







JANUARY 2018 ASSISTED LIVING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	01 10:00- Chair Yoga (A 109) 11:15 – Canvas Painting (A 114) 1:00- Movie Matinee (A 109) 1:30 - Spiritual Care with Rev. Dan 2:30 – Social Hour (A 101) 6:15- Movie Matinee (A 109) HAPPY NEW YEAR!	02 11:00- Mindful Meditation (A 109) 1:45 – Music Therapy Exercise (D 113) 2:30 – Social Hour (A 101) 6:15 – BINGO NIGHT (A 109)	03 10:00- Wal-Mart Outing 11:15 – Coffee/Tea and Reminiscence Group (A 109) 2:30 – Happy Hour (A 101) 4:00-Qi Gong (A 109) 6:15- Movie Matinee (A 109)	04 10:00 – City Market Outing (A 101) 11:15 – Art Therapy (A 114) 2:30 – Social Hour (A 101) Ruth Piano (C 116) 6:15 – BINGO NIGHT (A 109)	05 10:00 – Exercise training (A 109) 11:15- Crossword Puzzles (A 109) 1:00 – Indoor Walking Group (A 101) 2:30 – Social Hour (A 101) 6:15- Movie Matinee (A 109)	06 10:00 – Chair Pilates DVD (A 109) 2:30 – Happy Hour w/ Linda on Piano (C 116) 6:15 – BINGO (A 109)
07 1:00 – Sunday Movie Matinee (A 109) / Manicures 3:30 – Interdenominational Service (A 109)	08 10:00- Chair Yoga (A 109) 11:15 – Mindful Meditation (A 109) 1:00- Movie Matinee (A 109) 1:30 - Spiritual Care with Rev. Dan 2:30 – Social Hour (A 101) 6:15- Movie Matinee (A 109)	09 10:00 – Mindful Meditation (A 109) 11:00- Intergenerational Program (A 109) 1:45 – Music Therapy Exercise (D 113) 2:30 – Social Hour (A 101) 6:15 – BINGO NIGHT (A 109)	10 10:00- I Love Lucy (A 109) 11:15 – Coffee/Tea and Reminiscence Group (A 109) 1:30- Bible Study (A 109) 2:30 – Happy Hour (A 101) 4:00-Qi Gong (A 109) 6:15- Movie Matinee (A 109)	11 10:00 – Exercise Essentials for Better Balance (A 109) 11:15 – Adult Coloring Group (A 114) 2:30 – Social Hour (A 101) Ruth Piano (C 116) 6:15 – BINGO NIGHT (A 109)	12 10:00 – Exercise training (A 109) 11:15- WordSearch Puzzles (A 109) 1:00 – Brain Games (A 101) 2:30 – Social Hour (A 101) 6:15- Movie Matinee (A 109)	13 10:00 – Core & Upper Body Strength DVD (A 109) 2:30 – Happy Hour w/ Linda on the piano (C 116) 6:15 – BINGO (A 109)
14 11:00- Local Temple Intergenerational: Door Décor 1:00 – Sunday Movie Matinee (A 109) / Manicures 3:30 - Interdenominational Service (A 109)	15 10:00 – Chair Yoga (A 109) 11:15 – Canvas Painting (A 114) 1:00- Movie Matinee (A 109) 1:30 - Spiritual Care with Rev. Dan 2:30 – Social Hour (A 101) Pet Visits 6:15- Movie Matinee (A 109) Martin Luther King Jr. Day	16 10:00 – Mindful Meditation (A 109) 1:45 – Music Therapy Exercise (D 113) 2:30 – Social Hour (A 101) 6:15 – BINGO NIGHT (A 109)	17 10:00- Work Group (A 109) 11:15 – Coffee/Tea and Reminiscence Group (A 109) 1:30 – Bible Study (A 109) 2:30 –Happy Hour (A 101) 4:00-Qi Gong (A 109) 6:15- Movie Matinee (A 109)	18 10:00 – City Market Outing (A 101) 11:15 – Art Therapy (A 114) 1:00- Intergenerational Program (A 109) 2:30 – Social Hour (A 101) Ruth Piano (C 116) 6:15 – BINGO NIGHT (A 109)	19 10:00 – Exercise training (A 109) 11:15- Crossword Puzzles (A 109) 1:00 – Indoor walking Group (A 101) 2:30 – Social Hour (A 101) 6:15 – Movie Matinee (A 109)	20 10:00 – Core & Lower Body Strength DVD (A 109) 2:30 – Happy Hour w/ Linda on the piano (C 116) 6:15 – BINGO (A 109)
