

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# January 2019

## Concordia Assisted Living



New Year's Day,

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>January 2019</b></p> <p><b>Concordia Assisted Living</b></p>		<p>1 9:30 News and Coffee <u>LO</u> 10:00 Exercise Warm Up <u>LO</u> 10:30 Wellness w/Chris Coleman <u>LO</u> 1:30 Catholic Rosary <u>UAR</u> 2:00 X-Box Bowling <u>LO</u> 3:00 Dominos <u>AR</u></p>	<p>2 9:30 News and Coffee <u>LO</u> 9:45 Exercise Warm Up w/Roy Cummings <u>LO</u> 10:00 Strength Training <u>LO</u> 11:00 Shopping List Day 1:00 Take Down Christmas Decorations <u>LO</u> 2:00 Jeopardy <u>LO</u> 3:00 Bingo w/Madelyn <u>LO</u> Happy Birthday Leona Kimmey!</p>	<p>3 8:30 Morning Chapel <u>GR</u> 9:30 Aerobics <u>LO</u> 10:00 Dominos <u>AR</u> 1:00 National Chocolate Covered Cherry Day! <u>LO</u> 2:00 Trivia <u>LO</u> 2:30 Chapel Service: Ron Schalint <u>GR</u> 3:00 Wheel of Fortune <u>LO</u> 6:00 Movie Night <u>LO</u></p>	<p>4 9:30 Light and Lively <u>LO</u> 10:00 Catholic Communion <u>GR</u> 10:00 X-Box Bowling <u>LO</u> 10:00 Coffee and Donuts <u>LO</u> 11:00 I.O.C Meets <u>UAR</u> 1:00 Family Feud <u>LO</u> 2:00 Creative Crafts <u>LO</u> 3:00 Bingo w/Madelyn <u>LO</u></p>	<p>5 9:00 News &amp; Coffee <u>LO</u> 9:30 Exercise <u>AR</u> 10:00 UNO <u>AR</u> 1:00 Dominos <u>AR</u> 2:00 X-Box Bowling <u>LO</u> 3:00 Bingo w/Akilah <u>LO</u></p>
<p>6 9:00 Sunday School <u>GR</u> 9:00 News &amp; Coffee <u>AR</u> 9:30 Exercise <u>AR</u> 10:00 Sunday Paper Coupon Clipping <u>AR</u> 1:00 UNO <u>LO</u> 2:00 Dominoes <u>AR</u> 2:30 Sunday Movie w/Popcorn <u>LO</u> 4:00 Church Services: Daniel Mobley Part 1 <u>GR</u></p>	<p>7 8:30 Morning Chapel <u>GR</u> 9:00 &amp; 10:30 Valet Service 9:30 Core Balance <u>LO</u> 10:00 UNO <u>LO</u> 10:30 Therapy Dog Visits <u>LO</u> 1:00 Let's Celebrate: National College Football Championship <u>LO</u> 2:00 Music with Margo <u>LO</u> 3:00 Bingo w/Madelyn <u>LO</u></p>	<p>8 9:30 News and Coffee <u>LO</u> 10:00 Exercise Warm Up <u>LO</u> 10:30 Wellness w/Chris Coleman <u>LO</u> 12:30 Canasta <u>SR</u> 1:30 Catholic Rosary <u>UAR</u> 1:30 Caregiver Support MTG <u>PDR</u> 2:00 X-Box Bowling <u>LO</u> 3:00 Resident Council MTG <u>UAR</u></p>	<p>9 9:30 News and Coffee <u>LO</u> 9:45 Exercise Warm Up w/Roy Cummings <u>LO</u> 10:00 Strength Training <u>LO</u> 11:00 Wal Mart Outing <u>LO</u> 1:30 Jeopardy <u>LO</u> 3:00 Bingo w/Madelyn <u>LO</u></p>	<p>10 8:30 Morning Chapel <u>GR</u> 9:30 Aerobics <u>LO</u> 10:00 Dominos <u>AR</u> 1:00 Trivia <u>LO</u> 2:00 Entertainment w/ Tom Blalock <u>LO</u> 2:30 Chapel Service: Ron Simpson <u>GR</u> 3:00 Wheel of Fortune <u>LO</u> 6:00 Movie Night <u>LO</u> Happy Birthday Bert George!