

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2022

Check channel 1-2 for daily updates to schedule

8:00 Men's Group FP
9:00 Stretch DVD, TV
2:00 Strengthening TV
4:00 Women's Group P

1

New Year's Day

8:00 Men's Group FP
9:00 Stretch DVD, TV
10:30 Christ Lutheran Church Service TV
2:00 Strengthening TV
4:00 Women's Group P

2

8:00 Men's Group FP
9:00 Stretch DVD, TV
11:00 Drama Club T
1:00 Card/game group P
2:00 Strengthening TV
3:00 Movie Matinee TV
4:00 Women's Group P

3

8:00 Men's Group FP
9:00 Stretch DVD, TV
10:00 Yoga w/ Marilyn T
10:00-10:30 Bank SR
11:00 BINGO TV or P
1:30 Trivia Game T
2:00 Strengthening TV
4:00 Women's Group P

4

9:00 Stretch DVD, TV
10:00 JFK presentation P
11:00 Catholic Mass TV
1:00 Tell me your story P
2:00 Happy Hour w/ Vinnie Rose P
3:00 Strengthening TV
3:00 Acupuncture T

5

9:00 Stretch DVD, TV
11:00 BINGO TV or P
1:00 Knitting/Embroidery group P
2:00 Strengthening TV
3:00 Downton Abbey TV
4:00 Women's Group P

6

8:00 Men's Group FP
9:00 Stretch DVD, TV
10:00 Bible Study P
11:00 Church Service T
2:00 Strengthening TV
3:00 Movie Matinee TV
4:00 Women's Group P

7

8:00 Men's Group FP
9:00 Stretch DVD, TV
11:00 Manicures P
2:00 Strengthening TV
4:00 Women's Group P

8

8:00 Men's Group FP
9:00 Stretch DVD, TV
10:30 Christ Lutheran Church Service TV
11:00 Embroidery Club P
2:00 Strengthening TV
4:00 Women's Group P

9

8:00 Men's Group FP
9:00 Stretch DVD, TV
11:00 Drama Club T
1:00 Garden Group G
1:00 Card/game group P
2:00 Strengthening TV
3:00 Movie Matinee TV
4:00 Women's Group P

10

8:00 Men's Group FP
9:00 Stretch DVD, TV
10:00 Yoga w/ Marilyn T
11:00 In person BINGO P
1:00 Massage T
2:00 Strengthening TV
4:00 Women's Group P

11

9:00 Stretch DVD, TV
10:30 Catholic Mass TV
1:00 Tell me your story P
2:00 Happy Hour w/ Tim Patrick P
3:00 Strengthening TV
4:00 Chat and Chew P

12

9:00 Stretch DVD, TV
11:00 BINGO TV or P
12:00 Lunch Outing
1:00 Knitting/Embroidery group P
2:00 Strengthening TV
3:00 Downton Abbey TV
4:00 Women's Group P

13

8:00 Men's Group FP
9:00 Stretch DVD, TV
10:00 Presentation with Chaplain George P
11:00 Church Service T
2:00 Strengthening TV
3:00 Movie Matinee TV
4:00 Women's Group P

14

8:00 Men's Group FP
9:00 Stretch DVD, TV
2:00 Strengthening TV
4:00 Women's Group P

15

8:00 Men's Group FP
9:00 Stretch DVD, TV
10:30 Christ Lutheran Church Service TV
2:00 Strengthening TV
4:00 Women's Group P

16

8:00 Men's Group FP
9:00 Stretch DVD, TV
10:00 Catholic Communion offering T
11:00 Drama Club T
1:00 Card/game group P
2:00 Strengthening TV
3:00 Movie Matinee TV
Martin Luther King Jr. Day

17

8:00 Men's Group FP
9:00 Stretch DVD, TV
10:00 Yoga w/ Marilyn T
10:00-10:30 Bank SR
11:00 BINGO TV or P
1:30 Trivia Game T
2:00 Strengthening TV
4:00 Women's Group P

18

9:00 Stretch DVD, TV
10:30 Catholic Mass TV
1:00 Tell me your story P
2:00 Happy Hour P
3:00 Strengthening TV
3:00 Acupuncture T
4:00 Chat and Chew P

19

9:00 Stretch DVD, TV
11:00 BINGO TV or P
1:00 Target shopping
2:00 Strengthening TV
3:00 Downton Abbey TV
4:00 Women's Group P

20

8:00 Men's Group FP
9:00 Stretch DVD, TV
10:00 Bible Study P
11:00 Church Service T
2:00 Strengthening TV
3:00 Movie Matinee TV
4:00 Women's Group P

21

8:00 Men's Group FP
9:00 Stretch DVD, TV
11:00 Manicures P
2:00 Strengthening TV
4:00 Women's Group P

22

8:00 Men's Group FP
9:00 Stretch DVD, TV
10:30 Christ Lutheran Church Service TV
11:00 Embroidery Club P
2:00 Strengthening TV
4:00 Women's Group P

23

8:00 Men's Group FP
9:00 Stretch DVD, TV
11:00 Drama Club T
1:00 Card/game group P
1:00 Garden Group G
2:00 Strengthening TV
3:00 Movie Matinee TV
4:00 Women's Group P

24

8:00 Men's Group FP
9:00 Stretch DVD, TV
10:00 Yoga w/ Marilyn T
11:00 In person BINGO P
1:00 Massage T
2:00 Strengthening TV
4:00 Women's Group P

25

9:00 Stretch DVD, TV
10:30 Catholic Mass TV
1:00 Tell me your story P
2:00 January Birthdays with Diane Zilverberg P
3:00 Strengthening TV
4:00 Chat and Chew P

26

9:00 Stretch DVD, TV
11:00 BINGO TV or P
1:30 Resident Council P
2:00 Strengthening TV
3:00 Downton Abbey TV
4:00 Women's Group P

27

8:00 Men's Group FP
9:00 Stretch DVD, TV
10:00 Bible Study P
11:00 Church Service T
2:00 Strengthening TV
3:00 Movie Matinee TV
4:00 Women's Group P

28

8:00 Men's Group FP
9:00 Stretch DVD, TV
2:00 Strengthening TV
4:00 Women's Group P

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Activity Professionals Week

Australia Day (observed)

8:00 Men's Group FP
9:00 Stretch DVD, TV
10:30 Christ Lutheran Church Service TV
2:00 Strengthening TV
4:00 Women's Group P

30

8:00 Men's Group FP
9:00 Stretch DVD, TV
11:00 Drama Club T
1:00 Card/game group P
2:00 Strengthening TV
3:00 Movie Matinee TV
4:00 Women's Group P

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FP - 1st floor fireplace
P- 2nd floor Pub
CR- Craft Room
TV- Channel 1-2
DR- Dining Room
T- Theater Room
G- Garage