

January 2022

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Townhomes, Terrace & Vista



2:00 Church Service w/ Tim Miller (CR)

6:00 Card Club 500 (R&R)
6:30 Card Club 500 (R&R)

2

9:30: Upper Body Exercise

10:30 Devotions / Psalm 60 (CR)

1:00 Bridge (TDR)
1:00 **New Year's Service (CR)**

2:00 **Water Aerobics (SUR)**

Weekly **Walk & Roll Challenge Sheets** in WC

3

9:30 "Easy Does It" Exercise

10:15: Lower Body Exercise

1:00 Sheep's Head Card Club (ALAN)
1:00 **Meditation (CR)**
2:30 **Aquatics Club (30 min)**

4

****9:30 BUS TRIP - BURG**

9:30 **Stretch**

10:15 **Golden Agers Coffee Social & Nails- AL Only (ALAN)**

1:00 LIS Student Singers (K-8th graders) in HFG

1:00 **Wii Bowling (SG)**

****1:30 BUS TRIP - MARENGO**

2:00 **Bible Study Psalms/Proverbs (CR)**

2:30 **Water Aerobics (SUR)**

6:30 **Pepper Club (TDR)**

5

9:00 **Devotions 1: John 1:1-5 (CR)**

9:45 **"Easy Does It" Exercise**

10:15: **Chair Dancing - (CR)**

1:00: **Circuit Class (WC)**

2:30-4p **Living Well: Blood Pressure & Weight Checks in ALAN room (SUR)**

5:30 **BINGO (HFG) - w/ Dean**

6

9:30: **Standing Balance & Strength**

12:30 **Mah Jongg (R&R)**

2-3: **Library Friday (LC)**

2:30 **Traveling the European Highlands: Iceland (CR)**

6:30 **Euchre (TDR)**

7

1

2:00 St. Paul Lutheran Church Service (CR)

6:00 Card Club 500 (R&R)
6:30 Card Club 500 (R&R)

9

9:30: Upper Body Exercise

1:00 Bridge (TDR)

2:00 **Water Aerobics (SUR)**

5:15p Movie & Popcorn in ALAN Room (Everyone Welcome!)

Weekly **Walk & Roll Challenge Sheets** in WC

10

9:00 **Tai Chi (ALAN)**

9:30 **"Easy Does It" Exercise**

10:15: Lower Body Exercise

1:00 Sheep's Head Card Club (ALAN)
1:30 Music w/ Peggy (HFG)

2:30 **Aquatics Club (30 min)**

11

****9:30 BUS TRIP - BURG**

9:30 **Stretch**

10:15 **Golden Agers Coffee Social & Skip-Bo- AL Only (ALAN)**

1:00 **AL Low Impact Exercise**

1:00 **Wii Bowling (SG)**

2:00 **Bible Study (CR) Song of Songs/2Thessalonians**

2:30 **Water Aerobics (SUR)**

6:30 **Pepper Club (TDR)**

12

9:45 **"Easy Does It" Exercise**

10:15: **Chair Dancing - (CR)**

11:00: Lunch Bunch Bus with Kim (SUR)

1:00: **Circuit Class (WC)**

5:30 **BINGO (HFG) - w/ Dean**

13

9:30: **Standing Balance & Strength**

12:30 **Mah Jongg (R&R)**

2:30 **Traveling the European Highlands: Ireland (CR)**

6:30 **Euchre (TDR)**

14

15

2:00 St. Paul UMC Service (CR) **16**

6:00 Card Club 500 (R&R)
6:30 Card Club 500 (R&R)

9:30: Upper Body Exercise **17**

10:30 Devotions / Psalm 17 (CR)

1:00 Bridge (TDR)
2:00 Water Aerobics (SUR)
2:00 Book Club (TDR-Private Room)
5:15p Movie & Popcorn in ALAN Room (Everyone Welcome!)

