

# The Rose Review

Roseville Commons . 275 Folsom Rd., Roseville, CA 95678 . (916) 786-2751  
Like us on Facebook: [www.facebook.com/RosevilleCommonsSeniorLiving/](http://www.facebook.com/RosevilleCommonsSeniorLiving/)



## List of In-House Services

### Kaleidoscope Salon

**Denise Hubbard: (916) 486-2710**

Independent Contractor

Call to schedule an appointment.

Open Tuesdays to Fridays from 8 a.m. to 4 p.m.

- Men's Haircut ~ \$15.00
- Women's Haircut Only ~ \$20.00
- Shampoo/Set ~ \$20.00
- Shampoo or Conditioner Only ~ \$7.00
- Tints ~ \$50.00+
- Perms ~ \$70.00+

### Celtic Hands Massage

**Kevin McLachlan: (916) 878-6189**

Independent Contractor

2<sup>nd</sup> & 4<sup>th</sup> Tuesday each month

11:00 am - 1:00 pm ~ signup in the pink book.

\$20.00 for 15 minutes ~ seated chair massage.

### Clean Touch

**Will Huttunen: (916) 600-6161**

Independent Contractor

Laundry services, dry cleaning, and alterations. Call for pick up at your front door!

### Community Hearing Aid Center

**Ed Vinson: (916) 797-9188**

Independent Contractor

Free cleaning, batteries & check-up!

**2<sup>nd</sup> Tuesday of each month at 1:30pm**

**Library on the 1<sup>st</sup> floor.**

*Sign up in the book!*

### Johnson Hauling & More

**J.J. Johnson (916) 643-5164**

Independent Contractor

### Suburban Notary

**Christina Valdez (916) 878-0435**

Independent contractor - Mobile Notary

### Blood Pressure Checks

Rite Aid has a free blood pressure machine in the Pharmacy waiting area and is within walking distance.

**If you have an emergency, please call (916) 786-2751! We have staff on site 24 hours, 7 days a week. We are here to assist you!**

## Office Hours

7 Days a Week  
8:30 a.m. - 5:00 p.m.

### Roseville Commons Staff

- Kathy Horbasch ~ Administrator
- Drew Marcus ~ Marketing Director
- Ginger McCauley ~ Activities Director
- Melody Powers ~ Resident Relations
- Donna Enos ~ PT Resident Relations
- Jack Pesola ~ Maintenance Director
- Shon Fulgham ~ Maintenance
- Tammy Davis ~ Van Transportation
- De Rollins ~ Bus Transportation
- Margaret, Phul & Rosa ~ Housekeeping
- Joy, Lori, Julia & Justin ~ Night Porters

### Roseville Commons Contact Numbers

**Front Office: (916) 786-2751**  
**Night Porters are on duty all night!**

**Transportation: (916) 827-7643**

**Kitchen: (916) 472-6471**

**Activities Office: (916) 749-3189**

### Laundry Room Hours

**Large Laundry Room on 1st Floor**  
7:00 a.m. to 10:00 p.m. - 7 Days a Week

**Small Laundry Rm: 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Floors**  
8:00 a.m. to 9:00 p.m. - 7 Days a Week

### Nightly Trash Pick-Up Hours

6:00 p.m. to 8:00 p.m.  
7 Days a Week

*Please have all items in a trash bag*

## Celebrating January

**Hot Tea Month**

**Blood Donor Month**

**Brain Teaser Month**

**New Year's Day**

*January 1<sup>st</sup>*

**National Cream Puff Day**

*January 2<sup>nd</sup>*

**Screenwriters Day**

*January 5<sup>th</sup>*

**Save the Eagles Day**

*January 10<sup>th</sup>*

**National Hot Tea Day**

*January 12<sup>th</sup>*

**Dress Up Your Pet Day**

*January 14<sup>th</sup>*

**Martin Luther King Jr. Day**

*January 15<sup>th</sup>*

**National Popcorn Day**

*January 19<sup>th</sup>*

**National Compliment Day**

*January 24<sup>th</sup>*

**Puzzle Day**

*January 29<sup>th</sup>*

Happy New Year!

