

calendar & activities  
JAN 2020

Thunderbird | Assisted Living | Education is Key

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

"Yesterday was not  
your defining moment.  
The calendar moved  
forward; why not you?"  
— Dr. Steve Maraboli



**New Year's Day**  
10:00 ● Daily Indoor Walk [ML]  
10:30 ● **Live Through Art: String - Tug & Pull** [3RL]  
1:30 ● Bean Bag Toss [2RL]  
2:00 ● Snack/Hydration [DR]  
2:30 ● Touring The City-outing  
3:30 ● Trivia Game [2RL]

10:00 ● Daily Indoor Walk [ML]  
10:30 ● Food Guessing Game: What's That Fruit? [3RL]  
11:30 ● Daily Chronicles Discussion [2DR]  
1:30 ● Stretch Class [2RL]  
2:00 ● Snack/Hydration [DR]  
2:30 ● Touring The City-outing  
3:30 ● **Tea Time with Heather Wilson** [2RL]

10:00 ● Daily Indoor Walk [ML]  
10:30 ● Woodshop [3RL]  
1:30 ● Bingo [2RL]  
2:00 ● Snack/Hydration [DR]  
2:30 ● Touring The City-outing  
3:00 ● Scrabble [3RL]  
4:30 ● Happy Hour With Ken Walker [MDR]

9:30 ● Bible study [SR]  
10:00 ● Daily Indoor Walk [ML]  
11:00 ● Slingo [AR]  
1:00 ● Artists Corner [CR]  
2:00 ● Snack/Hydration [DR]  
2:30 ● Touring The City-outing  
3:00 ● Cake, Coffee & Conversations [DG]

10:00 ● Daily Indoor Walk [ML]  
10:00 ● Morning Stretch Class [2RL]  
10:30 ● Catholic Communion [SR]  
11:00 ● Games, Colors and Puzzles [2RL]  
1:30 ● Shanghai (cards) [CR]  
2:00 ● Snack/Hydration [DR]  
2:00 ● Sunday Matinee: Cat On A Hot Tin Roof [SR]  
2:30 ● Touring The City-outing  
3:00 ● Open Crafts [AR]

9:00 ● Coffee Chat and Current Events [2DR]  
10:00 ● Daily Indoor Walk [ML]  
10:30 ● Entertainment with Bill J [3RL]  
1:30 ● Bingo [2DR]  
2:00 ● Snack/Hydration [DR]  
2:30 ● Touring The City-outing

10:00 ● Daily Indoor Walk [ML]  
10:00 ● Zumba [2RL]  
1:30 ● Lounge Movie: The Two Popes [3DR]  
2:00 ● Snack/Hydration [DR]  
2:30 ● Touring The City-outing  
6:30 ● Bingo [MDR]

10:00 ● Daily Indoor Walk [ML]  
10:30 ● **Live Through Art: Spin & Pour Paints** [3RL]  
1:30 ● Bean Bag Toss [2RL]  
2:00 ● Snack/Hydration [DR]  
2:30 ● Touring The City-outing  
3:30 ● Trivia Game [2RL]

10:00 ● Daily Indoor Walk [ML]  
10:30 ● Food Guessing Game: Herbs & Veggies [3RL]  
11:30 ● Daily Chronicles Discussion [2DR]  
1:30 ● Stretch Class [2RL]  
2:00 ● 5 & Diner (Restaurant) Snack/Hydration [DR]  
3:30 ● **Tea Time with Heather Wilson** [2RL]

10:00 ● Daily Indoor Walk [ML]  
10:30 ● Woodshop [3RL]  
1:30 ● Bingo [2RL]  
2:00 ● Snack/Hydration [DR]  
2:30 ● Touring The City-outing  
3:00 ● Scrabble [3RL]  
4:30 ● Happy Hour With Dusty Titles [MDR]

