

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday			
 <p style="text-align: center;">January 2019 <i>Wellness Calendar</i></p>		<p>10:30am Sitting Exercise FR 1 10:30am Trivia FR 11am Our Lady of Hope Mass 1pm Pinochle V 3pm Horse Races GR 7pm Card Games in Café</p> <p style="text-align: center;">New Year's Day </p>		<p>10am Dumbbell Upper Body Exercises FR 2 10:30am Bible Study GR 2pm "Welcome to the New Year" Party! Music by Tom B. DR 3pm Coupon Clipping for the Troops GR 7pm Puzzle Time GR</p> <p style="text-align: center;"><i>The View Open 3pm-6pm</i> Library Books Due Back Today!</p>		<p>10:30am Young at Heart FR 3 11am Better Balance FR 2:30pm Functional Fitness FR 2pm Don't Burst My Bubble Table Game GR 3pm Book Club LC 4pm Thursday Pub Trivia V</p> <p style="text-align: center;"><i>The View Open 3pm-7:30pm</i></p>		<p>10am Sitting Exercise FR 4 10:30am Who/What am I? FR 2pm Chocolate Confections AS 3pm Happy Hour V 7pm Movie & Popcorn: "Grumpy Old Men" MT</p> <p style="text-align: center;"><i>The View Open 3pm-7:30pm</i></p>		<p>10am Brain Game Worksheets GR 5 2pm Bingo DR 3:50pm St. Lucy's Mass 4:30pm Our Lady of Hope Mass 7pm Yahtzee GR</p> <p style="text-align: center;"><i>The View Open 3pm-7:30pm</i></p>					
		<p>10am Personal Prayers LC 6 1pm-4pm Sunday Funday: Board Games and Cards V 1pm Sunday Matinee & Gourmet Hot Cocoa MT 3pm Scented Sachets AS 7pm Mexican Train Dominoes AS</p> <p style="text-align: center;"><i>The View Open 1pm-4pm</i></p>		<p>10am Sitting Exercise FR 7 10:30am Eat, Wear or Drive Trivia FR 2pm Bingo DR 3pm Cooking Group: Cinnamon Sugar Snowflakes AS 7pm Monday Night Movie: "Singing in the Rain" MT</p>		<p>10am Nino Salvaggio 8 10am Spiritual Music w/ Christine* DR 10:30am Arthritis Exercise FR 11am Gentle Yoga FR 1pm Pinochle V 2:30pm Drum Ball Beat FR 3pm Rosary LC 7pm Card Games in Café</p>		<p>10am Food Committee Meeting DR 9 10:30am Bible Study w/ Pastor Adam* GR 1pm Irish Movie – "Famine to Freedom" MT 3pm Wii Bowling 4pm Dinner Out: Fishbones 7pm Puzzle Time GR</p> <p style="text-align: center;"><i>The View Open 3pm-6pm</i></p>		<p>10am Target 10 10:30am Young at Heart FR 11am Better Balance FR 2pm Chapel Service with Pastor Rolf* LC 2:30pm Functional Fitness FR 3pm Sing-a-long LC 4pm Thursday Pub Trivia V</p> <p style="text-align: center;"><i>The View Open 3pm-7:30pm</i></p>		<p>10am Sitting Exercise FR 11 10:30am Trivia FR 2pm Card Bingo V 3pm Happy Hour V 7pm Movie & Popcorn: "Oklahoma" MT</p> <p style="text-align: center;"><i>The View Open 3pm-7:30pm</i></p>		<p>10am Calm Coloring & Crosswords AS 12 2pm Bingo DR 3:50pm St. Lucy's Mass 4:30pm Our Lady of Hope Mass 7pm Scrabble GR</p> <p style="text-align: center;"><i>The View Open 3pm-7:30pm</i></p>	
		<p>10am Personal Prayers LC 13 1pm-4pm Sunday Funday: Board Games and Cards V 1pm Sunday Matinee & Gourmet Hot Cocoa MT 3pm Tea and Scones Social Hour AS 7pm Mexican Train Dominoes AS</p> <p style="text-align: center;"><i>The View Open 1pm-4pm</i></p>		<p>10am Casino Trip: MGM 14 2pm Bingo DR 2pm Belsono Hearing Services* AS 3pm Jewelry Making V 7pm Monday Night Movie: "Mowgli" MT</p>		<p>10am Trader Joes 15 10:30am Arthritis Exercise FR 11am Gentle Yoga FR 1pm Pinochle V 2:30pm Drum Ball Beat FR 3pm Tech Help w/ Rae LL (sign-up with concierge prior to) 7pm Card Games in Café</p>		<p>10am Dumbbell Upper Body Exercises FR 16 10:30am Bible Study w/ Pastor Adam* GR 12:15pm Trip to the Movies 7pm Puzzle Time GR</p> <p style="text-align: center;"><i>The View Open 3pm-6pm</i></p>		<p>10am Pewabic Tour 17 10:30am Young at Heart FR 11am Better Balance FR 2pm