21 1:00 – Sunday Movie Matinee (A 109) / Manicures 3:30 - Interdenominational Service (A 109)	22 10:00 – Chair Yoga (A 109) 11:15 – Mindful Meditation (A 109) 1:00- Movie Matinee (A 109) 1:30 - Spiritual Care with Rev. Dan 2:30 – Social Hour (A 101) 6:15 – Movie Matinee (A 109)	23 Massages! 11:00- Intergenerational Program (A 109) 1:45 – Music Therapy Exercise (D 113) 2:30 – Social Hour (A 101) 6:15 – BINGO Night (A 109)	24 10:00- I Love Lucy (A 109) 11:00 – Coffee/Tea and Reminiscence Group (A 109) 2:00– Resident Council Meeting (A 114) 2:30 – Happy Hour (A 101) 4:00-Qi Gong (A 109) 6:15- Movie Matinee (A 109)	25 10:00 –Exercise Essentials for Better Balance (A 109) 11:15 – Art Therapy (A 114) 2:30 – Social Hour (C 116) 6:15 – BINGO NIGHT (A 109)	26 10:00 – Exercise training (A 109) 11:15- WordSearch Puzzles (A 109) 1:00 – Brain Games (A 101) 2:30 – Social Hour (A 101) 6:15 – Movie Matinee (A 109)	27 10:00 – Chair Pilates DVD (A 109) 2:30 – Happy Hour w/ Linda on the piano (C 116) 6:15 – BINGO (A 109)
28 1:00 – Sunday Movie Matinee (A 109) / Manicures 3:30 - Interdenominational Service (A 109)	29 10:00 – Chair Yoga (A 109) 11:15 – Canvas Painting (A 114) 1:30 - Spiritual Care with Rev. Dan 2:30 – Social Hour (A 101) Pet Visits 6:15- Movie Matinee (A 109)	30 10:00 – Mindful Meditation (A 109) 1:15 Bowling Outing 1:45 – Music Therapy Exercise (D 113) 2:30 – Social Hour (A 101) 6:15 – Residents Choice Game Night (A 109)	31 10:00- Work Group (A 109) 11:15 – Coffee/Tea and Reminiscence Group (A 109) 2:30 –Happy Hour (A 101) 4:00-Qi Gong (A 109) 6:15- Movie Matinee (A 109)			




*PLEASE NOTE: Schedule is subject to change.

JANUARY 2018 Health Center 1st

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	01 10:00- Chair Yoga (A 109) 11:15 – Canvas Painting (A 114) 1:00- Movie Matinee (A 109) 1:30 - Spiritual Care with Rev. Dan 2:30 – Social Hour (C 116) 6:15- Movie Matinee (A 109) HAPPY NEW YEAR!	02 11:00- Mindful Meditation (A 109) 1:45 – Music Therapy Exercise (D 113) 2:30 – Social Hour (C 116) 6:15 – BINGO NIGHT (A 109)	03 10:00- Wal-Mart Outing 11:15 – Coffee/Tea and Reminiscence Group (A 109) 2:30 – Happy Hour (C 116) 4:00-Qi Gong (A 109) 6:15- Movie Matinee (A 109)	04 10:00 – City Market Outing (A 101) 11:15 – Art Therapy (A 114) 2:30 – Social Hour Ruth Piano (C 116) 6:15 – BINGO NIGHT (A 109)	05 10:00 – Exercise training (A 109) 11:15- Crossword Puzzles (A 109) 1:00 – Hand Massages (C 116) 2:30 – Social Hour (C 116) 6:15- Movie Matinee (A 109)	06 10:00 – Homemaker Hour 2:30 – Happy Hour w/ Linda on Piano (C 116) 6:15 – BINGO (A 109)
