
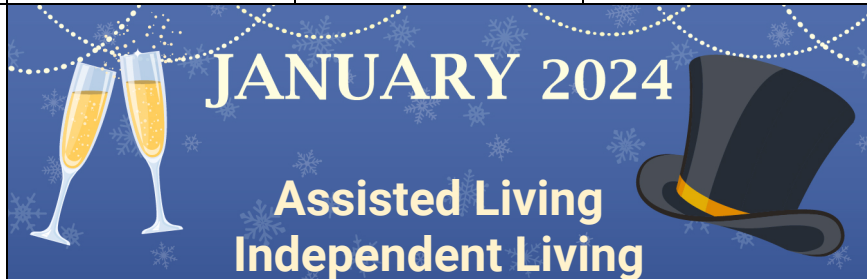


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p>9:30 - Shopping Day - Dierbergs 9:30 - O.A.S.I.S Club (Older Adults Sharing in Service) 11:00 - Walk in Talk w/Powerback 1:30 - Dime Bingo 2:00 - Chair Yoga 3:00 - Pinochle Club 6:30 - Movie</p>	1 9:30 - Shopping Day - Aldi 9:30 - O.A.S.I.S Club (Older Adults Sharing in Service) 11:00 - Walk & Talk w/Powerback 1:30 - "All Shook Up" over Elvis Bingo 2:00 - Chair Yoga 3:00 - Pinochle Club 6:30 - Movie	2 9:30 - Chair Exercise 10:00 - Mass/Rosary 10:30 - Wii Bowling 11:00 - Seminar with Powerback 12:30 - Bridge 1:30 - Blackjack 3:30 - Tippy Tuesday	3 9:30 - Sit & Stretch 10:30 - Bible Study 11:00 - Lunch Bunch Outing - Fazzi's - <b>Sign Up</b> 1:00 - Men's Pool (9 Ball) 1:30 - Snowman Craft with Sherry 3:00 - Cardio Drumming 6:30 - Movie	4 9:30 - Coffee & Trivia 11:00 - Exercise w/ Powerback 1:00 - Mahjong 1:30 - Monthly Birthday Celebration 3:30 - Thirsty Thursday  National Trivia Day	5 9:30 - Ball Exercise 10:00 - Creative Hearts Art Club 11:00 - Keystone Golden Oldies Chorus Practice 1:30 - Dime Bingo 3:00 - Canasta 6:30 - Movie	6 9:30 - Coffee Chat and Cranium Crunches 11:00 - Mystery Cards	
7 9:30 - Christ Church Service 10:30 - Catholic Communion Service 10:30 - Kings in the Corner 1:00 - Dominoes 1:30 - Bridge	8 9:30 - Shopping - Aldi 9:30 - O.A.S.I.S Club 11:00 - Walk & Talk w/Powerback 1:30 - "All Shook Up" over Elvis Bingo 2:00 - Chair Yoga 3:00 - Pinochle Club 6:30 - Movie	9 9:30 - Chair Exercise 9:30 - Bingo at the P.S.O.P 10:30 - Rosary 10:30 - Wii Bowling 11:00 - Blood Pressure Checks w/ Powerback 12:30 - Bridge 1:30 - Cooking Demo w/Nathan 2:00 - Hymns with Kim 3:30 - Tippy Tuesday - Bryan Eggs	10 9:30 - Sit & Stretch 10:30 - Bible Study 1:00 - Men's Pool (9 Ball) 1:30 - Speaker Will Shannon 3:00 - Cardio Drumming 4:00 - Worship Service 6:30 - Movie	11 9:30 - Coffee Chat & Crosswords 11:00 - Exercise w/ Powerback 1:00 - Mahjong 1:30 - Left, Right, Center 3:30 - Thirsty Thursday	12 9:30 - Ball Exercise 11:00 - Keystone Golden Oldies Chorus Practice 11:00 - Men's Coffee 1:30 - Dime Bingo 3:00 - Canasta 6:30 - Movie	13 9:30 - Coffee Chat and Cranium Crunches 11:00 - Mystery Cards	
