

January 2019 Assisted Living Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>SUAD...Sign up at Activity Desk OR...Oaks Room AR...Acorn Room CC...Coffee Corner Chp...Chapel WC...Wellness Center (across from D204)</p>		<p>1 New Years Day 9:30 No Exercise today/OR 10:30 No Exercise today/ALAR 10:30 Activity Sign Ups/OR 1:30 Movie/ALAR "Singin' in the Rain" 3:30 Rosary for Peace/Chapel 5:30 Assisted Living Movie "Irma LaDouce"</p>	<p>2 9:30 Balance Exercises/OR 10:30 Exercise w/Tony 1:00 Rummikub & Scrabble 2:00 Movie/OR "The Red Violin" 3:15 Knitting & Crocheting/AR 7:00 Bingo/OR</p>	<p>3 9:30 Exercise w/Tony/OR 10:30 Exercise w/Tony/OR 10:30 Movie/OR "Fractals: Hunting the Hidden Dimensions" 1:15 Poetry w/Magdalena 4:00 HAPPY HOUR/OR</p>	<p>4 9:30 Exercise w/Tony/OR 10:00 Poker/C1 elevator 10:30 Exercise w/Tony 5:30 Assisted Living Movie "Summer in February" 7:15 Movie/OR "RGB"</p>	<p>5 10:00 Music w/Karen by the C1 elevator 10:15 Qi Gong DVD/OR 1:00 Bridge by the C1 elevator 1:30 Movie/ALAR "And So It Goes" 4:00 Mass/OR 7:15 Movie/OR "Saving Private Ryan"</p>
<p>6 10:00 Bingo w/Lori 10:15 Qi Gong DVD/OR 1:00 Rummikub & Scrabble/ ALAR 2:45 Movie/OR "Saving Private Ryan" 7:15 Movie/OR "And So It Goes"</p>	<p>7 9:30 Balance Exercise/OR 10:00 Poker by C1 elevator 10:30 Exercise w/Tony 10:30 Resident Council Meeting See newsletter--All Welcome/OR 1:30 Bible Study/Chapel 1:30 Nature DVD/ALAR "My Life as a Turkey" 1:45 Art Class #1/OR</p>	<p>8 9:30 Exercise w/Tony/OR 10:30 Exercise w/Tony 10:30 Qi Gong DVD/OR 11:30 New Resident Luncheon 1:30 Richard on Piano 3:30 Rosary for Peace/Chapel 5:30 Assisted Living Movie "The Divine Order"</p>	<p>9 9:30 Balance Exercises/OR 10:30 Exercise w/Tony 11:00 Episcopal Service/Chp 1:00 Rummikub & Scrabble 2:00 UCSC Prof. speaks/OR "Women in Early Hollywood" 3:15 Knitting & Crocheting/AR 7:00 Bingo/OR</p>	<p>10 9:30 No Exercise today/OR 10:00 Hearing Aid Check/ W/C 10:00 Bookmobile/Lobby 10:30 Exercise w/Tony 10:30 Mary Boer Writing Group in Acom Room 1:30 Music w/ Ginny Mitchell 4:00-5:30 HAPPY HOUR/OR <i>Learn the electric slide line dancing!</i></p>	<p>11 9:30 Exercise w/Tony/OR 10:00 Poker by C1 elevator 10:15 DOGGS Sing/AR 10:30 Exercise w/Tony 1:30 Jewish Culture Club/AR 5:30 Assisted Living Movie "Moonstruck" 7:15 Villanelle Singing Duo/OR</p>	<p>12 10:00 Music w/David Field by C1 elevator 10:15 Qi Gong DVD/OR 1:00 Bridge by the C1 elevator 1:30 Movie/ALAR "The Book Thief" 4:00 Mass/OR 7:15 Movie/AR "Black Swan"</p>
<p>13 10:15 Qi Gong DVD/OR 1:00 Rummikub & Scrabble/ALAR 2:45 Movie/OR "Black Swan" 7:15 Movie/ OR "The Book Thief"</p>	<p>14 9:30 Balance Exercise/OR 9:45 Shop Trader Joes/SUAD 10:00 Poker by C1 elevator 10:30 Exercise w/Tony 1:30 AL Conversation 1:30 Bible Study/Chapel 1:45 Art Class #2/OR 2:30 Rummikub & Scrabble</p>	<p>15 9:30 Exercise w/Tony/OR 9:45 Shop at Dollar Tree/SUAD 10:30 Exercise w/Tony 10:30 Qi Gong DVD/OR 1:30 Music w/Nick Royal 3:30 Rosary for Peace/Chapel 5:30 Assisted Living Movie "Gypsy"</p>	<p>16 9:30 Balance