


























January 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	HAPPY NEW 2019 YEAR	1 NEW YEAR'S DAY 8-10:00 Continental Breakfast 1-3:00 HOLIDAY MEAL	2 10:00 Low Impact Exercise 11:00 Sing-Along 12-1:00 Wellness Clinic 6:30 5¢ Bingo	3 10:00 Low Impact Exercise 11:00 Hooks N' Needles 11:00 Mayfield Library 1:00 Shopping 6:30 Movie 	4 10:00 Low Impact Exercise 10:00 Banking 11:00 Lunch Bunch -Hibachi Japanese Steak House 12:00 Coloring fun 6:30 5¢ Bingo	5 National Bird Day 1:00 Movie Matinee 200 Cards/Games 6:30 Movie 
6 Epiphany 10:00 Church Service 1-3:00 Sunday Dinner 3:00 Cards/Games 5:00 Epiphany Party 6:30 Movie 	7 10:00 Drum Class with Pia 1:00 10¢ Bingo 6:30 5¢ Bingo 	8  10:00 Tai Chi 10:00 Shopping 1:00 Birthday Bash with Annetta Keys 	9 10:00 Low Impact Exercise 11:00 Sing-Along 12-1:00 Wellness Clinic 12:00 Bible Reading 6:30 5¢ Bingo 	10 10:00 Meditation Class 10:00 Low Impact Exercise 10:45 MH Golden Age Club 11:00 Hooks N Needles 1:00 Shopping 6:00 Bridge w/Dwight 6:30 Movie 	11 10:00 Low Impact Exercise 10:00 Banking 11:00 Casino - Thistledown 6:30 5¢ Bingo 	12 1:00 Movie Matinee 2:00 Cards/Games 6:30 Movie 
13 10:00 Church Service 1-3:00 Sunday Dinner 3:00 Cards/Games 6:30 Movie 	14 10:00 Prime Fitness with Pia 1:00 Prize Bingo 3:00 Route 66 Walkers 6:30 5¢ Bingo 	15 10:00 Brain Aerobics 10:00 Mayfield Rd. Shopping 1:00 SOM Center Shopping	16 Maintenance Appreciation Day 10:00 Low Impact Exercise 11:00 Sing-Along 12-1:00 Wellness Clinic 12:00 Bible Reading 1:00- 3:00 Holly's Hearing 3:00 Route 66 Walkers 	17 10:00 Low Impact Exercise 11:00 Hooks N Needles 11:00 Travelogue: Touring Mexico 6:00 Bridge w/Dwight 6:30 Movie 	18 National Hat Day 10:00 Low Impact Exercise 10:00 Banking 12:00 Coffee Klatch w/Rose 6:30 5¢ Bingo 	19 1:00 Movie Matinee 2:00 Cards/Games 6:30 Movie 
20 10:00 Church Service 1-3:00 Sunday Dinner 3:00 Cards/Games 3:30 Opera: 6:30 Movie 	21 Martin Luther King, Jr. Day 10:00 Drum Class with Pia 1:00 10¢ Bingo 3:00 Route 66 Walkers 6:30 5¢ Bingo 	22  10:00 Tai Chi 10:00 Shopping 11:00 Cooking Calzones w/Ken 	23 10:00 Low Impact Exercise 11:00 Sing-Along 12-1:00 Wellness Clinic 12:00 Bible Reading 3:00 Route 66 Walkers 6:30 5¢ Bingo 	24 National Compliment Day 10:00 Meditation Class 10:45 MH Golden Age Club 11:00 Hooks N Needles 1:00 Shopping 6:00 Bridge w/Dwight 6:30 Movie	25 10:00 Low Impact Exercise 10:00 Banking 11:00 Lunch Bunch -Lobster Pot 12:00 Fun with Words 2:00 Catholic Mass	26 1:00 Movie Matinee 2:00 Cards/Games 6:30 Movie 
27 No Church Service 1-3:00 Sunday Dinner 3:00 Cards/Games 6:30 Movie 	28 10:00 Prime Fitness with Pia 1:00 10¢ Bingo 3:00 Route 66 Walkers 6:30 5¢ Bingo 	29 10:00 Brain Aerobics 10:00 Shopping 11:00 Art Class 101 12:00 Lunch Outing: -Winking Lizard	30 National Croissant Day 10:00 Low Impact Exercise 11:00 Sing-Along 12-1:00 Wellness Clinic 12:00 Bible Reading 3:00 Route 66 Walkers 6:30 5¢ Bingo 	31 10:00 Low Impact Exercise 11:00 Hooks N Needles 1:00 Shopping 6:00 Bridge w/Dwight 6:30 Movie		