

January 2024						Independent Living	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1	2	3	4	5	6	
	9:30 Knitting 101 (GCS) 10:30 What's New in 2024 (CR) 1:00 Balance Exercise (FC) 1:30 MoveMor (FC) 2:00 Stretch and Flex (FC) 2:30 Movie - After the Tin Man (CR) 3:00 Rosary/Communion (GCS) 7:00 Canasta (3AC)	9:00 Total Body Fitness (FC) 9:30 Undecorating Christmas (AN) 10:00 Redwood BP Clinic (HC) 10:00 Balance Exercise (FC) 2:00 Armchair Travel: Greek Islands (CR)	9:15 Bible Study (CR) 10:15 Bible Study (CR) 1:00 Balance Exercise (FC) 1:30 MoveMor (FC) 2:00 Stretch and Flex (FC) 2:00 Men's Group Meeting (CR) 3:00 Who Am I (CR) 7:00 Bingo (3AC)	9:00 Total Body Fitness (FC) 10:00 Balance Exercise (FC) 10:15 Resident Welcomers (Lib) 11:00 Construction Update (CR) 1:00 Choir (CR) 2:00 Music with Dan (Lby) 3:00 Rummikub (CRA) 3:00 Rummikub (3AC)	9:30 Men's Coffee Crew & mtg (GCS) 9:30 Painting with Cliff (GCS) 10:30 Bingo (CRA) 1:00 Bridge (3AC) 1:00 Balance Exercise (FC) 1:30 Chris Wells (CR)	8:00 Activity Packets on 3rd Floor (AN) 10:00 Morning Movers (2AC) 10:15 Rummikub (CRA) 1:30 Bingo (GCS) 2:00 Word Mining (3AC)	
7	8	9	10	11	12	13	
10:30 Sunday Worship - Chaplain Cindy (CR) 1:00 Bridge (3AC) 1:00 Gen Tech Company (Lib) 2:30 Sunday Movie: Peanut Butter Falcon (CR)	9:30 Knitting 101 (GCS) 9:30 Noodle Ball (CR) 10:15 Dollar Store Shopping (B) 1:00 Balance Exercise (FC) 1:30 MoveMor (FC) 2:00 Stretch and Flex (FC) 2:00 Active Minds - Hlstory of Automobiles (CR) 3:00 Rosary/Communion (GCS) 7:00 Canasta (3AC)	9:00 Total Body Fitness (FC) 10:00 Redwood BP Clinic (HC) 10:00 Balance Exercise (FC) 10:00 Oh Baby Trivia (CR) 10:30 Toys For Gods Kids (GCS) 1:15 Bake Cookies (CR) 2:00 Armchair Travel: Germany (CR)	9:15 Bible Study (CR) 10:00 Koelbel Library (Lib) 10:15 Bible Study (CR) 1:00 Balance Exercise (FC) 1:30 MoveMor (FC) 1:30 Catchy Musicals (CR) 2:00 Stretch and Flex (FC) 2:30 January Jeopardy (CR) 7:00 Bingo (3AC)	9:00 Total Body Fitness (FC) 10:00 Balance Exercise (FC) 10:00 Food Forum (3AC) 10:00 Getting to Know Rhythms Home Care (CR) 11:00 Construction Update (CR) 1:00 Choir (CR) 2:00 Music with Mark (Lby) 3:00 Rummikub (CRA)	9:30 Men's Coffee Crew (GCS) 10:30 Bingo (CRA) 1:00 Bridge (3AC) 1:00 Balance Exercise (FC)	8:00 Activity Packets on 3rd Floor (AN) 10:00 Morning Movers (2AC) 10:15 Rummikub (CRA) 1:30 Bingo (GCS) 2:15 Documentary: (CR)	
14	15 MARTIN LUTHER KING DAY	16	17	18	19	20	
