
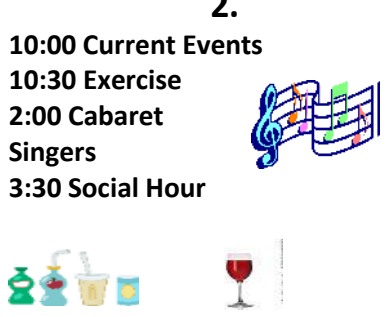


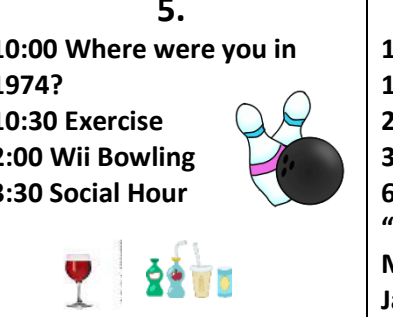
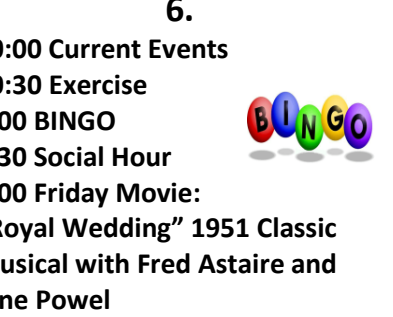
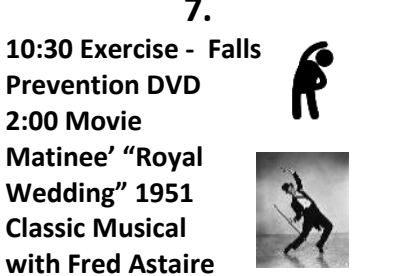




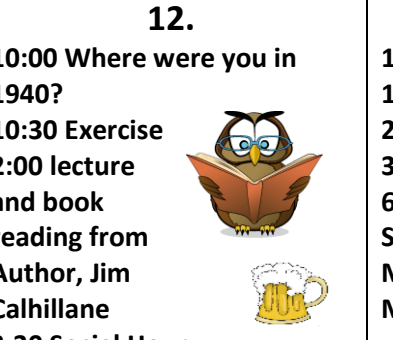
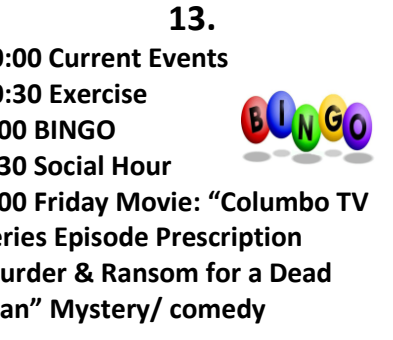
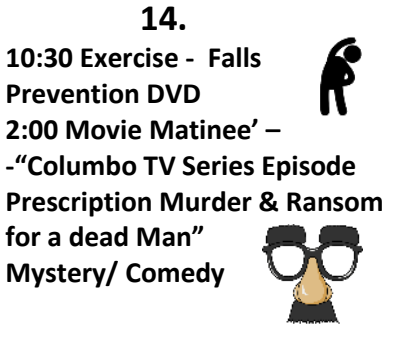
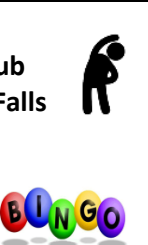
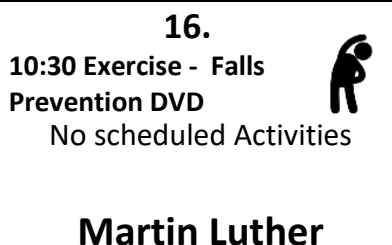
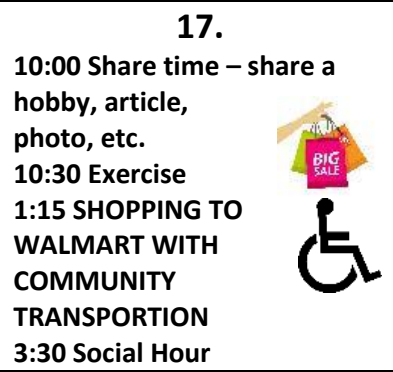

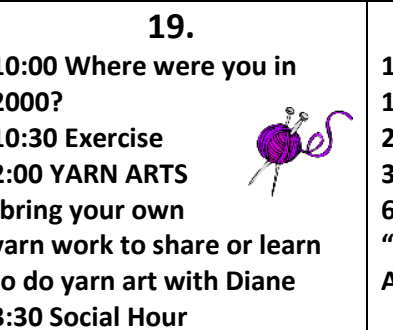
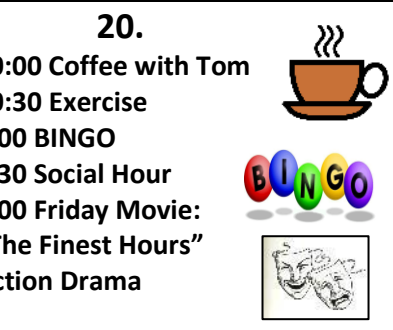
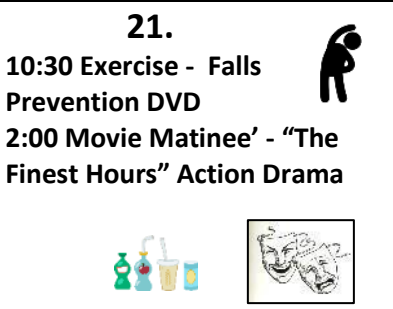


