	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
	29	30	31	1	2	
		Medical Transport Day	Medical Transport Day	WISHING	Shopping 8:30-10:00	
	<u>9:00</u>	<u>9:00</u> WHOGA	<u>9:00</u>	YOUA	Fred Meyer 1.5 hr Trip 9:00	Seated
	TAI CHI Slow, controlled & seated	Seated exercises 3rd Floor Theater	TAI CHI	HAPPY NEW YEAR	TAI CHI	whe ph
	upper body exercises. GREAT for the brain too!	<u>9:50</u> Stronger Sr Exercises	Seated upper body exercises. 3rd Floor Theater Room	<u>9:00</u>	Upper body exercises. 3rd Floor Theater Room	3
	3rd Floor Theater Room	This class will help you GET stronger & more "fit"	<u>9:50</u> OTAGO Better Balance	WHOGA Seated exercises designed for	<u>9:50</u> OTAGO Better Balance	Mus Lis
	<u>10:00</u> Catholic Service	Large Dining Room 10:00	Exercise Class	wheelchairs & or other	Exercise Class Seated & standing	haver
	Meet for Mass in the	Yoga Level 1	Seated & standing Large Dining Room	physical limitations 3rd Floor Theater	Large Dining Room <u>10:00</u>	0
	2nd Floor Chapel <u>10:00</u>	Seated exercises 3rd Floor Theater Room	<u>10:00</u> Yoga Level 1	<u>10:00</u> Yoga Level 1	Yoga Level 1 Seated stretching &	Stro This c
25	Yoga Level 1 Seated stretching &	<u>10:30</u> Yoga Level 2	Seated stretching &	Seated stretching & strengthening exercises	strengthening exercises 3rd Floor Theater Room	str La
20	strengthening exercises 3rd Floor Theater Room	Seated to standing exercises	strengthening exercises 3rd Floor Theater Room	3rd Floor Theater Room 10:30	<u>10:30</u> Yoga Level 2	
λ	<u>10:30</u> Yoga Level 2	3rd Floor Theater <u>1:00</u>	<u>10:30</u> Yoga Level 2	Yoga Level 2 From sitting to standing	From sitting to standing 3rd Floor Theater Room	Se strer
lar	Alternating from sitting to standing balance exercise	Pinochle Foursomes 3rd Floor Billiard Room	Alternating from sitting to	3rd Floor Theater Room 12:30	Shopping 12:30 Fred Meyer 1hr Trip	3rd
nu	3rd Floor Theater	<u>1:00</u> Volunteer Project	standing balance exercise 3rd Floor Theater	Scenic Drive 1hr Join us for a tour	Sign up in the Lobby to ride 1:00	Alterr
Ja	<u>1:00</u> Card Games	Helping Out Making blankets to donate	<u>1:00</u> WHOGA	around our area Sign up in the Lobby	WHOGA Seated exercises	stand 3
	(Kings in the Corner?) Meet up to play!	2nd Floor Craft Room 2:00	Seated exercises designed for wheelchairs & or other	<u>1:00</u>	3rd Floor Theater 1:00	Pin
	Meet others that enjoy cards & maybe they want to play other	\$Nickel\$ Bingo Pay a Nickel each game & a	physical limitations	Discerning The Word of God Bible Study	Pinochle Foursomes	S 3rd
	games too	Quarter for the end game Large Dining Room	3rd Floor Theater <u>1:00</u>	Discover and understand more, together.	3rd Floor Billiard Room <u>1:30</u>	Vo
	3rd Floor Billiard Room <u>1:00</u>	<u>3:00</u>	Pinochle Foursomes	3rd Floor Theater	Church Service with Pastor Al	Makin
	Movie Matinee Check your daily flyer for more	Happier Hour Hot Chocolate	3rd Floor Billiard Room <u>2:00</u>	<u>1:00</u> Card Games	A wonderful Christian service 2nd Floor Chapel Room	2nc
	detailed movie information 3rd Floor Theater Room	Stop by for jazzed up hot drinks and socialize	Candy Bingo Enjoy all regular BINGO games	Meet up to play!	2:00 Soda Shop Social	NE
	<u>1:30</u> Latter Day Saints	before dinner. We have non alcoholic	with mini candy bar prizes.	3rd Floor Billiard Room <u>3:30</u>	Hot Chocolate Floats	1
	Church Šervice	versions too! (Mocktails) Lobby	Large Dining Room <u>3:00</u>	Rack'em up Billiards 3rd Floor Billiard Room	2nd Floor "Coke" Room <u>2:30</u>	GRE Brin
	We invite you to join us! 2nd Floor Chapel	<u>3:00</u> Bible Figure Lessons	Cribbage Meet up with others to play!	<u>6:00</u>	Pinewood Singers Sing along with this	Celebra
	<u>3:00</u> Worship in The Word	Learn more in-depth & apply to your daily life	Billiard Room	Midweek Movie Check your daily flyer for	WONDERFUL group Lobby	La
	Scripture, singing & praise	3rd Floor Theater 7:00		detailed movie information	<u>3:00</u>	Rack Meet
	together. 2nd Floor Chapel	Toastmaster Club Mtg. An outside group comes to		3rd Floor Theater Room	BUNCO Dice Game Fun dice game.	3rd
		utilize the room. 3rd Floor Theater Room			Just roll & have fun! 2nd Floor Craft Room	
	L					

