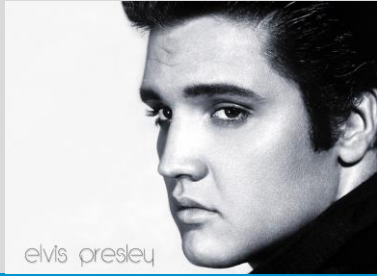




Recreation Choices January 2019

Garrison Place, Brenda Isherwood (Director of Recreation)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ROOM LEGEND: A.R- Activity Room D.R-Dining Room R.V-Room Visits U.L-Upper Lounge 100/200/300/400 Lounges		1 New Years! 9:30 Walking Club 10:00 Phase-10/A.R 1:30 Nickel's/A.R 3:00 Social Snacks/U.L 5:00 Watch the 105 th Rose Bowl/U.L	2 9:15 Bird Trivia/A.R 9:45 Sit & Stretch/A.R 10:15 Recreation Planning Meeting/A.R 10:30 * Monarch Butterfly Migration/U.L 2:00 Symmetrical Painted Butterfly Craft/ A.R Monarch Butterfly Day!/A.R 6:30 Bingo with Kathie/A.R	3 9:15 Category Trivia/A.R 9:45 Be fit exercises/A.R 10:30 St. Paul's Service/A.R 11:00 *Crosswords/U.L 2:00 Music with Pat Serre/A.R 3:00 Gentleman's Club/A.R 3:15 * Queen for the Day/U.L 6:30 Nickels/A.R	4 9:00 Recreation Planning Meeting/A.R 9:15 January I.Q.Quiz/A.R 9:45 Sit & Stretch/A.R 10:30 Rummy-O/A.R 11:30 Chinese Dragon & Scenic drive 1:30 Scrabble/ Rummy-O /A.R 6:30 Euchre/Bridge/A.R	5 9:00 Taking Down Decorations 10:30 Organizing Out with the Old/A.R 1:15 Movie: Resident Choice/U.L 1:30 Ladderball/A.R 3:00 Tier Exercises #1/A.R 4:00 Friendly Visits with Elodie/Room 6:30 Left, Right & Center/A.R
6 10:00 Walking Club 10:30 Skip-Bo/A.R 1:30 Movie: Cheaper by the Dozen/U.L 1:45 French Dialogue/200L 3:00 Happiness Cart/Room 4:00 Tier Exercise Program #2 7:00 Golden Globe Awards /U.L	7 9:15 Creative Minds/A.R 9:45 Balance & Flexibility/A.R 10:30 Nickle Yahtzee/A.R 11:00 Tier Exercise Program#3/A.R 1:30 Bird watch Bulletin Board/A.R 3:15 Book Club: White Death/300 L 7:00 Wheel of Fortune/U.L	8 Elvis Presley Birthday 9:15 Elvis Trivia/A.R 9:45 Rock'n Exercises/A.R 10:00 Walmart 10:30 Skip-Bo/A.R 1:30 Resident Birthday Party /A.R 3:00 * Elvis YouTube/U.L 6:30 Elvis Birthday Bash/D.R	9 Wacky winter Wardrobe 9:15 Winter Wonderland Brainstorming 9:45 Sit & Stretch/A.R 10:30 Yoga with Julie/A.R 1:30 Cards with Maplecrest/A.R 3:00 Tier Assessments & Test/A.R 6:30 Bingo with Kathie/A.R	10 9:15 Brainstorming/A.R 9:45 Be fit Exercises/A.R 10:30 St. Mike's Mass/A.R 10:30 Rummy-O/300 L 2:00 Music with David Burton/A.R 3:15 *Ana Twist/U.L 6:30 Nickel's/A.R	11 9:15 Trivia Time/A.R 9:45 Sit & Stretch/A.R 10:30 Casino Niagara/A.R 10:45 Tai Chi with Deborah/A.R 1:30 Movie: The Horse Whisperer/U.L 6:30 Euchre/Bridge /A.R	12 10:00 Walking Club/A.R 10:30 Rummy-O/A.R 1:15 Movie: Precious/U.L 1:30 Balloon Badminton/200 L 2:30 *Ana Twist/U.L 4:00 Tier Exercise #1/A.R 6:30 Pass the Ace/A.R
13 10:00 Walking Club 10:30 Phase-10/A.R 1:30 Head to Toe/A.R 2:00 Baking Carrot Cake Squares/ 3:30 Hangman/A.R 4:00 Friendly Visits* In the News/R.V 7:00 Lawrence Welk Show/U.L	14 9:15 Totally Trivia/A.R 9:45 Balance & Flexibility/A.R 10:30 Phase-10/A.R 11:00 Tier Exercise Program#3/A.R 1:30 Pen Pal Day/A.R 3:15 Book Club: White Death/300 L 7:00 Wheel of Fortune/U.L	15 9:15 Brainstorming/A.R 9:45 Sit & Stretch/A.R 10:00 Walmart 10:30 Phase-10/A.R 1:30 Sing-a-long with