

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2019



<p>Changes to this calendar will be posted on the Daily Activity Sheets ~ Thank You</p>	<p>This year 2019, we plan to compare and share the flavor of the world we live in! With our theme of "You Mean The World to Us!"</p>	<p>1 New Years' Day 8:15 Early Music & Movement - E 9:30 Music & Movement - E <u>11:30 New Year's Meal -D</u> 6:30 500 & Bridge - L 6:30 Hand & Foot Cards—L <u>7:00 Partners in Prayer - C</u></p>	<p>2 8:15 Early Music & Movement - E <u>9:00-3:00 Appointment Runs</u> <u>9:30 "Chair Yoga" Fitness DVD - E</u> 10:30 Coffee Social - L 12:00 Pinochle - L 1:00 7up & 7down Cards -C 3:00 Cribbage-C <u>4:00 Catholic Communion/Rosary - E</u> 6:30 500, Bridge & Pinochle - L/D 6:30 Skip-bo, Hand & Foot & Dominoes -C 7:30 500 -C</p>	<p>3 8:15 Early Music & Movement - E 9:30 Music Fitness -E <u>10:00 (\$) Ladies' "Taste of Scandia" Lunch & stop at Como Outing (AL & IL)</u> 10:30 Coffee Social - L <u>11:45—12:45 Bonus BINGO -D</u> 1:00 Farkle Game - C 2:00 Resident Forum -D <u>3:00 New Residents' Welcome-C</u> >3:00 Cribbage-E 6:30 500 & 7up & 7down Cards -C <u>6:30 Walkover BD Support Group (IL)</u></p>	<p>4 8:15 Early Music & Movement-E <u>9:30 Challenge Fitness-E (with Instructor)</u> <u>10:30 Lunch Outing to the Global Market (AL & IL)</u> 10:30 Coffee Social- L <u>2:00 Happy Hour -D</u> <u>2:30 Crosswords - D</u> 6:30 Bridge-L</p>	<p>5 10:00 Coffee Social - L 10:30 Music & Movement - E <u>1:00 Wii Games -E</u> 1:00 Dominos-L 1:00 Farkle Game - C 2:00 Whist-C <u>3:15 Film Fest-D</u> <u>"All Saints" 2017 New Release</u> Drama—Spiritual True Story 6:30 Bingo -D</p>
<p>6 10:30 Coffee Social - L 2:30 Music & Movement—E 6:30 Pinochle - C <u>4:45 (\$\$) Outing to Crooners for the Birthday Club Concert & Supper (IL & AL)</u></p>	<p>7 8:15 Early Music & Movement - E <u>9:30 "Stars & Stripes" Fitness DVD - E</u> <u>10:00 Cub & Target Trips</u> 10:30 Coffee Social - L 10:30 New DIY Handworks -C 1:00 Rummikub Club- L 1:30 Bingo - D 6:30 Hand & Foot—C 6:30 500 Club -L</p>	<p>8 8:15 Early Music & Movement - E <u>9:00-3:00 Appointment Runs</u> <u>9:30 Challenge Fitness-E (with Instructor)</u> <u>10:30-10:50 Blood Pressure Clinic & Balance Assessment - C & D</u> 10:30 Coffee Social - L <u>2:30 Educational Session -Speaker-D</u> <u>"How Photography Connects Us"</u> <small>TED Talk & More Presented by Su Stigney</small> 6:30 500 & Bridge - L 6:30 Hand & Foot Cards—L <u>7:30 Bible Browser's Study-D</u></p>	<p>9 8:15 Early Music & Movement - E <u>9:00-3:00 Appointment Runs</u> <u>9:30 "Chair Yoga" Fitness DVD - E</u> 10:30 Coffee Social - L 12:00 Pinochle - L 1:00 7up & 7down Cards -C <u>2:45 Cyber Seniors Kick Off -D</u> 3:00 Cribbage-C <u>4:00 Catholic Communion/Rosary - E</u> 6:30 500, Bridge & Pinochle - L/D 6:30 Skip-bo, Hand & Foot & Dominoes -C 7:30 500 -C</p>	<p>10 8:15 Early Music & Movement - E 9:30 Music Fitness -E 10:30 Coffee Social - L <u>12:15 Water Fitness Outing (IL & AL)</u> 