

THE MONTH OF January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Activities are subject to change			1 9:30 This day in history 10:00 News and Views 11:00 Hand Massages 2:00 Balloon Game 3:30 Catholic Mass in	2 9:30 This day in history 10:00 News and Views 11:00 Reminisce 2:00 Coloring Therapy 3:45 Fitness Fun	3 9:30 T his Day in History 10:00 News and Views 12:00 Lunch Music w/ Cale 3:30 Armchair Travels	4 9:30 This day in history 10:00 News and Views 1:30 Balloon game 3:00 Armchair Travels
5 9:30 This day in history 10:00 News and Views 3:30 Bingo	6 9:30 This Day in History 10:00 News and Views 2:00 Accordion music w/ Roger in Town Square 4:30 Supper Club	7 9:30 This Day in History 10:00 News and Views 11:00 Joggin' your Noggin' 2:00 Fitness Fun 3:30 Puzzle Challenge	8 9:30 This day in history 10:00 News and Views 11:00 Hand Massages 2:00 Balloon Game 3:30 Catholic Mass in Goodnow 5:45 Music w/ Cale	9 9:30 This day in history 10:00 News and Views 11:00 Board Games 2:00 Coloring Therapy 3:45 Fitness Fun	10 9:30 This Day in History 10:00 News and Views 1:00 Healing Harp Music w/ Mary 2:30 Movie and Popcorn	11 9:30 This day in history 10:00 News and Views 1:30 Music w/ Cale 3:00 Armchair Travels
12 9:30 This day in history 10:00 News and Views 1:00 Piano sing along w/ Ladelle 3:30 Bingo	13 9:30 This Day in History 10:00 News and Views 2:30 Crafts—Paper Dolls	14 9:30 This Day in History 10:00 News and Views 11:00 Crafty Corner <u>2:00 Johnson Bros (TS)</u> 3:30 Hand Massages	15 9:30 This day in history 10:00 News and Views 11:00 Hand Massages 2:00 Balloon Game 3:30 Catholic Mass 5:45 Music w/ Cale	16 9:30 This day in history 10:00 News and Views 11:00 Reminisce 2:00 Fitness Fun 3:30 Bingo	17 Happy Birthday Joe! 9:30 This Day in History 10:00 News and Views 2:00 Music w/ Gary i(TS) 3:30 Armchair Travels	18 9:30 This day in history 10:00 News and Views 1:30 Music w/ Cale 3:00 Armchair Travels
19 9:30 This day in history 10:00 News and Views 3:30 Bingo	20 9:30 This Day in History 10:00 News and Views 10:30 Flute Ensemble in TS 2:00 Accordion music w/ Roger (TS) 4:30 Supper Club	21 9:30 This Day in History 10:00 News and Views 2:00 Fitness Fun 3:30 Puzzle Challenge	22 9:30 This day in history 10:00 News and Views 11:00 Hand Massages 2:00 Birthday Party! 3:30 Catholic Mass	23 9:30 This day in history 10:00 News and Views 1:15 Coloring Therapy 3:15 Bingo	24 9:30 This Day in History 10:00 News and Views <u>2:00 Banjo w/ Bob in TS</u>	25 9:30 This day in history 10:00 News and Views 1:30 Music w/ Mert 3:00 Armchair Travels
26 9:30 This day in history 10:00 News and Views 1:00 Piano sing along w/ Ladelle 3:30 Bingo	27 9:30 This Day in History 10:00 News and Views 2:30 Crafts 4:30 Supper Club (Wine & Cheese)	28 9:30 This Day in History 10:00 News and Views 11:00 Flower Arrangements 2:00 Fitness Fun 3:30 Hand Massages	29 9:30 This day in history 10:00 News and Views 11:00 Hand Massages 2:00 Balloon Game 3:30 Catholic Mass in Goodnow 5:45 Music w/ Cale	30 9:30 This day in history 10:00 News and Views 11:00 Board Games 2:00 Coloring Therapy 3:45 Fitness Fun	31 9:30 T his Day in History 10:00 News and Views 2:00 Music w/ Gary (TS) 3:30 Armchair Travels	

