


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>29</b></p> <p><b>9:00</b> <b>TAI CHI</b> Slow, controlled &amp; seated upper body exercises. GREAT for the brain too! 3rd Floor Theater Room <b>10:00</b></p> <p><b>Catholic Service</b> Meet for Mass in the 2nd Floor Chapel <b>10:00</b></p> <p><b>Yoga Level 1</b> Seated stretching &amp; strengthening exercises 3rd Floor Theater Room <b>10:30</b></p> <p><b>Yoga Level 2</b> Alternating from sitting to standing balance exercise 3rd Floor Theater <b>1:00</b></p> <p><b>Card Games</b> (Kings in the Corner?) Meet up to play! Meet others that enjoy cards &amp; maybe they want to play other games too 3rd Floor Billiard Room <b>1:00</b></p> <p><b>Movie Matinee</b> Check your daily flyer for more detailed movie information 3rd Floor Theater Room <b>1:30</b></p> <p><b>Latter Day Saints Church Service</b> We invite you to join us! 2nd Floor Chapel <b>3:00</b></p> <p><i>Worship in The Word</i> Scripture, singing &amp; praise together. 2nd Floor Chapel</p>	<p><b>30</b> Medical Transport Day</p> <p><b>9:00</b> <b>WHOGA</b> Seated exercises 3rd Floor Theater <b>9:50</b></p> <p><b>Stronger Sr Exercises</b> This class will help you GET stronger &amp; more "fit" Large Dining Room <b>10:00</b></p> <p><b>Yoga Level 1</b> Seated exercises 3rd Floor Theater Room <b>10:30</b></p> <p><b>Yoga Level 2</b> Seated to standing exercises 3rd Floor Theater <b>1:00</b></p> <p><b>Pinochle Foursomes</b> 3rd Floor Billiard Room <b>1:00</b></p> <p><b>Volunteer Project</b> Helping Out... Making blankets to donate 2nd Floor Craft Room <b>2:00</b></p> <p><b>\$Nickel\$ Bingo</b> Pay a Nickel each game &amp; a Quarter for the end game Large Dining Room <b>3:00</b></p> <p><b>Happier Hour</b> <b>Hot Chocolate</b> Stop by for jazzed up hot drinks and socialize before dinner. We have non alcoholic versions too! (Mocktails) Lobby <b>3:00</b></p> <p><b>Bible Figure Lessons</b> Learn more in-depth &amp; apply to your daily life 3rd Floor Theater <b>7:00</b></p> <p><b>Toastmaster Club Mtg.</b> An outside group comes to utilize the room. 3rd Floor Theater Room</p>	<p><b>31</b> Medical Transport Day</p> <p><b>9:00</b> <b>TAI CHI</b> Seated upper body exercises. 3rd Floor Theater Room <b>9:50</b></p> <p><b>OTAGO Better Balance Exercise Class</b> Seated &amp; standing Large Dining Room <b>10:00</b></p> <p><b>Yoga Level 1</b> Seated stretching &amp; strengthening exercises 3rd Floor Theater Room <b>10:30</b></p> <p><b>Yoga Level 2</b> Alternating from sitting to standing balance exercise 3rd Floor Theater <b>1:00</b></p> <p><b>WHOGA</b> Seated exercises designed for wheelchairs &amp; or other physical limitations 3rd Floor Theater <b>1:00</b></p> <p><b>Pinochle Foursomes</b> 3rd Floor Billiard Room <b>2:00</b></p> <p><b>Candy Bingo</b> Enjoy all regular BINGO games with mini candy bar prizes. Large Dining Room <b>3:00</b></p> <p><b>Cribbage</b> Meet up with others to play! Billiard Room</p>	<p><b>1</b></p>  <p><b>9:00</b> <b>WHOGA</b> Seated exercises designed for wheelchairs &amp; or other physical limitations 3rd Floor Theater <b>10:00</b></p> <p><b>Yoga Level 1</b> Seated stretching &amp; strengthening exercises 3rd Floor Theater Room <b>10:30</b></p> <p><b>Yoga Level 2</b> From sitting to standing 3rd Floor Theater Room <b>12:30</b></p> <p><b>Scenic Drive 1hr</b> Join us for a tour around our area Sign up in the Lobby <b>1:00</b></p> <p><b>Discerning The Word of God Bible Study</b> Discover and understand more, together. 3rd Floor Theater <b>1:00</b></p> <p><b>Card Games</b> Meet up to play! 3rd Floor Billiard Room <b>3:30</b></p> <p><b>Rack'em up Billiards</b> 3rd Floor Billiard Room <b>6:00</b></p> <p><b>Midweek Movie</b> Check your daily flyer for detailed movie information 3rd Floor Theater Room</p>	<p><b>2</b></p> <p><b>Shopping 8:30-10:00</b> Fred Meyer 1.5 hr Trip <b>9:00</b></p> <p><b>TAI CHI</b> Upper body exercises. 