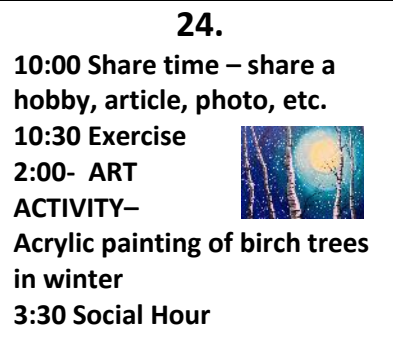
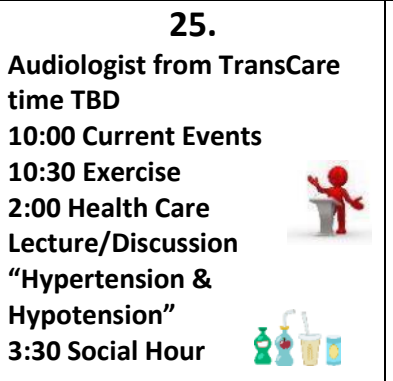
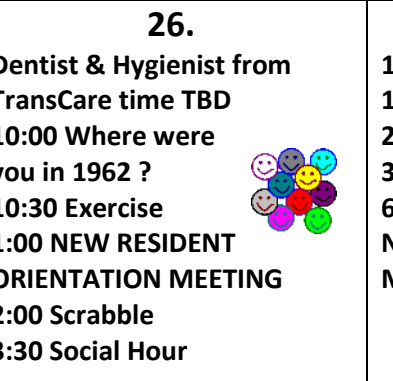
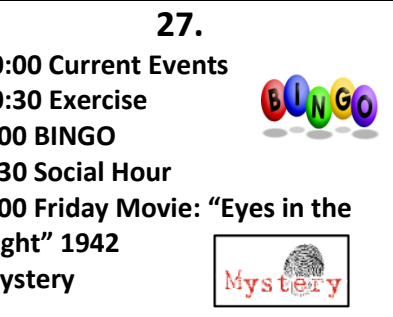
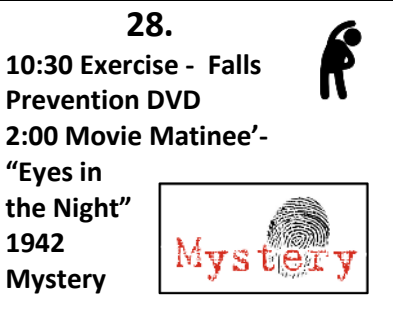






