



January 2019 Events at Arbor Glen Senior Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
  		New Year's Day! 1 Festive Hand Outs (Interesting Facts, Word Searches, Crosswords, Mazes & More) = CB 	2 Timeless Trivia @ 9:30am = P Bible Study @ 10:00am = MT Café Philo @ 10:15am = P Book Club @ 1:00pm = P Katie K's Going Away Party @ 2:00pm = MDR Fit to Strengthen @ 3:30pm = FC/MT	3 Brain-Stumpers @ 9:30am = P Tai Chi w/Paul @ 10:00am = MDR ("Silver Sneakers Hosted Program") Beautiful Nails @ 12:30pm = CR Lora Hotel Lunch Outing @ 1:00pm = OS DIY w/Cel @ 3:30pm = SR	4 News & Views @ 9:30am = SR Fit to Stretch @ 10:00am = FC/MT Talking Circle @ 11:00am = P Hand Massages @ 12:30pm = CR Interfaith Service @ 1:00pm = MT Happy Hour @ 2:00pm = MDR + Music by Diane Zilverberg Nostalgic Games @ 3:30pm = P Evening Movie @ 7:00pm = MT	5 This Day in History @ 9:30am = CB Music w/Katie @ 10:00am = CB Saturday Matinee @ 1:30pm = MT Craft Club @ 6:00pm = CR (Self-Directed Program) 2 nd Movie Showing @ 7:00pm = MT
Golden Globes! 6 This Day in History @ 9:30am = CB Activity Kits @ 11:00am = W Sunday Matinee @ 1:30pm = MT Resident Choice @ 3:30pm = CB 2 nd Movie Showing @ 7:00pm = MT	7 News & Views @ 9:30am = SR Fit to Stretch @ 10:00am = FC/MT Drama Club w/Professor Charley @ 11:00am = MT Hand Massages @ 12:30pm = CR Catholic Mass @ 1:00pm = MT Nintendo Wii @ 2:00pm = MT Tell Me Your Story @ 3:30pm = P (Bring any photos you'd like to share)	8 Brain-Stumpers @ 9:30am = P Chair Yoga w/Marilyn @ 10:00am = MDR Resident Council @ 11:00am = P Beautiful Nails @ 12:30pm = CR Acupuncture w/Aimee @ 2:00pm = MT Educational Workshop w/Dr. Adam @ 3:00pm = MT Choir w/Katie E. @ 3:30pm = SR	9 Timeless Trivia @ 9:30am = P Bible Study @ 10:00am = MT Café Philo @ 10:15am = P Roaming Library Cart @ 1:00pm = W Fit to Strengthen @ 2:00pm = FC/MT Prize Bingo @ 3:00pm = MDR	10 Brain-Stumpers @ 9:30am = P Tai Chi w/Paul @ 10:00am = MDR ("Silver Sneakers Hosted Program") Beautiful Nails @ 12:30pm = CR HyVee Shopping Outing @ 1:00pm = OS Choir w/Katie E. @ 3:30pm = SR	11 News & Views @ 9:30am = SR Fit to Stretch @ 10:00am = FC/MT Talking Circle @ 11:00am = P Hand Massages @ 12:30pm = CR Interfaith Service @ 1:00pm = MT Happy Hour @ 2:00pm = MDR + Music by Andy Caron Craft Corner @ 3:30pm = CR Evening Movie @ 7:00pm = MT	12 This Day in History @ 9:30am = CB Poetry w/Cecelia @ 10:00am = CB Pet Visits @ 10:30am = SR Saturday Matinee @ 1:30pm = MT 2 nd Movie Showing @ 7:00pm = MT
13 This Day in History @ 9:30am = CB Activity Kits @ 11:00am = W Sunday Matinee @ 1:30pm = MT Resident Choice @ 3:30pm = CB 2 nd Movie Showing @ 7:00pm = MT	14 News & Views @ 9:30am = SR Fit to Stretch @ 10:00am = FC/MT Drama Club w/Professor Charley @ 11:00am = MT Hand Massages @ 12:30pm = CR Prize Bingo @ 3:00pm = MDR	15 Brain-Stumpers @ 9:30am = P Chair Ballet w/Instructor Maylu @ 10:00am = MT Beautiful Nails @ 12:30pm = CR Director Spotlight w/Jack @ 2:00pm = TBD DIY w/Cel @ 3:30pm = SR	16 Timeless Trivia @ 9:30am = P Bible Study @ 10:00am = MT Café Philo @ 10:15am = P Book Club @ 1:00pm = P Wunder Year's Daycare Visit @ 3:00pm = MDR Fit to Strengthen @ 3:30pm = FC/MT	17 Brain-Stumpers @ 9:30am = P Tai Chi w/Paul @ 10:00am = MDR ("Silver Sneakers Hosted Program") Beautiful Nails @ 12:30pm = CR PINZ' Bowling & Lunch Outing @ 1:00pm = OS DIY w/Cel @ 3:30pm = SR Pet Visits @ 6:30pm = W	18 News & Views @ 9:30am = SR Fit to Stretch @ 10:00am = FC/MT Talking Circle @ 11:00am = P Hand Massages @ 12:30pm = CR Interfaith Service @ 1:00pm = MT Happy Hour @ 2:00pm = MDR + Music by Julie Osmonson Nostalgic Games @ 3:30pm = P Evening Movie @ 7:00pm = MT	19 This Day in History @ 9:30am = CB Music w/Katie @ 10:00am = CB Saturday Matinee @ 1:30pm = MT Craft Club @ 6:00pm = CR (Self-Directed Program) 2 nd Movie Showing @ 7:00pm = MT
20 This Day in History @ 9:30am = CB Activity Kits @ 11:00am = W Sunday Matinee @ 1:30pm = MT Resident Choice @ 3:30pm = CB 2 nd Movie Showing @ 7:00pm = MT	MLKJ Day! 21 News & Views @ 9:30am = SR Fit to Stretch @ 10:00am = FC/MT Drama Club w/Professor Charley @ 11:00am = MT Hand Massages @ 12:30pm = CR Nintendo Wii @ 2:00pm = MT Tell Me Your Story @ 3:30pm = P (Bring any photos you'd like to share)	22 Brain-Stumpers @ 9:30am = P Chair Yoga w/Marilyn @ 10:00am = MDR Beautiful Nails @ 12:30pm = CR Acupuncture w/Aimee @ 2:00pm = MT Choir w/Katie E. @ 3:30pm = SR	23 Wellness Clinic Workshop @ 9:30am = CR Bible Study @ 10:00am = MT Café Philo @ 10:15am = P Roaming Library Cart @ 1:00pm = W Fit to Strengthen @ 2:00pm = FC/MT Prize Bingo @ 3:00pm = MDR	24 Brain-Stumpers @ 9:30am = P Tai Chi w/Paul @ 10:00am = MDR ("Silver Sneakers Hosted Program") Beautiful Nails @ 12:30pm = CR Target Shopping Outing @ 1:00pm = OS Choir w/Katie E. @ 3:30pm = SR	25 News & Views @ 9:30am = SR Fit to Stretch @ 10:00am = FC/MT Talking Circle @ 11:00am = P Hand Massages @ 12:30pm = CR Interfaith Service @ 1:00pm = MT Happy Hour @ 2:00pm = MDR + Music by Mark Flora & Family Craft Corner @ 3:30pm = CR Evening Movie @ 7:00pm = MT	26 This Day in History @ 9:30am = CB Poetry w/Cecelia @ 10:00am = CB Pet Visits @ 10:30am = SR Saturday Matinee @ 1:30pm = MT 2 nd Movie Showing @ 7:00pm = MT
27 This Day in History @ 9:30am = CB Activity Kits @ 11:00am = W Sunday Matinee @ 1:30pm = MT Resident Choice @ 3:30pm = CB 2 nd Movie Showing @ 7:00pm = MT	28 News & Views @ 9:30am = SR Fit to Stretch @ 10:00am = FC/MT Drama Club w/Professor Charley @ 11:00am = MT Hand Massages @ 12:30pm = CR Catholic Communion @ 1:00pm = MT Life Transition Support Group w/Kelsey @ 1:30pm = P Prize Bingo @ 3:00pm = MDR	29 Brain-Stumpers @ 9:30am = P Chair Ballet w/Instructor Maylu @ 10:00am = MT Beautiful Nails @ 12:30pm = CR Director Spotlight w/Rachel @ 2:00pm = TBD DIY w/Cel @ 3:30pm = SR	30 Timeless Trivia @ 9:30am = P Bible Study @ 10:00am = MT Café Philo @ 10:15am = P Book Club @ 1:00pm = P Birthday Party @ 2:00pm = MDR + Music by Joe Aherns Fit to Strengthen @ 3:30pm = FC/MT Club 4,5,6 Visit @ 6:30pm = MDR	31 Brain-Stumpers @ 9:30am = P Tai Chi w/Paul @ 10:00am = MDR ("Silver Sneakers Hosted Program") Beautiful Nails @ 12:30pm = CR 7 Vines Vineyard Lunch & Tour Outing @ 1:00pm = OS DIY w/Cel @ 3:30pm = SR Pet Visits @ 6:30pm = W	Programs that are "bolded" are special hosted events <div style="border: 1px dashed black; padding: 5px;"> Location Key for Programs CB = Coffee Bar CR = Craft Room FC = Fitness Center MDR = Main Dining Room MSR = Mini Sun Room MT = Movie Theater OS = Off Site (Outing) P = Pub (Community Room) SR = Sun Room W = Whole Building </div> <p>Please Note: All calendar events are subject to change</p>	