3

<u>9:00</u> WHOGA

ed exercises designed for /heelchairs & or other physical limitations 3rd Floor Theater 9:30

isical Memories

Listen to songs you ven't heard in forever... 2nd Floor Loft **9:50**

ronger Sr Exercises

s class will help you **GET** stronger & more "fit" Large Dining Room <u>10:00</u>

Yoga Level 1

Seated stretching & rengthening exercises rd Floor Theater Room <u>10:30</u>

Yoga Level 2

ernating from sitting to nding balance exercise 3rd Floor Theater <u>1:00</u>

inochle Foursomes

Stop in and play! rd Floor Billiard Room 1:00

Volunteer Project

Helping Out... king blankets to donate 2nd Floor Craft Room <u>2:00</u>

EON NEW YEAR with REY WOLF BAND

ing in the new yearl brate 2025 with us in the Large Dining Room 3:30

eck em up Billiards eet to play before dinner rd Floor Billiard Room

SATURDAY

4

<u>9:00</u> Perplexing Puzzlement Grab your puzzle packet and keep your brain firing 2nd Floor Loft <u>9:00</u> TAI CHI

3rd Floor Theater Room

Classical Piano

with Richard Lobby

<u>10:00</u>

Yoga Level 1

Seated stretching & strengthening exercises 3rd Floor Theater Room <u>10:30</u>

Yoga Level 2

Alternating from sitting to standing balance exercise 3rd Floor Theater **1:00**

Fuzzy Friends

Sweet pet bunnies here for you to pet & enjoy 2nd Floor Craft Room <u>1:00</u>

Pinochle Foursomes

Stop in and play! 3rd Floor Billiard Room <u>1:00</u>

Movie Matinee

3rd Floor Theater Room 3:00

New Resident Mix & Mingle

This is an opportunity to introduce yourself and enjoy refreshments. Lobby

<u>3:00</u>

Skip Bo Meet in the Lobby to play a few rounds before dinner. 2nd Floor Loft

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
	5	6	7	8	9	
025	9:00 TAI CHI Slow, controlled & seated 3rd Floor Theater Room 3rd Floor Theater Room <u>10:00</u> Catholic Service Meet for Mass in the 2nd Floor Chapel <u>10:00</u> Doggie Day Get a good snuggle from these wonderful dogs. In the Lobby <u>10:00</u>	Medical Transport Day <u>9:00</u> WHOGA Seated exercises 3rd Floor Theater <u>9:50</u> Stronger Sr Exercises This class will help you GET stronger & more "fit" Large Dining Room <u>10:00</u> Yoga Level 1 Seated exercises 3rd Floor Theater Room <u>10:30</u> Yoga Level 2	7 Medical Transport Day <u>9:00</u> TAI CHI Seated upper body exercises. 3rd Floor Theater Room <u>9:50</u> OTAGO Better Balance <u>Exercise Class</u> Seated & standing Large Dining Room <u>10:00</u> Elwin on the Organ Beautifully played tunes, sure to move your heart. 2nd Floor Chapel <u>10:00</u>	B <u>9:00</u> Casino Outing Ride with us to play! Or just have lunch & enjoy the drive <u>9:00</u> WHOGA Seated exercises 3rd Floor Theater <u>9:50</u> Stronger Sr Exercises This class will help you GET stronger & more "fit" Large Dining Room <u>11:00</u> LDS Ladies	Shopping 8:30-10:00 Walmart 1.5 hr Trip 9:00 TAI CHI Seated exercises 3rd Floor Theater Room 9:50 OTAGO Better Balance Exercise Class Seated & standing Large Dining Room 10:00 Yoga Level 1 Seated exercises 3rd Floor Theater Room 10:30	Seated whe pr 3 Mus Li have