1:00 Farkle Game - C 3:00 Cribbage-C 6:30 500 & 7up & 7down Cards -C</p>	<p>11 8:15 Early Music & Movement-E <u>9:30 Challenge Fitness-E (with Instructor)</u> 10:30 Coffee Social- L <u>2:00 Bring a Guest - Happy Hour-D</u> <u>2:30 Wit & Wisdom Show by Les Gable- D</u> 6:30 Bridge-L</p>	<p>13 10:00 Coffee Social - L 10:30 Music & Movement - E 1:00 Dominos-L 1:00 Farkle Game - C 2:00 Whist-C <u>2:00 Film Fest-D</u> <u>"LBJ" New 2017 Release</u> Drama -Biography 6:30 Bingo -D</p>
<p>13 10:30 Coffee Social - L 2:30 Music & Movement-E 6:30 Pinochle -C</p>	<p>14 8:15 Early Music & Movement - E <u>9:30 "Stars & Stripes" Fitness DVD - E</u> <u>10:00 Cub & Target Trips (IL & AL)</u> 10:30 Coffee Social - L <u>10:30 DIY Handworks -C</u> 1:00 Rummikub Club- L 1:30 Bingo - D 6:30 Hand & Foot—C 6:30 500 Club -L <u>7:30 Fridley Band Concert—D</u></p>	<p>15 8:15 Early Music & Movement - E <u>9:00-3:00 Appointment Runs</u> <u>9:30 Challenge Fitness-E (with Instructor)</u> <u>10:30-10:50 Blood Pressure Clinic & Balance Assessment - C & D</u> 10:30 Coffee Social - L <u>2:30 Educational Session -Speaker-D</u> <u>"Ramsey County Library"</u> <small>Presented by Marcus Lowry</small> 6:30 500 & Bridge - L 6:30 Hand & Foot Cards—L <u>7:00 Partners in Prayer - C</u></p>	<p>16 8:15 Early Music & Movement - E <u>9:00—3:00 Appointment Runs</u> <u>9:30 "Chair Yoga" Fitness DVD - E</u> 10:30 Coffee Social - L 12:00 Pinochle - L 1:00 7up & 7down Cards -C <u>2:45 Cyber Seniors -D</u> 3:00 Cribbage-C <u>4:00 Catholic Communion/Rosary - E</u> <u>4:45 Birthday Dinner - D</u> 6:30 500, Bridge & Pinochle - L/D 6:30 Skip-bo, Hand & Foot & Dominoes -C 7:30 500 -C</p>	<p>17 8:15 Early Music & Movement - E <u>8:15 (\$) Men's Breakfast Outing (AL & IL)</u> 9:30 Music Fitness -E 10:30 Coffee Social - L <u>12:15 Water Fitness Outing (IL & AL)</u> 1:00 Farkle Game - C 3:00 Cribbage-C 6:30 500 & 7up & 7down Cards -C</p>	<p>18 8:15 Early Music & Movement-E <u>>9:30 DVD Music in Motion -E</u> 10:30 Coffee - L <u>TBA Rosedale Run Shopping or Show (IL & AL)</u> <u>2:00 Bring a Guest - Happy Hour-D</u> <u>2:30 Musical Ventriologist by Kevin Doely-D</u> 6:30 Bridge-L</p>	<p>19 10:00 Coffee Social - L 10:30 Music & Movement - E 1:00 Dominos-L 1:00 Farkle Game - C <u>11:30 (\$\$)Scandinavian Lutefisk & Meatball Dinner Outing</u> 2:00 Whist-C <u>2:30 Hymn Sing with Peggy-D</u> 6:30 Bingo -D</p>
<p>20 10:30 Coffee Social - L 2:30 Music & Movement-E 6:30 Pinochle -C</p>	<p>21 8:15 Early Music & Movement - E <u>9:30 "Stars & Stripes" Fitness DVD - E</u> <u>10:00 Cub & Target Trips (IL & AL)</u> 10:30 Coffee Social - L 10:30 Book Club "A Man Called Ove" -C 1:30 Bingo - D 1:00 Rummikub Club- L 6:30 Hand & Foot—C 6:30 500 Club -L</p>	<p>22 8:15 Early Music & Movement - E <u>9:00-3:00 Appointment Runs</u> <u>9:30 Challenge Fitness-E (with Instructor)</u> <u>10:30-10:50 Blood Pressure Clinic & Balance Assessment - C & D</u> 10:30 Coffee Social - L <u>2:30 Educational Session -Speaker-D</u> <u>"Global