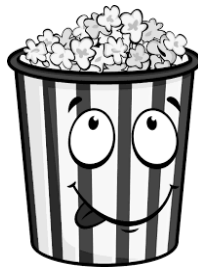



January 2019 Activities

Other Fun January Holidays:

- 4th National Spaghetti Day
- 10th National Take the Stairs Day
- 19th National Popcorn Day
- 25th Opposite Day
- 29th National Puzzle Day



Monday	Tuesday	Wednesday	Thursday	Friday
CLOSED <u>31</u>	9:00 – Vet Counseling <u>1</u> 9:00 – Mat Yoga 9:00 – Crafting Club 10:00 – Social Bridge 10:30 – Chair Yoga 12:00 – Hand & Foot Card 1:00 – Zumba Chair 6:00 – Line Dancing	9:00 – Bingo <u>2</u> 10:00 – Social Bridge 10:15 – Exercise	10:00 – Poole's Pharmacy Bingo <u>3</u> 12:30 – Line Dancing 2:00 – Zumba Gold	9:00 – Mundaycize at Y <u>4</u> 9:00 – Mat Yoga 9:00- Limestone Bank Bingo 10:30 – Panther Creek Band 10:30 – Chair Yoga
9:00 – Mundaycize at Y <u>7</u> 10:00 – Exercise 12:00- Adams Village Bingo 3:00- Timeslips Dementia Storytelling Workshop	9:00 – Vet Counseling <u>8</u> 9:00 – Mat Yoga 9:00 – Crafting Club 10:00 – Social Bridge 10:30 – Chair Yoga 11:30 Root beer Floats 12:00 – Hand & Foot Card 1:00 – Zumba Chair 6:00 – Line Dancing	9:00 – Bingo <u>9</u> 10:00 – Social Bridge 10:15 – Exercise 10:45 Medicare Q/A	10:00 – Computer Class <u>10</u> 12:30 – Line Dancing 2:00 – Zumba Gold 6:00 – Dance @ SCC \$5 W/ Dish, \$7 without	9:00 – Mundaycize at Y <u>11</u> 9:00 – Mat Yoga 10:00 – The Ambassador Singers 10:30 – Chair Yoga
9:00 – Mundaycize at Y <u>14</u> 10:00 – Exercise 1:00- Park Regency Bingo	9:00 – Vet Counseling <u>15</u> 9:00 – Mat Yoga 9:00 – Crafting Club 10:00 – Social Bridge 10:30 – Chair Yoga 12:00 – Hand & Foot Card 1:00 – Zumba Chair 6:00 – Line Dancing	9:00 – Bingo <u>16</u> 10:00 – Social Bridge 10:15 – Exercise 12:00 –Whitesville Bingo	11:30 –Diane & Friends <u>17</u> 12:30 – Line Dancing 2:00 – Zumba Gold	9:00 – Mundaycize at Y <u>18</u> 9:00 – Mat Yoga 10:30 – Panther Creek Band 10:00– Roosevelt II Bingo 10:30 – Chair Yoga
 <u>21</u>	9:00 – Vet Counseling <u>22</u> 9:00 – Mat Yoga 9:00 – Crafting Club 10:00 – Social Bridge 10:30 – Chair Yoga 12:00 – Hand & Foot Card 1:00 – Zumba Chair 6:00 – Line Dancing	9:00 – Bingo <u>23</u> 10:00 – Social Bridge 10:15 – Exercise	10:30 Computer Class <u>24</u> 12:30 – Line Dancing 2:00 – Zumba Gold	9:00 – Mundaycize at Y <u>25</u> 9:00 – Mat Yoga 10:00 – The Ambassador Singers 10:30 – Chair Yoga
9:00 – Mundaycize at Y <u>28</u> 10:00 – Exercise	9:00 – Vet Counseling <u>29</u> 9:00 – Mat Yoga 9:00 – Crafting Club 10:00 – Social Bridge 10:30 – Chair Yoga 12:00 – Hand & Foot Card 1:00 – Zumba Chair 6:00 – Line Dancing	9:00 – Bingo <u>30</u> 10:00 – Social Bridge 10:15 – Exercise	<i>“The time is always right to do what is right.”</i> ~ Martin Luther King, Jr.	

Ping Pong Table is located in the Game Room.
Please check out paddles & balls from the office.
Corn Hole Boards are located in Game Room on the 1st Floor of the East Wing.

Billiards Room
Monday – Friday 8:00 am – 4:30 pm
Saturday 8:00 am – Noon