

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2019

Independent Living Calendar

<p>9:00 Sunday School-GR 6</p> <p>10:30 Concordia Brunch-DR 12:00 Concordia Brunch-DR</p> <p>4:00 Church Service: Re. Daniel Mobley: Part 1-GR</p>	<p>9:30 Tai Chi w/ Chris-FC 10:00 Wii Bowling- FC Don't forget to have your Black Eyed Peas at lunch for Good Luck!-DR 12:30 Canasta-LI 1:30 Catholic Rosary-ALUP 6:00 Rummikub-P 6:00 Mexican Train - L</p> <p>Happy Birthday Bruce Romick!</p> <p>New Year's Day</p>	<p>10:00 Aerobic Exercise-FC 11:00 Bands & Balance w/ Chris-FC 12:30 Rummikub -AR 1:00 Pinochle -LI 3:00 Resident Council-PDR 3:00 Rock Steady Boxing-FC 4:00 External Rock Steady Boxing-FC 6:00 Canasta - P 6:00 Scrabble-AR</p> <p>Happy Birthday James Culbertson!</p>	<p>8:30 Morning Devotional-GR 10:30 Stability Ball w/ Chris-FC 11:00 Stability Ball w/ Chris-FC 12:30 Canasta-LI 2:30 Chapel Service: Ron Schallnt- GR 6:30 Bingo -GR</p>	<p>9:00 & 10:30 Valet Service 10:00 Catholic Communion-GR 10:00 Balance Workout-FC 11:00 Balance & Mobility w/ Chris-FC 2:00 Movie Matinee-GR 3:00 Boxing for Better Balance-FC 6:00 Bridge-LI</p>	<p>1:00 Mahjong -P 1:00 Pinochle-P 1:30 Rummikub -AR 2:00 Card Games - P 2:00-3:30 Harriette Boatright Birthday Party-GR</p>	
<p>9:00 Sunday School-GR 6</p> <p>10:30 Concordia Brunch-DR 12:00 Concordia Brunch-DR</p> <p>4:00 Church Service: Re. Daniel Mobley: Part 1-GR</p>	<p>8:30 Morning Devotional-GR 9:00 & 10:30 Valet Service 10:00 Stretch & Strength-FC 11:00 Balance & Mobility w/ Chris-FC 1:00 Wii Bowling- FC 3:00 Boxing for Better Balance-FC 6:00 Bridge - LI 6:30 Bingo -GR</p> <p>Happy Birthday Harriette Boatright!</p>	<p>9:30 Tai Chi w/ Chris-FC 10:00 Wii Bowling- FC 10:30 Women's Bible Study-PDR 12:30 Canasta-LI 1:30 Catholic Rosary-ALUP 1:30 Caregivers Support-PDR 2:00 The Great Courses-GR 4:00 Dance Class-FC 6:00 Rummikub-AR 6:00 Mexican Train - LI</p>	<p>10:00 Aerobic Exercise-FC 10:30 Bible Study-GR 11:00 Bands & Balance w/ Chris-FC 12:30 Rummikub -AR 1:00 Pinochle -LI 3:00 Rock Steady Boxing-FC 4:00 External Rock Steady Boxing-FC 4:30 Out to Eat: Uncle Julio's 6:00 Canasta - P 6:00 Scrabble-AR</p>	<p>8:30 Morning Devotional-GR 10:30 Stability Ball w/ Chris-FC 11:00 Stability Ball w/ Chris-FC 12:30 Canasta-LI 2:30 Chapel Service Ron Simpson-GR 6:30 Bingo-GR</p>	<p>9:00 & 10:30 Valet Service 9:00 Women's Breakfast: Metro Diner 10:00 Balance Workout-FC 11:00 Balance & Mobility w/ Chris-FC 2:00 POP on over- New Resident Party-GR 3:00 Boxing for Better Balance-FC 6:00 Bridge -LI</p>	<p>1:00 Mahjong -P 1:00 Pinochle-P 1:30 Rummikub -AR 2:00 Card Games - P</p>
<p>9:00 Sunday School-GR 13</p> <p>10:30 Concordia Brunch-DR 12:00 Concordia Brunch-DR</p> <p>4:00 Church Service: Rev. Daniel Mobley: Part 2-GR</p>	<p>8:30 Morning Devotional-GR 9:00 & 10:30 Valet Service 10:00 Stretch & Strength -FC 10:30 Memory Sing-a-Long-MS 11:00 Balance & Mobility w/ Chris-FC 1:00 Wii Bowling- FC 2:00 Ladies Aux. Meeting-GR 3:00 Boxing for Better Balance-FC 6:00 Bridge - LI 6:30 Bingo -GR</p>	<p>UCO Students Begin 9:30 Tai Chi w/ Chris-FC 10:00 Wii Bowling- FC 12:30 Canasta-LI 1:30 Catholic Rosary-ALUP 2:00 The Great Courses-GR 4:00 Dance Class-FC 6:00 Junior League-GR 6:00 Rummikub-P 6:00 Mexican Train - LI Happy Birthday Ramona Duff!