Horse Races GR 2:30pm Functional Fitness FR 3pm Book Club LC 4pm Thursday Pub Trivia V 6:30pm Open Mic Night – GTKYN & Singalong V</p> <p style="text-align: center;"><i>The View Open 3pm-7:30pm</i></p>		<p>10am Dollar Tree 18 10am Exercise FR 10:30am January IQ Trivia FR 2pm Cooking Group: Healthy Snacks AS 3pm Happy Hour V 7pm Movie & Popcorn: "God's Not Dead" MT</p> <p style="text-align: center;"><i>The View Open 3pm-7:30pm</i></p>		<p>10am Brain Game Worksheets GR 19 2pm Bingo DR 3:50pm St. Lucy's Mass 4:30pm Our Lady of Hope Mass 7pm Yahtzee GR</p> <p style="text-align: center;"><i>The View Open 3pm-7:30pm</i></p>	
		<p>10am Personal Prayers LC 20 1pm-4pm Sunday Funday: Board Games and Cards V 1pm Sunday Matinee & Gourmet Hot Cocoa MT 3pm Transplant Aloe Vera AS 7pm Mexican Train Dominoes AS</p> <p style="text-align: center;"><i>The View Open 1pm-4pm</i></p>		<p>10am Sitting Exercise FR 21 10:30am MLK Trivia FR 2pm Bingo DR 3pm Cooking Group: Coffee Cookies AS 7pm Monday Night Movie: "The Little Princess" MT</p> <p style="text-align: center;">Martin Luther King Jr. Day</p>		<p>10am Village Market 22 10:30am Arthritis Exercise FR 11am Gentle Yoga FR 1pm Pinochle V 2:30pm Drum Ball Beat FR 3pm Rosary LC 4:30pm-6pm Themed Dinner – Happy 100th Birthday Jack M.! Roaring Twenties Theme 7pm Card Games in Café</p>		<p>10am Chair Dancing FR 23 10:30am Bible Study w/ Pastor Adam* GR 11:15pm Lunch Out: Jimmy Dee's 2pm Catholic Mass w/ Father Jim* LC 3pm Wii Bowling GR 7pm Puzzle Time GR</p> <p style="text-align: center;"><i>The View Open 3pm-6pm</i></p>		<p>10am Kohls 24 10:30am Young at Heart FR 11am Better Balance FR 2pm DIY Lanyards AS 2:30pm Functional Fitness FR 3pm Relaxation Session MT 4pm Thursday Pub Trivia V 7pm Grosse Pointe Theatre: Legally Blonde Play</p> <p style="text-align: center;"><i>The View Open 3pm-7:30pm</i></p>		<p>10am Sitting Exercise FR 25 10:30am Trivia FR 2pm Card Bingo V 3pm Happy Hour V 7pm Movie & Popcorn: "Avengers: Infinity War" MT</p> <p style="text-align: center;"><i>The View Open 3pm-7:30pm</i></p>		<p>10am Calm Coloring & Crosswords AS 26 2pm Bingo DR 3:50pm St. Lucy's Mass 4:30pm Our Lady of Hope Mass 7pm Scrabble GR</p> <p style="text-align: center;"><i>The View Open 3pm-7:30pm</i></p>	
		<p>10am Personal Prayers LC 27 1pm-4pm Sunday Funday: Board Games and Cards V 1pm Sunday Matinee & Gourmet Hot Cocoa MT 3pm Photo Social GR 7pm Mexican Train Dominoes AS</p> <p style="text-align: center;"><i>The View Open 1pm-4pm</i></p>		<p>10am Sitting Exercise FR 28 10:30am Trivia FR 2pm Bingo DR 3pm Resident Council DR 7pm Monday Night Movie: "Good Will Hunting" MT</p>		<p>10am Kroger 29 10:30am Arthritis Exercise FR 11am Gentle Yoga FR 1pm Pinochle V 2pm Homemade Butter Making AS 2:30pm Drum Ball Beat FR 3pm Tech Help w/ Rae LL (sign-up with concierge prior to) 7pm Card Games in Café</p>		<p>10am Dumbbell Upper Body Exercises FR 30 10:30am Bible Study GR 2pm Monthly Birthday Welcome Party with Music by Marimba Player DR 3pm Coupon Clipping for the Troops GR 7pm Puzzle Time GR</p> <p style="text-align: center;"><i>The View Open 3pm-6pm</i></p>		<p>10am JCPenney 31 10:30am Young at Heart FR 11am Better Balance FR 2pm Flower Jar Craft AS 2:30pm Functional Fitness FR 3pm Book Club LC 4pm Thursday Pub Trivia V</p> <p style="text-align: center;"><i>The View Open 3pm-7:30pm</i></p>		<div style="border: 2px solid cyan; padding: 5px;"> <p>Key for Rooms: LC = Lakeshore Chapel MT = Movie Theater GR = Game Room AS = Art Studio LL = Lakeshore Library V = The View FR = Fitness Room DR = Dining Room RED = BUS TRIP BLUE = Fitness Classes</p> </div>			