07 1:00 – Sunday Movie Matinee (C 116) 3:30 – Interdenominational Service (A 109)	08 10:00- Chair Yoga (A 109) 11:15 – Mindful Meditation (A 109) 1:00- Movie Matinee (A 109) 1:30 - Spiritual Care with Rev. Dan 2:30 – Social Hour (C 116) 6:15- Movie Matinee (A 109)	09 10:00 – Mindful Meditation (A 109) 11:00- Intergenerational Program (A 109) 1:45 – Music Therapy Exercise (D 113) 2:30 – Social Hour (C 116) 6:15 – BINGO NIGHT (A 109)	10 10:00- I Love Lucy (C 116) 11:15 – Coffee/Tea and Reminiscence Group (A 109) 1:30- Bible Study (A 109) 2:30 – Happy Hour (C 116) 4:00-Qi Gong (A 109) 6:15- Movie Matinee (A 109)	11 10:00 – Exercise Essentials for Better Balance (A 109) 11:15 – Adult Coloring Group (A 114) 2:30 – Social Hour Ruth Piano (C 116) 6:15 – BINGO NIGHT (A 109)	12 10:00 – Exercise training (A 109) 11:15- Crossword Puzzles (A 109) 1:00 – Brain Games (A 101) 2:30 – Social Hour (C 116) 6:15- Movie Matinee (A 109)	13 10:00 – Homemaker Hour 2:30 – Happy Hour w/ Linda on the piano (C 116) 6:15 – BINGO (A 109)
14 11:00- Local Temple Intergenerational: Door Décor 1:00 – Sunday Movie Matinee (C 116) 3:30 - Interdenominational Service (A 109)	15 10:00 – Chair Yoga (A 109) 11:15 – Canvas Painting (A 114) 1:00- Movie Matinee (A 109) 1:30 - Spiritual Care with Rev. Dan 2:30 – Social Hour (C 116) Pet Visits 6:15- Movie Matinee (A 109) Martin Luther King Jr. Day	16 10:00 – Mindful Meditation (A 109) 1:45 – Music Therapy Exercise (D 113) 2:30 – Social Hour (C 116) 6:15 – BINGO NIGHT (A 109)	17 10:00- Work Group (A 109) 11:15 – Coffee/Tea and Reminiscence Group (A 109) 1:30 – Bible Study (A 109) 2:30 –Happy Hour (C 116) 4:00-Qi Gong (A 109) 6:15- Movie Matinee (A 109)	18 10:00 – City Market Outing (A 101) 11:15 – Art Therapy (A 114) 1:00- Intergenerational Program (A 109) 2:30 – Social Hour Ruth Piano (C 116) 6:15 – BINGO NIGHT (A 109)	19 10:00 – Exercise training (A 109) 11:15- Crossword Puzzles (A 109) 1:00 – Hand Massages/ Manicures (C 116) 2:30 – Social Hour (A 101) 6:15 – Movie Matinee (A 109)	20 10:00 – Homemaker Hour 2:30 – Happy Hour w/ Linda on the piano (C 116) 6:15 – BINGO (A 109)
21 1:00 – Sunday Movie Matinee (C 116) 3:30 - Interdenominational Service (A 109)	22 10:00 – Chair Yoga (A 109) 11:15 – Mindful Meditation (A 109) 1:00- Movie Matinee (A 109) 1:30 - Spiritual Care with Rev. Dan 2:30 – Social Hour (C 116) 6:15 – Movie Matinee (A 109)	23 Massages! 10:00 – Mindful Meditation (A 109) 11:00- Intergenerational Program (A 109) 1:45 – Music Therapy Exercise (D 113) 2:30 – Social Hour (C 116) 3:00– Resident Council Meeting (C 116) 6:15 – BINGO Night (A 109)	24 10:00- I Love Lucy (C 116) 11:00 – Coffee/Tea and Reminiscence Group (A 109) 4:00-Qi Gong (A 109) 2:30 – Happy Hour (C 116) 6:15- Movie Matinee (A 109)	25 10:00 –Exercise Essentials for Better Balance (A 109) 11:15 – Art Therapy (A 114) 2:30 – Social Hour (C 116) 6:15 – BINGO NIGHT (A 109)	26 10:00 – Exercise training (A 109) 11:15- Crossword Puzzles (A 109) 1:00 – Brain Games (A 101) 2:30 – Social Hour (C 116) 6:15 – Movie Matinee (A 109)	27 10:00 – Homemaker Hour 2:30 – Happy Hour w/ Linda on the piano (C 116) 6:15 – BINGO (A 109)
