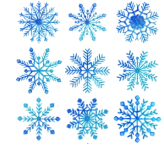
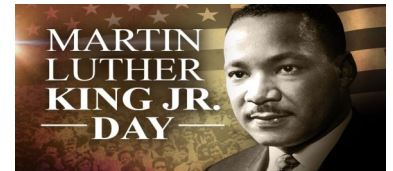


JANUARY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 	2 9:00 Kroger (LB) 9:00 Balance Ex. (HWC) 9:30 Wheel of Fortune (AR) 10:45 Catholic Service(CH) 11:30 Cardio/Strength (FC) 1:30 Table Topics&Tea (HI) 1:30 Bingo (AR) 2:30 InspirationalRead (CH) 3:00 Bldg & Grnd Mtg (MR) 6:00 Euchre/Pinochle (AR)	3 Chocolate Cherry Day 9:00 Stretch & Relax (HWC) 9:30 Choc.Cherry Bingo (AR) 10:30 Seated Stretch (AR) 1:30 Yahtzee (AR) 1:30 Hand & Foot (AR) 1:30 Tai Chi (HWC) 2:30 Pickleball (HWC) 2:30 Movie Blue Zone (HI) 2:30 BibleTrivia/Games (CH) 3:00 Culinary Comm (AR) 6:00 Bridge/Cards (AR)	4 National Trivia Day 9:00 Dance Fitness (HWC) 9:30 Men's Coffee (AR) 9:30 Women's Coffee (HI) 11:00 IC Bingo/potluck(LB) 11:00 Rosary (CH) 11:30 Drumming Ex.(AR) 1:30 Strength/Bal. (HWC) 1:30 Trivial Pursuit (AR) 2:00 Knit/Crochet (HI) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinochle (HI)	5 9:00 Strength Ex. (HWC) 9:30 Women's Coffee & Manicures (AR) 10:00 Bridge Class (KH) 10:30 Seated Strength (AR) 1:30 Paint Snowflakes (AR) 6:00 Games (AR) 6:00 Games (HI) 	6 9:30 Bingo (AR) 1:15 AL Movie (AR) 1:30 IL Movie (CM) <i>The Big Labowski</i> 6:00 Cards (AR)
7 11:00 Chapel Service (CH) No Games in AR 6:00 Games (HI)	8 9:00 Cardio Ex. (HWC) 9:30 Bingo (AR) 10:30 Seated Cardio (AR) 1:30 Words in Words (AR) 1:30 Cardio/Coordin (HWC) 2:30 Show & Tell (AR) 2:30 Religious Study (CH) 3:30 Cards (AR) 6:00 Dominoes/Cards (HI) 	9 9:00 Kroger (LB) 9:00 Balance Ex. (HWC) 9:30 Crossword (AR) 10:45 Catholic Service(CH) 11:30 Cardio/Strength (FC) 1:30 Resident Assoc (MR) 6:00 Euchre/Pinochle (AR)	10 9:00 Stretch & Relax (HWC) 9:30 Donut Bingo (AR) 10:30 Seated Stretch (AR) 11:00 Shoreliner (LB) 1:30 Yahtzee (AR) 1:30 Hand & Foot (AR) 1:30 Tai Chi (HWC) 2:30 Pickleball (HWC) 2:30 Movie Blue Zone (HI) 2:30 BibleTrivia/Games (CH) 3:00 Culinary Comm (AR) 6:00 Bridge/Cards (AR)	11 9:00 Dance Fitness (HWC) 9:30 Men's Coffee (AR) 9:30 Women's Coffee (HI) 11:00 Rosary (CH) 11:30 Drumming Ex.(AR) 1:30 Strength/Bal. (HWC) 1:30 Bingo (HI)  2:00 Knit/Crochet (HI) 4:00 Harbor Lights (CH) 4:00 Parkinson's Support Group (KH) 6:00 Euchre/Pinochle (HI)	12 National Hot Tea Day 9:00 Strength Ex. (HWC) 9:30 Women's Coffee & Manicures (AR) 10:00 Bridge Class (KH) 10:30 Seated Strength (AR) 1:30 Tea Types (AR) 3:00 Bunco Party (AR) 6:00 Games (AR) 6:00 Games (HI) 	13 9:30 Bingo (AR) 1:15 AL Movie (AR) 1:30 IL Movie (CM) <i>A Beautiful Mind</i> 6:00 Cards (AR)
14 11:00 Chapel Service (CH) 6:00 Games (AR)	15  2:30 Memoir Writing (AR) 6:00 Cards (AR) 6:00 Dominoes/ Cards (HI)	16 9:00 Kroger (LB) 9:00 Balance Ex. (HWC) 9:30 Wheel of Fortune (AR) 10:45 Catholic Mass (CH) 11:30 Men's Lunch (LB) 11:30 Cardio/Strength (FC) 1:30 Bingo (AR) 1:30 Table Topics&Tea (HI) 2:30 InspirationalRead (CH) 3:00 Dominoes (AR) 6:00 Euchre/Pinochle (AR) TEA & TALK 	17 9:00 Stretch & Relax (HWC) 9:30 Bingo (AR) 10:30 Seated Stretch (AR) 1:30 Hand & Foot (AR) 1:30 Tai Chi (HWC) 2:30 Pickleball (HWC) 2:30 Movie Blue Zone (HI) 2:30 BibleTrivia/Games (CH) 3:30 Book Group (AR) 6:00 Bridge/Cards (AR)	18 9:00 Dance Fitness (HWC) 9:30 Men's Coffee (AR) 9:30 Women's Coffee (HI) 11:00 Rosary (CH) 12:00 Birthday Dinner (MR) 1:30 Silver Bachelor (CH) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinochle (AR) 	19 National Popcorn Day 9:00 Strength Ex. (HWC) 9:30 Women's Coffee & Manicures (AR) 10:00 Bridge Class (KH) 10:30 Seated Strength (AR) 2:15 Happy Hour & Popcorn with Bobby (AR) 6:00 Games (AR) 6:00 Games (HI)	20 9:30 Bingo (AR) 1:15 AL Movie (AR) 1:30 IL Movie (CM) <i>La La Land</i> 6:30 Game Night (AR) 

JANUARY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21 11:00 Chapel Service (CH) 4:30 Resident Pot Luck (AR)  6:00 Games (HI)	22 National Polka Dot Day 9:00 Cardio Ex. (HWC) 9:30 Bingo (AR) 10:30 Seated Cardio (AR) 1:30 Words in Words(AR) 1:30 Cardio/Coordin (HWC) 2:30 Religious Study (CH) 3:30 Cards (AR) 6:00 Dominoes/Cards (HI)	23 National Pie Day 9:00 Kroger (LB) 9:00 Balance Ex. (HWC) 9:30 Crossword (AR) 10:45 Catholic Service (CH) 11:30 Cardio/Strength (FC) 1:30 Pie Bingo (AR) 1:30 Table Topics & tea (HI) 2:30 InspirationalRead (CH) 3:00 Dominoes (AR) 6:00 Euchre/Pinochle (AR) 	24 9:00 Stretch & Relax (HWC) 9:30 Bingo (AR) 10:30 Seated Stretch (AR) 1:30 Hand & Foot (AR) 1:30 Yahtzee (AR) 1:30 Tai Chi (HWC) 2:30 Pickleball (HWC) 2:30 Movie Blue Zone (HI) 2:30 BibleTrivia/Games (CH) 3:30 Alzheimer's Support(CH) 6:00 Bridge/Cards (AR)	25 9:00 Dance Fitness (HWC) 9:30 Men's Coffee (AR) 9:30 Women's Coffee (HI) 11:00 Rosary (CH) 1:30 V-day doorhanger(AR) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinochle (AR) 	26 9:00 Strength Ex. (HWC) 9:30 Women's Coffee & Manicures (AR) 10:00 Bridge Class (KH) 10:30 Seated Strength (AR) 1:30 Happy Hour & Karaoke (AR) 6:00 Games (AR) 6:00 Games (HI) 	27 9:30 Bingo (AR) 1:15 AL Movie (AR) 1:30 IL Movie (CM) <i>Cinderella Man</i> 6:00 Cards (AR) 
28 11:00 Chapel Service (CH) 6:00 Games (AR)	29 National Puzzle Day 9:00 Cardio Ex. (HWC) 9:30 Bingo (AR) 10:30 Seated Cardio (AR) 1:30 Puzzle Contest AR) 1:30 Cardio/Coordin(HWC) 2:30 Memoir Writing (AR) 2:30 Bible Study (CH) 3:30 Cards (AR) 6:00 Quarter Bingo (AR) 	30 9:00 Meijer(LB) 9:00 Balance Ex. (HWC) 9:30 Wheel of Fortune (AR) 10:45 Catholic Service (CH) 11:30 Cardio/Strength (FC) 11:30 Women's Lunch (LB) 1:30 Bingo (AR) 2:30 Table Topics & tea (HI) 2:30 InspirationalRead (CH) 3:00 Dominoes (AR) 6:00 Euchre/Pinochle (AR) 	31 9:00 Stretch & Relax (HWC) 9:30 Donut Bingo (AR) 10:30 Seated Stretch (AR) 1:30 Hand & Foot (AR) 1:30 Yahtzee (AR) 1:30 Tai Chi (HWC) 2:30 Pickleball (HWC) 2:30 Movie Blue Zone (HI) 2:30 BibleTrivia/Games (CH) 6:00 Bridge/Cards (AR)	KEY AR-Activity Room CH-Chapel CM-Capman FC-Fitness Center HI-Harbor Inn Midrise Community Room HWC-Health & Wellness Center KH-Kirk Hall LB-Lobby MR-Marguerite's Restaurant ALL ACTIVITIES ARE SUBJECT TO CHANGE		
31 11:00 Chapel Service (CH) 6:00 Games (AR)						