January 2(Yoga Level 1 Seated stretching & strengthening exercises 3rd Floor Theater Room <u>10:30</u> Yoga Level 2 Alternating from sitting to standing balance exercise 3rd Floor Theater <u>1:00</u> Card Games (Kings in the Corner?) Meet up to play! Meet others that enjoy cards & maybe they want to play other games too 3rd Floor Billiard Room <u>1:00</u> Movie Matinee Check your daily flyer for more detailed movie information 3rd Floor Theater Room <u>1:30</u> Latter Day Saints Church Service 2nd Floor Chapel <u>3:00</u> Worship in The Word	Seated to standing exercises 3rd Floor Theater Large Dining Room <u>1:00</u> <i>Piano with Linda</i> Hymns, 1940's musical scores and more Lobby <u>1:00</u> <i>Pinochle Foursomes</i> Stop in and play! 3rd Floor Billiard Room <u>1:00</u> <i>Volunteer Project</i> Making blankets to donate 2:00 <i>SNickel\$ Bingo</i> Pay a Nickel each game & a Quarter for the end game Large Dining Room <u>3:00</u> <i>Happier Hour</i> <i>Hot Apple Cider</i> Stop by for jazzed up hot drinks and socialize before dinner. We have non alcoholic too Lobby <u>3:00</u>	Yoga Level 1 Seated stretching & strengthening exercises 3rd Floor Theater Room <u>10:30</u> Yoga Level 2 From sitting to standing 3rd Floor Theater <u>1:00</u> WHOGA Seated exercises designed for wheelchairs & or physical limitations 3rd Floor Theater <u>1:00</u> Shuffleboard Learn this game again! Friendly competition with Megan and friends <u>1:00</u> Pinochle Foursomes 3rd Floor Billiard Room <u>2:00</u> Candy Bingo Enjoy all regular BINGO games with mini candy bar prizes. Large Dining Room <u>3:00</u> Old Testament Tuesdays	<u>3:30</u> Rack ['] em up Billiards 3rd Floor Billiard Room <u>6:00</u>	Yoga Level 2 Sitting to standing exercise 3rd Floor Theater Shopping 12:30 Walmart 1hr Trip Sign up in the Lobby to ride 1:00 WHOGA Seated exercises 3rd Floor Theater 1:00 Pinochle Foursomes 3rd Floor Billiard Room 1:30 Church with Pastor AI A wonderful Christian service 2nd Floor Chapel Room 2:00 Soda Shop Social Hot Chocolate Floats 2nd Floor "Coke" Room 3:00 Joyce's Piano Concert Joyful piano In the Lobby before dinner 3:00 BUNCO Dice Game Just roll & have fun! 2nd Floor Craft Room	This c str La Pin S 3rd Vo Makir 2nd Vo Makir 2nd Cheer you sin Rack Meet 3rd
	Scripture, singing & praise together. 2nd Floor Chapel 2	Bible Figure Lessons 3rd Floor Theater <u>7:00</u> Toastmaster Club Mtg. 3rd Floor Theater Room	2nd Floor Chapel <u>3:00</u> Cribbage 3rd Floor Billiard Room	Midweek Movie Check your flyer for movie info 3rd Floor Theater Room		

10

<u>9:00</u>

WHOGA

ed exercises designed for /heelchairs & or other physical limitations 3rd Floor Theater <u>9:30</u>

usical Memories

Listen to songs you ven't heard in forever... 2nd Floor Loft <u>9:50</u>

ronger Sr Exercises

s class will help you **GET** stronger & more "fit" Large Dining Room <u>1:00</u>