14 9:30 - Christ Church Service 10:30 - Catholic Communion Service 10:30 - Kings in the Corner 1:00 - Dominoes 1:30 - Bridge	15 9:30 - Shopping Day - Walmart 9:30 - O.A.S.I.S Club 11:00 - Reflection on the Life of MLK 1:30 - Dime Bingo 2:00 - Chair Yoga 3:00 - History Storytelling with Dave Gillingham 6:30 - Movie	16 9:30 - Chair Exercise 10:30 - Rosary 10:30 - Wii Bowling 12:30 - Bridge 1:30 - Caregiver Support Group 1:30 - Blackjack 3:30 - Tippy Tuesday	17 9:30 - Sit & Stretch 10:30 - Bible Study 1:00 - Men's Pool (9 Ball) 1:30 - St. Clair Mall Outing - <b>Sign Up</b> 3:00 - Cardio Drumming 6:30 - Movie	18 9:30 - Coffee Chat & Crosswords 11:00 - Exercise w/ Powerback Rehab 1:00 - Mahjong 1:30 - Left, Right, Center 3:30 - Thirsty Thursday with Randy the Magician	19 9:30 - Ball Exercise 10:00 - Creative Hearts 11:00 - Keystone Golden Oldies Chorus Practice 1:30 - "POP" On In to Dime Bingo 3:00 - Canasta 6:30 - Movie  National Popcorn Day	20 9:30 - Coffee Chat & Cranium Crunches 11:00 - Mystery Cards	
21 9:30 - Christ Church Service 10:30 - Catholic Communion Service 10:30 - Kings in the Corner 1:00 - Dominoes 1:30 - Bridge	22 9:30 - Shopping Day - Target 9:30 - O.A.S.I.S Club 12:30 - Winter Photo Booth - Sponsored by Hospice of Southern Illinois 1:30 - Dime Bingo 2:00 - Chair Yoga 3:00 - Pinochle Club 6:30 - Movie	23 9:30 - Chair Exercise 10:30 - Rosary 10:30 - Wii Bowling 11:00 - Around the World with Powerback - Egypt 12:30 - Bridge 1:30 - Blackjack 3:30 - Tippy Tuesday	24 9:30 - Sit & Stretch 10:30 - Bible Study 1:00 - Men's Pool (9 Ball) 1:30 - Card Making w/Leesa - <b>Sign Up</b> 3:00 - Cardio Drumming 4:00 - Worship Service 6:30 - Movie 6:30 - Looking Glass Playhouse - Heathers the Musical - <b>Sign Up</b>	25 9:30 - Coffee Chat & Cranium Crunches 11:00 - Exercise w/ Powerback Rehab 1:00 - Mahjong 1:30 - Left, Right, Center 3:30 - Thirsty Thursday - Chris Schuneman	26 9:30 - Ball Exercise 10:30 - IL Resident Council 11:00 - AL Resident Council 1:30 - Prize Bingo 2:00 - Book of the Month Meeting 3:00 - Canasta 6:30 - Movie	27 9:30 - Coffee Chat & Cranium Crunches 11:00 - Mystery Game	
Activity Professionals Week 28 9:30 - Christ Church Service 10:30 - Catholic Communion Service 10:30 - Kings in the Corner 1:00 - Dominoes 1:30 - Bridge	29 9:30 - Shopping Day - Walmart 9:30 - O.A.S.I.S Club 11:00 - Walk & Talk 1:30 - Dime Bingo 2:00 - Chair Yoga 3:00 - History Storytelling with Dave Gillingham 6:30 - Movie	30 9:30 - Chair Exercise 10:30 - Rosary 10:30 - Wii Bowling 12:30 - Bridge 1:30 - Blackjack 3:30 - Tippy Tuesday - Music by David Green	31 9:30 - Sit & Stretch 10:30 - Bible Study 1:00 - Men's Pool (9 Ball) 1:30 - "Bunko" Blitzers 3:00 - Cardio Drumming 4:00 - Worship Service 5:00 - Out to Dinner - O'Town - <b>Sign Up</b> 6:30 - Movie	 <p style="text-align: center;"><b>JANUARY 2024</b></p> <p style="text-align: center;"><b>Assisted Living Independent Living</b></p>			