28 1:00 – Sunday Movie Matinee (C 116) 3:30 - Interdenominational Service (A 109)	29 10:00 – Chair Yoga (A 109) 11:15 – Canvas Painting (A 114) 1:30 - Spiritual Care with Rev. Dan 2:30 – Social Hour (C 116) Pet Visits 6:15- Movie Matinee (A 109)	30 10:00 – Mindful Meditation (A 109) 1:15 Bowling Outing 1:45 – Music Therapy Exercise (D 113) 2:30 – Social Hour (C 116) 6:15 – BINGO NIGHT (A 109)	31 10:00- Work Group (A 109) 11:15 – Coffee/Tea and Reminiscence Group (A 109) 2:30 –Happy Hour (C 116) 4:00-Qi Gong (A 109) 6:15- Movie Matinee (A 109)			

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JANUARY 2018 Health Center 2nd

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	01 10:00- Chair Yoga (A 109) 11:15 – Canvas Painting (A 114) 1:00- Movie Matinee (A 109) 1:30 - Spiritual Care with Rev. Dan 2:30 – Social Hour (C 116) 6:15- Movie Matinee (A 109) HAPPY NEW YEAR!	02 10:00 – Mindful Meditation (A 109) 11:00- Mindful Meditation (A 109) 1:45 – Music Therapy Exercise (D 113) 2:30 – Social Hour (C 116) 6:15 – BINGO NIGHT (A 109)	03 10:00- Wal-Mart Outing 11:15 – Coffee/Tea and Reminiscence Group (A 109) 2:30 – Happy Hour (C 116) 6:15- Movie Matinee (A 109)	04 10:00 – City Market Outing (A 101) 11:15 – Art Therapy (A 114) 2:30 – Social Hour Ruth Piano (C 116) 6:15 – BINGO NIGHT (A 109)	05 10:00 – Exercise training (A 109) 11:15- Crossword Puzzles (A 109) 1:00 – Hand Massages (C 116) 2:30 – Social Hour (C 116) 6:15- Movie Matinee (A 109)	06 10:00 – Homemaker Hour 2:30 – Happy Hour w/ Linda on Piano (C 116) 6:15 – BINGO (A 109)
07 1:00 – Sunday Movie Matinee (C 116) 3:30 – Interdenominational Service (A 109)	08 10:00- Chair Yoga (A 109) 11:15 – Mindful Meditation (A 109) 1:00- Movie Matinee (A 109) 1:30 - Spiritual Care with Rev. Dan 2:30 – Social Hour (C 116) 6:15- Movie Matinee (A 109)	09 10:00 – Mindful Meditation (A 109) 11:00- Intergenerational Program (A 109) 1:45 – Music Therapy Exercise (D 113) 2:30 – Social Hour (C 116) 6:15 – BINGO NIGHT (A 109)	10 10:00- I Love Lucy (C 116) 11:15 – Coffee/Tea and Reminiscence Group (A 109) 1:30- Bible Study (A 109) 2:30 – Happy Hour (C 116) 4:00-Qi Gong (A 109) 6:15- Movie Matinee (A 109)	11 10:00 – Exercise Essentials for Better Balance (A 109) 11:15 – Adult Coloring Group (A 114) 2:30 – Social Hour Ruth Piano (C 116) 6:15 – BINGO NIGHT (A 109)	12 10:00 – Exercise training (A 109) 11:15- Crossword Puzzles (A 109) 1:00 – Brain Games (A 101) 2:30 – Social Hour (C 116) 6:15- Movie Matinee (A 109)	13 10:00 – Homemaker Hour 2:30 – Happy Hour w/ Linda on the piano (C 116) 6:15 – BINGO (A 109)
14 11:00- Local Temple Intergenerational: Door Décor 1:00 – Sunday Movie Matinee (C 116) 3:30 - Interdenominational Service (A 109)	15 10:00 – Chair Yoga (A 109) 11:15 – Canvas Painting (A 114) 1:00- Movie Matinee (A 109) 1:30 - Spiritual Care with Rev. Dan 2:30 – Social Hour (C 116) Pet Visits 6:15- Movie Matinee (A 109) Martin Luther King Jr. Day	16 10:00 – Mindful Meditation (A 109) 1:45 – Music Therapy Exercise (D 113) 2:30 – Social Hour (C 116) 6:15 – BINGO NIGHT (A 109)	17 10:00- Work Group (A 109) 11:15 – Coffee/Tea and Reminiscence Group (A 109) 1:30 – Bible Study (A 109) 2:30 –Happy Hour (C 116) 4:00-Qi Gong (A 109) 6:15- Movie Matinee (A 109)	18 10:00 – City Market Outing (A 101) 11:15 – Art Therapy (A 114) 1:00- Intergenerational Program (A 109) 2:30 – Social Hour Ruth Piano (C 116) 6:15 – BINGO NIGHT (A 109)	19 10:00 – Exercise training (A 109) 11:15- Crossword Puzzles (A 109) 1:00 – Hand Massages/ Manicures (C 116) 2:30 – Social Hour (A 101) 6:15 – Movie Matinee (A 109)	20 10:00 – Homemaker Hour 2:30 – Happy Hour w/ Linda on the piano (C 116) 6:15 – BINGO (A 109)