Pinochle Foursomes

Stop in and play! rd Floor Billiard Room

<u>1:00</u>

Volunteer Project

Helping Out... king blankets to donate 2nd Floor Craft Room

<u>2:00</u>

Karaoke with

Bobby McFay er them on & and maybe sing too! 10,000+ songs to choose from. Lobby

<u>3:30</u>

ck'em up Billiards et to play before dinner rd Floor Billiard Room

SATURDAY

11

<u>9:00</u>

Perplexing Puzzlement

Grab your puzzle packet and keep your brain firing 2nd Floor Loft **9:00**

TAI CHI

Seated arm exercises 3rd Floor Theater Room <u>10:00</u>

Classical Piano

with Richard

Enjoy in the Lobby <u>10:00</u>

Yoga Level 1

Seated stretching & strengthening exercises 3rd Floor Theater Room 10:30

Yoga Level 2

Alternating from sitting to standing balance exercise 3rd Floor Theater <u>1:00</u>

Pinochle Foursomes

3rd Floor Billiard Room <u>1:00</u>

Movie Matinee

Check your daily flyer for more detailed movie information 3rd Floor Theater Room <u>3:00</u>

Skip Bo

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)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
	12	13	14	15	16	
January 2025	9:00 TAI CHI 3rd Floor Theater Room 10:00 Catholic Service Meet for Mass in the 2nd Floor Chapel 10:00 Yoga Level 1 Seated stretching & strengthening exercises 3rd Floor Theater Room 10:30 Yoga Level 2 Alternating from sitting to standing balance exercise 3rd Floor Theater 1:00 Card Games (Kings in the Corner?) Meet up to play! Meet others that enjoy cards & maybe they want to play other games too	Medical Transport Day <u>9:00</u> WHOGA Seated exercises 3rd Floor Theater <u>9:50</u> Stronger Sr Exercises This class will help you GET stronger & more "fit" Large Dining Room <u>10:00</u> Yoga Level 1 Seated exercises 3rd Floor Theater Room <u>10:30</u> Yoga Level 2 Seated to standing exercises 3rd Floor Theater <u>1:00</u> Pinochle Foursomes 3rd Floor Billiard Room <u>1:00</u> Volunteer Project Helping Out Making blankets to donate 2:00 Laurie's Sing Along Sing our hearts out! Great for the body & soul	14 Medical Transport Day 9:00 TAI CHI Seated upper body exercises. 3rd Floor Theater Room 9:50 0TAGO Better Balance Exercise Class Seated & standing Large Dining Room 10:00 Yoga Level 1 Seated stretching & strengthening exercises 3rd Floor Theater Room 10:30 Yoga Level 2 Alternating from sitting to standing balance exercise 3rd Floor Theater 1:00 WHOGA Seated exercises designed for physical limitations 3rd Floor Theater 1:00 MHOGA Seated exercises designed for physical limitations 3rd Floor Theater 1:00 Shuffleboard Learn this game again! Friendly competition with Megan and friends 2:00 LARRY ASHBY Sit back & enjoy classic songs with a great guy Lobby 3:00 Cribbage Meet up with others to play!	15 9:00 Dollar Store Ride with us to shop Sign up in the Lobby 9:00 WHOGA Seated exercises 3rd Floor Theater 9:50 Stronger Sr Exercises This class will help you GET stronger & more "fit" Large Dining Room 10:00 Yoga Level 1 Seated exercises 3rd Floor Theater Room 10:30 Yoga Level 2 Seated to standing exercises 3rd Floor Theater Room 12:30 Scenic Drive 1hr Join us for a tour around our area Sign up in the Lobby 1:00 Discerning The Word of God Bible Study 3rd Floor Theater 2:00 Old Time Fiddlers Folk/Bluegrass Music Keeping the music alive. Large Dining Room 3:30 Rack em up Billiards Dare to play a round with Megan? 3rd Floor Billiard Room 6:00 Midweek Movie Check your daily flyer for detailed movie information 3rd Floor Theater Room	16 Shopping 8:30-10:00 Fred Meyer 1.5 hr Trip 9:00 TAI CHI Slow, controlled & seated upper body exercises. 3rd Floor Theater Room 9:50 OTAGO Better Balance Exercise Class Seated & standing Large Dining Room 10:00 Yoga Level 1 Seated stretching & strengthening exercises 3rd Floor Theater Room 10:30 Yoga Level 2 Alternating from sitting to standing balance exercise 3rd Floor Theater Shopping 12:30 Fred Meyer 1 hr Trip 1:00 WHOGA Seated exercises 3rd Floor Theater Shopping 12:30 Fred Meyer 1 hr Trip 1:00 WHOGA Seated exercises 3rd Floor Theater 1:00 Pinochle Foursomes 3rd Floor Billiard Room 1:30 Church with Pastor AI A wonderful Christian service 2nd Floor Chapel 2:00 Soda Shop Social Hot Chocolate Floats 2nd Floor "Coke" Room 3:00 BUNCO Dice Game Fun dice game. Just roll & have fun! 2nd Floor Craft Room	Seated whe ph 3 Mus Lis haver Stro This cl stre 3rd Alterr stand 3 Alterr stand 3 Chin S ard Vo Makin 2no Rack Meet 3rd
	3		3rd Floor Billiard Room			