Exercises/OR 10:30 Exercise w/Tony 1:00 Rummikub & Scrabble 2:30 New Resident Social/OR 3:15 Knitting & Crocheting/AR 7:00 Bingo/OR</p>	<p>17 9:30 Exercise w/Tony/OR 10:30 Exercise w/Tony 1:00 Nature DVD "The Private Life of Deer" 1:30 WORD WARP/OR 4:15 Birthday, New Resident Dinner/Main Dining Room</p>	<p>18 9:30 Exercise w/Tony/OR 10:00 Poker by C1 elevator 10:15 DOGGS Sing/AR 5:30 Assisted Living Movie "The Country Girl" 7:15 Movie/OR "RBG"</p>	<p>19 10:00 Music w/Karen by the C1 elevator 10:15 Qi Gong DVD/ OR 1:30 Movie/ALAR "Love Actually" 1:00 Bridge by the C1 elevator 1:45 BEADING Class/SUAD/AR 4:00 Mass/OR 7:15 Movie/OR "Gravity"</p>
<p>20 10:00 Bingo w/Lori 10:00 Leave for Life-Long Learners/SUAD 10:15 Qi Gong DVD/OR 1:00 Rummikub & Scrabble/ALAR 2:45 Movie/OR "Gravity" 7:15 Movie/OR "Love Actually"</p>	<p>21 Martin Luther King Jr. Day 9:30 Balance Exercise/OR 10:00 Poker by C1 elevator 10:30 Exercise w/Tony 1:00 Rummikub & Scrabble 1:30 Bible Study/Chapel 1:45 Art Class #1/OR</p>	<p>22 9:30 No Exercise today/OR 10:30 Exercise w/Tony 10:30 No Qi Gong today 1:30 Nature DVD/ALAR "Fox Tales" 3:30 Rosary for Peace/Chapel 5:30 Assisted Living Movie "Love & Mercy"</p>	<p>23 9:30 No Balance Class today/OR 10:30 Exercise w/Tony 10:30 Macular Degeneration Support Group/AR 11:30 Lunch at Splash/SUAD 1:00 Rummikub & Scrabble 3:15 Knitting & Crocheting/AR 7:00 Bingo/OR</p>	<p>24 9:30 Exercise w/Tony/OR 10:00 Bookmobile/Lobby 10:30 Exercise w/Tony 10:30 Work on Your Crafts/OR 1:45 Holy Cross Students Visit their resident buddies/OR 3:30 HAPPY HOUR DANCE/OR <i>'Island Wave Duo' performs</i></p>	<p>25 9:30 Exercise w/Tony/OR 10:00 Poker by C1 elevator 10:15 DOGGS Sing/AR 10:30 Exercise w/Tony 1:30 Jewish Culture Club/AR 5:30 Assisted Living Movie "Apollo 13" 7:15 Pianist Richard Stauff/OR "Hit Parade of 1949!"</p>	<p>26 10:00 Music w/Nick by the C1 elevator 10:15 Qi Gong DVD/OR 1:30 Movie/ALAR "Chariots of Fire" 1:00 Bridge by the C1 elevator 4:00 Mass/OR 7:15 Movie/OR "Chinatown"</p>
<p>27 10:15 Qi Gong DVD/OR 1:00 Rummikub & Scrabble/ALAR 1:00 Leave for Symphony 2:45 Movie/OR "Chinatown" 7:15 Movie/ OR "Chariots of Fire"</p>	<p>28 9:30 Balance Exercise/OR 10:00 Poker/ C1 elevator 10:30 Exercise w/Tony 10:30 Movie/OR "Fractals" 1:30 Bible Study/Chapel 1:30 AL Sharing Memories with Fran 1:45 Art Class #2/OR</p>	<p>29 9:30 Exercise w/Tony/OR 10:30 Qi Gong DVD/OR 10:30 Exercise w/Tony 1:30 Sing Along w/Charlotte 3:30 Rosary for Peace/Chapel 5:30 Assisted Living Movie "The Lady Eve"</p>	<p>30 9:30 Balance Exercises/OR 9:45 Sit or Stroll at Seacliff/SUAD 10:30 Exercise w/Tony 1:00 Rummikub & Scrabble 2:30 Show & Tell/OR 3:15 Knitting & Crocheting 7:00 Bingo/OR</p>	<p>31 9:30 Exercise w/Tony/OR 10:30 Exercise w/Tony 1:30 Rummikub & Scrabble/CC 1:30 Music w/David Field 4:00 HAPPY HOUR/OR <i>Musical & Vocal Duo JADE</i></p>		<p>Activities take place in the Assisted Living Activity Room unless otherwise noted.</p> <p>Activities subject to change without notice. Please check daily flyers for updates.</p>