10:30 Sunday Worship - Chaplain Kendall (CR) 1:00 Bridge (3AC) 1:00 Gen Tech Computer Support (Lib) 2:30 Sunday Movie: Life of Pi (CR)	9:30 Knitting 101 (GCS) 9:30 Noodle Ball (CR) 10:30 Martin Luther King Presentation (CR) 1:00 Balance Exercise (FC) 1:30 MoveMor (FC) 1:30 Resident Sharing (CR) 2:00 Stretch and Flex (FC) 3:00 Rosary/Communion (GCS) 7:00 Canasta (3AC)	9:00 Total Body Fitness (FC) 10:00 Redwood BP Clinic (HC) 10:00 Balance Exercise (FC) 10:00 Trivia (CR) 2:00 Armchair Travel: The Holy Night: Israel's & Palestine Today (CR)	9:15 Bible Study (CR) 10:15 Bible Study (CR) 12:00 Men's Lunch In BBQ (DR) 1:00 Balance Exercise (FC) 1:30 MoveMor (FC) 2:00 Stretch and Flex (FC) 2:30 Traditional Folk Songs (CR) 7:00 Bingo (3AC)	9:00 Total Body Fitness (FC) 10:00 Balance Exercise (FC) 10:30 Fireside Chat (Lby) 11:00 Construction Update (CR) 12:00 Birthday Luncheon (DR) 1:00 Choir (CR) 2:00 Music with Larry (Lby) 3:00 Rummikub (3AC)	9:30 Men's Coffee Crew (GCS) 9:30 Painting with Cliff (GCS) 10:30 Bingo (CRA) 1:00 Bridge (3AC) 1:00 Balance Exercise (FC) 2:30 Crafting: Sock Snowman (3AC)	8:00 Activity Packets on 3rd Floor (AN) 10:00 Morning Movers (2AC) 10:15 Rummikub (CRA) 1:30 Bingo (GCS)	
21	22	23	24	25	26	27	
10:30 Sunday Worship - Chaplain Jim (CR) 1:00 Bridge (3AC) 1:00 Gen Tech Computer Support (Lib) 2:30 Sunday Movie - Singin In The Rain (CR)	9:30 Knitting 101 (GCS) 9:30 Noodle Ball (CR) 10:30 Reminiscing & Sharing (2AC) 1:00 Balance Exercise (FC) 1:30 MoveMor (FC) 2:00 Stretch and Flex (FC) 2:00 Active Minds: Genghis Khan & Mongolian Empire (CR) 3:00 Rosary/Communion (GCS) 7:00 Canasta (3AC)	9:00 Total Body Fitness (FC) 10:00 Redwood BP Clinic (HC) 10:00 Balance Exercise (FC) 10:00 Puzzler (CR) 1:30 Catholic Mass (CR) 2:15 Armchair Travel: Prague & Provence (CR)	9:15 Bible Study (CR) 10:00 Koelbel Library (Lib) 10:00 Watch Repair (Lby) 10:15 Bible Study (CR) 12:15 Ladies Lunch - BBQ (DR) 1:00 Balance Exercise (FC) 1:30 MoveMor (FC) 2:00 Stretch and Flex (FC) 2:30 Men & Ladies Games (CR) 7:00 Bingo (3AC)	9:00 Total Body Fitness (FC) 10:00 Balance Exercise (FC) 11:00 Construction Update (CR) 1:00 Choir (CR) 2:00 Jan. Bday & Music with Chris (Lby) 3:00 Rummikub (CRA)	9:30 Men's Coffee Crew (GCS) 10:30 Bingo (CRA) 1:00 Bridge (3AC) 1:00 Balance Exercise (FC)	8:00 Activity Packets on 3rd Floor (AN) 10:00 Morning Movers (2AC) 10:15 Rummikub (CRA) 1:00 Movie: In Harms Way (CR) 1:30 Bingo (GCS) 2:00 Word Find (2AC)	
28	29	30	31				
10:30 Sunday Worship - Chaplain Cheryl (CR) 1:00 Bridge (3AC) 1:00 Gen Tech Computer Support (Lib) 2:30 Sunday Movie: Fishermen's Friends (CR)	9:30 Knitting 101 (GCS) 9:30 Noodle Ball (CR) 1:00 Balance Exercise (FC) 1:30 MoveMor (FC) 2:00 Stretch and Flex (FC) 2:00 Active Minds (CR) 3:00 Rosary/Communion (GCS) 7:00 Canasta (3AC)	9:00 Total Body Fitness (FC) 10:00 Redwood BP Clinic (HC) 10:00 Balance Exercise (FC) 10:00 Jewelry Clinic (Lby) 2:00 Armchair Travel: Florence & France (CR)	9:15 Bible Study (CR) 10:15 Bible Study (CR) 1:00 Balance Exercise (FC) 1:30 MoveMor (FC) 2:00 Stretch and Flex (FC) 7:00 Bingo (3AC)				