17

9:00 WHOGA

ed exercises designed for heelchairs & or other physical limitations **3rd Floor Theater** <u>9:30</u>

usical Memories

Listen to songs you ven't heard in forever... 2nd Floor Loft

9:50

ronger Sr Exercises

class will help you GET stronger & more "fit" Large Dining Room <u>10:00</u>

Yoga Level 1 Seated stretching & rengthening exercises d Floor Theater Room <u>10:30</u>

Yoga Level 2

ernating from sitting to nding balance exercise **3rd Floor Theater** 1:00

Pinochle Foursomes

Stop in and play! rd Floor Billiard Room 1:00

Volunteer Project

Helping Out... king blankets to donate nd Floor Craft Room 3:30

ck'em up Billiards et to play before dinner rd Floor Billiard Room

SATURDAY

18

9:00 Perplexing Puzzlement Grab your puzzle packet and keep your brain firing 2nd Floor Loft 9:00

TAI CHI 3rd Floor Theater Room <u>9:00-10:30</u>

Arty Fartsy Fun

Make easy but cute décor. 2nd Floor Craft Room 10:00

Classical Piano

with Richard

Enjoy in the Lobby 10:00

Yoga Level 1

Seated stretching & strengthening exercises **3rd Floor Theater Room** 10:30

Yoga Level 2

Alternating from sitting to standing balance strength & stretch exercises. **3rd Floor Theater** <u>11:00-1:00</u>

Maru Kay Products Meet with Diane in the Lobby to find the products you know and love 1:00

Pinochle Foursomes 3rd Floor Billiard Room <u>1:00</u>

Movie Matinee

Check your daily flyer for more detailed movie information **3rd Floor Theater Room** 3:00