</p>	<p>UCO Students Begin 10:00 Aerobic Exercise-FC 10:30 Bible Study-GR 11:00 Bands & Balance w/ Chris-FC 12:30 Rummikub -AR 1:00 Pinochle -LI 3:00 Rock Steady Boxing-FC 4:00 External Rock Steady Boxing-FC 6:00 Canasta - P 6:00 Scrabble-AR</p>	<p>8:30 Morning Devotional-GR 10:30 Stability Ball w/ Chris-FC 11:00 Stability Ball w/ Chris-FC 12:30 Canasta-LI 1:00 Chorus Practice- GR 2:30 Chapel Service: Myron Harms-GR 3:15 Food Committee- PDR 6:30 Bingo -GR</p>	<p>9:00 & 10:30 Valet Service 10:00 Catholic Communion-GR 10:00 Balance Workout-FC 11:00 Balance & Mobility w/ Chris-FC 2:00 Popcorn day!-GR 2:00 90+Club-GR 3:00 Boxing for Better Balance-FC 6:00 Bridge -LI</p>	<p>1:00 Mahjong -P 1:00 Pinochle-P 1:30 Rummikub -AR 2:00 Card Games - P</p>
<p>9:00 Sunday School-GR 20</p> <p>10:30 Concordia Brunch-DR 12:00 Concordia Brunch-DR</p> <p>4:00 Church Service: Rev. Tommy Davis -GR</p>	<p>8:30 Morning Devotional-GR 9:00 & 10:30 Valet Service 9:30 Craft and Games w/ 7th Graders-ALDR 10:00 Stretch & Strength -FC 11:00 Balance & Mobility w/ Chris-FC 1:00 Wii Bowling-FC 3:00 Boxing for Better Balance-FC 3:30 Activities and Wellness- GR 6:00 Bridge - LI 6:30 Bingo -GR</p> <p>Martin Luther King Day Tu B'Shevat</p>	<p>UCO Students 9:30 Tai Chi w/ Chris-FC 10:00 Wii Bowling- FC 12:30 Canasta-LI 1:30 Catholic Rosary-ALUP 1:30 Caregivers Support-PDR 2:00 The Great Courses-GR 4:00 Dance Class-FC 4:30 Southern Food Buffet-DR 6:00 Rummikub-P 6:00 Mexican Train - LI</p>	<p>UCO Students 10:00 Aerobic Exercise-FC 10:30 Bible Study-GR 11:00 Bands & Balance w/ Chris-FC 12:30 Rummikub -AR 1:00 Pinochle -LI 2:00 Eileen Joseph, Brain Health-DR 3:00 Rock Steady Boxing-FC 4:00 External Rock Steady Boxing-FC 4:30 Out to Eat: Republic 6:00 Canasta - P 6:00 Scrabble-AR</p>	<p>8:30 Morning Devotional-GR 10:30 Stability Ball w/ Chris-FC 11:00 Stability Ball w/ Chris-FC 12:30 Canasta-LI 1:00 Chorus Practice-GR 2:30 Chapel Service Fred Muenchow-GR 3:30 January Birthday Party-L 6:30 Bingo-GR</p>	<p>9:00 & 10:30 Valet Service 10:00 Balance Workout-FC 11:00 Balance & Mobility w/ Chris-FC 12:30 Out to Casino!-Riverwind 1:00 Tom B. Book Signing-PDR 3:00 Boxing for Better Balance-FC 6:00 Bridge -LI</p>	<p>1:00 Mahjong -P 1:00 Pinochle-P 1:30 Rummikub -AR 2:00 Card Games - P</p>
<p>9:00 Sunday School-GR 27</p> <p>10:30 Concordia Brunch-DR 12:00 Concordia Brunch-DR</p> <p>4:00 Church Service: Rev. Mike Brooks-GR</p>	<p>8:30 Morning Devotional-GR 9:00 & 10:30 Valet Service 10:00 Stretch & Strength -FC 10:30 Memory Sing-a-Long-MS 11:00 Women's lunch: La Baguette 11:00 Balance & Mobility w/ Chris-FC 1:00 Wii Bowling- FC 3:00 Boxing for Better Balance-FC 6:00 Bridge - LI</p> <p>Australia Day (observed)</p>	<p>UCO Students 9:00-11:30 Senior Fitness Test-FC 12:30 Canasta-LI 1:30 Catholic Rosary-ALUP 2:00 The Great Courses-GR 3:00 Town Hall-GR 4:00 Dance Class-FC 6:00 Rummikub-P 6:00 Mexican Train - LI Happy Birthday Lois Clark!</p>	<p>UCO Students 10:00 Aerobic Exercise-FC 10:30 Bible Study-GR 11:00 Bands & Balance w/ Chris-FC 12:30 Rummikub -AR 1:00 Pinochle -LI 6:00 Canasta - P 6:00 Book Club-PDR</p>	<p>8:30 Morning Devotional-GR 10:30 Stability Ball w/ Chris-FC 11:00 Stability Ball w/ Chris-FC 12:30 Canasta-LI 1:00 Chorus Practice-GR 2:30 Chapel Service: Jeff Klade -GR 6:30 Bingo-GR</p>	<p>Abbreviation Key ALUP-Assisted Living Upstairs AR-Art Room DR-Dining Room EL-East Lawn FC-Fitness Center GR-Gathering Room LI-Library L-Lobby MS-Memory Support PDR- Private Dining Room SN-Skilled Nursing P-Parlor Patio</p>	

The Colors Indicate the 7 Realms of Wellness: Intellectual, Emotional, Social, Vocational, Spiritual, Physical, and Environmental