3rd Floor Theater Room <b>9:50</b></p> <p><b>OTAGO Better Balance Exercise Class</b> Seated &amp; standing Large Dining Room <b>10:00</b></p> <p><b>Yoga Level 1</b> Seated stretching &amp; strengthening exercises 3rd Floor Theater Room <b>10:30</b></p> <p><b>Yoga Level 2</b> From sitting to standing 3rd Floor Theater Room <b>Shopping 12:30</b> Fred Meyer 1hr Trip Sign up in the Lobby to ride <b>1:00</b></p> <p><b>WHOGA</b> Seated exercises 3rd Floor Theater <b>1:00</b></p> <p><b>Pinochle Foursomes</b> 3rd Floor Billiard Room <b>1:30</b></p> <p><b>Church Service with Pastor Al</b> A wonderful Christian service 2nd Floor Chapel Room <b>2:00</b></p> <p><b>Soda Shop Social</b> <b>Hot Chocolate Floats</b> 2nd Floor "Coke" Room <b>2:30</b></p> <p><b>Pinewood Singers</b> Sing along with this WONDERFUL group Lobby <b>3:00</b></p> <p><b>BUNCO Dice Game</b> Fun dice game. Just roll &amp; have fun! 2nd Floor Craft Room</p>	<p><b>3</b></p> <p><b>9:00</b> <b>WHOGA</b> Seated exercises designed for wheelchairs &amp; or other physical limitations 3rd Floor Theater <b>9:30</b></p> <p><b>Musical Memories</b> Listen to songs you haven't heard in forever... 2nd Floor Loft <b>9:50</b></p> <p><b>Stronger Sr Exercises</b> This class will help you GET stronger &amp; more "fit" Large Dining Room <b>10:00</b></p> <p><b>Yoga Level 1</b> Seated stretching &amp; strengthening exercises 3rd Floor Theater Room <b>10:30</b></p> <p><b>Yoga Level 2</b> Alternating from sitting to standing balance exercise 3rd Floor Theater <b>1:00</b></p> <p><b>Pinochle Foursomes</b> Stop in and play! 3rd Floor Billiard Room <b>1:00</b></p> <p><b>Volunteer Project</b> Helping Out... Making blankets to donate 2nd Floor Craft Room <b>2:00</b></p> <p><b>NEON NEW YEAR with GREY WOLF BAND</b> Bring in the new year! Celebrate 2025 with us in the Large Dining Room <b>3:30</b></p> <p><b>Rack'em up Billiards</b> Meet to play before dinner 3rd Floor Billiard Room</p>	<p><b>4</b></p> <p><b>9:00</b> <b>Perplexing Puzzlement</b> Grab your puzzle packet and keep your brain firing 2nd Floor Loft <b>9:00</b></p> <p><b>TAI CHI</b> 3rd Floor Theater Room <b>10:00</b></p> <p><b>Classical Piano with Richard</b> Lobby <b>10:00</b></p> <p><b>Yoga Level 1</b> Seated stretching &amp; strengthening exercises 3rd Floor Theater Room <b>10:30</b></p> <p><b>Yoga Level 2</b> Alternating from sitting to standing balance exercise 3rd Floor Theater <b>1:00</b></p> <p><b>Fuzzy Friends</b> Sweet pet bunnies here for you to pet &amp; enjoy 2nd Floor Craft Room <b>1:00</b></p> <p><b>Pinochle Foursomes</b> Stop in and play! 3rd Floor Billiard Room <b>1:00</b></p> <p><b>Movie Matinee</b> 3rd Floor Theater Room <b>3:00</b></p> <p><b>New Resident Mix &amp; Mingle</b> This is an opportunity to introduce yourself and enjoy refreshments. Lobby <b>3:00</b></p> <p><b>Skip Bo</b> Meet in the Lobby to play a few rounds before dinner. 2nd Floor Loft</p>



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p style="text-align: center;"><b>5</b></p> <p><b>9:00</b> <b>TAI CHI</b> Slow, controlled &amp; seated 3rd Floor Theater Room 3rd Floor Theater Room</p> <p><b>10:00</b> <b>Catholic Service</b> Meet for Mass in the 2nd Floor Chapel</p> <p><b>10:00</b> <b>Doggie Day</b> Get a good snuggle from these wonderful dogs. In the Lobby</p> <p><b>10:00</b> <b>Yoga Level 1</b> Seated stretching &amp; strengthening exercises 3rd Floor Theater Room</p> <p><b>10:30</b> <b>Yoga Level 2</b> Alternating from sitting to standing balance exercise 3rd Floor Theater</p> <p><b>1:00</b> <b>Card Games</b> (Kings in the Corner?) Meet up to play! Meet others that enjoy cards &amp; maybe they want to play other games too 3rd Floor Billiard Room</p> <p><b>1:00</b> <b>Movie Matinee</b> Check your daily flyer for more detailed movie information 3rd Floor Theater Room</p> <p><b>1:30</b> <b>Latter Day Saints Church Service</b> 2nd Floor Chapel</p> <p><b>3:00</b> <b>Worship in The Word</b> Scripture, singing &amp; praise together. 2nd Floor Chapel</p>	<p style="text-align: center;"><b>6</b></p> <p><b>Medical Transport Day</b></p> <p><b>9:00</b> <b>WHOGA</b> Seated exercises 3rd Floor Theater</p> <p><b>9:50</b> <b>Stronger Sr Exercises</b> This class will help you GET stronger &amp; more "fit" Large Dining Room</p> <p><b>10:00</b> <b>Yoga Level 1</b> Seated exercises 3rd Floor Theater Room</p> <p><b>10:30</b> <b>Yoga Level 2</b> Seated to standing exercises 3rd Floor Theater Large Dining Room</p> <p><b>1:00</b> <b>Piano with Linda</b> Hymns, 1940's musical scores and more Lobby</p> <p><b>1:00</b> <b>Pinochle Foursomes</b> Stop in and play! 3rd Floor Billiard Room</p> <p><b>1:00</b> <b>Volunteer Project</b> Making blankets to donate 2nd Floor Craft Room</p> <p><b>2:00</b> <b>\$Nickel\$ Bingo</b> Pay a Nickel each game &amp; a Quarter for the end game Large Dining Room</p> <p><b>3:00</b> <b>Happier Hour Hot Apple Cider</b> Stop by for jazzed up hot drinks and socialize before dinner. We have non alcoholic too Lobby</p> <p><b>3:00</b> <b>Bible Figure Lessons</b> 3rd Floor Theater</p> <p><b>7:00</b> <b>Toastmaster Club Mtg.</b> 3rd Floor Theater Room</p>	<p style="text-align: center;"><b>7</b></p> <p><b>Medical Transport Day</b></p> <p><b>9:00</b> <b>TAI CHI</b> Seated upper body exercises. 3rd Floor Theater Room</p> <p><b>9:50</b> <b>OTAGO Better Balance Exercise Class</b> Seated &amp; standing Large Dining Room</p> <p><b>10:00</b> <b>Elwin on the Organ</b> Beautifully played tunes, sure to move your heart. 2nd Floor Chapel</p> <p><b>10:00</b> <b>Yoga Level 1</b> Seated stretching &amp; strengthening exercises 3rd Floor Theater Room</p> <p><b>10:30</b> <b>Yoga Level 2</b> From sitting to standing 3rd Floor Theater</p> <p><b>1:00</b> <b>WHOGA</b> Seated exercises designed for wheelchairs &amp; or physical limitations 3rd Floor Theater</p> <p><b>1:00</b> <b>Shuffleboard</b> Learn this game again! Friendly competition with Megan and friends</p> <p><b>1:00</b> <b>Pinochle Foursomes</b> 3rd Floor Billiard Room</p> <p><b>2:00</b> <b>Candy Bingo</b> Enjoy all regular BINGO games with mini candy bar prizes. Large Dining Room</p> <p><b>3:00</b> <b>Old Testament Tuesdays</b> 2nd Floor Chapel</p> <p><b>3:00</b> <b>Cribbage</b> 3rd Floor Billiard Room</p>	<p style="text-align: center;"><b>8</b></p> <p><b>9:00</b> <b>Casino Outing</b> Ride with us to play! Or just have lunch &amp; enjoy the drive</p> <p><b>9:00</b> <b>WHOGA</b> Seated exercises 3rd Floor Theater</p> <p><b>9:50</b> <b>Stronger Sr Exercises</b> This class will help you GET stronger &amp; more "fit" Large Dining Room</p> <p><b>11:00</b> <b>LDS Ladies Lunch &amp; Learn</b> Meet in the Private Dining Room for lunch &amp; fellowship</p> <p><b>12:30</b> <b>Scenic Drive 1hr</b> Join us for a tour around our area Sign up in the Lobby</p> <p><b>1:00</b> <b>Discerning The Word of God Bible Study</b> Discover and understand more, together. 3rd Floor Theater</p> <p><b>1:00</b> <b>Card Games</b> 3rd Floor Billiard Room</p> <p><b>2:00</b> <b>Resident Birthday Party</b> Celebrate all of the birthdays together! Enjoy Live music &amp; cake! Large Dining Room</p> <p><b>3:30</b> <b>Rack'em up Billiards</b> 3rd Floor Billiard Room</p> <p><b>6:00</b> <b>Midweek Movie</b> Check your flyer for movie info 3rd Floor Theater Room</p>	<p style="text-align: center;"><b>9</b></p> <p><b>Shopping 8:30-10:00</b> Walmart 1.5 hr Trip</p> <p><b>9:00</b> <b>TAI CHI</b> Seated exercises 3rd Floor Theater Room</p> <p><b>9:50</b> <b>OTAGO Better Balance Exercise Class</b> Seated &amp; standing Large Dining Room</p> <p><b>10:00</b> <b>Yoga Level 1</b> Seated exercises 3rd Floor Theater Room</p> <p><b>10:30</b> <b>Yoga Level 2</b> Sitting to standing exercise 3rd Floor Theater</p> <p><b>12:30</b> <b>Shopping 12:30</b> Walmart 1hr Trip Sign up in the Lobby to ride</p> <p><b>1:00</b> <b>WHOGA</b> Seated exercises 3rd Floor Theater</p> <p><b>1:00</b> <b>Pinochle Foursomes</b> 3rd Floor Billiard Room</p> <p><b>1:30</b> <b>Church with Pastor Al</b> A wonderful Christian service 2nd Floor Chapel Room</p> <p><b>2:00</b> <b>Soda Shop Social Hot Chocolate Floats</b> 2nd Floor "Coke" Room</p> <p><b>3:00</b> <b>Joyce's Piano Concert</b> Joyful piano In the Lobby before dinner</p> <p><b>3:00</b> <b>BUNCO Dice Game</b> Just roll &amp; have fun! 2nd Floor Craft Room</p>	<p style="text-align: center;"><b>10</b></p> <p><b>9:00</b> <b>WHOGA</b> Seated exercises designed for wheelchairs &amp; or other physical limitations 3rd Floor Theater</p> <p><b>9:30</b> <b>Musical Memories</b> Listen to songs you haven't heard in forever... 