# JANUARY 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1.</b> 10:30 Walking Club 10:30 Exercise - Falls Prevention DVD 2:00 BINGO <b>Happy New Year</b> Hanukkah ends</p> 	<p><b>2.</b> 10:00 Current Events 10:30 Exercise 2:00 Cabaret Singers 3:30 Social Hour</p> 	<p><b>3.</b> 10:00 Share time – share a hobby, article, photo, etc. 10:30 Exercise 1:15 SHOPPING TO STOP AND SHOP 3:30 Social Hour</p> 	<p><b>4.</b> 10:00 Current Events 10:30 Exercise 2:00 ART / CRAFT ACTIVITY Frame decorating 3:30 Social Hour</p> 	<p><b>5.</b> 10:00 Where were you in 1974? 10:30 Exercise 2:00 Wii Bowling 3:30 Social Hour</p> 	<p><b>6.</b> 10:00 Current Events 10:30 Exercise 2:00 BINGO 3:30 Social Hour 6:00 Friday Movie: "Royal Wedding" 1951 Classic Musical with Fred Astaire and Jane Powel</p> 	<p><b>7.</b> 10:30 Exercise - Falls Prevention DVD 2:00 Movie Matinee' "Royal Wedding" 1951 Classic Musical with Fred Astaire and Jane Powel</p> 
<p><b>8.</b> 10:00 Communion Service 10:30 Walking Club 10:30 Exercise - Falls Prevention DVD 1:30 Transitions with Tim 2:00 Bingo</p> 	<p><b>9.</b> 10:00 Current Events 10:30 Exercise 2:00 Health Care Lecture "Low vision" 3:30 Social Hour</p> 	<p><b>10.</b> 10:00 Share time – share a hobby, article, photo, etc. 10:30 Exercise 1:00 ACTIVITIES COMMITTEE MEETING 2:00 Visit from Therapy Dog "Dewey" 3:30 Social Hour</p> 	<p><b>11.</b> 10:00 Current Events 10:30 Exercise 2:00 RESIDENT COUNCIL MEETING 3:30 Social Hour</p> 	<p><b>12.</b> 10:00 Where were you in 1940? 10:30 Exercise 2:00 lecture and book reading from Author, Jim Calhillane 3:30 Social Hour</p> 	<p><b>13.</b> 10:00 Current Events 10:30 Exercise 2:00 BINGO 3:30 Social Hour 6:00 Friday Movie: "Columbo TV Series Episode Prescription Murder &amp; Ransom for a Dead Man" Mystery/ comedy</p> 	<p><b>14.</b> 10:30 Exercise - Falls Prevention DVD 2:00 Movie Matinee' – "Columbo TV Series Episode Prescription Murder &amp; Ransom for a dead Man" Mystery/ Comedy</p> 
<p><b>15.</b> 10:30 Walking Club 10:30 Exercise - Falls Prevention DVD 2:00 BINGO</p> 	<p><b>16.</b> 10:30 Exercise - Falls Prevention DVD No scheduled Activities  <b>Martin Luther King Day</b></p> 	<p><b>17.</b> 10:00 Share time – share a hobby, article, photo, etc. 10:30 Exercise 1:15 SHOPPING TO WALMART WITH COMMUNITY TRANSPORTION 3:30 Social Hour</p> 	<p><b>18.</b> 10:00 Current Events 10:30 Exercise 2:00 RESIDENT BIRTHDAY PARTY Wayne Paige, guitarist 3:30 Social Hour</p> 	<p><b>19.</b> 10:00 Where were you in 2000? 10:30 Exercise 2:00 YARN ARTS (bring your own yarn work to share or learn to do yarn art with Diane 3:30 Social Hour</p> 	<p><b>20.</b> 10:00 Coffee with Tom 10:30 Exercise 2:00 BINGO 3:30 Social Hour 6:00 Friday Movie: "The Finest Hours" Action Drama</p> 	<p><b>21.</b> 10:30 Exercise - Falls Prevention DVD 2:00 Movie Matinee' - "The Finest Hours" Action Drama</p> 
<p><b>22.</b> 10:00 Communion Service 10:30 Walking Club 1:30 Transitions with Tim 10:30 Exercise - Falls Prevention DVD 2:00 BINGO</p> 	<p><b>23.</b> 10:00 Current Events 10:30 Exercise 2:00 Jay Stryker Pianist 3:30 Social Hour</p> 	<p><b>24.</b> 10:00 Share time – share a hobby, article, photo, etc. 10:30 Exercise 2:00- ART ACTIVITY– Acrylic painting of birch trees in winter 3:30 Social Hour</p> 	<p><b>25.</b> Audiologist from TransCare time TBD 10:00 Current Events 10:30 Exercise 2:00 Health Care Lecture/Discussion "Hypertension &amp; Hypotension" 3:30 Social Hour</p> 	<p><b>26.</b> Dentist &amp; Hygienist from TransCare time TBD 10:00 Where were you in 1962 ? 10:30 Exercise 1:00 NEW RESIDENT ORIENTATION MEETING 2:00 Scrabble 3:30 Social Hour</p> 	<p><b>27.</b> 10:00 Current Events 10:30 Exercise 2:00 BINGO 3:30 Social Hour 6:00 Friday Movie: "Eyes in the Night" 1942 Mystery</p> 	<p><b>28.</b> 10:30 Exercise - Falls Prevention DVD 2:00 Movie Matinee'- "Eyes in the Night" 1942 Mystery</p> 
<p><b>29.</b> 10:30 Walking Club 10:30 Exercise - Falls Prevention DVD 1:30 Transitions with Tim 2:00 BINGO</p> 	<p><b>30.</b> 10:00 Current Events 10:30 Exercise 2:00 Wii Bowling 3:30 Social Hour</p> 	<p><b>31.</b> 10:00 Share time – share a hobby, article, photo, etc. 10:30 Exercise 1:15 SHOPPING TO WALMART 3:30 Social Hour</p> 	<p><b>*PLEASE NOTE:</b> Christopher Heights scheduled shopping trips to Stop &amp; Shop on 1/3 &amp; and to Walmart on 1/17 &amp; 1/31 require sign up at front desk.</p>	<p><b>OUR SHOPPING TRIP TO WALMART ON 1/17/17 WILL BE IN A HANDICAP ACCESSIBLE VAN</b> Accommodates <u>one</u> electric scooter OR <u>one</u> wheel chair. You must be able to move yourself around the store once we get there. Only <u>two</u> residents with walkers.</p> 	<p><b>HAIR SALON NOW HAS EXPANDED HOURS.</b> Lisa will be taking appointments from now on some Thursdays. Please see the dates for January on the back page and at the front desk.</p>	