



January 2018 Activities Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
OUTINGS FOR JANUARY: • 7th-Scenic Drive • 8th-Dinner @ Applebee's (4pm) • 15th-Dinner @ Pasquales • 16th-Shopping (9am) • 20th-Scenic Drive • 22nd-Dinner @ 99 Restaurant • 23rd-Breakfast Outing (8:30am)	1 9:30-10am 1-on-1 Activity (Rm#111) 10am Strength Exercise (DR) 12-1pm Lunch 1-2pm Greeting Card Club 1-2:30pm 1-on-1 Activity (Rm#310) 2:30-3:30pm Name That Tune (DR) 4-5pm Happy Hour: Happiness Game (DR) 6pm Movie or Evening Cafe (3LR)	2 9:30-10am 1-on-1 Activity (Rm#311) 10am Cardio (DR) 12-1pm Lunch 1-2pm Wheel of Fortune (ICP) 1-2:30pm 1-on-1 Activity (Rm#312) 2:30-3:30pm Sip and Paint (DRS) 4-5pm Happy Hour: Trivial Pursuit (DR) 6pm Movie or Evening Cafe (3LR)	3 9:30-10am 1-on-1 Activity (Rm#313) 10am Balance/Walking (DR) 12-1pm Lunch 1-2pm Jeopardy (ICP) 1-2:30pm 1-on-1 Activity (Rm#314) 2:30-3:30pm Prize Bingo (DR) 4-5pm Happy Hour: Wish Concert (DR) 6pm Movie or Evening Cafe (3LR)	4 9:30-10am 1-on-1 Activity (Rm#315) 10am Strength Exercise (DR) 12-1pm Lunch 1-2pm Spa Day (Hair Salon) 1-2:30pm 1-on-1 Activity (Rm#316) 2:30-3:30pm Black Jack (DR) 4-5pm Happy Hour: Jokes (DR) 6pm Movie or Evening Cafe (3LR)	5 9:30-10am 1-on-1 Activity (Rm#317) 10am Cardio (DR) 12-1pm Lunch 1-2pm Canasta (DRS) 1-2:30pm 1-on-1 Activity (Rm#318) 2:30-3:30pm Live Music: Don + Earl (DR) 4-5pm Happy Hour: Past Hits (DR) 6pm Movie or Evening Cafe (3LR)	6 9:30-10am 1-on-1 Activity (Rm#319) 10am Balance/Walking (DR) 12-1pm Lunch 1-2pm Crossword Puzzle (ICP) 1-2:30pm 1-on-1 Activity (Rm#320) 2:30-3:30pm Prize Bingo (DR) 4-5pm Happy Hr: Happiness Game (DR) 6pm Movie or Evening Cafe (3LR)	
	7 9:30-10am 1-on-1 Activity (Rm#321) 10am Strength Exercise (DR) 12-1pm Lunch 1-2pm Jeopardy (ICP) 1-2:30pm 1-on-1 Activity (Rm#101) 2:30-3:30pm Scrabble (DRS) 4-5pm Happy Hour: Trivial Pursuit (DR) 6pm Movie or Evening Cafe (3LR)	8 9:30-10am 1-on-1 Activity (Rm#102) 10am Strength Exercise (DR) 12-1pm Lunch 1-2pm Goodwill Club (DRS) 1-2:30pm 1-on-1 Activity (Rm#103) 2:30-3:30pm Name That Tune (DR) 4-5pm Happy Hour: Wish Concert (DR) 6pm Movie or Evening Cafe (3LR)	9 9:30-10am 1-on-1 Activity (Rm#104) 10am Cardio (DR) 12-1pm Lunch 1-2pm Flower Arranging (DR) 1-2:30pm 1-on-1 Activity (Rm#105) 2:30-3:30pm Sip and Paint (DRS) 4-5pm Happy Hour (DR) 6pm Movie or Evening Cafe (3LR)	10 9:30-10am 1-on-1 Activity (Rm#106) 10am Balance/Walking (DR) 12-1pm Lunch 1-2pm Library Trip 1-2:30pm 1-on-1 Activity (Rm#107) 2:30-3:30pm Prize Bingo (DR) 4-5pm Happy Hour (DR) 6pm Movie or Evening Cafe (3LR)	11 9:30-10am 1-on-1 Activity (Rm#108) 10am Strength Exercise (DR) 11am Catholic Mass (DR) 1-2pm Musical Instrument Club (DR) 1-2:30pm 1-on-1 Activity (Rm#109) 2:30-3:30pm Black Jack (DR) 4-5pm Happy Hr: Happiness Game (DR) 6pm Movie or Evening Cafe (3LR)	12 