2nd Floor Loft</p> <p><b>9:50</b> <b>Stronger Sr Exercises</b> This class will help you GET stronger &amp; more "fit" Large Dining Room</p> <p><b>1:00</b> <b>Pinochle Foursomes</b> Stop in and play! 3rd Floor Billiard Room</p> <p><b>1:00</b> <b>Volunteer Project</b> Helping Out... Making blankets to donate 2nd Floor Craft Room</p> <p><b>2:00</b> <b>Karaoke with Bobby McFay</b> Cheer them on &amp; and maybe you sing too! 10,000+ songs to choose from. Lobby</p> <p><b>3:30</b> <b>Rack'em up Billiards</b> Meet to play before dinner 3rd Floor Billiard Room</p>	<p style="text-align: center;"><b>11</b></p> <p><b>9:00</b> <b>Perplexing Puzzlement</b> Grab your puzzle packet and keep your brain firing 2nd Floor Loft</p> <p><b>9:00</b> <b>TAI CHI</b> Seated arm exercises 3rd Floor Theater Room</p> <p><b>10:00</b> <b>Classical Piano with Richard</b> Enjoy in the Lobby</p> <p><b>10:00</b> <b>Yoga Level 1</b> Seated stretching &amp; strengthening exercises 3rd Floor Theater Room</p> <p><b>10:30</b> <b>Yoga Level 2</b> Alternating from sitting to standing balance exercise 3rd Floor Theater</p> <p><b>1:00</b> <b>Pinochle Foursomes</b> 3rd Floor Billiard Room</p> <p><b>1:00</b> <b>Movie Matinee</b> Check your daily flyer for more detailed movie information 3rd Floor Theater Room</p> <p><b>3:00</b> <b>Skip Bo</b> Meet in the Lobby to play a few rounds before dinner. This is an easy card game, just match the color or the number with cards from your hand to be the first to get rid of all your cards. 2nd Floor Loft (Outside the Puzzle Room)</p>

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<p><b>12</b></p> <p><u>9:00</u> <b>TAI CHI</b> 3rd Floor Theater Room</p> <p><u>10:00</u> <b>Catholic Service</b> Meet for Mass in the 2nd Floor Chapel</p> <p><u>10:00</u> <b>Yoga Level 1</b> Seated stretching &amp; strengthening exercises 3rd Floor Theater Room</p> <p><u>10:30</u> <b>Yoga Level 2</b> Alternating from sitting to standing balance exercise 3rd Floor Theater</p> <p><u>1:00</u> <b>Card Games</b> (Kings in the Corner?) Meet up to play! Meet others that enjoy cards &amp; maybe they want to play other games too 3rd Floor Billiard Room</p> <p><u>1:00</u> <b>Movie Matinee</b> Check your daily flyer for more detailed movie information 3rd Floor Theater Room</p> <p><u>1:30</u> <b>Latter Day Saints Church Service</b> We invite you to join us! 2nd Floor Chapel</p> <p><u>3:00</u> <i>Worship in The Word</i> Scripture, singing &amp; praise together. 2nd Floor Chapel</p>	<p><b>13</b></p> <p><b>Medical Transport Day</b> <u>9:00</u> <b>WHOGA</b> Seated exercises 3rd Floor Theater</p> <p><u>9:50</u> <b>Stronger Sr Exercises</b> This class will help you GET stronger &amp; more "fit" Large Dining Room</p> <p><u>10:00</u> <b>Yoga Level 1</b> Seated exercises 3rd Floor Theater Room</p> <p><u>10:30</u> <b>Yoga Level 2</b> Seated to standing exercises 3rd Floor Theater</p> <p><u>1:00</u> <b>Pinochle Foursomes</b> 3rd Floor Billiard Room</p> <p><u>1:00</u> <b>Volunteer Project</b> Helping Out... Making blankets to donate 2nd Floor Craft Room</p> <p><u>2:00</u> <b>Laurie's Sing Along</b> Sing our hearts out! Great for the body &amp; soul Lobby</p> <p><u>3:00</u> <b>Bible Figure Lessons</b> Learn more in-depth &amp; apply to your daily life 3rd Floor Theater</p> <p><u>3:00</u> <b>Happier Hour</b> <b>Hot Chocolate</b> Stop by for jazzed up hot drinks and socialize before dinner. Lobby</p> <p><u>7:00</u> <b>Toastmaster Club Mtg.</b> 3rd Floor Theater Room</p>	<p><b>14</b></p> <p><b>Medical Transport Day</b> <u>9:00</u> <b>TAI CHI</b> Seated upper body exercises. 3rd Floor Theater Room</p> <p><u>9:50</u> <b>OTAGO Better Balance Exercise Class</b> Seated &amp; standing Large Dining Room</p> <p><u>10:00</u> <b>Yoga Level 1</b> Seated stretching &amp; strengthening exercises 3rd Floor Theater Room</p> <p><u>10:30</u> <b>Yoga Level 2</b> Alternating from sitting to standing balance exercise 3rd Floor Theater</p> <p><u>1:00</u> <b>WHOGA</b> Seated exercises designed for physical limitations 3rd Floor Theater</p> <p><u>1:00</u> <b>Pinochle Foursomes</b> 3rd Floor Billiard Room</p> <p><u>1:00</u> <b>Shuffleboard</b> Learn this game again! Friendly competition with Megan and friends</p> <p><u>2:00</u> <b>LARRY ASHBY</b> Sit back &amp; enjoy classic songs with a great guy Lobby</p> <p><u>3:00</u> <b>Cribbage</b> Meet up with others to play! 3rd Floor Billiard Room</p>	<p><b>15</b></p> <p><u>9:00</u> <b>Dollar Store</b> Ride with us to shop Sign up in the Lobby</p> <p><u>9:00</u> <b>WHOGA</b> Seated exercises 3rd Floor Theater</p> <p><u>9:50</u> <b>Stronger Sr Exercises</b> This class will help you GET stronger &amp; more "fit" Large Dining Room</p> <p><u>10:00</u> <b>Yoga Level 1</b> Seated exercises 3rd Floor Theater Room</p> <p><u>10:30</u> <b>Yoga Level 2</b> Seated to standing exercises 3rd Floor Theater</p> <p><u>12:30</u> <b>Scenic Drive 1hr</b> Join us for a tour around our area Sign up in the Lobby</p> <p><u>1:00</u> <b>Discerning The Word of God Bible Study</b> 3rd Floor Theater</p> <p><u>2:00</u> <b>Old Time Fiddlers Folk/Bluegrass Music</b> Keeping the music alive. Large Dining Room</p> <p><u>3:30</u> <b>Rack'em up Billiards</b> Dare to play a round with Megan? 