What a full year we've had! Through the seasons, we've enjoyed many laughs and created wonderful memories together. This month I celebrate my two-year anniversary as Community Administrator at Roseville Commons. As I reminisce about the last year at Roseville Commons, I feel so blessed to be part of our community.

Although the holiday festivities are always a welcome time of togetherness, gratitude, reflection, and feasting, they also seem to make the final few days of the year blur by more quickly. Maybe that's why my New Year's resolution involves building on my efforts to remain more mindful, aware and appreciate in the moment. So many blessings to reflect upon and so many things to look forward to as we start the New Year at Roseville Commons.

Speaking of blessings, Drew Marcus, our Marketing Director, comes to mind. Drew's positive attitude, desire to serve others, and problem solving are just a few ways he contributes to the success of our community. He makes a positive first impression with anyone who enters our front entrance and greets everyone with a friendly smile. He is known to help in many other areas in the community, including fixing televisions, cable and internet issues, and cell phones (lol)! His zeal to help wherever he can, makes him so special and loved by all. He is also known to wear the best Halloween costumes! For all these reasons and more, Drew was nominated for Ray Stone's Marketing Director of the Year Award. Drew was honored to receive this special award during the Ray Stone Holiday Party in December. Stop by the Front Office and congratulate Drew and see his award proudly displayed in his office!



May each of you be showered with blessings in 2024!

Kathy

### Culinary Corner

Happy New Year Roseville residents! I hope all of you enjoyed the festive and holiday meals last year. Now, on to 2024! We will start it off right with a chef-prepared New Year's Day Brunch, complete with mimosas (essential to any new year!)



**New Year's Day Brunch Menu**  
**Monday, January 1<sup>st</sup>**  
**from 10:30 a.m. to 12:30 p.m.**

Apple and Cinnamon French Toast Casserole,  
 Maple Syrup and Bacon  
 OR  
 Buttermilk Biscuits, Scrambled Eggs  
 and Sausage Gravy

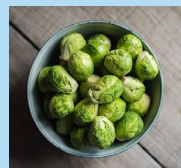
Served with Berry and Yogurt Parfait, Warm Danish  
 and Mimosas. Oatmeal Available

*\*New Year's Day Dinner To-Go Boxes will be  
 available from 10:30 a.m. to 12:30 p.m.*

### January Kitchen Activities

Teaching Kitchen  
 Tuesday, January 16, 2024 at 1:00 p.m.

Chef Louis will host a cooking demonstration, complete with taste testing, as he presents information about brussels sprouts. Come learn about this winter vegetable.



Chat with Chef Louis  
 Tuesday, January 30, 2024 at 1:00 p.m.



Come join us in the Rose Room to discuss dining room menus, service and offer your suggestions.

### January Bus Outings

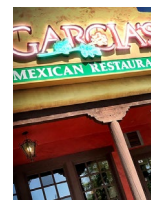
If you would like to go on any of the fun trips planned for January, please sign up in the Burgundy Binder in the Front Lobby. Join us for some fun adventures!



**Thursday, January 4th**  
**Thunder Valley Casino & Lunch with Campus Commons**  
 (Lincoln, CA)  
 Departure Time: 9:45 a.m.



**Friday, January 5th**  
**Shopping & Lunch at Ikeda's Country Market**  
 (Auburn, CA)  
 Departure Time: 9:00 a.m.



**Friday, January 12th**  
**Local Shopping & Lunch at Garcia's Mexican Restaurant**  
 (Carmichael, CA)  
 Departure Time: 9:00 a.m.



**Thursday, January 18th**  
**Alpaca Farm & Lunch at Olive Garden w/ Winding Commons**  
 (Orangevale, CA)  
 Departure Time: 9:45 a.m.



