

JANUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		New Year's Day 1 OFFICES SALON BISTRO CLOSED NO SCHEDULED ACTIVITIES	2 10:00 Stretch <i>AC</i> 10:30 Grocery Store Trip * 1:00 Tai Chi <i>AC</i> 6:30 Bus Departs for <i>Spirituality & All That Jazz</i> *	3 10:00 Strength & Balance <i>AC</i> 1:30 Arthritis Exercise <i>AC</i> 2:00 Life Enrichment Committee <i>P</i> 2-4 CC Bank <i>MLR</i> 2:30 Dining Committee <i>A</i> 3:00 Speaker Series Rebecca Manning <i>WR</i>	4 10:00 Stretch <i>AC</i> 2:00 Movie Classic with Robert Butler <i>Broadcast News WR</i>	5 9:30 Grocery Store Trip * 11-12 Librarian Hours <i>WR</i> 11:00 Rosary <i>CH</i> 7:00 Movie <i>JLR</i>
6 10:00 Holy Eucharist <i>CH</i> 11-1 Brunch <i>CDR</i> 3:00 Movie <i>JLR</i>	7 9:30 Tai Chi <i>AC</i> 10:30 Stretch <i>AC</i> 12:00 Lunch & Bridge Mixer <i>CDR</i> * 1:00 Art Class <i>AC</i> 1:30 Dollar Tree Trip * 4:30 Men's Club <i>A</i>	8 9:30 Catholic Mass <i>CH</i> 10:00 Strength & Balance <i>AC</i> 11:00 Resident Connections Comm <i>A</i> 11:00 Bible Study <i>WR</i> 1-2 Blood Pressure Check <i>109</i> 1:30 Arthritis Exercise <i>AC</i> 2:30 Alterations <i>A</i> 3:30 Resident Council <i>A</i>	9 10:00 Stretch <i>AC</i> 10:30 Grocery Store Trip * 1:00 Tai Chi <i>AC</i> 2:00 The Noteables <i>MLR</i>	10 10:00 Strength & Balance <i>AC</i> 1:30 Arthritis Exercise <i>AC</i> 2-4 CC Bank <i>MLR</i> 3:00 Speaker Series Bill Buckner: Portugal Trip <i>WR</i>	11 10:00 Stretch <i>AC</i> 1:30 Chair Volleyball <i>WR</i> 3:00 Cucharada Tango Trio <i>MLR</i>	12 9:30 Grocery Store Trip * 11-12 Librarian Hours <i>WR</i> 11:00 Rosary <i>CH</i> 11:15 Bus Departs to Plaza Theater for Opera in HD <i>Adriana Lecouvreur</i> * 7:00 Movie <i>JLR</i>
13 10:00 Holy Eucharist <i>CH</i> 11-1 Brunch <i>CDR</i> 3:00 Movie <i>JLR</i>	14 9:30 Tai Chi <i>AC</i> 10:30 Stretch <i>AC</i> 11:30 Lunch & Learn Brain Myths Exploded <i>WR</i> * 4:30 Ladies' Club <i>P</i>	15 10:00 Strength & Balance <i>AC</i> 11:00 Bible Study <i>WR</i> 1-2 Blood Pressure Check <i>109</i> 1:30 Arthritis Exercise <i>AC</i> 3:00 Speaker Series Jean Paul Bradshaw <i>WR</i>	16 10:00 Stretch <i>AC</i> 10:30 Grocery Store Trip * 11:00 Café Hope <i>CH</i> 1:00 Tai Chi <i>AC</i> 2:30 Bus Departs for Nelson-Atkins Napoleon Docent Tour *	17 10:00 Strength & Balance <i>AC</i> 1:30 Arthritis Exercise <i>AC</i> 2-4 CC Bank <i>MLR</i> 4:00 Artist Reception Jane Pronko <i>ART</i>	18 10:00 Stretch <i>AC</i> 3:00 The Bow Wind Trio <i>MLR</i>	19 9:30 Grocery Store Trip * 11-12 Librarian Hours <i>WR</i> 11:00 Rosary <i>CH</i> 7:00 Movie <i>JLR</i>
20 10:00 Holy Eucharist <i>CH</i> 11-1 Brunch <i>CDR</i> 3:00 Movie <i>JLR</i>	21 Martin Luther King Day 9:30 Tai Chi <i>AC</i> 10:30 Stretch <i>AC</i> 1:30 Walmart Trip * 3:00 Art Blocks Futurism and Dada: Effects of WWI Donna Houtteman <i>WR</i>	22 9:30 Catholic Mass <i>CH</i> 10:00 Strength & Balance <i>AC</i> 11:00 Bible Study <i>WR</i> 1-2 Blood Pressure Check <i>109</i> 1:30 Arthritis Exercise <i>AC</i> 3:00 Speaker Series Cynthia Carlson <i>WR</i>	23 10:00 Stretch <i>AC</i> 10:30 Grocery Store Trip * 1:00 Tai Chi <i>AC</i>	24 10:00 Strength & Balance <i>AC</i> 1:30 Arthritis Exercise <i>AC</i> 2-4 CC Bank <i>MLR</i> 3:00 Speaker Series Stephanie Knappe <i>WR</i>	25 10:00 Stretch <i>AC</i> 1:30 Chair Volleyball <i>WR</i> 4:30 Cocktail Hour with Michael Pagan <i>MLR</i>	26 9:30 Grocery Store Trip * 11-12 Librarian Hours <i>WR</i> 11:00 Rosary <i>CH</i> 7:00 Movie <i>JLR</i>
27 10:00 Holy Eucharist <i>CH</i> 11-1 Brunch <i>CDR</i> 3:00 Movie <i>JLR</i>	28 9:30 Tai Chi <i>AC</i> 10:30 Stretch <i>AC</i> 10:30 Women's Coffee <i>B</i> 3:00 Good Book Reading Group <i>CH</i>	29 10:00 Strength & Balance <i>AC</i> 11:00 Bible Study <i>WR</i> 1-2 Blood Pressure Check <i>109</i> 1:30 Arthritis Exercise <i>AC</i> 3:00 Speaker Series Biagio Mazza, Jr. <i>WR</i>	30 10:00 Stretch <i>AC</i> 10:30 Grocery Store Trip * 1:00 Tai Chi <i>AC</i> 3:00 The Great Courses Impressionism <i>WR</i>	31 10:00 Strength & Balance <i>AC</i> 1:30 Arthritis Exercise <i>AC</i> 2-4 CC Bank <i>MLR</i> 2:45 Bus Departs for Plaza Library Pick up at 4:00 * 3:00 Mark Lowrey & Molly Hammer Duo <i>MLR</i>		
				<p>A Abbey AC Activity Center (above Bistro) ART Art Gallery B Bistro</p> <p>CDR Canterbury Dining Room CH Chapel JLR Jefferson Living Room MLR Madison Living Room</p> <p>P Pub WR Westport Room 109 Apt. 109 Madison * Sign up at reception desk</p>		