3rd Floor Billiard Room</p> <p><u>6:00</u> <b>Midweek Movie</b> Check your daily flyer for detailed movie information 3rd Floor Theater Room</p>	<p><b>16</b></p> <p><u>8:30-10:00</u> <b>Shopping</b> Fred Meyer 1.5 hr Trip</p> <p><u>9:00</u> <b>TAI CHI</b> Slow, controlled &amp; seated upper body exercises. 3rd Floor Theater Room</p> <p><u>9:50</u> <b>OTAGO Better Balance Exercise Class</b> Seated &amp; standing Large Dining Room</p> <p><u>10:00</u> <b>Yoga Level 1</b> Seated stretching &amp; strengthening exercises 3rd Floor Theater Room</p> <p><u>10:30</u> <b>Yoga Level 2</b> Alternating from sitting to standing balance exercise 3rd Floor Theater</p> <p><u>12:30</u> <b>Shopping</b> Fred Meyer 1 hr Trip</p> <p><u>1:00</u> <b>WHOGA</b> Seated exercises 3rd Floor Theater</p> <p><u>1:00</u> <b>Pinochle Foursomes</b> 3rd Floor Billiard Room</p> <p><u>1:30</u> <b>Church with Pastor Al</b> A wonderful Christian service 2nd Floor Chapel</p> <p><u>2:00</u> <b>Soda Shop Social</b> <b>Hot Chocolate Floats</b> 2nd Floor "Coke" Room</p> <p><u>3:00</u> <b>BUNCO Dice Game</b> Fun dice game. Just roll &amp; have fun! 2nd Floor Craft Room</p>	<p><b>17</b></p> <p><u>9:00</u> <b>WHOGA</b> Seated exercises designed for wheelchairs &amp; or other physical limitations 3rd Floor Theater</p> <p><u>9:30</u> <b>Musical Memories</b> Listen to songs you haven't heard in forever... 2nd Floor Loft</p> <p><u>9:50</u> <b>Stronger Sr Exercises</b> This class will help you GET stronger &amp; more "fit" Large Dining Room</p> <p><u>10:00</u> <b>Yoga Level 1</b> Seated stretching &amp; strengthening exercises 3rd Floor Theater Room</p> <p><u>10:30</u> <b>Yoga Level 2</b> Alternating from sitting to standing balance exercise 3rd Floor Theater</p> <p><u>1:00</u> <b>Pinochle Foursomes</b> Stop in and play! 3rd Floor Billiard Room</p> <p><u>1:00</u> <b>Volunteer Project</b> Helping Out... Making blankets to donate 2nd Floor Craft Room</p> <p><u>3:30</u> <b>Rack'em up Billiards</b> Meet to play before dinner 3rd Floor Billiard Room</p>	<p><b>18</b></p> <p><u>9:00</u> <b>Perplexing Puzzlement</b> Grab your puzzle packet and keep your brain firing 2nd Floor Loft</p> <p><u>9:00</u> <b>TAI CHI</b> 3rd Floor Theater Room</p> <p><u>9:00-10:30</u> <b>Arty Fartsy Fun</b> Make easy but cute décor. 2nd Floor Craft Room</p> <p><u>10:00</u> <b>Classical Piano with Richard</b> Enjoy in the Lobby</p> <p><u>10:00</u> <b>Yoga Level 1</b> Seated stretching &amp; strengthening exercises 3rd Floor Theater Room</p> <p><u>10:30</u> <b>Yoga Level 2</b> Alternating from sitting to standing balance strength &amp; stretch exercises. 3rd Floor Theater</p> <p><u>11:00-1:00</u> <b>Mary Kay Products</b> Meet with Diane in the Lobby to find the products you know and love</p> <p><u>1:00</u> <b>Pinochle Foursomes</b> 3rd Floor Billiard Room</p> <p><u>1:00</u> <b>Movie Matinee</b> Check your daily flyer for more detailed movie information 3rd Floor Theater Room</p> <p><u>3:00</u> <b>Skip Bo</b> Meet in the Lobby to play a few rounds before dinner. This is an easy card game, just match the color or the number with cards from your hand to be</p>