Reading" Challenge</u> <small>Ted Talk & more Presented by Su Stigney</small> 6:30 500 & Bridge - L 6:30 Hand & Foot Cards—L <u>7:30 Bible Browser's Study-D</u></p>	<p>23 8:15 Early Music & Movement - E <u>9:00—3:00 Appointment Runs</u> <u>9:30 "Chair Yoga" Fitness DVD - E</u> 10:30 Coffee Social - L 12:00 Pinochle - L 1:00 7up & 7down Cards -C <u>2:45 Cyber Seniors -D</u> 3:00 Cribbage-C <u>4:00 Catholic Communion/Rosary - E</u> 6:30 500, Bridge & Pinochle - L/D 6:30 Skip-bo, Hand & Foot & Dominoes -C 7:30 500 -C</p>	<p>24 8:15 Early Music & Movement - E 9:30 Music Fitness -E 10:30 Coffee Social - L <u>11:45—12:45 Bonus BINGO -D</u> <u>12:15 Water Fitness Outing (IL & AL)</u> 1:00 Farkle Game - C 3:00 Cribbage-C 6:30 500 & 7up & 7down Cards -C</p>	<p>25 8:15 Early Music & Movement-E <u>9:30 Challenge Fitness-E (with Instructor)</u> 10:30 Coffee Social- L <u>10:30 Winter Carnival Outing to Snow /Ice Sculptures (IL)</u> <u>2:00 Happy Hour -D</u> <u>2:30 Crosswords - D</u> 6:30 Bridge-L</p>	<p>26 10:00 Coffee Social - L 10:30 Music & Movement - E 1:00 Dominos-L 1:00 Farkle Game - C <u>1:00 Wii Games -E</u> 2:00 Whist-C <u>2:00 Film Fest-D</u> <u>"Mamma Mia -Here We Go Again"</u> <small>2017 New Release Musical /Comedy</small> 6:30 Bingo -D</p>
<p>27 10:30 Coffee Social - L 2:30 Music & Movement-E 6:30 Pinochle -C</p>	<p>28 8:15 Early Music & Movement - E <u>9:30 "Stars & Stripes" Fitness DVD - E</u> <u>10:00 Cub & Target Trips (IL & AL)</u> 10:30 Coffee Social - L <u>10:30 DIY Handworks -C</u> <u>1:00-3:00 Extra Appointment & North Errands Runs</u> 1:00 Rummikub Club- L >1:00 Bingo - D <u>2:30 Joyful Hymnsters-D</u> 6:30 Hand & Foot—C 6:30 500 Club -L</p>	<p>29 8:15 Early Music & Movement - E <u>9:00-3:00 Appointment Runs</u> <u>9:30 Challenge Fitness-E (with Instructor)</u> <u>10:30-10:50 Blood Pressure Clinic - C & D</u> 10:30 Coffee Social - L <u>2:30 Educational Session -Speaker-D</u> <u>"Mind Diet -Healthy Brain"</u> <small>Presented by Amy House & Troy Banedit</small> 6:30 500 & Bridge - L 6:30 Hand & Foot Cards—L <u>7:30 Bible Browser's Study-D</u></p>	<p>30 8:15 Early Music & Movement - E <u>9:00—3:00 Appointment Runs</u> <u>9:30 "Chair Yoga" Fitness DVD - E</u> 10:30 Coffee Social - L 12:00 Pinochle - L 1:00 7up & 7down Cards -C <u>2:45 Cyber Seniors -D</u> 3:00 Cribbage-C <u>4:00 Catholic Communion/Rosary - E</u> 6:30 500, Bridge & Pinochle - L/D 6:30 Skip-bo, Hand & Foot & Dominoes -C 7:30 500 -C</p>	<p>31 8:15 Early Music & Movement - E 9:30 Music Fitness -E 10:30 Coffee Social - L 12:00 Class of 2017 Luncheon-D <small>(by invite with RSVP)</small> <u>12:15 Water Fitness Outing (IL & AL)</u> 1:00 Farkle Game - C 3:00 Cribbage-C 6:30 500 & 7up & 7down Cards -C</p>	<p>KEY BD Brightondale AL D Dining Area/Veranda C Craft Room E Exercise Room L Library Room \$ Need Money for Outing or Event</p>	<p>\$\$ Billable Outing R—Reflection IL—Independent Living AL Assisted Living Outing or Specials TBA To Be Announced P Patio Lo Lobby () FYI</p>