Weekly Walk & Roll Challenge Sheets in WC

9:30 "Easy Does It" Exercise **18**

10:15: Lower Body Exercise

1:00 Sheep's Head Card Club (ALAN)
1:00 Meditation (CR)
1:00 Music & Birthdays w/ Midnight Rider (HFG)

2:30 Aquatics Club (30 min)

9:30 BUS TRIP - BURG **19

9:30 Stretch
10:15 Golden Agers Coffee Social & Nails- AL Only (ALAN)

1:00 AL Low Impact Exercise
1:00 Wii Bowling (SG)

**1:30 BUS TRIP - MARENGO

2:00 Bible Study (CR) Ecclesiastes/1Thessalonians
2:30 Water Aerobics (SUR)

6:30 Pepper Club (TDR)

9:00 Devotions 1: John 2:1-6 (CR) **20**

9:45 "Easy Does It" Exercise

10:15: Chair Dancing - (CR)

Bus to Movie Theater Matinee - "American Underdog" - Kurt Warner Story. Time TBD (SUR)

1:00: Circuit Class (WC)

5:30 BINGO (HFG) - w/ Dean

9:30: Standing Balance & Strength **21**

12:30 Mah Jongg (R&R)

2-3: Library Friday (LC)

2:30 Traveling the European Highlands: U.K. (CR)

6:30 Euchre (TDR)

22

2:00 First Presbyterian Church Service (CR) **23**

6:00 Card Club 500 (R&R)
6:30 Card Club 500 (R&R)

9:30: Upper Body Exercise **24**

10:30 Devotions / Psalm 62 (CR)

1:00 Bridge (TDR)
2:00 Water Aerobics (SUR)
5:15p Movie & Popcorn in ALAN Room (Everyone Welcome!)

Weekly Walk & Roll Challenge Sheets in WC

9:00 Tai Chi (ALAN) **25**

9:30 "Easy Does It" Exercise

10:15: Lower Body Exercise

1:00 Sheep's Head Card Club (ALAN)

1:30-2:30 "Swap Meet" in HFG. (Bring items to HFG from 10-11a)

2:30 Aquatics Club (30 min)

9:30 BUS TRIP - BURG **26

9:30 Stretch
10:15 Golden Agers Coffee Social & Skip-Bo - AL Only (ALAN)

1:00 AL Low Impact Exercise
1:00 Wii Bowling (SG)

2:00 Bible Study (CR)
2:30 Water Aerobics (SUR)

3p: UI Connected for Life (CR)

6:30 Pepper Club (TDR)

9:00 Devotions 1: John 1:1-5 (CR) **27**

9:45 "Easy Does It" Exercise (AR)

10:15: Chair Dancing - (CR)

1:00: Circuit Class (WC)

2:30 Tech Time w/ Justin: Internet Security (CR)

5:30 BINGO (HFG) - w/ Judy

9:30: Standing Balance & Strength **28**

12:30 Mah Jongg (R&R)

2:30 Traveling the European Highlands: Norway (CR)

6:30 Euchre (TDR)

29

30

6:00 Card Club 500 (R&R)
6:30 Card Club 500 (R&R)

9:30: Upper Body Exercise **31**

10:30 Devotions / Psalm 145 (CR)

1:00 Bridge (TDR)
2:00 Water Aerobics (SUR)
6:00 Bunco (ALAN)

Weekly Walk & Roll Challenge Sheets in WC

Room Key-

- ALAN - Old Exercise Rm
- CR - Crossroads
- HRG - Holden Fam Rm
- LC - Little Chicago
- R&R - Terrace 3rd Floor Lounge
- SG - Vista 3rd Floor Lounge
- TDR - Terrace Dining Rm
- WC - Wellness Center
- AR - Aerobics Room

Activities are subject to change; Daily Updates on channel 117.3

** SUR for ALL Bus Trips. Bus trips will be weather pending.

SUR = Sign Up Required *3800