21 1:00 – Sunday Movie Matinee (C 116) 3:30 - Interdenominational Service (A 109)	22 10:00 – Chair Yoga (A 109) 11:15 – Mindful Meditation (A 109) 1:00- Movie Matinee (A 109) 1:30 - Spiritual Care with Rev. Dan 2:30 – Social Hour (C 116) 6:15 – Movie Matinee (A 109)	23 Massages! 10:00 – Mindful Meditation (A 109) 11:00- Intergenerational Program (A 109) 1:45 – Music Therapy Exercise (D 113) 2:30 – Social Hour (C 116) 3:00– Resident Council Meeting (C 116) 6:15 – BINGO Night (A 109)	24 10:00- I Love Lucy (C 116) 11:00 – Coffee/Tea and Reminiscence Group (A 109) 2:30 – Happy Hour (C 116) 4:00-Qi Gong (A 109)	25 10:00 –Exercise Essentials for Better Balance (A 109) 11:15 – Art Therapy (A 114) 2:30 – Social Hour (C 116) 6:15 – BINGO NIGHT (A 109)	26 10:00 – Exercise training (A 109) 11:15- Crossword Puzzles (A 109) 1:00 – Brain Games (A 101) 2:30 – Social Hour (C 116) 6:15 – Movie Matinee (A 109)	27 10:00 – Homemaker Hour 2:30 – Happy Hour w/ Linda on the piano (C 116) 6:15 – BINGO (A 109)
28 1:00 – Sunday Movie Matinee (C 116) 3:30 - Interdenominational Service (A 109)	29 10:00 – Chair Yoga (A 109) 11:15 – Canvas Painting (A 114) 1:30 - Spiritual Care with Rev. Dan 2:30 – Social Hour (C 116) Pet Visits 6:15- Movie Matinee (A 109)	30 10:00 – Mindful Meditation (A 109) 1:15 Bowling Outing 1:45 – Music Therapy Exercise (D 113) 2:30 – Social Hour (C 116) 6:15 – BINGO NIGHT (A 109)	31 10:00- Work Group (A 109) 11:15 – Coffee/Tea and Reminiscence Group (A 109) 2:30 –Happy Hour (C 116) 4:00-Qi Gong (A 109) 6:15- Movie Matinee (A 109)			

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JANUARY 2018

Short Term

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	01 10:00- Chair Yoga (A 109) 11:15 – Canvas Painting (A 114) 1:00- Movie Matinee (A 109) 1:30 - Spiritual Care with Rev. Dan 2:30 – Social Hour (A 101) 6:15- Movie Matinee (A 109) HAPPY NEW YEAR!	02 11:00- Mindful Meditation (A 109) 1:45 – Music Therapy Exercise (D 113) 2:30 – Social Hour (A 101) 6:15 – BINGO NIGHT (A 109)	03 11:15 – Coffee/Tea and Reminiscence Group (A 109) 2:30 – Happy Hour (A 101) 4:00-Qi Gong (A 109) 6:15- Movie Matinee (A 109)	04 11:15 – Art Therapy (A 114) 2:30 – Social Hour (A 101) Ruth Piano (C 116) 6:15 – BINGO NIGHT (A 109)	05 10:00 – Exercise training (A 109) 11:15- Crossword Puzzles (A 109) 1:00 – Indoor Walking Group (A 101) 2:30 – Social Hour (A 101) 6:15- Movie Matinee (A 109)	06 10:00 – Chair Pilates DVD (A 109) 2:30 – Happy Hour w/ Linda on Piano (C 116) 6:15 – BINGO (A 109)