**Friday, January 19th**  
**Crocker Art Museum & Lunch at the Cafe**  
**Admission: Seniors or Military: \$10.00**  
 (Sacramento, CA)  
 Departure Time: 9:30 a.m.



**Friday, January 26th**  
**Bowling at Strikes Unlimited & Lunch at Laneside Restaurant**  
 (Rocklin, CA)  
 Departure Time: 9:30 a.m.



# HAPPY HOUR

Come down to the Rose Room for an hour of entertainment, dancing, beverages & snacks every Thursday in January on:

**January 4th at 2:30 p.m.**



Entertainment with **Rick Turnage**. Rick been playing professionally for almost 30 years. Rock, Country, Blues, Alternative, Christian; he loves it all!

**January 11th at 2:30 p.m.**



Entertainment with **Mike Ely**. Mike is an energetic singer/performer and tribute artist who performs tribute songs from artists from 50's & 60's.

**January 18th at 2:30 p.m.**



Entertainment with **Gary Blodgett**. who is known as the voice of romance. He enjoys singing Sinatra, Martin, Bennett, Cole, Gershwin, Berlin, Ellington, James, Jobim and Waller covers songs.

**January 25th at 2:30 p.m.**



Entertainment with **Del Gomes & Susan Skinner**. They will perform songs from the Swing era that will get your toes tapping or get you up on the dance floor!



### Do You Kazoo?

The kazoo, that humble buzzing instrument shaped like a submarine, was invented by Warren Herbert Frost on January 9, 1883. However, Frost's instrument was not the simple toy we know today. It wasn't until 1902 that the classic version was designed by George D. Smith.



To play the instrument well, one must hum a tune into it. Indeed, kazoo players' talents depend more on their humming ability than

anything else. Perhaps one of the most adored modern kazooists is the classically trained singer Barbara Stewart, who not only performed at Carnegie Hall but also wrote *The Complete How to Kazoo*.

The kazoo is commonly played for comedic effect in jug bands and comedy revues, but it has also been used in music by master composers such as Leonard Bernstein and Charles Ives. Known as the "most democratic" of instruments, anyone can pick up a kazoo and play it right away. Perhaps you should do just that on January 28, Kazoo Day.



The staff at Roseville Commons would like to thank the residents and their families for your generous donations to our Employee Holiday Fund this year. We are all so pleased to work in a community with such caring residents. Your gift was a blessing to our employees, and it helped make this holiday season a special one.

We would also like to give a special thank you to the Employee Holiday Fund Coordinator, Jackie Young. We are so blessed have you handle the fund all year long!

## In Praise of Compliments

January 24 may be the most positive day of the year—it's Compliment Day!



Compliments are not just friendly small talk; they are powerful tools to build and strengthen relationships. After all, when you pay a compliment, you are focused entirely on the other person. A happy by-product is that they also make the person paying the compliment feel good.

Giving good and honest compliments is hard work. You must truly get to know the other person by listening to their words, observing their actions, and learning from their experiences. And if you've ever received a heartfelt compliment, you know how good one can make you feel. As Mark Twain once quipped, "I can live for two months on a good compliment."

Have you ever paid a compliment that seemed to go unnoticed? Not all compliments are created equal. If you want your compliment to be heard loud and clear, follow these steps:

1. **Be sincere.** Don't give a compliment if you don't mean it.
2. **Be specific.** Don't say something vague; say something that shows you're paying close attention to the person.
3. **Go beyond the compliment.** Don't just compliment another person; go further by commenting on the positive outcome of that person's action or choice.
4. **Follow up with a question.** Show genuine interest by asking a question and turning your compliment into a conversation.
5. **Avoid comparisons.** Don't tell someone that they are better than something else; value the person in their own right.
6. **Expect nothing in return.** Never offer a compliment and then ask for a favor at the same time.
7. **Setting matters.** There is a right time and place for every compliment.