9:30 ● Bible study [SR]  
10:00 ● Daily Indoor Walk [ML]  
1:00 ● Artists Corner [CR]  
2:00 ● Snack/Hydration [DR]  
2:30 ● Touring The City-outing  
3:00 ● Cake, Coffee & Conversations [DG]

10:00 ● Daily Indoor Walk [ML]  
10:00 ● Morning Stretch Class [2RL]  
10:30 ● Catholic Communion [SR]  
11:00 ● Games, Colors and Puzzles [2RL]  
1:30 ● Shanghai (cards) [CR]  
2:00 ● Snack/Hydration [DR]  
2:00 ● Sunday Matinee: Rain Man [SR]  
2:30 ● Touring The City-outing  
3:00 ● Open Crafts [AR]

9:00 ● Coffee Chat and Current Events [2DR]  
10:00 ● Daily Indoor Walk [ML]  
10:30 ● **Martin Auto Museum & In & Out** [DR]  
1:30 ● Bingo [2DR]  
2:00 ● Snack/Hydration [DR]  
2:30 ● Touring The City-outing

10:00 ● Daily Indoor Walk [ML]  
10:00 ● Zumba [2RL]  
1:30 ● Lounge Movie: Wish Man [3DR]  
2:00 ● Snack/Hydration [DR]  
2:30 ● Touring The City-outing  
6:30 ● Bingo [MDR]

10:00 ● Daily Indoor Walk [ML]  
10:30 ● **Live Through Art: Watercolor Sunset** [3RL]  
1:30 ● Bean Bag Toss [2RL]  
2:00 ● Snack/Hydration [DR]  
2:30 ● Touring The City-outing  
3:30 ● Trivia Game [2RL]

10:00 ● Daily Indoor Walk [ML]  
10:30 ● Food Guessing Game: Spice of Life [3RL]  
11:30 ● Daily Chronicles Discussion [2DR]  
1:30 ● Stretch Class [2RL]  
2:00 ● Painting with Joanne [2DR]  
2:00 ● Snack/Hydration [DR]  
2:30 ● Touring The City-outing  
3:30 ● **Tea Time with Heather Wilson** [2RL]

10:00 ● Daily Indoor Walk [ML]  
10:30 ● Woodshop [3RL]  
11:00 ● **1950's Pep Rally on 1st Floor** [2DR]  
1:30 ● Bingo [2RL]  
2:00 ● Snack/Hydration [DR]  
2:30 ● Touring The City-outing  
3:00 ● Scrabble [3RL]  
4:30 ● Happy Hour with Deanna At The Keys [MDR]

9:30 ● Bible study [SR]  
10:00 ● Daily Indoor Walk [ML]  
11:00 ● Slingo [AR]  
1:00 ● Artists Corner [CR]  
2:00 ● Snack/Hydration [DR]  
2:30 ● Touring The City-outing  
3:00 ● Cake, Coffee & Conversations [DG]

10:00 ● Daily Indoor Walk [ML]  
10:00 ● Morning Stretch Class [2RL]  
10:30 ● Catholic Communion [SR]  
11:00 ● Games, Colors and Puzzles [2RL]  
1:30 ● Shanghai (cards) [CR]  
2:00 ● Snack/Hydration [DR]  
2:00 ● Sunday Matinee: Rebel Without A Cause [SR]  
2:30 ● Touring The City-outing  
3:00 ● Open Crafts [AR]

**Martin Luther King, Jr. Day**  
9:00 ● Coffee Chat and Current Events [2DR]  
10:00 ● Daily Indoor Walk [ML]  
10:30 ● Entertainment with Ken Walker [3RL]  
1:30 ● Bingo [2DR]  
2:00 ● Snack/Hydration [DR]  
2:30 ● Touring The City-outing

10:00 ● Daily Indoor Walk [ML]  
10:00 ● Zumba [2RL]  
10:30 ● Town Hall Meeting [2DR]  
1:30 ● Lounge Movie: Grand - Daddy Day Care [3DR]  
2:00 ● Snack/Hydration [DR]  
2:30 ● Touring The City-outing  
6:30 ● Bingo [MDR]