</p>	<p>11 9:30 Light and Lively <u>LO</u> 10:00 X-Box Bowling <u>LO</u> 10:00 Coffee and Donuts <u>LO</u> 11:00 I.O.C Meets <u>UAR</u> 1:00 Family Feud <u>LO</u> 2:00 National Milk Day: Celebrate w/ a "Milk"shake <u>LO</u> 3:00 Bingo w/Madelyn <u>LO</u></p>	<p>12 9:00 News &amp; Coffee <u>LO</u> 9:30 Exercise <u>AR</u> 10:00 UNO <u>AR</u> 1:00 Dominos <u>AR</u> 2:00 X-Box Bowling <u>LO</u> 3:00 Bingo w/Akilah <u>LO</u></p>
<p>13 9:00 Sunday School <u>GR</u> 9:00 News &amp; Coffee <u>AR</u> 9:30 Exercise <u>AR</u> 10:00 Sunday Paper Coupon Clipping <u>AR</u> 1:00 UNO <u>LO</u> 2:00 Dominoes <u>AR</u> 2:30 Sunday Movie w/Popcorn <u>LO</u> 4:00 Church Services: Daniel Mobley Part 2 <u>GR</u></p>	<p>14 8:30 Morning Chapel <u>GR</u> 9:00 &amp; 10:30 Valet Service 9:30 Core Balance <u>LO</u> 10:00 UNO <u>LO</u> 10:30 Therapy Dog Visits <u>LO</u> 1:30 January Birthday Party Social! <u>LO</u> 3:00 Bingo w/Madelyn <u>LO</u></p>	<p>15 9:30 News and Coffee <u>LO</u> 10:00 Exercise Warm Up <u>LO</u> 10:30 Wellness w/Chris Coleman <u>LO</u> 12:30 Canasta <u>SR</u> 1:30 Catholic Rosary <u>UAR</u> 2:00 X-Box Bowling <u>LO</u> 3:00 National Strawberry Ice Cream Day! <u>LO</u></p>	<p>16 9:30 News and Coffee <u>LO</u> 9:45 Wellness Warm Up w/Roy Cummings <u>LO</u> 10:00 Strength Training <u>LO</u> 11:00 Shopping List Day 1:45 Entertainment w/Dave Rosko <u>LO</u> 3:00 Bingo w/Madelyn <u>LO</u></p>	<p>17 8:30 Morning Chapel <u>GR</u> 9:30 Aerobics <u>LO</u> 10:00 Dominos <u>AR</u> 1:30 New Resident Social <u>LO</u> 2:00 Trivia <u>LO</u> 2:30 Chapel Service: Myron Harms <u>GR</u> 3:00 Wheel of Fortune <u>LO</u> 6:00 Movie Night <u>LO</u></p>	<p>18 9:30 Light and Lively <u>LO</u> 10:00 Catholic Communion <u>GR</u> 10:00 X-Box Bowling <u>LO</u> 10:00 Coffee and Donuts <u>LO</u> 11:00 I.O.C Meets <u>UAR</u> 1:00 Family Feud <u>LO</u> 2:00 Creative Crafts <u>LO</u> 3:00 Bingo w/Madelyn <u>LO</u></p>	<p>19 9:00 News &amp; Coffee <u>LO</u> 9:30 Exercise <u>AR</u> 10:00 UNO <u>AR</u> 1:00 Dominos <u>AR</u> 2:00 X-Box Bowling <u>LO</u> 3:00 Bingo w/Akilah <u>LO</u></p>
<p>20 9:00 Sunday School <u>GR</u> 9:00 News &amp; Coffee <u>AR</u> 9:30 Exercise <u>AR</u> 10:00 Sunday Paper Coupon Clipping <u>AR</u> 1:00 UNO <u>LO</u> 2:00 Dominoes <u>AR</u> 2:30 Sunday Movie w/Popcorn <u>LO</u> 4:00 Church Services: Tommy Davis <u>GR</u></p>	<p>21 8:30 Morning Chapel <u>GR</u> 9:00 &amp; 10:30 Valet Service 9:30 Core Balance <u>LO</u> 9:30-12:00 Intergenerational Crafts and Games <u>UAR/ALDR</u> 10:00 UNO <u>LO</u> 1:00 Martin Luther King Jr Trivia <u>LO</u> 2:00 