Skip Bo

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

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
	19	20	21	22	23	
January 2025	9:00 TAI CHI Slow, controlled & seated upper body exercises. 3rd Floor Theater Room 10:00 Catholic Service Meet for Mass in the 2nd Floor Chapel 10:00 Doggie Day Get a good snuggle from these wonderful dogs. In the Lobby 10:00 Yoga Level 1 Seated stretching & strengthening exercises 3rd Floor Theater Room 10:30 Yoga Level 2 Alternating from sitting to standing balance exercise exercises. 3rd Floor Theater 1:00 Card Games (Kings in the Corner?) Meet up to play! 3rd Floor Billiard Room 1:00 Movie Matinee Check your daily flyer for more detailed movie information 3rd Floor Theater Room 1:00 Movie Matinee Check your daily flyer for more detailed movie information 3rd Floor Theater Room 1:30 Latter Day Saints Church Service We invite you to join us! 2nd Floor Chapel 3:00 Worship in The Word Scripture, singing & praise	Medical Transport Day 9:00 WHOGA Seated exercises 3rd Floor Theater 9:50 Stronger Sr Exercises This class will help you GET stronger & more "fit" Large Dining Room 10:00 Yoga Level 1 Seated exercises 3rd Floor Theater Room 10:30 Yoga Level 2 Seated to standing exercises 3rd Floor Theater 2:00 \$Nickel\$ Bingo Pay a Nickel each game & a Quarter for the end game Large Dining Room 3:00 Happier Hour Hot Apple Cidler Stop by for jazzed up hot drinks and socialize before dinner. We have non alcoholic versions too! (Mocktails) Lobby 3:00 Bible Figure Lessons Learn more in-depth & apply to your daily life 3rd Floor Theater 7:00 Toastmaster Club Mtg. 3rd Floor Theater Room	Medical Transport Day 9:00 TAI CHI Seated upper body exercises. 3rd Floor Theater Room 9:50 OTAGO Better Balance Exercise Class Seated & standing Large Dining Room 10:00 Yoga Level 1 Seated stretching & strengthening exercises 3rd Floor Theater Room 10:30 Yoga Level 2 Alternating from sitting to standing balance exercise 3rd Floor Theater 1:00 WHOGA Seated exercises designed for wheelchairs & or other physical limitations 3rd Floor Theater 1:00 Pinochle Foursomes 3rd Floor Billiard Room 1:00 Candy Bingo Enjoy all regular BINGO games with mini candy bar prizes. Large Dining Room 3:00 Old Testament Tuesdays Join us for this Christian Service, with friends 2n0 Cribbage Meet up with others to play! 3rd Floor Billiard Room	9:00 WHOGA Seated exercises designed for wheelchairs & or other physical limitations 3rd Floor Theater 9:50 Stronger Sr Exercises This class will help you GET stronger & more "fit" Large Dining Room 1:00 Discerning The Word of God Bible Study Discover and understand more, together. 3rd Floor Theater 12:30 Scenic Drive 1hr Join us for a tour around our area Sign up in the Lobby 2:00 Music with Gabe Listen as he plays all the classic tunes in the Large Dining room 1:00 Card Games Meet up to play! 3rd Floor Billiard Room 3:30 Rack em up Billiards Come play a few games 3rd Floor Billiard Room 6:00 Midweek Movie Check your daily flyer for detailed movie information 3rd Floor Theater Room	Shopping 8:30-10:00 Walmart 1.5 hr Trip 9:00 TAI CHI 3rd Floor Theater Room 9:50 OTAGO Better Balance Exercise Class Seated & standing Large Dining Room 10:00 Yoga Level 1 Seated stretching & strengthening exercises 3rd Floor Theater Room 10:30 Yoga Level 2 Alternating from sitting to standing balance exercise 3rd Floor Theater Shopping 12:30 Walmart 1hr Trip 1:00 WHOGA Seated exercises designed for wheelchairs & or physical limitations 3rd Floor Theater 1:00 Pinochle Foursomes 3rd Floor Billiard Room 1:30 Church with Pastor AI A wonderful Christian service 2nd Floor Chapel 2:00 Soda Shop Social Hot Chocolate Floats 2nd Floor Chapel 2:00 Soda Shop Social Hot Chocolate Floats 2nd Floor Craft Room 3:00 Joyce's Piano Concert Joyful piano In the Lobby before dinner	Seate wh F Mu have Add Stu This str 3rd Alte star P 3rd Mak 21 Mak 21 C Rac Mee 3rd

<u>9:00</u> WHOGA

ited exercises designed for wheelchairs & or other physical limitations 3rd Floor Theater <u>9:30</u>

Iusícal Memoríes

Listen to songs you aven't heard in forever... dd requests or just enjoy 2nd Floor Loft **9:50**

Stronger Sr Exercises

is class will help you **GET** stronger & more "fit" Large Dining Room <u>10:00</u>

Yoga Level 1

Seated stretching & strengthening exercises 3rd Floor Theater Room **10:30**

Yoga Level 2

Iternating from sitting to tanding balance exercise 3rd Floor Theater

<u>1:00</u>

Pinochle Foursomes 3rd Floor Billiard Room <u>1:00</u>

Volunteer Project

Helping Out... aking blankets to donate 2nd Floor Craft Room <u>3:30</u>

ack'em up Billiards leet to play before dinner 3rd Floor Billiard Room 2:00

2:00

Ruth Dollar

on Piano exceptional niano

joy exceptional piano with our amazing friend. Lobby

SATURDAY

25

<u>9:00</u>

Perplexing Puzzlement Grab your puzzle packet 2nd Floor Loft 9:00

TAI CHI

Slow, controlled & seated upper body exercises. GREAT for the brain too! 3rd Floor Theater Room <u>9:00-10:30</u>