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>19</b></p> <p><b>9:00</b> <b>TAI CHI</b> Slow, controlled &amp; seated upper body exercises. 3rd Floor Theater Room</p> <p><b>10:00</b> <b>Catholic Service</b> Meet for Mass in the 2nd Floor Chapel</p> <p><b>10:00</b> <b>Doggie Day</b> Get a good snuggle from these wonderful dogs. In the Lobby</p> <p><b>10:00</b> <b>Yoga Level 1</b> Seated stretching &amp; strengthening exercises 3rd Floor Theater Room</p> <p><b>10:30</b> <b>Yoga Level 2</b> Alternating from sitting to standing balance exercise exercises. 3rd Floor Theater</p> <p><b>1:00</b> <b>Card Games</b> (Kings in the Corner?) Meet up to play! 3rd Floor Billiard Room</p> <p><b>1:00</b> <b>Movie Matinee</b> Check your daily flyer for more detailed movie information 3rd Floor Theater Room</p> <p><b>1:30</b> <b>Latter Day Saints Church Service</b> We invite you to join us! 2nd Floor Chapel</p> <p><b>3:00</b> <b>Worship in The Word</b> Scripture, singing &amp; praise</p>	<p><b>20</b></p> <p><b>Medical Transport Day</b></p> <p><b>9:00</b> <b>WHOGA</b> Seated exercises 3rd Floor Theater</p> <p><b>9:50</b> <b>Stronger Sr Exercises</b> This class will help you GET stronger &amp; more "fit" Large Dining Room</p> <p><b>10:00</b> <b>Yoga Level 1</b> Seated exercises 3rd Floor Theater Room</p> <p><b>10:30</b> <b>Yoga Level 2</b> Seated to standing exercises 3rd Floor Theater</p> <p><b>2:00</b> <b>\$Nickel\$ Bingo</b> Pay a Nickel each game &amp; a Quarter for the end game Large Dining Room</p> <p><b>3:00</b> <b>Happier Hour Hot Apple Cider</b> Stop by for jazzed up hot drinks and socialize before dinner. We have non alcoholic versions too! (Mocktails) Lobby</p> <p><b>3:00</b> <b>Bible Figure Lessons</b> Learn more in-depth &amp; apply to your daily life 3rd Floor Theater</p> <p><b>7:00</b> <b>Toastmaster Club Mtg.</b> 3rd Floor Theater Room</p>	<p><b>21</b></p> <p><b>Medical Transport Day</b></p> <p><b>9:00</b> <b>TAI CHI</b> Seated upper body exercises. 3rd Floor Theater Room</p> <p><b>9:50</b> <b>OTAGO Better Balance Exercise Class</b> Seated &amp; standing Large Dining Room</p> <p><b>10:00</b> <b>Yoga Level 1</b> Seated stretching &amp; strengthening exercises 3rd Floor Theater Room</p> <p><b>10:30</b> <b>Yoga Level 2</b> Alternating from sitting to standing balance exercise 3rd Floor Theater</p> <p><b>1:00</b> <b>WHOGA</b> Seated exercises designed for wheelchairs &amp; or other physical limitations 3rd Floor Theater</p> <p><b>1:00</b> <b>Pinochle Foursomes</b> 3rd Floor Billiard Room</p> <p><b>1:00</b> <b>Shuffleboard</b> Learn this game again! Friendly competition with Megan and friends</p> <p><b>2:00</b> <b>Candy Bingo</b> Enjoy all regular BINGO games with mini candy bar prizes. Large Dining Room</p> <p><b>3:00</b> <b>Old Testament Tuesdays</b> Join us for this Christian Service, with friends 2nd Floor Chapel</p> <p><b>3:00</b> <b>Cribbage</b> Meet up with others to play! 3rd Floor Billiard Room</p>	<p><b>22</b></p> <p><b>9:00</b> <b>WHOGA</b> Seated exercises designed for wheelchairs &amp; or other physical limitations 3rd Floor Theater</p> <p><b>9:50</b> <b>Stronger Sr Exercises</b> This class will help you GET stronger &amp; more "fit" Large Dining Room</p> <p><b>1:00</b> <b>Discerning The Word of God Bible Study</b> Discover and understand more, together. 3rd Floor Theater</p> <p><b>12:30</b> <b>Scenic Drive 1hr</b> Join us for a tour around our area Sign up in the Lobby</p> <p><b>2:00</b> <b>Music with Gabe</b> Listen as he plays all the classic tunes in the Large Dining room</p> <p><b>1:00</b> <b>Card Games</b> Meet up to play! 3rd Floor Billiard Room</p> <p><b>3:30</b> <b>Rack'em up Billiards</b> Come play a few games 3rd Floor Billiard Room</p> <p><b>6:00</b> <b>Midweek Movie</b> Check your daily flyer for detailed movie information 3rd Floor Theater Room</p>	<p><b>23</b></p> <p><b>Shopping 8:30-10:00</b> Walmart 1.5 hr Trip</p> <p><b>9:00</b> <b>TAI CHI</b> 3rd Floor Theater Room</p> <p><b>9:50</b> <b>OTAGO Better Balance Exercise Class</b> Seated &amp; standing Large Dining Room</p> <p><b>10:00</b> <b>Yoga Level 1</b> Seated stretching &amp; strengthening exercises 3rd Floor Theater Room</p> <p><b>10:30</b> <b>Yoga Level 2</b> Alternating from sitting to standing balance exercise 3rd Floor Theater</p> <p><b>Shopping 12:30</b> Walmart 1hr Trip</p> <p><b>1:00</b> <b>WHOGA</b> Seated exercises designed for wheelchairs &amp; or physical limitations 3rd Floor Theater</p> <p><b>1:00</b> <b>Pinochle Foursomes</b> 3rd Floor Billiard Room</p> <p><b>1:30</b> <b>Church with Pastor Al</b> A wonderful Christian service 2nd Floor Chapel</p> <p><b>2:00</b> <b>Soda Shop Social Hot Chocolate Floats</b> 2nd Floor "Coke" Room</p> <p><b>3:00</b> <b>BUNCO Dice Game</b> Fun dice game. Just roll &amp; have fun! 2nd Floor Craft Room</p> <p><b>3:00</b> <b>Joyce's Piano Concert</b> Joyful piano In the Lobby before dinner</p>	<p><b>24</b></p> <p><b>9:00</b> <b>WHOGA</b> Seated exercises designed for wheelchairs &amp; or other physical limitations 3rd Floor Theater</p> <p><b>9:30</b> <b>Musical Memories</b> Listen to songs you haven't heard in forever... Add requests or just enjoy 2nd Floor Loft</p> <p><b>9:50</b> <b>Stronger Sr Exercises</b> This class will help you GET stronger &amp; more "fit" Large Dining Room</p> <p><b>10:00</b> <b>Yoga Level 1</b> Seated stretching &amp; strengthening exercises 3rd Floor Theater Room</p> <p><b>10:30</b> <b>Yoga Level 2</b> Alternating from sitting to standing balance exercise 3rd Floor Theater</p> <p><b>1:00</b> <b>Pinochle Foursomes</b> 3rd Floor Billiard Room</p> <p><b>1:00</b> <b>Volunteer Project</b> Helping Out... Making blankets to donate 2nd Floor Craft Room</p> <p><b>3:30</b> <b>Rack'em up Billiards</b> Meet to play before dinner 3rd Floor Billiard Room</p> <p><b>2:00</b> <b>Ruth Dollar on Piano</b> Enjoy exceptional piano with our amazing friend. Lobby</p>	<p><b>25</b></p> <p><b>9:00</b> <b>Perplexing Puzzlement</b> Grab your puzzle packet 2nd Floor Loft</p> <p><b>9:00</b> <b>TAI CHI</b> Slow, controlled &amp; seated upper body exercises. GREAT for the brain too! 3rd Floor Theater Room</p> <p><b>9:00-10:30</b> <b>Arty Fartsy Fun</b> Make easy but cute décor. 2nd Floor Craft Room</p> <p><b>10:00</b> <b>Classical Piano with Richard</b> Enjoy in the Lobby</p> <p><b>10:00</b> <b>Yoga Level 1</b> Seated stretching &amp; strengthening exercises 3rd Floor Theater Room</p> <p><b>10:30</b> <b>Yoga Level 2</b> Alternating from sitting to standing balance exercise 3rd Floor Theater</p> <p><b>1:00</b> <b>Pinochle Foursomes</b> 3rd Floor Billiard Room</p> <p><b>1:00</b> <b>Movie Matinee</b> Check your daily flyer for more detailed movie information 3rd Floor Theater Room</p> <p><b>3:00</b> <b>Skip Bo</b> Meet in the Lobby to play a few rounds before dinner. 2nd Floor Loft (Outside the Puzzle Room)</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>26</p> <p>9:00 <b>TAI CHI</b> Slow, controlled &amp; seated upper body exercises. GREAT for the brain too! 3rd Floor Theater Room</p> <p>10:00 <b>Catholic Service</b> Meet for Mass in the 2nd Floor Chapel</p> <p>10:00 <b>Yoga Level 1</b> Seated stretching &amp; strengthening exercises 3rd Floor Theater Room</p> <p>10:30 <b>Yoga Level 2</b> Alternating from sitting to standing balance exercise 3rd Floor Theater</p> <p>1:00 <b>Card Games</b> (Kings in the Corner?) Meet up to play! Meet others that enjoy cards &amp; maybe they want to play other games too 3rd Floor Billiard Room</p> <p>1:00 <b>Movie Matinee</b> See your daily flyer for movie detailed movie information 3rd Floor Theater Room</p> <p>1:30 <b>Latter Day Saints Church Service</b> We invite you to join us! 2nd Floor Chapel</p> <p>3:00 <b>Worship in The Word</b> Scripture, singing &amp; praise together 2nd Floor Chapel</p>	<p>27</p> <p>Medical Transport Day</p> <p>9:00 <b>WHOGA</b> Seated exercises 3rd Floor Theater</p> <p>9:50 <b>Stronger Sr Exercises</b> This class will help you GET stronger &amp; more "fit" Large Dining Room</p> <p>10:00 <b>Yoga Level 1</b> Seated exercises 3rd Floor Theater Room</p> <p>10:30 <b>Yoga Level 2</b> Seated to standing exercises 3rd Floor Theater</p> <p>1:00 <b>Pinochle Foursomes</b> 3rd Floor Billiard Room</p> <p>1:00 <b>Volunteer Project</b> Helping Out... Making blankets to donate 2nd Floor Craft Room</p> <p>2:00 <b>\$Nickel\$ Bingo</b> Pay a Nickel each game &amp; a Quarter for the end. Large Dining Room</p> <p>3:00 <b>Happier Hour Hot Chocolate</b> Stop by for jazzed up hot drinks and socialize before dinner. We have non alcoholic versions too! (Mocktails) Lobby</p> <p>3:00 <b>Bible Figure Lessons</b> Learn more in-depth &amp; apply to your daily life 3rd Floor Theater</p>	<p>28</p> <p>Medical Transport Day</p> <p>9:00 <b>TAI CHI</b> Slow, controlled &amp; seated upper body exercises. GREAT for the brain too! 3rd Floor Theater Room</p> <p>9:50 <b>OTAGO Better Balance Exercise Class</b> Seated &amp; standing Large Dining Room</p> <p>10:00 <b>Yoga Level 1</b> Seated stretching &amp; strengthening exercises 3rd