

## JANUARY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>ROAD TRIPS</b> Jan 6 <sup>th</sup> @ 12p - Shopping trip to McDonalds and Walmart  Jan 13 <sup>th</sup> @12p- Lunch at China Buffet \$10  27 <sup>th</sup> - 1.30p- Shopping Trip to the Dollar Tree	<b>HAPPY BIRTHDAY</b> 8 <sup>TH</sup> - Sayoko Tomizawa  26 <sup>th</sup> - Nettie Sommerville  	<b>1. HAPPY NEW YEAR</b> 9a- News and Views (LC) 10a- Balance and Stretch (LC) 11a- New Year Traditions from around the World(LC) 1.30p –Dessert Club (LC) 2.30p - Social Hour (LC) 3p- Ball Toss (LC) 6p-Movie Night (PC)	<b>2. 9a – 4pm Hair Salon</b> 9a- Shopping Place (SO) 9a- Morning Chat (LC) 10a- Balance/Stretch (LC) 1.30p - Zumba (LC) 2.30p - Social Hour (LC) 3.30p- Book Club: TBA (LC) 4p- One on One Visits (SO) 6.30p - Visit with Shasta (VB)	<b>3.</b> 9.30a – Chair Yoga (LC) 10.30a- News and Views (LC) 1.30p- Word Games (LC) 2.30p – Social Hour (LC) 3p- Ball Toss (LC) 3.30p- Manicures (SO) 4p- Balance and Stretch (LC) 6p-Movies /Word Games (RW)	<b>4.</b> 9.30a- Calvary Chapel(PC) 11a - Rosary (Cf Rm) (RW) 1.30p- Word games (RW) 2.30p- Afternoon Chat/Documentary (RW) 3.30p- Happy Hr (RW) 6p - Bingo (RW)
<b>5.</b> 10.45a- Holy Communion (LC) 11.15a- Heart of the Nation Mass on TV (LC) 11.15a – Manicures (LC) 1p- Arts and Crafts (LC) 2p – Salvation Army Visit and Social Hour (LC) 3.30p- Ball Toss (LC) 4.30p–Juice and Chat (LC) 6.15p – Sunday Movie (LC)	<b>6.</b> 9a- Coffee and News (LC) 10a- Stories w Barbara (LC) 11a- Balance/ Stretch (LC) 12p- Shopping trip to McDonalds/Walmart (SO) 1.30p – Brain Games (LC) 2.30p - Social Hr/Chat (LC) 3p –Parlor Games (LC) 4p- Juice/Chat/Stretch (LC) 6p- Word Games (RW)	<b>7.</b> 9a- Coffee and News (LC) 10a- Balance and Stretch (LC) 11a- It Happened this day in History (LC) 1.30p –Dessert Club (LC) 2.30p- Food Service Meeting with Lori/ Social Hour (LC) 3p- Ball Toss (LC) 4.15p- Balance/Stretch (LC) 6.15p – Bingo (RW)	<b>8. ELVIS BIRTHDAY</b> 9a- Shopping Place 9a- Coffee and News (LC) 10.15a- Catholic Mass (SO) 11a- Balance /Stretch (SO) 2p- Elvis Singalong (LC) 2.30p - Social Hour (LC) 3p- Elvis Trivia (LC) 4.15p- Juice/Chat/Stretch (LC) 6p-Movie Night (VB) 6.30p- Visit with Tattoo (VB)	<b>9. 9a – 4pm Hair Salon</b> 9a- Parlor Chat (LC) 10a- Balance/Stretch (LC) 11a- Trivia (LC) 1.30p – Parlor Games (LC) 2.30p - Social Hour (LC) 3p- Name That Monument (LC) 4p - Book Club – The Creation of Mt. Rushmore (LC) 6.30p - Visit with Shasta (RW)	<b>10.