## January Birthdays

Those born from January 1–19 are Capricorns, the Goat. As sure-footed goats climb mountains, Capricorns pursue worthwhile, nonfrivolous goals by taking practical steps. If you were born between January 20–31, you are an Aquarius, the Water Bearer. Aquarians are loyal and smart humanitarians who want to make a difference in the world. These energetic people have inquisitive minds and come up with creative solutions to problems.

- Victor Borge (comedian) – Jan. 3, 1909
- Sterling Holloway (actor) – Jan. 4, 1905
- Charlie Rose (journalist) – Jan. 5, 1942
- Kate Middleton (princess) – Jan. 9, 1982
- Joe E. Lewis (comedian) – Jan. 12, 1902
- Michelle Obama (first lady) – Jan. 17, 1964
- Ann Sothorn (actress) – Jan. 22, 1909
- Maria Tallchief (ballerina) – Jan. 24, 1925
- Elmore James (guitarist) – Jan. 27, 1918
- Jackie Robinson (ballplayer) – Jan. 31, 1919

## Resident Birthdays

- 1<sup>st</sup> **Thomasine Briones**
- 2<sup>nd</sup> **Barbara Tagert**
- 5<sup>th</sup> **Joan Cobabe**
- 5<sup>th</sup> **Terry Colburn**
- 6<sup>th</sup> **Jaya Hiatt**
- 11<sup>th</sup> **Gail Linder**
- 23<sup>rd</sup> **Susie Milton**
- 24<sup>th</sup> **Joyce Champlin**
- 26<sup>th</sup> **Barbara McCulloch**



## NEW!!! BIRTHDAY PARTY!



Starting this month, we will be celebrating our monthly birthdays, at the end of every month, during our Happy Hour. Join us on Thursday, January 25<sup>th</sup> at 2:30 p.m. in the Rose Room. Cupcakes will be served!

## What's Happening in January

**Tuesday, January 2nd at 12:30 p.m.**

**Undeck the Halls** – We will start taking down the beautiful holiday decorations and could use some help! Please come in the Front Lobby if you would like to help!



**Wednesday, January 3rd at 11:00 a.m.**



**Activity Talk with Ginger** – Please bring your ideas and activity suggestions! We will be planning the February 2024 activity calendar and would love your input!

**Friday, January 5th at 1:30 p.m.**

**Screenwriters Day**– Our very own, Patti Walker, is a screenwriter! In honor of this day, come meet Patti in the Rose Room to hear all about her occupation. Then at 2:00 p.m. we will show a movie of one of her works, **Six Days and Seven Nights**, by Harrison Ford!



**Tuesday, January 9th at 1:30 p.m.**



Ed Vinson from the Community Hearing Aid Center will be assisting residents with their hearing aids in the Library.

**Thursday, January 11th & 25th at 12:30 p.m.**

Join us for **Ceramics Classes** in the Craft Room. Our Instructor, Claudie, has some fun new projects for residents to work on!



**Friday, January 19th at 2:30 p.m.**

It's National Popcorn Day! Join Jim & Linda in the Rose Room for an hour of Karaoke fun! Of course, popcorn and floats will be served to celebrate this special day!

**Monday, January 29th at 2:00 p.m.**

This month we will be making floral heart wreath decorations. Join Ginger in the Rose Room for a fun hour of crafting!



*Check out the activity calendar for many other fun activities and events!*

## Marketing Moments

A new year bursts open. A seed pod made of time and hope. Each grain of chance carried to a soil fertile with possibility. Where will they land? What will they grow? We cannot see them all to know each individual story. Our field of view is not wide enough. The hours and days not long enough. But there is joy nonetheless to find what part of the garden is ours. To see what yield is given to us.