THE MONTH OF January

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>Gathering Places: TS = Town Square T1 = Timbers Main floor T2 = Timbers 2nd floor # - Indicates you should sign up at the Timbers front desk for this outing or event.</p>		<p>Activities are subject to change. Please check the white boards and monthly calendars posted in each dining room for up-to-date activities.</p>		<p>1 Happy Birthday Hazel! 9:45 Tai Chi (TS) 10:30 Current Events (T2) 11:15 Sit and Be Fit (T2) 2:00 Wii Bowling (T2) 3:30 Catholic Mass i 4:45 2nd floor/ 5:15 1st floor—Dinner Music with Cale</p>	<p>2 9:45 Yoga (TS) 10:30 Current Events (T2) 11:15 Word Game(T2) 1:30 Trip to Columbus Center to see display 3:30 Resident Committee Food Meeting (T2)</p>	<p>3 9:45 Move to Music (TS) 10:30 Current Events (T2) 11:15 Sit and Be Fit (T2) 2:00 “Golden Years” Support Group (T2)</p>	<p>4 10:30 Current Events (T2) 11:15 Word Game (T2) 2:00 Quirkle tournament (T2)</p>
<p>5 10:30 Current Events (T2) 11:15 Wii Bowling (T2) 1:30 Bingo (T2) 3:30 Worship Service (TS)</p>	<p>6 <u>9:45 Yoga (TS)</u> 10:30 Current Events (T2) 11:15 Word Game (T2) 2:00 Accordion w/ Roger (TS)</p>	<p>7 10:30 Current Events (T2) 11:00 Lutheran Communion (TS) 2:00 Movie and Popcorn (T2) 2:30 Shopping at Walmart</p>	<p>8 <u>9:45 HASFIT (TS)</u> 10:30 Current Events (T2) 11:15 Sit and Be Fit (T2) 2:00 Wii Bowling (T2) 3:30 Catholic Mass 4:45 2nd floor/ 5:15 1st floor—Dinner Music with Cale</p>	<p>9 10:30 Current Events (T2) 11:30 Out to Lunch: 3:00 Resident Event Planning Committee (T2)</p>	<p>10 9:45 Move to Music (TS) 10:30 Current Events (T2) 11:15 Sit and Be Fit (T2) 2:00 Healing Harp w/ Mary (TS) 3:30 Wine and Cheese (T2)</p>	<p>11 <u>9:45 Tai Chi (TS)</u> 10:30 Current Events (T2) 11:15 Word Game (T2) 1:30 Armchair Travels (T2) 2:30 Scenic Ride Around Town</p>	
<p>12 10:30 Current Events (T2) 11:15 Wii Bowling (T2) 1:30 Bingo (T2) 3:30 Worship Service (TS)</p>	<p>13 <u>9:45 Yoga (TS)</u> 10:30 Current Events (T2) 11:15 Word Game (T2) 2:00 Movie and Popcorn (T2)</p>	<p>14 Happy Birthday Joyce! 10:30 Current Events(T2) 11:15 Yahtzee (T2) 2:00 Johnson Bros music (TS) 3:15 Shopping at Walmart</p>	<p>15 <u>9:45 HASFIT (TS)</u> 10:30 Current Events (T2) 11:15 Sit and Be Fit (T2) 1:00 Swinging Seniors (TS) 3:00 Technology help with Central Catholic High Students (T2) 3:30 Catholic Mass in Goodnow 4:45 2nd floor/ 5:15 1st floor— Dinner Music with Cale</p>	<p>16 10:30 Current Events (T2) 11:15 Word Game(T2) 1:30 Bingo (T2) 3:15 Yellowstone Documentary (T2)</p>	<p>17 Happy Birthday Fern! 9:45 Move to Music (TS) 10:30 Current Events (T2) 11:15 Sit and Be Fit (T2) 2:00 Music w/ Gary (TS) 3:30 Wine and Cheese (T2) <u>6-8 Music w Sally Jo and Friends (TS)</u></p>	<p>18 <u>9:45 Tai Chi (TS)</u> 10:30 Current Events (T2) 11:15 Word Game (T2) 1:30 Armchair Travels (T2) 2:30 Scenic Ride Around Town</p>	
<p>19 10:30 Current Events (T2) 11:15 Wii Bowling (T2) 1:30 Bingo (T2) 3:30 Worship Service (TS)</p>	<p>20 MLK Day! <u>9:45 Yoga (TS)</u> <u>10:30 Flute Ensemble (TS)</u> 2:00 Accordion w/ Roger (TS)</p>	<p>21 10:30 Current Events(T2) 11:00 Yahtzee (T2) 1:30 Movie and Popcorn (T2) 3:00 Methodist Service (TS)</p>	<p>22 <u>9:45 HASFIT (TS)</u> 10:30 Current Events (T2) 11:15 Sit and Be Fit (T2) 3:00 Wii Bowling (T2) 3:30 Catholic Mass in Goodnow</p>	<p>23 10:30 Current Events (T2) 11:15 Word Game(T2) 1:30 Bingo (T2) 3:00 Expedition Amelia Documentary (T2)</p>	<p>24 9:45 Move to Music (TS) 10:30 Current Events (T2) 11:15 Sit and Be Fit (T2) <u>2:00 Banjo w/ Bob (TS)</u> 3:30 Wine and Cheese (T2)</p>	<p>25 <u>9:45 Tai Chi (TS)</u> 10:30 Current Events (T2) 11:15 Word Game (T2) 1:30 Armchair Travels (T2) 3:00 Music w/ Mert (T2)</p>	
<p>26 10:30 Current Events (T2) 11:15 Wii Bowling (T2) 1:30 Bingo (T2) 3:30 Worship Service (TS)</p>	<p>27 <u>9:45 Yoga (TS)</u> 10:30 Current Events (T2) 11:15 Word Game (T2) 2:00 Movie and Popcorn (T2)</p>	<p>28 10:30 Current Events(T2) 11:00 Yahtzee (T2) 2:00 Shopping at Marketplace Center</p>	<p>29 <u>9:45 HASFIT (TS)</u> 10:30 Current Events (T2) 11:15 Sit and Be Fit (T2) 2:30 Birthday Celebrations (T1) 3:30 Catholic Mass i 4:45 2nd floor/ 5:15 1st floor—Dinner Music with Cale</p>	<p>30 10:30 Current Events (T2) 11:15 Word Game(T2) 1:30 Wii Bowling (T2) 3:30 Men’s Club—Coffee and Discussion (T1)</p>	<p>31 Happy Birthday Bob D.! 9:45 Move to Music (TS) 10:30 Current Events (T2) 11:15 Sit and Be Fit (T2) 2:00 Music w/ Gary (TS) 3:30 Wine and Cheese (T2)</p>		