</b> 9.30a – Chair Yoga (LC) 10.30a- Coffee/ News (SO) 11a- Balance/Stretch (SO) 1.30p– Memory Games (SO) 2p- Ball Toss(VB) 3p – Social Hour (VB) 3.30p- Manicures (VB) 3.30p- Trivial Pursuit (SO) 4p- Animal Arts/Crafts (VB) 6p-Movies /Word Games (RW)	<b>11.</b> 9.30a- Calvary Chapel(PC) 11a - Rosary (Cf Rm) (RW) 1.30p- Word games (RW) 2.30p- Afternoon Chat/Documentary (RW) 3.30p- Happy Hr (RW) 4p–Manicures (RW) 6p- Bingo (RW)
<b>12.</b> 10.45a-Holy Communion (VB) 10.45a- One/One visits (VB) 11.15a- Heart of the Nation Mass on TV (VB) 1.30p- Arts/Crafts (VB) 2.30p- Social Hour (VB) 3.30p - Ball Toss (VB) 6.15p – Sunday Movie (VB)	<b>13.</b> 9a- Coffee and News (LC) 10a- Stories w Barbara (LC) 11a- Balance/ Stretch (SO) 12p-Lunch/China Buffet (SO) 1.30p – Brain Games (LC) 2.30p- Social Hr/Chat (LC) 3.30p- Parlor Games (LC) 4.15p –Trivial Pursuit (LC) 6p- Games (LC)	<b>14.</b> 9a- Coffee and News (LC) 10a- Balance and Stretch (LC) 11a- Trivia (LC) 1.30p–Parlor Games (LC) 2p- Millie and The Duke and Dutchess (LC) 3p – Social Hr (LC) 3.30p – Movie Star Trivia (VB) 6p – Bingo (RW)	<b>15. 9a- Shopping Place</b> 9a- Coffee and News (LC) 10.30a–Hymns w Jeanette (LC) 11a- Trivial Pursuit (SO) 1.30p- Dessert Club (LC) 2.30p - Social Hour (LC) 3p- Ball Toss (LC) (SO) 4.15p- Juice/Chat/Stretch (LC) 6p-Movie Night/ (VB) 6.30p- Visit with Tattoo (VB)	<b>16. 9a – 4pm Hair Salon</b> 9a- Parlor Chat (SO) 10.30a- Balance/Stretch (SO) 11a- Trivia (SO) 1.30p-Zumba (LC) 2p- Finish That Tune (LC) 2.30p - Social Hour (LC) 3.30p- Book Club – The Life of Margaret Thatcher (SO) 4.15p- Card Games (LC) 6.30p - Visit with Shasta (RW)	<b>17.</b> 9.30a – Chair Yoga (LC) 10.30a- Coffee/ News (SO) 1.30p- Memory Games (LC) 2.30p - Social Hour (LC) 3p- Book Club – Name that Animal (SO) 4p- Nature Documentary (LC) 6p-Movies /Word Games (RW)	<b>18. 9.30a -Calvary Chapel(PC)</b> 11a- Rosary (Cf Rm) (RW) 1.30p- Games w Ruma (RW) 2.30p- Afternoon Chat (RW) 3.30p- Happy Hr (RW) 4p–Manicures (RW) 6p- Bingo (RW )
<b>19.</b> 10.45a -Holy Communion (LC) 10.45a - One/One (LC) 11.15a- Heart of the Nation Mass on TV (LC) 1.30p – Arts/Crafts (LC) 2.30p- Social Hour. (LC) 3.30p - Ball Toss (LC) 6p- Sunday Movies (LC)	<b>20. MARTIN LUTHER KING DAY</b> 10a- Stories w Barbara (RW) 11a- Balance/ Stretch (RW) 2p- Stories of Martin Luther King (RW) 3p- Documentary on Martin Luther King (RW) 4p- Parlor Games (RW) 6p- Word Games (RW)	<b>21.</b> 9a- Coffee and News (LC) 10a- Balance and Stretch (LC) 11a- It Happened this day in History (LC) 2p- Two on the Town Birthday Party (SO) 3p- Ball Toss (LC) 6p- Bingo (RW)	<b>22. 