9:30-10am 1-on-1 Activity (Rm#110) 10am Cardio (DR) 12-1pm Lunch 1-2pm Dance Lesson (DR) 1-2:30pm 1-on-1 Activity (Rm#111) 2:30-3:30pm Live Music: Cooie (DR) 4-5pm Happy Hour: Trivial Pursuit (DR) 6pm Movie or Evening Cafe (3LR)	13 9:30-10am 1-on-1 Activity (Rm#310) 10am Balance/Walking (DR) 12-1pm Lunch 1-2pm Pinochle (DRS) 1-2:30pm 1-on-1 Activity (Rm#311) 2:30-3:30pm Prize Bingo (DR) 4-5pm Happy Hour: Wish Concert (DR) 6pm Movie or Evening Cafe (3LR)
	14 9:30-10am 1-on-1 Activity (Rm#312) 10am Strength Exercise (DR) 12-1pm Lunch 1-2pm Learning to use Internet (ICP) 1-2:30pm 1-on-1 Activity (Rm#313) 2:30-3:30pm Horse Shoe (DR) 4-5pm Happy Hour: Jokes (DR) 6pm Movie or Evening Cafe (3LR)	15 9:30-10am 1-on-1 Activity (Rm#314) 10am Strength Exercise (DR) 12-1pm Lunch 1-2pm Greeting Card Club 1-2:30pm 1-on-1 Activity (Rm#315) 2:30-3:30pm Music with Buggy (DR) 4-5pm Happy Hour: Past Hits (DR) 6pm Movie or Evening Cafe (3LR)	16 9:30-10am 1-on-1 Activity (Rm#316) 10am Cardio (DR) 12-1pm Lunch 1-2pm Wheel of Fortune (ICP) 1-2:30pm 1-on-1 Activity (Rm#317) 2:30-3:30pm Sip and Paint (DRS) 4-5pm Happy Hour: Happiness Game (DR) 6pm Movie or Evening Cafe (3LR)	17 9:30-10am 1-on-1 Activity (Rm#318) 10am Balance/Walking (DR) 12-1pm Lunch 1-2pm Jeopardy (ICP) 1-2:30pm 1-on-1 Activity (Rm#319) 2:30-3:30pm Prize Bingo (DR) 4-5pm Happy Hour: Trivial Pursuit (DR) 6pm Movie or Evening Cafe (3LR)	18 9:30-10am 1-on-1 Activity (Rm#320) 10am Strength Exercise (DR) 12-1pm Lunch 1-2pm Spa Day (Hair Salon) 1-2:30pm 1-on-1 Activity (Rm#321) 2:30-3:30pm Black Jack (DR) 4-5pm Happy Hour: Wish Concert (DR) 6pm Movie or Evening Cafe (3LR)	19 9:30-10am 1-on-1 Activity (Rm#101) 10am Cardio (DR) 12-1pm Lunch 1-2pm Canasta (DRS) 1-2:30pm 1-on-1 Activity (Rm#102) 2:30-3:30pm Live Music: Lou Allen (DR) 4-5pm Happy Hour: Jokes (DR) 6pm Movie or Evening Cafe (3LR)	20 9:30-10am 1-on-1 Activity (Rm#103) 10am Balance/Walking (DR) 12-1pm Lunch 1-2pm Crossword Puzzle (ICP) 1-2:30pm 1-on-1 Activity (Rm#104) 2:30-3:30pm Prize Bingo (DR) 4-5pm Happy Hour: Past Hits (DR) 6pm Movie or Evening Cafe (3LR)
	21 9:30-10am 1-on-1 Activity (Rm#105) 10am Strength Exercise (DR) 12-1pm Lunch 1-2pm Indoor Bowling (DR) 1-2:30pm 1-on-1 Activity (Rm#106) 2:30-3:30pm Horse Shoe (DR) 4-5pm Happy Hour: Happiness Game (DR) 6pm Movie or Evening Cafe (3LR)	22 9:30-10am 1-on-1 Activity (Rm#107) 10am Strength Exercise (DR) 12-1pm Lunch 1-2pm Goodwill Club (DRS) 1-2:30pm 1-on-1 Activity (Rm#108) 2:30-3:30pm Music with Buggy (DR) 4-5pm Happy Hour: Trivial Pursuit (DR) 6pm Movie or Evening Cafe (3LR)	23 9:30-10am 1-on-1 Activity (Rm#109) 10am Cardio (DR) 12-1pm Lunch 1-2pm Flower Arranging (DR) 1-2:30pm 1-on-1 Activity (Rm#110) 2:30-3:30pm Sip and Paint (DRS) 4-5pm Happy Hour: Wish Concert (DR) 6pm Movie or Evening Cafe (3LR)	24 9:30-10am 1-on-1 Activity (Rm#111) 10am Balance/Walking (DR) 12-1pm Lunch 1-2pm Library Trip 1-2:30pm 1-on-1 Activity (Rm#310) 2:30-3:30pm Prize Bingo (DR) 4-5pm Happy Hour: Jokes (DR) 6pm Movie or Evening Cafe (3LR)	25 9:30-10am 1-on-1 Activity (Rm#311) 10am Strength Exercise (DR) 11am Catholic Mass (DR) 1-2pm Musical Instrument Club (DR) 1-2:30pm 1-on-1 Activity (Rm#312) 2:30-3:30pm Black Jack (DR) 4-5pm Happy Hour: Past Hits (DR) 6pm Movie or Evening Cafe (3LR)	26 9:30-10am 1-on-1 Activity (Rm#313) 10am Cardio (DR) 12-1pm Lunch 1-2pm Dance Lesson (DR) 1-2:30pm 1-on-1 Activity (Rm#314) 2:30-3:30pm Live Music: LBJ (DR) 4-5pm Happy Hr: Happiness Game (DR) 6pm Movie or Evening Cafe (3LR)	27 9:30-10am 1-on-1 Activity (Rm#315) 10am Balance/Walking (DR) 12-1pm Lunch 1-2pm Pinochle (DRS) 1-2:30pm 1-on-1 Activity (Rm#316) 2:30-3:30pm Prize Bingo (DR) 4-5pm Happy Hour: Trivial Pursuit (DR) 6pm Movie or Evening Cafe (3LR)
28 9:30-10am 1-on-1 Activity (Rm#317) 10am Strength Exercise (DR) 12-1pm Lunch 1-2pm Group Activity 1-2:30pm 1-on-1 Activity (Rm#318) 2:30-3:30pm Horse Shoe (DR) 4-5pm Happy Hour: Wish Concert (DR) 6pm Movie or Evening Cafe (3LR)	29 9:30-10am 1-on-1 Activity (Rm#319) 10am Strength Exercise (DR) 12-1pm Lunch 1-2pm Greeting Card Club 1-2:30pm 1-on-1 Activity (Rm#320) 2:30-3:30pm Name That Tune (DR) 4-5pm Happy Hour: Jokes (DR) 6pm Movie or Evening Cafe (3LR)	30 9:30-10am 1-on-1 Activity (Rm#321) 10am Cardio (DR) 1pm Resident Council 1-2pm Wheel of Fortune (ICP) 1-2:30pm 1-on-1 Activity (Rm#101) 2:30-3:30pm Sip and Paint (DRS) 4-5pm Happy Hour: Past Hits (DR) 6pm Movie or Evening Cafe (3LR)	31 9:30-10am 1-on-1 Activity (Rm#102) 10am Balance/Walking (DR) 12-1pm Lunch 1-2pm Jeopardy (ICP) 1-2:30pm 1-on-1 Activity (Rm#103) 2:30-3:30pm Prize Bingo (DR) 4-5pm Happy Hour: Happiness Game (DR) 6pm Movie or Evening Cafe (3LR)	<div style="display: flex; justify-content: space-between;"> <div style="text-align: center;"> <p>HAPPY BIRTHDAY RUTH PYTLAK LUCY BELZILE GRACE RACETTE SHIRLEY MARQUIS CATHERINE BIGELOW</p> </div> <div style="border: 1px solid black; padding: 5px;"> <p>ROOM & FLOOR KEY</p> <p>3BB: Balcony, Floor 3B 3LR: Living Rm, Floor 3 DR: Dining Rm, Floor 2B DRL: Dining Rm Lounge, Floor 2B DRS: Dining Rm Stage, Floor 2 DRTV: Dining Rm TV, Floor 2B ICP: Ice Cream Parlor, Floor 1</p> </div> <div style="border: 1px solid black; padding: 5px;"> <p>MEALTIMES & ONE-ON-ONE:</p> <p>8:00-9:00am Breakfast 9:30-10:00am 1-on-1 Activity 12:00-1:00pm Lunch 1-2:30pm 1-on-1 Activity 5:00-6:00pm Dinner</p> </div> </div>			

EVENING, SATURDAY AND SUNDAY ACTIVITIES WILL BE LEAD BY RCA'S UNLESS OTHERWISE NOTED. DOCUMENTATION OF ACTIVITIES IS REQUIRED. ALL SUPPLIES AND DIRECTION WILL BE PROVIDED.

Support is available by contacting Torunn Lyngroth Aberle at (518) 817-9108 ext 407 or at torunn@champlainassistedliving.com