A new year's blank canvas. Its emptiness can threaten to overwhelm. What palette do we choose? What if we make a mistake? Who will we disappoint? No matter. Take comfort in knowing that we are not just the artist, but the appreciator as well. Let others be the judge of their own work.



A new year's path. Where it leads can't be known, what lies beyond cannot be seen. It meanders beside the river's edge and curves up the mountain slope. It drops into the verdant valley and disappears beyond tree-covered hills. There will be choices along the way but we needn't be afraid. All that's required is only the next step.











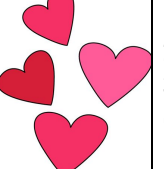

Drew



*Murle "Joe" Shirley - Apt. #207*

*Welcome Back*

*Almeta Schneider – Apt. #104*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>NEW YEAR'S DAY 1</b> 9:00 Qi Gong DVD - RR 10:00 Seated Exercise -RR 10:30 a.m. to 12:30 p.m. <b>New Year's Day Brunch &amp; Dinner To-Go Pick-up</b> 12:00 Wii Bowling 1 - RR 12:30 Wii Bowling 2 - RR 2:00 Afternoon Movie - RR 5:15 Monday Night Football- RR	<b>NATIONAL CREAM PUFF DAY 2</b> 9:00 Tai Chi DVD - RR 10:00 Seated Exercise - RR 11:00 All About Cream Puffs- RR 12:30 Undeck the Halls - RR 2:30 Bean Bag Baseball - RR 3:30 Undeck the Halls- RR 6:00 Yahtzee Hour - LB	<b>3</b> 9:00 Qi Gong DVD - RR 10:00 Seated Exercise -RR 11:00 Activity Talk with Ginger - RR 1:00 POKENO - RR 2:30 Afternoon Bingo - RR 3:30 Wii Golfing - RR 6:00 Residents Card Night - LB	<b>4</b> 9:00 Tai Chi DVD - RR 9:00 Catholic Communion - CH 9:45 <b>Outing- Thunder Valley Casino &amp; Lunch with Campus Commons</b> 12:00 Wii Bowling Session 1 - RR 12:30 Wii Bowling Session 2 - RR 2:30 <b>Happy Hour: Rick Turnage</b> 6:00 Bingo with Lori - RR	<b>SCREENWRITERS DAY 5</b> 9:00 <b>Outing- Shopping &amp; Lunch at Ikeda's Country Market</b> 9:00 Qi Gong DVD - RR 10:00 Seated Exercise -RR 1:30 <b>Come Meet Our Very Own Screenwriter, Patti Walker- RR</b> 2:00 Movie Review Patti's Work: Six Days & Seven Nights 6:00 Friday Night Movie - RR	<b>6</b> 10:00 Senior Stretching - RR DVD Seated Exercise 11:00 Seated Yoga DVD - RR 1:00 Wii Bowling Session 1- RR 1:30 Wii Bowling Session 2- RR 2:30 Crossword Puzzle Club - RR 6:00 Saturday Night Movie - RR