Fran & Marg/A.R 2:45 * Ana Twist/U.L 6:30 Euchre Night/A.R	16 Healthy Minds 9:15 Trivia Time/A.R 9:45 Sit & Stretch/A.R 10:30 * Ted Talks:* For the Love of Birds/U.L 2:00 Inside Birding/U.L 3:30 Tier Assessments & Testing/A.R 6:30 Bingo with Kathie/A.R	17 9:15 Eat, Wear or Drive/A.R 9:45 Be Fit Exercises/A.R 10:30 * Happy 97th to Betty White/U.L 2:00 Country with Wayne Malton/A.R 3:15 Chicken Soup for the Soul/200L 6:30 Nickel's/A.R	18 9:15 Creative Minds/A.R 9:45 Sit & Stretch/A.R 10:30 Hangman/A.R 11:00 Tier Exercises #2/A.R 1:30 Scenic Drive 1:30 Community Bridge/G.D 2:00 Movie: Elsie & Fred/U.L	19 10:00 Walking Club 10:30 Skip-Bo/A.R 1:30 Bell Choir Practice/A.R 2:45 Shuffleboard/U.L 4:00 Tier Exercise #1/A.R 6:30 Euchre Night/A.R
20 10:00 Walking Club 10:30 Phase-10/A.R 1:30 Tier Exercises Program #2 2:00 Spiritual Hour with Dave Matick/A.R 3:15 Shuffle Board/U.L 4:00 Friendly Visits * What If?/Room 7:00 Lawrence Welk Show/U.L	21 9:15 Creative Minds/A.R 9:45 Balance & Flexibility/A.R 10:30 Skip-Bo/A.R 11:00 Tier Exercise Program#3/A.R 1:30 Nickel's/A.R 3:30 * Deal or No Deal/U.L 7:00 Wheel of Fortune/A.R	22 9:15 Trivia Time/A.R 9:45 Sit & Stretch/A.R 10:30 Nickle Yahtzee/A.R 11:45 Lion's Lunch & Drive 1:30 Ladder ball/U.L 6:30 Euchre Night/A.R	23 9:15 Brainstorming/A.R 9:45 Sit & Stretch/A.R 10:30 Yoga with Julie/A.R 2:00 Card with Lundy Manor 3:00 Tier Assessments & Testing/A.R 6:30 Bingo with Kathie/A.R	24 9:15 Totally Trivia/A.R 9:45 Be fit Exercises/A.R 10:30 Uno/A.R 11:00* What If?/ U.L 2:00 50's & 60's with Dan & Mark 3:30 * Ana Twist/A.R 6:30 Nickel's/A.R	25 Robbie Burns Day Dinner 9:15 Robbie Burns Trivia/A.R 9:45 Be Fit Exercises/A.R 10:45 Tai Chi with Deborah/A.R 1:30 * Robbie Burns/A.R 2:00* Expoza Travel Scotland /A.R 3:00 Scottish Poetry Readings/U.L 6:30 Pass the Ace/A.R	26 10:00 Walking Club 1:30 Trivia Time/A.R 2:00 Tier Exercises Program # 1/A.R 2:30 Mini Snow Men/A.R 4:00 Therapy Dog Visit/A.R 6:30 Euchre Night/A.R
27 10:00 Walking Club 10:30 Nickel's/A.R 1:30 Bible Study: Wisdom from Proverbs/A.R 2:45 Sundae Fun Day: Build your own 4:00 Tier Exercise Program #2 7:00 Lawrence Welk Show/U.L	28 9:15 Trivia Time/A.R 9:45 Balance & Flexibility/A.R 10:30 Rummy-O/A.R 11:00 Seaway Mall Shopping & Movie 1:30 Movie: A night at the Museum/U.L 7:00 Wheel of Fortune/U.L	29 9:15 *True or False/U.L 9:45 Sit & Stretch/A.R 10:30 Boggle/A.R 1:00 Town Hall with John/A.R 1:30 Paint Day "Birds"/A.R 6:30 Euchre Night/A.R	30 Healthy Minds 9:14 Jeopardy Trivia/A.R 9:45 Sit & Stretch/A.R 10:30 Bird Feeder Watch/A.R 1:30 Bell Choir Practice/A.R 3:00 Tier Assessments & Testing/A.R 6:30 Bingo with Kathie/A.R	31 Backward Day! 9:15 Backward Word/R.A 9:45 Backward Be Fit Exercises/R.A 10:30 Backward Phase-10/A.R 1:30 Inspire your heart with Art Day! "Heart Art"/A.R 6:30 Nickel's/A.R	Dates to Remember: Jan. 8- Elvis Presley Jan. 9- Wacky Winter Wardrobe Healthy Minds- Jan. 16 th & 30 th Jan. 31- Dress Backwards Day!	CALENDAR LEGEND Highlights Outings * iPad/Apple TV Programs