07 1:00 – Sunday Movie Matinee (A 109) 3:30 – Interdenominational Service (A 109)	08 10:00- Chair Yoga (A 109) 11:15 – Mindful Meditation (A 109) 1:00- Movie Matinee (A 109) 1:30 - Spiritual Care with Rev. Dan 2:30 – Social Hour (A 101) 6:15- Movie Matinee (A 109)	09 10:00 – Mindful Meditation (A 109) 11:00- Intergenerational Program (A 109) 1:45 – Music Therapy Exercise (D 113) 2:30 – Social Hour (A 101) 6:15 – BINGO NIGHT (A 109)	10 11:15 – I Love Lucy (A 109) 1:30- Bible Study (A 109) 2:30 – Happy Hour (A 101) 4:00-Qi Gong (A 109) 6:15- Movie Matinee (A 109)	11 10:00 – Exercise Essentials for Better Balance (A 109) 11:15 – Adult Coloring Group (A 114) 2:30 – Social Hour (A 101) Ruth Piano (C 116) 6:15 – BINGO NIGHT (A 109)	12 10:00 – Exercise training (A 109) 11:15- Crossword Puzzles (A 109) 1:00 – Brain Games (A 101) 2:30 – Social Hour (A 101) 6:15- Movie Matinee (A 109)	13 10:00 – Core & Upper Body Strength DVD (A 109) 2:30 – Happy Hour w/ Linda on the piano (C 116) 6:15 – BINGO (A 109)
14 11:00- Local Temple Intergenerational: Door Décor 1:00 – Sunday Movie Matinee (A 109) 3:30 - Interdenominational Service (A 109)	15 10:00 – Chair Yoga (A 109) 11:15 – Canvas Painting (A 114) 1:00- Movie Matinee (A 109) 1:30 - Spiritual Care with Rev. Dan 2:30 – Social Hour (A 101) Pet Visits 6:15- Movie Matinee (A 109) Martin Luther King Jr. Day	16 10:00 – Mindful Meditation (A 109) 1:45 – Music Therapy Exercise (D 113) 2:30 – Social Hour (A 101) 6:15 – BINGO NIGHT (A 109)	17 11:15 – Work Group (A 109) 1:30 – Bible Study (A 109) 2:30 –Happy Hour (A 101) 4:00-Qi Gong (A 109) 6:15- Movie Matinee (A 109)	18 11:15 – Art Therapy (A 114) 1:00- Intergenerational Program (A 109) 2:30 – Social Hour (A 101) Ruth Piano (C 116) 6:15 – BINGO NIGHT (A 109)	19 10:00 – Exercise training (A 109) 11:15- Crossword Puzzles (A 109) 1:00 – Indoor walking Group (A 101) 2:30 – Social Hour (A 101) 6:15 – Movie Matinee (A 109)	20 10:00 – Core & Lower Body Strength DVD (A 109) 2:30 – Happy Hour w/ Linda on the piano (C 116) 6:15 – BINGO (A 109)
21 1:00 – Sunday Movie Matinee (A 109) 3:30 - Interdenominational Service (A 109)	22 10:00 – Chair Yoga (A 109) 11:15 – Mindful Meditation (A 109) 1:00- Movie Matinee (A 109) 1:30 - Spiritual Care with Rev. Dan 2:30 – Social Hour (A 101) 6:15 – Movie Matinee (A 109)	23 Massages! 10:00 – Mindful Meditation (A 109) 11:00- Intergenerational Program (A 109) 1:45 – Music Therapy Exercise (D 113) 2:30 – Social Hour (A 101) 6:15 – BINGO Night (A 109)	24 10:00- I Love Lucy (A 109) 11:00 – Coffee/Tea and Reminiscence Group (A 109) 4:00-Qi Gong (A 109) 2:30 – Happy Hour (A 101) 6:15- Movie Matinee (A 109)	25 10:00 –Exercise Essentials for Better Balance (A 109) 11:15 – Art Therapy (A 114) 2:30 – Social Hour (A C 116) 6:15 – BINGO NIGHT (A 109)	26 10:00 – Exercise training (A 109) 11:15- Crossword Puzzles (A 109) 1:00 – Brain Games (A 101) 2:30 – Social Hour (A 101) 6:15 – Movie Matinee (A 109)	27 10:00 – Chair Pilates DVD (A 109) 2:30 – Happy Hour w/ Linda on the piano (C 116) 6:15 – BINGO (A 109)
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