

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
January 2019 Outings scheduled weather permitting. Activities are subject to change, please see daily sheets posted at Cambrian	 Beauty Salon & Manicures by Appointment	1 9:30 Piano 1:30 Afternoon Snack 3:00 Parade of Pianos 5:00 Rose Bowl 	2 9:30 Tai Chi 10:00 Piano 1:30 New Year's Celebration 3:00 Cookie Club 6:00 Conversation Club & Reminisce	3 9:30 Stretch & Flex 10:00 Trivia 1:30 Happy Feet 3:00 Thirsty Thursday 6:00 Hand Massage & Relaxation	4 9:30 Morning Music 10:30 Zumba Gold 3:00 Music & Mocktails 6:00 Movie Night: <i>Mamma Mia!</i>	5 10:00 National Bird Day. Making Bird Feeders 1:30 Happy Feet 2:30 Afternoon Snack 4:00 Reminisce 6:30 Manicures
6 10:00 Rosary & Catholic Visitors 3:00 Worship Service (AL) 6:30 Hymns Sing	7 9:30 Tai Chi 10:00 Visits with Renee 11:00 Mass 2:00 Bake with Me: 3:00 Cookie Club 6:00 Monday Movie: <i>Finding Neverland</i>	8 10:00 AM Exercise 11:00 Visits with Kathy 1:30 Afternoon Snack/ King of Rock 3:00 Poetry/ National Poetry Day 6:00 Adult Coloring	9 Beauty Shop 10:30 Tai Chi 1:45 Music 2:00 Walking Club 3:00 Art in the Afternoon 6:00 Conversation Club & Reminisce	10 Manicures 9:30 Stretch & Flex 10:00 Trivia 2:00 Piano with Helen 2:30 Thirsty Thursday 3:30 Reminisce 6:00 Hand Massage & Relaxation	11 9:30 Morning Music 10:30 Zumba Gold 1:30 Happy Feet 2:00 Drum Circle 2:30 Mocktail 6:00 Movie & Popcorn: <i>Letters to Juliet</i>	12 9:30 Moring Music 3:00 Happy Feet 6:30 Manicures / <i>Sentimental Reflections</i>
13 10:00 Rosary & Catholic Visitors 1: 00 Lions Football 3:00 Worship Service (AL) 6:30 Hymns Sing	14 10:30 Tai Chi 11:00 Piano 1:30 Bake with Me: 3:00 Cookie Club 3:30 Pet visits 6:00 Monday Movie: <i>Secret Garden</i>	15 10:00 AM Exercise 11:00 Visits with Kathy 1:30 Afternoon Snack/ National Hat Day 3:00 Short Story 6:00 Adult Coloring	16 Beauty Shop 9:30 Tai Chi 10:30 Lunch Outing, Over the Edge, Manchester 2:00 Ice Cream Social 3:30 Happy Feet 6:00 Conversation Club & Reminisce	17 9:30 Stretch & Flex 10:00 Trivia 1:30 Happy Feet 2:00 Helen's Piano 3:00 Thirsty Thursday 6:00 Hand Massage & Relaxation	18 9:30 Morning Music 10:30 Zumba Gold 1:30 Afternoon Crafts 3:00 Music & Mocktails 6:00 Movie Night: <i>Dear John</i>	19 10:00 Happy Feet 1:30 Happy Feet 2:30 National Popcorn/ Flavored Popcorn 4:00 Reminisce 6:30 Manicures
20 10:00 Rosary & Catholic Visitors 3:00 Worship Service (AL) 6:30 Hymns Sing	21 10:30 Tai Chi 10:00 Visits with Renee 11:30 Bowling Outing 1:30 Healthy Snack 3:00 Cookie Club 6:30 Monday Movie: <i>The Carol Burnett Show</i>	22 10:00 AM Exercise 11:00 Visits with Kathy 1:30 Afternoon Snack 3:00 Short Story 6:00 Adult Coloring	23 Beauty Shop 9:30 Tai Chi 2:00 Toss Across 2:30 National Pie Day/ Pie Tasting 4:00 Happy Feet 6:00 Conversation Club & Reminisce	24 Manicures 10:00 AM Exercise/ Trivia 1:00 Thirsty Thursday 3:00 Holding Hands Forever 6:00 French Quarter Band (AL)	25 9:30 Morning Music 10:00 Intergenerational Playdate 3:30 Music & Mocktails 6:00 Movie Night: <i>Yours, Mine and Ours</i>	26 9:00 Morning Music 10:15 Morning Stretch 3:30 Christmas Carolers 6:30 Manicures / <i>Sentimental Reflections</i>
27 10:00 Rosary & Catholic Visitors 3:00 Worship Service (AL) 6:30 Hymns Sing	28 Chinese New Year 10:30 Tai Chi 11:00 Reminisce 1:30 Chinese New Year Facts 6:00 Monday Movie: <i>The Carol Burnett Show</i>	29 10:00 AM Exercise 11:00 Visits with Kathy 1:30 Afternoon Snack 3:00 Short Story/ Puzzle Day 6:00 Adult Coloring	30 Beauty Shop 10:00 Tai Chi 10:30 Lunch Bunch 1:30 Happy Feet 4:00 I Hear Memories 6:00 Conversation Club & Reminisce	31 9:30 Stretch & Flex 10:00 Trivia 1:30 Inspire Your Heart Day/ Heart Project 2:00 Helen's Piano 3:00 Thirsty Thursday 6:00 Hand Massage & Relaxation	 	