [TR] 1:00 <b>PE</b> Stop & Stretch (1-2:00) [CC] 2:00 <b>LE</b> Monday Music with The Esquires 4:00 <b>SS</b> Monday Meditation [*]	<b>ZACK</b> <b>25</b> 9:00 <b>LE</b> Safeway Trip [*] 10:00 <b>PE</b> Stretch & Flex [CC] 11:00 <b>PE</b> Fall Prevention with Ania [CC] 1:00 <b>PE</b> Stop & Stretch (1-2:00) [CC] 2:00 <b>LE</b> All Resident Meeting [DR] 3:30 <b>LE</b> Black Jack [Lib] 7:30 <b>LE</b> Tuesday Night Movie [*]	<b>ZACK</b> <b>26</b> 9:00 <b>LE</b> Early Birds Coffee with Zack [CC] 10:45 <b>PE</b> Stretch & Flex [CC] 11:00 <b>SS</b> Bible Study [Lib] 1:00 <b>PE</b> Stop & Stretch (1-2:00) [CC] 2:00 <b>LE</b> Ice Cream Social [CC] 3:30 <b>SS</b> Concert in Theater [*] 3:30 <b>PE</b> Resident Walk [CC] 4:00 <b>SS</b> Library Chat-Box [Lib]	<b>ZACK</b> <b>27</b> 9:00 <b>LE</b> Men's Donuts [TR] 9:00 <b>LE</b> Woman's Donuts [CC] 10:45 <b>PE</b> Stretch & Flex [CC] 1:00 <b>PE</b> Stop & Stretch (1-2:00) [CC] 2:00 <b>LE</b> Bingo [CC] 3:00 <b>CC</b> Arts Committee [Conf]	9:30 <b>SS</b> Morning Meditation [*] 10:00 <b>PE</b> Stop & Stretch [CC] 1:00 <b>AE</b> Coloring Club! [TR] 1:00 <b>PE</b> Stop & Stretch (1-2:00) [CC] 4:00 <b>LE</b> Happy Hour [CC]	<b>Pick Up Weekend Worksheet @ Front Desk</b> <b>29</b> <b>ZACK</b> 9:30 <b>LE</b> Popcorn [L] 10:30 <b>PE</b> Stretch & Flex [CC] 1:00 <b>PE</b> Stop & Stretch (1-2:00) [CC] 1:45 <b>LE</b> Movie [*] 2:00 <b>LE</b> Bingo [CC] 3:30 <b>PE</b> Resident Walk [CC]				