9a- Shopping Place</b> 9a- Coffee and News (LC) 10.15a- Catholic Mass (LC) 11a- Balance/Stretch (LC) 1.30p- Dessert Club (LC) 2.30p- Social Hour (LC) 3p – Ball Toss (LC) 4.15p –Famous Pin Up Girls (LC) 6p-Movie Night (VB) 6.30p- Visit with Tattoo (VB)	<b>23. 9a – 4p Hair Salon</b> 9a- Parlor Chat (LC) 10a- Balance/Stretch (LC) 11a- Trivia (LC) 1.30p- Res Council Mtg (SO) 2p – Esther and Accordion Singalong/ Social Hour (LC) 3p- Funny Stories (LC) 4p- Book Club – The life of Clint Eastwood (LC) 6.30p - Visit with Shasta (RW)	<b>24.</b> 9.30a – Chair Yoga (LC) 10.30a- Coffee/ News (SO) 11a- Trivia (SO) 1.30p - Brain Teasers (VB) 2p- Music Therapy (VB) 3p –Ball Toss (VB) 4p – Book Club – The Life of Shirley Temple Black (SO) 4p- Manicures (VB) 6p-Movies /Word Games (VB)	<b>25.</b> 9.30a -Calvary Chapel(PC) 11a - Rosary (Cf Rm) (RW) 1.30p- Parlor Games (RW) 2.30p- Afternoon Chat (RW) 3.30p- Happy Hr (RW) 4p–Manicures (RW) 6p- Bingo (RW)
<b>26.</b> 10.45a - Holy Communion (VB) 10.45a - One/One PC (VB) 11.15a- Heart of the Nation Mass on TV (VB) 1.30p–Arts/Crafts (VB) 2.30p- Social Hour (VB) 3.30p - Ball Toss (VB) 6p- Sunday Movies (VB)	<b>27.</b> 10a- Stories w Barbara (LC) 11a- Balance/ Stretch (LC) 1.30p – Memory Games (LC) 1.30p- Shopping trip to the Dollar Tree (SO) 2.30p – Social Hour (LC) 3.30p- Documentary (LC) 4p- World's greatest inventions (LC) 6p- Word Games (RW)	<b>28.</b> 9a– Coffee & News (LC) 10a- Balance and Stretch (LC) 11a- Trivia (LC) 1.30p- Singalong (LC) 2.30p- Social Hour (LC) 3p- Documentary TBA (SO) 3.30p - History - It Happened This Day (LC) 6p – Bingo (RW)	<b>29.</b> 9a- Shopping Place 9a- Coffee and News (LC) 10.15a– Dance Exercise (SO) 11a- Trivial Pursuit (SO) 1.30p- Dessert Club (LC) 2.30p- Social Hour (LC) 3p– Ball Toss (LC) (SO) 4.15p –Bio – Carol Burnett (LC) 6p – Evening Movie (VB) 6.30p- Visit with Tattoo (VB)	<b>30. 9a – 4p Hair Salon</b> 9a- Parlor Chat (LC) 10a- Balance/Stretch (LC) 11a- Trivia (LC) 1.30p- Finish That Tune (LC) 2.30p - Social Hour (LC) 3.30p- Book Club (LC) 4.15p- Card Games (LC) 6.30p - Visit with Shasta (RW)	<b>31. 9.30a – Chair Yoga (LC)</b> 10.30a- Coffee/ News (SO) 11a- Word Games (LC) 1.30p- Memory Games (LC) 2.30p - Social Hour (LC) 3p- Bio Book Club – Danny Kaye (SO) 4p- Danny Kaye Documentary (LC) 6p-Movies /Word Games (RW)	<b>Staff Key</b> SO – Sandra O’Connell, RS VB – Veronika Bajkai, RS LC – Lucy Cannella, RS RW – Ruma Wadwha, RS PC – Personal Care