Floor Theater Room</p> <p>10:30 <b>Yoga Level 2</b> Alternating from sitting to standing balance exercise 3rd Floor Theater</p> <p>1:00 <b>WHOGA</b> Seated exercises designed for wheelchairs &amp; or other physical limitations 3rd Floor Theater</p> <p>1:00 <b>Pinochle Foursomes</b> Stop in and play! 3rd Floor Billiard Room</p> <p>1:00 <b>Shuffleboard</b> Learn this game again! Friendly competition with Megan and friends</p> <p>2:00 <b>Candy Bingo</b> Enjoy all regular BINGO games with mini candy bar prizes. Large Dining Room</p> <p>3:00 <b>Cribbage</b> Meet up with others to play! Billiard Room</p>	<p>29</p> <p>9:00 <b>Dollar Store</b> Ride with us to shop Sign up in the Lobby</p> <p>9:00 <b>WHOGA</b> Seated exercises designed for wheelchairs &amp; or other physical limitations 3rd Floor Theater</p> <p>9:50 <b>Stronger Sr Exercises</b> This class will help you GET stronger &amp; more "fit" Large Dining Room</p> <p>1:00 <b>Discerning The Word of God Bible Study</b> Discover and understand more, together. 3rd Floor Theater</p> <p>1:00 <b>Card Games</b> Meet up to play! 3rd Floor Billiard Room</p> <p>12:30 <b>Scenic Drive 1hr</b> Join us for a tour around our area Sign up in the Lobby</p> <p>1:30 <b>Square Dance Showcase</b> Join your mailman, Tracy, for good ol' fun. Custom made dances for you too! Large Dining Room</p> <p>3:30 <b>Rack'em up Billiards</b> 3rd Floor Billiard Room</p> <p>6:00 <b>Midweek Movie</b> Check your daily flyer for detailed movie information 3rd Floor Theater Room</p>	<p>30</p> <p><u>Shopping 8:30-10:00</u> Fred Meyer 1.5 hr Trip</p> <p>9:00 <b>TAI CHI</b> Slow, controlled &amp; seated 3rd Floor Theater Room</p> <p>9:50 <b>OTAGO Better Balance Exercise Class</b> Seated &amp; standing Large Dining Room</p> <p>10:00 <b>Yoga Level 1</b> Seated 3rd Floor Theater Room</p> <p>10:30 <b>Yoga Level 2</b> From sitting to standing 3rd Floor Theater</p> <p><u>Shopping 8:30-12:30</u> Fred Meyer 1.5 hr Trip</p> <p>1:00 <b>WHOGA</b> Seated exercises 3rd Floor Theater</p> <p>1:00 <b>Pinochle Foursomes</b> 3rd Floor Billiard Room</p> <p>1:30 <b>Church with Pastor Al</b> A wonderful Christian service 2nd Floor Chapel</p> <p>2:00 <b>Soda Shop Social</b></p> <p><b>Hot Chocolate Floats</b> 2nd Floor "Coke" Room</p> <p>3:00 <b>BUNCO Dice Game</b> Fun dice game. Just roll &amp; have fun! 2nd Floor Craft Room</p>	<p>31</p> <p>9:00 <b>WHOGA</b> Seated exercises designed for wheelchairs &amp; or other physical limitations 3rd Floor Theater</p> <p>9:30 <b>Musical Memories</b> Listen to songs you haven't heard in forever... 2nd Floor Loft</p> <p>9:50 <b>Stronger Sr Exercises</b> This class will help you GET stronger &amp; more "fit" Large Dining Room</p> <p>10:00 <b>Yoga Level 1</b> Seated stretching &amp; strengthening exercises 3rd Floor Theater Room</p> <p>10:30 <b>Yoga Level 2</b> Alternating from sitting to standing balance exercise 3rd Floor Theater</p> <p>1:00 <b>Pinochle Foursomes</b> Stop in and play! 3rd Floor Billiard Room</p> <p>1:00 <b>Volunteer Project</b> Helping Out... Making blankets to donate 2nd Floor Craft Room</p> <p>2:00 <b>TROUBLES BE GONE Sing Along</b> This group is here to lift our spirits with the power of music. Large Dining Room</p> <p>3:30 <b>Rack'em up Billiards</b> Meet to play before dinner 3rd Floor Billiard Room</p>	<p>1</p> <p>9:00 <b>Perplexing Puzzlement</b> Grab your puzzle packet from the 2nd Floor Loft</p> <p>9:00 <b>TAI CHI</b> Slow, controlled &amp; seated 3rd Floor Theater Room</p> <p>10:00 <b>Classical Piano with Richard</b> Enjoy beautiful piano in the Lobby with this wonderful gentleman</p> <p>10:00 <b>Yoga Level 1</b> Seated 3rd Floor Theater Room</p> <p>10:30 <b>Yoga Level 2</b> From sitting to standing 3rd Floor Theater</p> <p>1:00 <b>Pinochle Foursomes</b> Stop in and play! 3rd Floor Billiard Room</p> <p>1:00 <b>Movie Matinee</b> 3rd Floor Theater Room</p> <p>3:00 <b>New Resident Mix &amp; Mingle</b> This is an opportunity to introduce yourself and enjoy refreshments. Lobby</p> <p>3:00 <b>Skip Bo</b> Meet in the Lobby to play a few rounds before dinner. This is an easy card game, just match the color or the number with cards from your hand to be the first to get rid of all your cards in your hand. 2nd Floor Loft (Outside the Puzzle Room)</p>