Arty Fartsy Fun

Make easy but cute décor. 2nd Floor Craft Room **10:00**

Classical Piano

with Richard

Enjoy in the Lobby <u>10:00</u>

Yoga Level 1

Seated stretching & strengthening exercises 3rd Floor Theater Room 10:30

Yoga Level 2

Alternating from sitting to standing balance exercise 3rd Floor Theater

<u>1:00</u>

Pinochle Foursomes

3rd Floor Billiard Room <u>1:00</u>

Movie Matinee

Check your daily flyer for more detailed movie information 3rd Floor Theater Room **3:00**

Skip Bo

Meet in the Lobby to play a few rounds before dinner. 2nd Floor Loft (Outside the Puzzle Room)

Γ	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Ļ	JUNDAI	IVIOINDAT	TUESDAT	VVEDINESDAT	THURSDAT	FRIDAT	SAIURDAI
	26	27	28	29	30	31	1
		Medical Transport Day	Medical Transport Day	<u>9:00</u>		<u>9:00</u>	9:00 Dorploving Duzzlomont
	<u>9:00</u>	<u>9:00</u>	<u>9:00</u>	Dollar Store	Shopping 8:30-10:00	WHOGA Seated exercises designed for	Perplexing Puzzlement Grab your puzzle packet
	TAI CHI	WHOGA Seated exercises	TAI CHI	Ride with us to shop Sign up in the Lobby	Fred Meyer 1.5 hr Trip	wheelchairs & or other	from the 2nd Floor Loft
	Slow, controlled & seated upper body exercises.	3rd Floor Theater	Slow, controlled & seated upper body exercises.	9:00	<u>9:00</u>	physical limitations	<u>9:00</u>
	GREAT for the brain too!	<u>9:50</u>	GREAT for the brain too!	WHOGA	TAI CHI	3rd Floor Theater 9:30	TAI CHI
	3rd Floor Theater Room	Stronger Sr Exercises	3rd Floor Theater Room	Seated exercises designed for	Slow, controlled & seated	Musical Memories	Slow, controlled & seated 3rd Floor Theater Room
	<u>10:00</u>	This class will help you GET stronger & more "fit"	<u>9:50</u> OTAGO Better Balance	wheelchairs & or other	3rd Floor Theater Room		10:00
	Catholic Service	Large Dining Room	Exercise Class	physical limitations	<u>9:50</u> OTAGO Better Balance	Listen to songs you haven't heard in forever	Classical Piano
	Meet for Mass in the	<u>10:00</u>	Seated & standing	3rd Floor Theater	Exercise Class	2nd Floor Loft	
	2nd Floor Chapel	Yoga Level 1	Large Dining Room	<u>9:50</u>	Seated & standing	<u>9:50</u>	with Richard
	<u>10:00</u>	Seated exercises	<u>10:00</u> Yoga Level 1	Stronger Sr Exercises	Large Dining Room	Stronger Sr Exercises This class will help you GET	Enjoy beautiful piano in the
	Yoga Level 1	3rd Floor Theater Room	Seated stretching &	This class will help you GET	10:00	stronger & more "fit"	Lobby with this wonderful
	Seated stretching & strengthening exercises	<u>10:30</u> Yoga Level 2	strengthening exercises	stronger & more "fit"	Yoga Level 1	Large Dining Room	gentleman <u>10:00</u>
	3rd Floor Theater Room	Seated to standing exercises	3rd Floor Theater Room	Large Dining Room 1:00	Seated	<u>10:00</u> Yoga Level 1	Yoga Level 1
	<u>10:30</u>	3rd Floor Theater	<u>10:30</u> Yoga Level 2	Discerning The Word of God	3rd Floor Theater Room	Seated stretching &	Seated 3rd Floor Theater
ഗ	Yoga Level 2	<u>1:00</u>	Alternating from sitting to	Bible Study	<u>10:30</u>	strengthening exercises 3rd Floor Theater Room	Room 10:30
N	Alternating from sitting to	Pinochle Foursomes	standing balance exercise	Discover and understand	Yoga Level 2	10:30	Yoga Level 2