Creative Crafts <u>LO</u> 3:00 Bingo w/Madelyn <u>LO</u> Martin Luther King Day Tu B'Shevat</p>	<p>22 9:30 News and Coffee <u>LO</u> 10:00 Exercise Warm Up <u>LO</u> 10:30 Wellness w/Chris Coleman <u>LO</u> 12:30 Canasta <u>SR</u> 1:30 Catholic Rosary <u>UAR</u> 1:30 Caregiver Support MTG <u>PDR</u> 2:00 X-Box Bowling <u>LO</u> 3:00 Are You Smarter than a 5<sup>th</sup> Grader? <u>LO</u></p>	<p>23 9:30 News and Coffee <u>LO</u> 9:45 Exercise Warm Up w/Roy Cummings <u>LO</u> 10:00 Strength Training <u>LO</u> 11:00 Wal Mart Outing <u>LO</u> 1:00 National Pie Day! <u>LO</u> 2:00 Jeopardy <u>LO</u> 3:00 Bingo w/Madelyn <u>LO</u></p>	<p>24 8:30 Morning Chapel <u>GR</u> 9:30 Aerobics <u>LO</u> 10:00 Dominos <u>AR</u> 1:00 Trivia <u>LO</u> 2:00 Entertainment w/Joe Boucherie <u>LO</u> 2:30 Chapel Service: Fred Muenchow <u>GR</u> 3:00 Wheel of Fortune <u>LO</u> 6:00 Movie Night <u>LO</u></p>	<p>25 9:30 Light and Lively <u>LO</u> 10:00 X-Box Bowling <u>LO</u> 10:00 Coffee and Donuts <u>LO</u> 11:00 I.O.C Meets <u>UAR</u> 12:30 Out to Riverwind Casino <u>IL</u> 1:00-2:30 Tom Barnard's Free Book Signing <u>PDR</u> 2:00 National Snickerdoodle Day <u>LO</u> 3:00 Bingo w/Madelyn <u>LO</u></p>	<p>26 9:00 News &amp; Coffee <u>LO</u> 9:30 Exercise <u>AR</u> 10:00 UNO <u>AR</u> 1:00 Dominos <u>AR</u> 2:00 X-Box Bowling <u>LO</u> 3:00 Bingo w/Akilah <u>LO</u></p>
<p>27 9:00 Sunday School <u>GR</u> 9:00 News &amp; Coffee <u>AR</u> 9:30 Exercise <u>AR</u> 10:00 Sunday Paper Coupon Clipping <u>AR</u> 1:00 UNO <u>LO</u> 2:00 Dominoes <u>AR</u> 2:30 Sunday Movie w/Popcorn <u>LO</u> 4:00 Church Services: Mike Brooks <u>GR</u></p>	<p>28 8:30 Morning Chapel <u>GR</u> 9:00 &amp; 10:30 Valet Service 9:30 Core Balance <u>LO</u> 10:00 UNO <u>LO</u> 10:30 Therapy Dog Visits <u>LO</u> 1:30 Scenic Drive: Out to See Okc's New Street Cars <u>LO</u> Happy Birthday Ginger DeWoody! Australia Day (observed)</p>	<p>29 9:30 News and Coffee <u>LO</u> 10:00 Exercise Warm Up <u>LO</u> 10:30 Wellness w/Chris Coleman <u>LO</u> 12:30 Canasta <u>SR</u> 1:30 Catholic Rosary <u>UAR</u> 2:00 X-Box Bowling <u>LO</u> 3:00 Are You Smarter than a 5<sup>th</sup> Grader? <u>LO</u></p>	<p>30 9:30 News and Coffee <u>LO</u> 9:45 Exercise Warm Up w/Roy Cummings <u>LO</u> 10:00 Strength Training <u>LO</u> 11:00 Wal Mart Outing <u>LO</u> 1:30 Jeopardy <u>LO</u> 3:00 Bingo w/Madelyn <u>LO</u></p>	<p>31 8:30 Morning Chapel <u>GR</u> 9:30 Aerobics <u>LO</u> 10:00 Dominos <u>AR</u> 1:00 End of Month Social: Coke/Root Beer Floats <u>LO</u> 2:00 Trivia <u>LO</u> 2:30 Chapel Service: Jeff Klade <u>GR</u> 3:00 Wheel of Fortune <u>LO</u> 6:00 Movie Night <u>LO</u></p>		