

Activities subject to change



JANUARY 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Dimensions of Wellness

- Physical
- Emotional
- Spiritual
- Environmental
- Vocational
- Social
- Intellectual

Meeting Places

- BWL** Bardwell Room
- DRH** dining room hall
- CS** Community Store
- BFR** Bistro/Front Room
- IH** Irvin Hall
- DR** Dining Room
- 6LR** 6th fl. Living Room

Birthdays:

Elaine R. 1/14

Margaret H. 1/15

	<p><i>ALL OUTINGS HAVE A SIGN-UP SHEET IN FRONT OF BARDWELL ROOM ON 1st FLOOR! ****</i></p>	<p>01 New Year's Day</p> <p>10:00a Womens Group BWL 11:00a Bingo with Jessica BWL 2:00p Indoor Walking Exercise BWL 3:00p Bored Board Activities with Friends DRH</p>	<p>02</p> <p>10:00a Community Store Open! CS 11:00a Independent Puzzles & Music BWL 1:00p Bingo with Jessica BWL 2:00p Chair Cardio Class BWL</p>	<p>03</p> <p>10:00a Shopping Trip : Prisco's - Aurora BFR 1:00p Word Search Social BWL 2:00p Chair Yoga BWL 3:00p Manicures & Music BWL</p>	<p>04</p> <p>10:00a Communion Service Open! IH 10:00a Community Store Open! CS 11:00a Independent Card Games BWL 2:00p Flashcard Fitness BWL 3:00p Game with Jessica - RummiKube BWL</p>	<p>05</p> <p>9:00a Church Service & Hymn Singing BWL 11:00a Cover All Bingo with Jessica BWL 2:00p Chair Zumba Dance Exercise BWL 3:00p Men's Group DR</p>	<p>06</p> <p>All Day Weekend Activity Packets 9:30a Coffee & Chat with Staff BFR 1:30p Independent Bored Board Sheets BWL</p>
	<p>07</p> <p>All Day Weekend Activity Packets 10:00a Independent Board & Card Games BWL 11:00a Chair Exercises with Teresa 6LR</p>	<p>08</p> <p>10:00a Aurora Santori Library Card Day IH 10:00a Womens Group BWL 11:00a Bingo with Jessica BWL 2:00p Indoor Walking Exercise BWL 2:00p Personal Hugo Visits! BFR 3:00p Bored Board Activities with Friends DRH</p>	<p>09</p> <p>10:00a Community Store Open! CS 11:00a Independent Puzzles & Music BWL 1:00p Bingo with Jessica BWL 2:00p Chair Cardio Class BWL 3:00p Virtual Travel: Venice "The Floating City" BWL</p>	<p>10</p> <p>10:00a Aurora Santori Library Outing (Sign up) BFR 1:00p Painting Planter Pots! (Sign up) BWL 2:00p Chair Yoga BWL 3:00p Manicures & Music BWL</p>	<p>11</p> <p>10:00a Communion Service Open! IH 10:00a Community Store Open! CS 11:00a Independent Card Games BWL 2:00p Flashcard Fitness BWL 3:00p Game with Jessica - Pass the Pigs BWL</p>	<p>12</p> <p>9:00a Church Service & Hymn Singing BWL 11:00a Cover All Bingo with Jessica BWL 1:30p Food Council Meeting DR 2:00p Chair Zumba Dance Exercise BWL 3:00p Men's Group DR</p>	<p>13</p> <p>All Day Weekend Activity Packets 9:30a Coffee & Chat with Staff BFR 1:30p Independent Bored Board Sheets BWL</p>
	<p>14</p> <p>All Day Weekend Activity Packets 10:00a Independent Board & Card Games BWL 11:00a Chair Exercises with Teresa 6LR</p>	<p>15 Birthday of Martin Luther King, Jr.</p> <p>10:00a Womens Group BWL 11:00a Bingo with Jessica BWL 2:00p Indoor Walking Exercise BWL 2:00p Personal Hugo Visits! BFR 3:00p Caregivers Guide to Managing Money BWL 3:00p Bored Board Activities with Friends DRH</p>	<p>16</p> <p>10:00a Community Store Open! CS 11:00a Independent Puzzles & Music BWL 1:00p Bingo with Jessica BWL 2:00p Chair Cardio Class BWL 2:00p Resident Council Meeting DR</p>	<p>17</p> <p>10:00a Shopping Trip : Dollar Store BFR 1:00p Word Search Social BWL 1:30p Cooking Class - Soup DR 2:00p Chair Yoga BWL 3:00p Manicures & Music BWL</p>	<p>18</p> <p>10:00a Communion Service Open! IH 10:00a Community Store Open! CS 11:00a Independent Card Games BWL 2:00p Flashcard Fitness BWL 3:00p Game with Jessica - Bunco BWL</p>	<p>19</p> <p>9:00a Church Service & Hymn Singing BWL 11:00a Cover All Bingo with Jessica BWL 2:00p Chair Zumba Dance Exercise BWL 3:00p Men's Group DR</p>	<p>20</p> <p>All Day Weekend Activity Packets 9:30a Coffee & Chat with Staff BFR 1:30p Independent Bored Board Sheets BWL</p>
	<p>21</p> <p>All Day Weekend Activity Packets 10:00a Independent Board & Card Games BWL 11:00a Chair Exercises with Teresa 6LR</p>	<p>22</p> <p>10:00a Womens Group BWL 11:00a Bingo with Jessica BWL 2:00p Indoor Walking Exercise BWL 2:00p Personal Hugo Visits! BFR 3:00p Home Made Suncatchers (Sign up) BWL</p>	<p>23</p> <p>10:00a Community Store Open! CS 11:00a Independent Puzzles & Music BWL 1:00p Bingo with Jessica BWL 2:00p Chair Cardio Class BWL 3:00p Virtual Travel: Athens Greece BWL</p>	<p>24</p> <p>10:00a Aurora Santori Library Outing (Sign up) BFR 1:00p Word Search Social BWL 2:00p Chair Yoga BWL 3:00p Manicures & Music BWL</p>	<p>25</p> <p>10:00a Communion Service Open! IH 10:00a Community Store Open! CS 11:00a Independent Card Games BWL 2:00p Flashcard Fitness BWL 3:00p Game with Jessica - You Choose!! BWL</p>	<p>26</p> <p>9:00a Church Service & Hymn Singing BWL 11:00a Cover All Bingo with Jessica BWL 1:00p January Birthday Social DR 2:00p Chair Zumba Dance Exercise BWL 3:00p Men's Group DR</p>	<p>27</p> <p>All Day Weekend Activity Packets 9:30a Coffee & Chat with Staff BFR 1:30p Independent Bored Board Sheets BWL</p>
	<p>28</p> <p>All Day Weekend Activity Packets 10:00a Independent Board & Card Games BWL 11:00a Chair Exercises with Teresa 6LR</p>	<p>29</p> <p>10:00a Womens Group BWL 11:00a Bingo with Jessica BWL 2:00p Indoor Walking Exercise BWL 2:00p Personal Hugo Visits! BFR 3:00p Bored Board Activities with Friends DRH</p>	<p>30</p> <p>10:00a Community Store Open! CS 11:00a Independent Puzzles & Music BWL 1:00p Bingo with Jessica BWL 2:00p Chair Cardio Class BWL</p>	<p>31</p> <p>9:00a Appointment Shuttle Service (SIGN UP) BFR 1:00p Word Search Social & Smart Bucks Raffle BWL 2:00p Chair Yoga BWL 3:00p Manicures & Music BWL 5:00p Dementia Support Group BWL</p>	<p>OPEN TO PUBLIC EVENTS:</p> <p>1/15 - A Caregivers Guide to Managing Money 1/31 - Monthly Dementia Support Group</p>	<p>ACTIVITIES ELIGIBLE FOR SMART BUCKS:</p> <p>-Monthly Healthy Cooking Class -Any Group exercise class</p>	