<b>7</b> 9:00 Tai Chi DVD - RR 10:00 Brain Teasers - RR 11:00 Seated Yoga DVD - RR 1:00 Matinee Movie - RR with Popcorn 6:00 Bingo with Lori - RR	<b>8</b> 9:00 Qi Gong DVD - RR 10:00 Seated Exercise -RR 11:00 Tai Chi DVD - RR 12:00 Wii Bowling Session 1 - RR 12:30 Wii Bowling Session 2 - RR 2:30 Horse Races - RR 3:30 Fireside Colored Art - LB 5:15 Monday Night Football- RR	<b>9</b> 9:00 Tai Chi DVD - RR 10:00 Seated Exercise -RR 11:00 Seated Massages - CR 1:00 <b>Drew's Crew: Card Sharks Game</b> - RR  1:30 <b>Hearing Aid Checks</b> 2:30 Bean Bag Baseball - RR 3:30 Puzzle Hour- RR 6:00 Yahtzee Hour - LB	<b>SAVE THE EAGLES DAY 10</b> 9:00 Qi Gong DVD - RR 10:00 Seated Exercise -RR 11:00 Eagles: King of the Sky Nature Documentary  1:00 POKENO - RR 2:30 Afternoon Bingo - RR 3:30 Fireside Chat - LB 6:00 Residents Card Night - LB	<b>11</b> 9:00 Tai Chi DVD - RR 9:00 Catholic Communion - CH 10:00 Seated Exercise -RR 12:00 Wii Bowling Session 1 - RR 12:30 Wii Bowling Session 2 - RR 12:30 <b>Ceramics Class</b> - CR 2:30 <b>Happy Hour with Singer Mike Ely</b> 6:00 Bingo with Lori - RR	<b>NATIONAL HOT TEA DAY 12</b> 9:00 <b>Outing- Shopping and Lunch at Garcia's Mexican</b> 9:00 Qi Gong DVD - RR 10:00 Seated Exercise -RR 11:00 America in the 1980's Documentary - RR 2:30 <b>Winter Tea with Piano Music with Dan</b>  6:00 Friday Night Movie	<b>13</b> 10:00 Senior Stretching - RR DVD Seated Exercise 11:00 Seated Yoga DVD - RR 1:00 Wii Bowling Session 1- RR 1:30 Wii Bowling Session 2- RR 2:30 Crossword Puzzle Club - RR 6:00 Saturday Night Movie - RR
<b>14</b> 9:00 Tai Chi DVD - RR 10:00 Brain Teasers - RR 11:00 Seated Yoga DVD- RR 1:00 Matinee Movie - RR with Popcorn 6:00 Bingo with Lori - RR	 <b>MARTIN LUTHER KING JR. DAY HOLIDAY 15</b> 9:00 Qi Gong DVD - RR 10:00 Seated Exercise -RR 11:00 Tai Chi DVD - RR 12:00 Wii Bowling Session 1 - RR 12:30 Wii Bowling Session 2 - RR 2:00 Martin Luther King Jr.: I had a Dream Speech - RR 5:15 Monday Night Football- RR	<b>FIG NEWTON DAY 16</b> 9:00 Tai Chi DVD - RR 10:00 Seated Exercise -RR 11:00 Name that Tune - RR 1:00 <b>Teaching Kitchen: Brussel Sprouts</b> - RR 2:30 Bean Bag Baseball - RR 3:30 The Untold Truth of Fig Newtons Documentary  6:00 Yahtzee Hour-LB	<b>17</b> 9:00 Qi Gong DVD - RR 10:00 Exercise with Ginger - RR 11:00 How Money is Made: Modern Money Printing Factory Documentary - RR 1:00 POKENO - RR 2:30 Afternoon Bingo - RR 3:30 Jokes & Riddles - RR 6:00 Residents Card Night - LB	<b>18</b> 9:00 Tai Chi DVD - RR 9:00 Catholic Communion - CH 9:45 <b>Outing- Lama Farm &amp; Olive Garden Lunch with Winding Commons</b> 10:00 Seated Exercise -RR 12:00 Wii Bowling Session 1 - RR 12:30 Wii Bowling Session 2 - RR 2:30 <b>Happy Hour: Gary Blodgett</b> 6:00 Bingo with Lori - RRs	<b>NATIONAL POPCORN DAY 19</b> 9:30 <b>Outing- Crocker Art Museum &amp; Lunch at the Cafe</b> 9:00 Qi Gong DVD-RR 10:00 Seated Exercise -RR  2:30 <b>Karaoke Hour with Jim and Linda with Popcorn &amp; Orange Floats</b> 6:00 Friday Night Movie	<b>20</b> 10:00 Senior Stretching - RR DVD Seated Exercise 11:00 Seated Yoga DVD - RR 1:00 Wii Bowling Session 1- RR 1:30 Wii Bowling Session 2- RR 2:30 Crossword Puzzle Club - RR 6:00 Saturday Night Movie - RR
