

JANUARY 2019 INDEPENDENT LIVING

Sunday

Monday



Tuesday

Wednesday

Thursday

Friday

Saturday

		<p>1 New Year's Day</p> <p>10:30AM – Exercise 11:00AM – Reflect on Last Year 1:30PM – January in History 2:00PM – New Year's Firework Displays Around the World 3:00PM – Honeymooners New Year's Marathon</p>	<p>2</p> <p>9:00AM – Shop Rite 10:30 – Exercise 11:00AM – 2019 News of the Day 1:30PM – Horse Racing (Bring Your Pennies) 2:30PM – New Year's Resolutions 3:30PM – Range of Motion</p>	<p>3</p> <p>9:00AM- Aldi's 10:30AM – Exercise 11:00AM – Eat Right This Year Health Video 1:30PM – 3:30PM – Pokeno 3:30PM – Wii Dance</p>	<p>4</p> <p>10:30AM – Exercise 11:00AM – Meditation 1:00PM – 2:00PM – Bible Study 2:00PM – 3:30PM – Crafts with Valerie</p>	<p>5</p> <p>10:30AM – ROSARY 1:30PM –BINGO</p>
		<p>6</p> <p>1:30PM – Movie 3:00PM– Table Games</p>	<p>7</p> <p>9:00AM – TD Bank 10:30AM -Exercise 11:00AM –Technology Questions 1:30PM – 3:30PM – Pokeno 3:30PM – 4:30PM– Popcorn Hour 6:00PM - Bridge</p>	<p>8</p> <p>9:45AM- Catholic Mass 10:30AM -Exercise 11:00AM – Scrabble Groups 1:30PM – Elvis Trivia Teams 2:30PM – Elvis Birthday Tribute</p>	<p>9</p> <p>9:00AM – Shop Rite 10:30AM – Exercise 11:00AM – Today's News Discussion 2:00PM – Town Hall Meeting</p>	<p>10</p> <p>10:30AM -Exercise 11:00 AM – Book Exchange 2:00PM – Live Entertainment with Peter Lieberman</p>
<p>13</p> <p>1:30PM – Movie 3:00PM– Table Games</p>	<p>14</p> <p>9:00AM – TD Bank 10:30AM -Exercise 11:00AM – Tech Questions 1:30PM – 3:30PM – Pokeno 2:30PM – Movie: An Affair to Remember, Cary Grant 6:00PM - Bridge</p>	<p>15</p> <p>10:30AM -Exercise 11:00AM – Chair Yoga 1:30PM – Family Dollar 1:30PM – 4:00PM – Crazy Hat Karaoke</p>	<p>16</p> <p>9:00AM - Shop Rite 10:30AM – Exercise 11:00AM – Today's News 12:30PM – National Geographic 2:00PM – Crafts with Valerie 3:30PM – Wii Sports</p>	<p>17</p> <p>10:30AM -Exercise 11:00PM – German Church Service 12:30PM – Current Events 1:30PM- Walmart 1:30PM – 3:30PM – Pokeno</p>	<p>18</p> <p>9:45AM -Exercise 10:39AM- Church Service 11:00AM – Meditation 1:00PM – Uncle Giuseppe's Marketplace 1:30PM – Bible Study 2:30PM – Chips & Dip Social</p>	<p>19</p> <p>10:30AM – ROSARY 1:30PM –BINGO</p>
<p>20</p> <p>1:30PM – Movie 3:00PM– Table Games</p>	<p>21 Martin Luther King Jr. Day 9:00AM-TD Bank 10:30AM -Exercise 11:00AM – Tech Questions 1:30PM – 3:30PM – Pokeno 1:30PM – Martin Luther King Jr. Documentary 6:00PM - Bridge</p>	<p>22</p> <p>10:30AM -Exercise 11:00AM – Chair Yoga 1:30PM – Live Entertainment with Harry Maitland 3:00PM – Freeze Dance</p>	<p>23</p> <p>9:00AM – Shop Rite 10:30AM – Exercise 11:00AM – How It's Made 2:00PM – Il Volo Young Tenors Live in Concert</p>	<p>24</p> <p>10:30AM – Exercise 11:00AM – Hand Massages 1:30PM – Trader Joe's 1:30PM – 3:30PM – Pokeno 2:00PM – Movie Matinee & Popcorn</p>	<p>25</p> <p>9:45AM -Exercise 10:30AM – Church Service 11:00AM – Meditation 11:45AM- Hot Grill 1:30PM – Bible Study 2:30PM – Hot Chocolate Social & Music</p>	<p>26</p> <p>10:30AM – ROSARY 1:00PM –BINGO</p>
<p>27</p> <p>1:30PM – Movie 3:00PM– Table Games</p>	<p>28</p> <p>9:00AM – TD Bank 10:30AM – Exercise 11:00AM – Tech Questions 1:30PM – 3:30PM – Pokeno 2:00PM – Travel Italy with Rick Steves 6:00PM – Bridge</p>	<p>29</p> <p>9:00AM – Shop Rite 10:30AM – Exercise 11:00AM – Football Trivia Teams 1:30PM – Discuss Ambassador Rick Steves 2:30PM – Comedy Hour</p>	<p>30</p> <p>9:30AM – Catholic Mass 10:30AM – Exercise 11:00AM – Stretch & Flex 1:30PM – 4:00PM Nail Spa Open for Men/Women</p>	<p>31</p> <p>9:00AM- Aldi's 10:30AM – Exercise 11:00AM – Chair Yoga 1:30PM – 3:30PM – Pokeno 2:30PM – Art Therapy</p>		<p>** ALL ACTIVITIES AND TRIPS ARE SUBJECT TO CHANGE**</p> <p>**Hair Dresser for Men and Women Wednesdays and Thursdays 8:00AM-12:00PM**</p>

JANUARY 2019 INDEPENDENT LIVING

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday