



Your pastime & wellbeing in mind

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	*Lunch delivery 12:00pm M-F					1 10:00am Walking Club++ 10:30am Self guided Stretch++ 2:00 pm Card Games++ 6:30 pm Movie
2 2:00 pm Church ++ 3:05 Chiefs vs. Raiders 4:00pm Card Games++	3 10:00am Walking DVD ++ 11:00am Interesting Facts 1:00 pm Cards ++ 1:00 pm Billiards+ 2:30 pm Stretching+ 3:00 pm Movie Matinee 6:30 pm Dominoes++	4 9:30 am Walking Club 10:45 am Breathing & Relaxation+ 1:00 pm Cards++ 4:00 pm Strength & Balance+	5 10:00 am Walking DVD++ 11:00 am Armchair Travel ++ 1:00 pm Hand Crafts++ 1:00 pm Billiards+ 2:30 pm Bingo 3:30 pm Wine Wednesday 6:00 pm Potluck w/ Carolers	6 9:30 am Walking Club 11:00 am Stretching 1:00 pm Dominoes++ 2:45 pm Nutrition Corner ++ 3:15 Movie 6:30 pm Hand & Foot ++	7 9:30 am Breakfast Speaker+ 10:30 am Morning Stretch ++ 1:00 pm Billiards+ 1:00 pm Cards++ 2:30 pm Stretching+ 4:00 pm Happy Hour + 7:30 pm Doo-Wop Brothers	8 10:00am Walking Club++ 10:30am Self guided Stretch++ 2:00 pm Card Games++ 6:30 pm Movie
9 12:00 Chiefs vs. Ravens 2:00 pm Church ++ 4:00pm Card Games++	10 10:00am Walking DVD ++ 11:00am Brain Games 1:00 pm Cards ++ 1:00 pm Billiards+ 2:30 pm Stretching+ 3:00 pm Movie Matinee 6:30 pm Dominoes++	11 9:30 am Walking Club 10:45 am Breathing & Relaxation+ 1:00 pm Cards++ 4:00 pm Strength & Balance+	12 10:00 am Walking DVD++ 11:00 am Armchair Travel ++ 1:00pm Hand Crafts 1:00pm Billiards 2:30 pm Bingo 3:30pm Wine Wednesday 6:30 pm Dominoes++	13 9:30 am Walking Club 11:00 am Stretching 1:00 pm Dominoes++ 2:45 pm Nutrition Corner ++ 3:15 Movie 6:30 pm Hand & Foot ++ 7:20 Chiefs vs. Chargers	14 9:30 am Breakfast Speaker+ 10:30 am Morning Stretch ++ 1:00 pm Billiards+ 1:00 pm Cards++ 2:30 pm Stretching+ 4:00 pm Happy Hour +	15 10:00am Walking Club++ 10:30am Self guided Stretch++ 2:00 pm Card Games++ 6:30 pm Movie
16 2:00 pm Church ++ 4:00pm Card Games++	17 10:00am Walking DVD ++ 11:00am Interesting Facts 1:00 pm Cards ++ 1:00 pm Billiards+ 2:30 pm Stretching+ 3:00 pm Movie Matinee 6:30 pm Dominoes++ 7:15 pm Chiefs vs. Rams	18 9:30 am Walking Club 10:45 am Breathing & Relaxation+ 1:00 pm Cards++ 4:00 pm Strength & Balance	19 10:00 am Walking DVD++ 11:00 am Armchair Travel ++ 1:00 pm Hand Crafts++ 1:00 pm Billiards+ 2:30 pm Bingo 3:30 pm Birthday Party 6:30 pm Dominoes++	20 9:30 am Walking Club 11:00 am Stretching 1:00 pm Dominoes++ 2:45 pm Nutrition Corner ++ 4:30 pm Holiday Party	21 9:30 am Breakfast Meeting + 10:30 am Morning Stretch ++ 1:00 pm Billiards+ 1:00 pm Cards++ 2:30 pm Stretching+ 4:00 pm Happy Hour +	22 10:00am Walking Club++ 10:30am Self guided Stretch++ 2:00 pm Card Games++ 6:30 pm Movie
23 2:00 pm Church ++ 4:00pm Card Games++ 7:20 pm Chiefs vs Seahawks	24 The Office will be Closed today and tomorrow. Rylan will be out for the week.	25 	26 10:00 am Walking DVD++ 11:00 am Armchair Travel ++ 1:00 pm Hand Crafts 1:00pm Billiards 2:30 pm Bingo 3:30 pm Wine Wednesday 6:30 pm Dominoes++	27 9:30 am Walking Club 11:00 am Stretching 1:00 pm Dominoes++ 2:45 pm Nutrition Corner ++ 3:15 Movie 6:30 pm Hand & Foot ++	28 9:30 am Breakfast Meeting + 10:30 am Morning Stretch ++ 1:00 pm Billiards+ 1:00 pm Cards++ 2:30 pm Stretching+ 4:00 pm Happy Hour +	29 10:00am Walking Club++ 10:30am Self guided Stretch++ 2:00 pm Card Games++ 6:30 pm Movie