

Schedule January 18 – January 24

Monday ... January 18

- 9:30 **NO** Move w/Nancy (chair group 1)
 10:05 **NO** Move w/Nancy (chair group 2)
 10:40 **NO** Groove w/Nancy (aerobics)
 10:30 Veterans Coffee & Donuts
Postponed to Monday, Jan. 25

Covid-19 Shots!!

Times... Our best guess...



- 10:00 Third Floor
 11:00 Second Floor
 12:00 First Floor



Meet in the Main Dining Room

Bring your Medicare or Insurance Card

To best help us, please come at the
 time posted for your floor 😊

- 1:00 Party Bridge – CR
 1:00 Dominoes – AC



- 3:00 Book Club – Conference Room
 Reviewing: "The Uninhabitable Earth"

Thursday ... January 21

- 9:30 Ladies Bible Study w/Louise- Conf
New Study begins today
 10:45 Chair Yoga w/Carla – C
 11:00 Balance in Motion – FC
*Exercises focused on lower body
 range of motion (with Nancy)*
 1:00 Community Bible Study – Conf
 1:00 Learn Mahjong w/Margie – AC
 1:00 Party Bridge
 2:00 Hand & Foot Game – CR
 3:00 **Christmas** in Yellowstone – C
 ...a breathtaking look at wintertime deep
 within America's first national park.
 NATURE presents this PBS special
 Approx. 60 min.
 (shared by Dorothy & Bob Anderson)
Sign up at the front desk
 6:30 Evening Bridge – CR

Tuesday... January 19

- 10:45 Chair Yoga w/Carla – C
 11:00 Balance in Motion – FC
 11:00 Chicken Foot – AC
 1:00 Trivia Pursuit w/Gary – AC
 1:30 Games in the Card Room

FOOD FORUM - Chapel

There will be 2 meetings, attend as follows:

- 2:00 – 2:45 If your apartment # is even
 3:00 – 3:45 If your apartment # is odd

- 3:30 CHESS Club - NR
 7:00 Card Game '99' – CR

Friday... January 22

- 9:30 Move w/Nancy - C
 10:05 Move w/Nancy - C
 10:40 Groove w/Nancy - C
 1:00 Chicken Foot – AC
 2:00 Hand & Foot Game – CR

Saturday... January 23

- 2:00 Bridge Basics w/Jack - CR
 2:00 Movie & Popcorn
 7:00 Movie & Popcorn

Sunday... January 24

- 9:00 Bible Study – C
 2:00 Mahjong – AC
 2:00 Church Service – Chapel
David Henry, Christ United Methodist

Wednesday... January 20

- 9:00 Mahjong – CR
 9:30 Strength & Balance w/Nancy – C
 10:05 Stretch & Balance w/Nancy – C
 10:45 Groove w/Nancy (**Monday make-up**) -C
 10:30 Dominoes – AC
 1:00 GriefShare – Conference Room
*Short video followed by conversation.
 (all are welcome)*
 7:00 Corn Hole - C

Happy Birthday!!

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| Jan 20 | David Lee | # 301 |
| Jan 25 | Della Nichols | # 206 |

