

SUN	MON	TUE	WED	THUR	FRI	SAT
	New Year's Day 10:00 Vine Video: Dance in the New Year! (955)	9:15 Vine Video: Chair Exercise & Balance (955) 10:00 Bible Study (CH) 1:00 <i>In & Out Clinic (HC)</i> 2:00 Cheers to the New Year Social (PRP) 2:00 Knit & Crochet (VR)	8:30 *Caregiver Support (COR) 9:15 Exercise Class (CR) 1:30 *Outing: Beyond King Tut	9:15 NIA Exercise (CR) 9:30 *Elite Hearing (WC) 10:30 Good News Group (OR) 1:00 <i>In & Out Clinic (HC)</i> 2:00 *National Trivia Day Activity (CR)	9:15 Exercise Class (CR) 12:00 <i>Massage Therapy (1st Floor Wellness Clinic)</i> 1:00 *Groceries 3:00 Catholic Mass (CH)	9:00 Vine Video: Chair Exercise (955) 10:15 Vine Video: Chair Exercise (955) 1:30 Afternoon Movie: Call Me Kate, Rated TV-14 (CR)
10:00 Vine Video: Gospel Chair Aerobics (955) 11:30 Chapel Service (CH) 1:30 Vine Video: Gospel Chair Aerobics (955)	9:15 Exercise Class (CR) 10:00 DSC Meeting (OR) 10:00 Mug Club (PRP) 1:00 *Groceries 1:30 Balance Class (CR) 4:00 Greatest Events of World War II in Colour (CR)	9:15 Vine Video: Chair Exercise & Balance (955) 10:00 Bible Study (CH) 11:00 Plarn Group (OR) 1:00 <i>In & Out Clinic (HC)</i> 3:30 Chorus Rehearsal (CR)	9:15 Exercise Class (CR) 2:00 Resident Art and Hobby Show! (PRP) 3:00 *Health and Wellness Presentation (OR)	9:00 *Tech Connect Clinic (COR) 9:15 NIA Exercise (CR) 10:30 Reader's Theater (CH) 1:00 <i>In & Out Clinic (HC)</i> 2:00 Musical Entertainment with Mike and Sue (CR)	9:15 Exercise Class (CR) 1:00 *Groceries 3:00 Catholic Mass (CH)	9:00 Vine Video: Chair Exercise (955) 10:15 Vine Video: Chair Exercise (955) 1:30 Afternoon Movie: Gran Turismo, Rated PG-13 (CR)
10:00 Vine Video: Gospel Chair Aerobics (955) 11:30 Chapel Service (CH) 1:30 Vine Video: Gospel Chair Aerobics (955)	Martin Luther King Jr. Day 9:15 Exercise Class (CR) 10:00 Mug Club (PRP) 10:30 Stammtisch (OR) 1:00 *Groceries 1:30 Balance Class (CR) 4:00 Greatest Events of World War II in Colour (CR)	9:15 Vine Video: Chair Exercise & Balance (955) 10:00 Bible Study (CH) 1:00 <i>In & Out Clinic (HC)</i> 2:00 Pet Therapy with Shoogar the Dog! (CR) 3:30 Chorus Rehearsal (CR)	8:30 *Caregiver Support (COR) 9:15 Exercise Class (CR) 10:30 Ecumenical Service (CH) 1:00 Joan J's Book Report (OR) 2:00 Hallmark Movie Bingo (CR)	9:15 NIA Exercise (CR) 1:00 <i>In & Out Clinic (HC)</i> 3:00 *Outing: Lakefront Brewery Tour and Dinner	9:15 Exercise Class (CR) 11:00 Harwood Place Writing Group (CH) 12:00 <i>Massage Therapy (1st Floor Wellness Clinic)</i> 1:00 *Groceries 3:00 Catholic Mass (CH)	9:00 Vine Video: Chair Exercise (955) 10:15 Vine Video: Chair Exercise (955) 1:30 Afternoon Movie: Life With Father, Rated PG-13 (CR)
10:00 Vine Video: Gospel Chair Aerobics (955) 11:30 Chapel Service (CH) 1:30 Vine Video: Gospel Chair Aerobics (955)	9:15 Exercise Class (CR) 10:00 Mug Club (PRP) 10:00 RAC Meeting (OR) 1:00 *Groceries 1:30 Balance Class (CR) 4:00 Greatest Events of World War II in Colour (CR)	9:15 Vine Video: Chair Exercise & Balance (955) 10:00 Bible Study (CH) 1:00 <i>In & Out Clinic (HC)</i> 3:30 Chorus Rehearsal (CR)	9:15 Exercise Class: Seated Resistance Bands (CR/955) 2:00 Musical Entertainment with Paul Bast (CR)	9:15 NIA Exercise (CR) 10:30 UU Circle (OR) 1:00 <i>In & Out Clinic (HC)</i> 1:30 Book Club (CH) 2:00 *Craft Corner: Gnome Paint Brush (VR) 2:30 Smart Living Group (OR)	9:15 Exercise Class (CR) 1:00 *Groceries 3:00 Catholic Mass (CH)	9:00 Vine Video: Chair Exercise (955) 10:15 Vine Video: Chair Exercise (955) 1:30 Afternoon Movie: The Glenn Miller Story, Rated G (CR)
10:00 Vine Video: Gospel Chair Aerobics (955) 11:30 Chapel Service (CH) 1:30 Vine Video: Gospel Chair Aerobics (955)	9:15 Exercise Class (CR) 10:00 Mug Club (PRP) 1:00 *Groceries 2:30 Musical Entertainment with Tom Stanfield (CR) 4:00 Greatest Events of World War II in Colour (CR)	9:15 Vine Video: Chair Exercise & Balance (955) 10:00 Lutheran Communion (CH) 1:00 <i>In & Out Clinic (HC)</i> 3:30 Chorus Rehearsal (CR)	9:15 Exercise Class: Seated Dumbbells (CR/955) 2:00 Birthday Treat (PRP) 6:30 *Outing: Guys on Ice at the Rep	LOCATION KEY 955 - CH955 The Vine CH - Chapel CR - Community Room COR - Conference Room HC - Health Center OR - Orchard Room PRP - Plank Road Pub	VR - Villa Room WC - Wellness Center	

January 2024

Activity Calendar