<b>21</b> 9:00 Tai Chi DVD - RR 10:00 Brain Teasers - RR 11:00 Seated Yoga DVD - RR 1:00 Matinee Movie with Popcorn - RR 6:00 Bingo with Lori - RR	<b>22</b> 9:00 Qi Gong DVD - RR 10:00 Seated Exercise -RR 11:00 Tai Chi DVD - RR 12:00 Wii Bowling Session 1 - RR 12:30 Wii Bowling Session 2 - RR 2:30 Horse Races - RR 3:30 Fireside Colored Art - LB 5:15 Monday Night Football- RR	<b>23</b> 9:00 Tai Chi DVD - RR 10:00 Seated Exercise -RR 11:00 Seated Massages - CR 1:00 Golf Putting - RR 3:30 Puzzle Hour- RR 2:30 Bean Bag Baseball - RR 3:30 Share your Favorite Keepsake by the Fire - LB 6:00 Yahtzee Hour - LB	<b>PEANUT BUTTER DAY &amp; COMPLIMENT DAY 24</b> 9:00 Qi Gong DVD - RR 10:00 Seated Exercise -RR 11:00 The History of Peanut Butter - RR  1:00 POKENO - RR 2:30 Afternoon Bingo - RR 3:30 Fireside Chat - LB 6:00 Residents Card Night- LB -	<b>25</b> 9:00 Tai Chi DVD - RR 9:00 Catholic Communion - CH 10:00 Seated Exercise -RR 12:00 Wii Bowling Session 1 - RR 12:30 Wii Bowling Session 2 - RR 12:30 <b>Ceramics Class</b> - CR 2:30 <b>Happy Hour &amp; Birthday Party with Del &amp; Susan</b>  6:00 Bingo with Lori - RR	<b>26</b> 9:00 Qi Gong DVD -RR 9:30 <b>Bus Outing- Bowling at Strikes Unlimited &amp; Lunch at Laneside Restaurant</b>  10:00 Seated Exercise -RR 2:30 Afternoon Bingo - RR 6:00 Friday Night Movie	<b>27</b> 10:00 Senior Stretching - RR DVD Seated Exercise 11:00 Seated Yoga DVD - RR 1:00 Wii Bowling Session 1- RR 1:30 Wii Bowling Session 2- RR 2:30 Crossword Puzzle Club - RR 6:00 Saturday Night Movie - RR
<b>28</b> 9:00 Tai Chi DVD - RR 10:00 Brain Teasers - RR 11:00 Seated Yoga DVD - RR 1:00 Matinee Movie with Popcorn - RR 6:00 Bingo with Lori - RR	<b>29</b> 9:00 Qi Gong DVD - RR 10:00 Seated Exercise -RR 11:00 Tai Chi DVD - RR 12:00 Wii Bowling Session 1 - RR 12:30 Wii Bowling Session 2 - RR 2:00 <b>Valentine's Craft Project- RR</b>  5:15 Monday Night Football- RR	<b>30</b> 9:00 Tai Chi DVD - RR 10:00 Seated Exercise -RR 11:00 Name that Tune - RR 1:00 <b>Chef Talk with Louis Bring Your Dining Room Menu Sugestions</b> - RR 2:30 Bean Bag Baseball - RR 3:30 Puzzle Hour - RR 6:00 Yahtzee Hour - LB	<b>31</b> 9:00 Qi Gong DVD - RR 10:00 Seated Exercise -RR 11:00 Look into the Future: How Will Life Look in 2050 Documentaty -RR 1:00 POKENO - RR 2:30 Afternoon Bingo - RR 3:30 Trivia Challenge - LB 6:00 Residents Card Night- LB	 <b>JANUARY 2024</b> <i>Happy New Year!</i>		