O	standing balance exercise 3rd Floor Theater	3rd Floor Billiard Room	3rd Floor Theater 1:00	more, together.	From sitting to standing	Yoga Level 2	From sitting to standing
	<u>1:00</u>	<u>1:00</u> Volunteer Project	WHOGA	3rd Floor Theater	3rd Floor Theater	Alternating from sitting to standing balance exercise	3rd Floor Theater
	Card Games	Helping Out	Seated exercises designed for	<u>1:00</u>	Shopping 8:30-12:30 Fred Meyer 1.5 hr Trip	3rd Floor Theater	<u>1:00</u> Dimension
Ĺ	(Kings in the Corner?)	Making blankets to donate	wheelchairs & or other	Card Games	<u>1:00</u>	<u>1:00</u>	Pinochle Foursomes
P	Meet up to play!	2nd Floor Craft Room	physical limitations 3rd Floor Theater	Meet up to play!	WHOGA	Pinochle Foursomes	Stop in and play! 3rd Floor Billiard Room
Z	Meet others that enjoy cards	2:00 \$Nickel\$ Bingo	<u>1:00</u>	3rd Floor Billiard Room	Seated exercises	Stop in and play! 3rd Floor Billiard Room	<u>1:00</u>
a	& maybe they want to play	Pay a Nickel each game	Pinochle Foursomes	<u>12:30</u>	3rd Floor Theater	1:00	Movie Matinee
	other games too 3rd Floor Billiard Room	& a Quarter for the end.	Stop in and play!	Scenic Drive 1hr	1:00	Volunteer Project	3rd Floor Theater Room
	1:00	Large Dining Room 3:00	3rd Floor Billiard Room	Join us for a tour around our area	Pinochle Foursomes	Helping Out	<u>3:00</u>
	Movie Matinee		<u>1:00</u>	Sign up in the Lobby	3rd Floor Billiard Room	Making blankets to donate	New Resident
		Happier Hour	Shuffleboard	1:30	<u>1:30</u>	2nd Floor Craft Room	Mix & Mingle
	See your daily flyer for movie detailed movie information	Hot Chocolate	Learn this game again! Friendly competition with	Square Dance Showcase	Church with Pastor Al	<u>2:00</u> TROUBLES BE	This is an opportunity to introduce yourself and
	3rd Floor Theater Room	Stop by for jazzed up hot drinks and socialize	Megan and friends	Join your mailman, Tracy, for	A wonderful Christian service	GONE	enjoy refreshments.
	<u>1:30</u>	before dinner.	<u>2:00</u>	good ol' fun. Custom made	2nd Floor Chapel	Sing Along	Lobby
	Latter Day Saints	We have non alcoholic	Candy Bingo	dances for you too!	<u>2:00</u>	This group is here to	<u>3:00</u> Skip Bo
	Church Service	versions too! (Mocktails) Lobby	Enjoy all regular BINGO games with mini candy bar prizes.	Large Dining Room	Soda Shop Social	lift our spirits with	Meet in the Lobby to play a
	We invite you to join us!	<u>3:00</u>	Large Dining Room	<u>3:30</u>	Hot Chocolate Floats	the power of music. Large Dining Room	few rounds before dinner.
	2nd Floor Chapel 3:00	Bible Figure Lessons	<u>3:00</u>	Rack'em up Billiards	2nd Floor "Coke" Room	3:30	This is an easy card game,
	Worship in The Word	Learn more in-depth & apply to your daily life	Cribbage	3rd Floor Billiard Room	<u>3:00</u>	Rack'em up Billiards	just match the color or the
		3rd Floor Theater	Meet up with others to play!	<u>6:00</u>	BUNCO Dice Game	Meet to play before dinner 3rd Floor Billiard Room	number with cards from your
	Scripture, singing & praise together		Billiard Room	Midweek Movie	Fun dice game.		hand to be the first to get rid
	2nd Floor Chapel			Check your daily flyer for	Just roll & have fun!		of all your cards in your hand. 2nd Floor Loft
	5			detailed movie information	2nd Floor Craft Room		(Outside the Puzzle Room)
	5			3rd Floor Theater Room			