10:00 ● Daily Indoor Walk [ML]  
10:30 ● **Live Through Art: Finger Paint Landscapes** [3RL]  
1:30 ● Bean Bag Toss [2RL]  
2:00 ● Snack/Hydration [DR]  
2:30 ● Touring The City-outing  
3:30 ● Trivia Game [2RL]

10:00 ● Daily Indoor Walk [ML]  
10:30 ● Food Guessing Game: Delectable Desserts [3RL]  
11:30 ● Daily Chronicles Discussion [2DR]  
1:30 ● Stretch Class [2RL]  
2:00 ● Snack/Hydration [DR]  
2:30 ● Touring The City-outing  
3:30 ● **Tea Time with Heather Wilson** [2RL]

10:00 ● Daily Indoor Walk [ML]  
10:30 ● Woodshop [3RL]  
1:30 ● Bingo [2RL]  
2:00 ● Snack/Hydration [DR]  
2:30 ● Touring The City-outing  
3:00 ● Scrabble [3RL]  
4:30 ● **50's SOCK HOP WITH PATRICK McNALLY** [ML]

9:30 ● Bible study [SR]  
10:00 ● Daily Indoor Walk [ML]  
1:00 ● Artists Corner [CR]  
2:00 ● Snack/Hydration [DR]  
2:30 ● Touring The City-outing  
3:00 ● Cake, Coffee & Conversations [DG]

10:00 ● Daily Indoor Walk [ML]  
10:00 ● Morning Stretch Class [2RL]  
10:30 ● Catholic Communion [SR]  
11:00 ● Games, Colors and Puzzles [2RL]  
1:30 ● Shanghai (cards) [CR]  
2:00 ● Snack/Hydration [DR]  
2:00 ● Sunday Matinee: Cool Hand Luke [SR]  
2:30 ● Touring The City-outing  
3:00 ● Open Crafts [AR]

9:00 ● Coffee Chat and Current Events [2DR]  
10:00 ● Daily Indoor Walk [ML]  
10:30 ● Entertainment with Stan The Piano Man [3RL]  
11:30 ● Monthly Birthday Luncheon [MDR]  
1:30 ● Bingo [2DR]  
2:00 ● Snack/Hydration [DR]  
2:30 ● Touring The City-outing

10:00 ● Daily Indoor Walk [ML]  
10:00 ● Zumba [2RL]  
1:30 ● Lounge Movie: Book Club [3DR]  
2:00 ● Snack/Hydration [DR]  
2:30 ● Touring The City-outing  
6:30 ● Bingo [MDR]

10:00 ● Daily Indoor Walk [ML]  
10:30 ● **Live Through Art: Secret Gardens** [3RL]  
1:30 ● Bean Bag Toss [2RL]  
2:00 ● Snack/Hydration [DR]  
2:30 ● Touring The City-outing  
3:30 ● Trivia Game [2RL]

10:00 ● Daily Indoor Walk [ML]  
10:30 ● Food Guessing Game [3RL]  
11:30 ● Daily Chronicles Discussion [2DR]  
1:30 ● Stretch Class [2RL]  
2:00 ● Snack/Hydration [DR]  
2:30 ● Touring The City-outing  
3:30 ● **Tea Time with Heather Wilson** [2RL]

10:00 ● Daily Indoor Walk [ML]  
10:30 ● Woodshop [3RL]  
1:30 ● Bingo [2RL]  
2:00 ● Snack/Hydration [DR]  
2:30 ● Touring The City-outing  
3:00 ● Scrabble [3RL]  
4:30 ● Happy Hour With Stan The Piano Man [MDR]

● CONNECT  
● CONTRIBUTE  
● FEEL  
● GROW  
● MOVE  
● REFLECT

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