






JANUARY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 New Year's Day 10:00 Resolutions & Reminisce – BTU Lounge 3:15 Bible Study – IR 3:30 Musical Guest – BTU Lounge 	2 9:00 Body Recall – MR 10:00 Noodle Ball – MR 1:00 Grocery Shopping 3:30 ACT Poetry Reading Chapel Foyer	3 10:00 Music with Nan – MR 2:45 Choir – Chapel 3:15 Chapel Service	4 9:00 Body Recall – MR 10:00 Chaircise – MR 3:00 Movie on Channel 57 “Ice Age”	5 9:15 Rise-n-Shine with Laura 10:00 “Sunday” School – MR 3:30 Paper Snow Craft BTU Lounge
6 Epiphany 10:55 Central UMC Worship Service Channel 57	7 9:00 Body Recall – MR 10:00 Chaircise – MR 3:30 Coloring Club – MR	8 10:00 Music Together Chapel 10:00 Yoga – MR 3:15 Bible Study – IR 3:30 Paper Winter Collage Media Room	9 9:00 Body Recall – MR 10:00 Noodle Ball – MR 3:30 Book Review – MR 3:30 Memory Lane – BTU Lounge	10 10:00 Music with Patty – MR 2:45 Choir – Chapel 3:15 Chapel Service	11 9:00 Body Recall – MR 10:00 Chaircise – MR 11:30 Independent Lunch Bunch to Cracker Barrel 3:00 Movie on Channel 57 “Ice Age: The Meltdown”	12 9:15 Rise-n-Shine with Laura 10:00 “Sunday” School – MR 3:30 Painting a Winter Scene Media Room
13 10:55 Central UMC Worship Service Channel 57	14 9:00 Body Recall – MR 10:00 Chaircise – MR 3:30 Coloring Club – MR	15 10:00 Music Together Chapel 10:00 Yoga – MR 3:15 Bible Study – IR 3:30 Where in the World Travelogue – MR	16 9:00 Body Recall – MR 10:00 Noodle Ball – MR 1:00 Grocery Shopping 3:30 Making Music – CHU	17 10:00 Music with Nan – MR 2:45 Choir – Chapel 3:15 Chapel Service	18 8:15 Independents to Haywood St. for “Meet the Fresco Artist” 9:00 Body Recall – MR 10:00 Chaircise – MR 3:00 Movie on Channel 57 “March of the Penguins”	19 9:15 Pet Therapy – MR 10:00 “Sunday” School – MR 3:30 Summertime Fun – MR 7:15 Leave for Symphony
20 10:55 Central UMC Worship Service Channel 57	21 Martin Luther King, Jr. Day 9:00 Body Recall – MR 10:00 <i>Health Center Residents Council</i> – MR 3:30 Coloring Club – MR	22 10:00 Music Together Chapel 10:00 Yoga – MR 3:15 Bible Study – IR 3:30 Indoor Corn Hole Chapel	23 9:00 Body Recall – MR 10:00 Noodle Ball – MR 3:30 January Birthday Party Main Dining Room 	24 10:00 Music with Patty – MR 2:45 Choir – Chapel 3:15 Chapel Service	25 9:00 Body Recall – MR 10:00 Chaircise – MR 3:00 Movie on Channel 57 “Happy Feet” 3:15 <i>Independent’s Dementia Friendly Training</i> - Chapel	26 9:15 Rise-n-Shine with Laura 10:00 <i>Church Women United Program in Chapel</i> 10:00 “Sunday” School – MR 3:30 Making Valentines – MR
27 10:55 Central UMC Worship Service Channel 57	28 9:00 Body Recall – MR 10:00 Chaircise – MR 3:30 Coloring Club – MR	29 10:00 Music Together Chapel 10:00 Yoga – MR 3:15 Bible Study – IR 3:30 JINGO – MR	30 9:00 Body Recall – MR 10:00 Noodle Ball – MR 1:00 Grocery Shopping 3:30 Hymn Sing – MR	31 10:00 Music with Nan – MR 2:45 Choir – Chapel 3:15 Chapel Service		MR – Media Room IR – International Room CHU – Cummings Unit AB – Activities Building BTU – Bancroft-Taylor Unit <i>Special concerts/events are in italics.</i> All activities outside the facility are in bold.