Calendar of Events — Independent Living

January 2022
Senior Star at Elmore Place

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January cont'd **30** **Boredom Buster Packets** **Dakim Brain Fitness** **Shapemaster** 8:00am Church Transportation [ML] 11:00 Movie Matinee - You Pick! [B/L] 1:00 Card Games 1:00 Shoot Pool with a Neighbor! 2-4 Hand Craft Group [2nd Floor]	**31** 8:00 Pool Class [P] 8:30 RL Pool Class [P] 10:00 Sit & Be Fit [MR] 12:00 **Taste Testers with Kate [B/L]** 1:00 Card Games 2:00 **Town Hall Meeting with Annette [ML]** 2:30 Crafty Creations: Snowflake Suncatchers [L]	**Location Keys** 2nd Floor Table by Rm 210 — 2nd Floor Bar/Lounge — B/L IL Dining Room — ILDR Library — L Meet in Lobby — ML Multipurpose Room (2nd Floor) — MR Pool — P	Brain Power Exercise & Movement Expression Inner Strength Nourishment & Health Socialization Spirituality	Get *movin' & groovin'* with our signature exercise program, **Zumba Gold!** Offered every other Friday at 10am in our Multi-purpose Room on the 2nd floor!	Keep Your Mind Sharp! The **Dakim® Brain Fitness** System is available every day in the Computer Lab located on the 2nd Floor. See Kate to register!!	**1** **Boredom Buster Packets** **Dakim Brain Fitness** **Dakim Brain Fitness** **New Year's Day** **Shapemaster** 11:00 Movie Matinee - You Pick! [B/L] 1:00 Card Games 1:00 Farkle [L] 1:00 Shoot Pool with a Neighbor! 2:00 Resident Led Adult Coloring
2 **Boredom Buster Packets** **Dakim Brain Fitness** **Shapemaster** 8:00am Church Transportation [ML] 11:00 Movie Matinee - You Pick! [B/L] 1:00 Card Games 1:00 Shoot Pool with a Neighbor! 2-4 Hand Craft Group [2nd Floor]	**3** 8:00 Pool Class [P] 8:30 RL Pool Class [P] 10:00 Sit & Be Fit [MR] 12:00 **Taste Testers with Kate [B/L]** 1:00 Card Games 2:00 Cruising the QC Bus Ride! [ML] 3:00 Laughter Yoga & Guided Meditation [MR]	**4** 9:00 Drums Alive [MR] 10:00 Light & Lively [MR] 10:30 Rosary 12:00 Jeopardy! [B/L] 12:30 Resident Led Tai Chi [MR] 12:45 **Ambassador & Program Meeting! [B/L]** 2:15 Delay the Disease [MR] 3:00 Wordscapes with Kate [B/L]	**5** 8:00 Pool Class [P] 8:30 RL Pool Class [P] 9:00 Memory Card Game [B/L] 10:00 Band Exercises [MR] 10:45 **Virtual Bible Study with Paul! [MR]** 1:00 **Happy Hearts Singing Group [ILDR]** 2:00 Meditative Music + Paint/Color [MR] 3:00 **Food Forum [ILDR]** 3:30 Hearing Aid Checks with Kat! [MR]	**6** 8:45 Ageless Grace [ILDR] 10:00 Light & Lively [MR] 11:00 Devotionals: Chicken Soup for the Soul [B/L] 1:00 **Catholic Mass (IL) [ILDR]** 1:00 Tai Chi with Nichol [MR] 2:00 **25 Cent Bingo [ILDR]** 2-4 Hand Craft Group [2nd Floor] 3:00 Wordscapes [B/L]	**7** 8:00 Pool Class [P] 8:30 RL Pool Class [P] 10:00 Sit & Be Fit [MR] 11:30 **Lunch Outing: Nally's Mexican Food (RSVP Req'd) [ML]** 2:00 Happy Hour [ML] 5:30 **Funny Fridays: Best of the Tonight Show with Johnny Carson! [B/L]**	**8** **Boredom Buster Packets** **Dakim Brain Fitness** **Shapemaster** 11:00 Movie Matinee - You Pick! [B/L] 1:00 Card Games 1:00 Farkle [L] 1:00 Shoot Pool with a Neighbor! 2:00 Resident Led Adult Coloring
9 **Boredom Buster Packets** **Dakim Brain Fitness** **Shapemaster** 8:00am Church Transportation [ML] 11:00 Movie Matinee - You Pick! [B/L] 1:00 Card Games 1:00 Shoot Pool with a Neighbor! 2-4 Hand Craft Group [2nd Floor]	**10** 8:00 Pool Class [P] 8:30 RL Pool Class [P] 10:00 Sit & Be Fit [MR] 10:30 French with Jeannine [B/L] 12:00 **International Taste & Travel [B/L]** 1:00 Card Games 2:00 **Book Store Outing : Books-A-Million [ML]** 3:00 Monday Mixers Social Hour [B/L]	**11** 9:00 Drums Alive [MR] 10:00 Light & Lively [MR] 10:30 Rosary 11:00 **Walgreen's Outing (RSVP) [ML]** 12:00 Jeopardy! [B/L] 12:30 Resident Led Tai Chi [MR] 12:45 Current Events [B/L] 2:15 Delay the Disease [MR] 3:00 Wordscapes with Kate [B/L] 6:30 Dementia Support Group	**12** 8:00 Pool Class [P] 8:30 RL Pool Class [P] 9:00 Memory Card Game [B/L] 10:00 Band Exercises [MR] 11:00 Wii Games with Kate + 'How to' for beginners! [MR] 12:30 **Ice Cream Sundae Social [ILDR]** 2:00 Meditative Music + Paint/Color [MR]	**13** 8:45 Ageless Grace [ILDR] 9:00 **Spa Hour + Nail Painting with Kate! [B/L]** 10:00 Light & Lively [MR] 11:00 Devotionals: Chicken Soup for the Soul [B/L] 1:00 Tai Chi with Nichol [MR] 2:00 **25 Cent Bingo [ILDR]** 2-4 Hand Craft Group [2nd Floor] 3:00 Wordscapes [B/L]	**14** 8:00 Pool Class [P] 8:30 RL Pool Class [P] 10:00 Zumba Gold Exercise [MR] 11:30 **Lunch Outing: Village Inn (RSVP Req'd) [ML]** 2:00 Happy Hour with Don Gustofson [ML] 5:30 **Funny Fridays: Best of the Tonight Show with Johnny Carson! [B/L]**	**15** **Boredom Buster Packets** **Dakim Brain Fitness** **Shapemaster** 11:00 Movie Matinee - You Pick! [B/L] 1:00 Card Games 1:00 Farkle [L] 1:00 Shoot Pool with a Neighbor! 2:00 Resident Led Adult Coloring
16 **Boredom Buster Packets** **Dakim Brain Fitness** **Shapemaster** 8:00am Church Transportation [ML] 11:00 Movie Matinee - You Pick! [B/L] 1:00 Card Games 1:00 Shoot Pool with a Neighbor! 2-4 Hand Craft Group [2nd Floor]	**17** **Martin Luther King, Jr. Day** 8:00 Pool Class [P] 8:30 RL Pool Class [P] 10:00 Resident Led - Sit & Be Fit [MR] 12:00 **Movie Matinee + Popcorn: Titanic (Netflix) [B/L]** 1:00 Card Games	**18** 9:00 Drums Alive [MR] 10:00 Light & Lively [MR] 10:30 Rosary 12:00 Jeopardy! [B/L] 12:30 Resident Led Tai Chi [MR] 2:00 **January Birthday Party! [ILDR]** 3:00 Wordscapes with Kate [B/L]	**19** 8:00 Pool Class [P] 8:30 RL Pool Class [P] 9:00 Memory Card Game [B/L] 10:00 Band Exercises [MR] 10:45 **Virtual Bible Study with Paul! [MR]** 1:00 **Happy Hearts Singing Group** 2:00 Snowman Painting Class with Kate! (RSVP) [MR]	**20** 8:45 Ageless Grace [ILDR] 10:00 Light & Lively [MR] 12:00 **25 Cent Bingo [ILDR]** 1:00 Catholic Mass (AL) 1:00 Tai Chi with Nichol [MR] 1:45 **Social Hour with Entertainment by Ron Lubbers [ILDR]** 2-4 Hand Craft Group [2nd Floor] 3:00 Wordscapes [B/L]	**21** 8:00 Pool Class [P] 8:30 RL Pool Class [P] 10:00 Sit & Be Fit [MR] 12:30 **Outing: Chocolate Manor Tour (RSVP Req'd) [ML]** 3:00 Happy Hour [ML] 5:30 **Funny Fridays: Best of the Tonight Show with Johnny Carson! [B/L]**	**22** **Boredom Buster Packets** **Dakim Brain Fitness** **Shapemaster** 11:00 Movie Matinee - You Pick! [B/L] 1:00 Card Games 1:00 Farkle [L] 1:00 Shoot Pool with a Neighbor! 2:00 Resident Led Adult Coloring
23 **Boredom Buster Packets** **Dakim Brain Fitness** **Shapemaster** 8:00am Church Transportation [ML] 11:00 Movie Matinee - You Pick! [B/L] 1:00 Card Games 1:00 Shoot Pool with a Neighbor! 2-4 Hand Craft Group [2nd Floor]	**24** 8:00 Pool Class [P] 8:30 RL Pool Class [P] 10:00 Sit & Be Fit [MR] 10:30 French with Jeannine [B/L] 12:00 **Taste Testers with Kate [B/L]** 1:00 Card Games 2:00 Cruising the QC Bus Ride! [ML] 3:00 Monday Mixers Social Hour : Bailey's [B/L]	**25** 9:00 Drums Alive [MR] 10:00 Light & Lively [MR] 10:30 Rosary 11:00 **Walgreen's Outing (RSVP) [ML]** 12:00 Jeopardy! [B/L] 12:30 Resident Led Tai Chi [MR] 1:00 **Book Club Book Discussion [B/L]** 2:15 Delay the Disease [MR] 3:00 Wordscapes with Kate [B/L]	**26** 8:00 Pool Class [P] 8:30 RL Pool Class [P] 9:00 Memory Card Game [B/L] 10:00 Band Exercises [MR] 11:00 Wii Games with Kate + 'How to' for beginners! [MR] 12:00 **Make Your Own Mini Pizza! (RSVP) [ILDR]** 2:00 Meditative Music + Paint/Color [MR]	**27** 8:45 Ageless Grace [ILDR] 9:00 **Spa Hour + Nail Painting with Kate! [B/L]** 10:00 Light & Lively [MR] 11:00 Devotionals: Chicken Soup for the Soul [B/L] 1:00 Tai Chi with Nichol [MR] 2:00 **25 Cent Bingo [ILDR]** 2-4 Hand Craft Group [2nd Floor] 3:00 Wordscapes [B/L]	**28** 8:00 Pool Class [P] 8:30 RL Pool Class [P] 10:00 Sit & Be Fit [MR] 11:30 **Lunch Outing: Olive Garden (RSVP Req'd) [ML]** 2:00 Happy Hour & Games! (Pictionary+Charades) [ML] 5:30 **Funny Fridays: Best of the Tonight Show with Johnny Carson! [B/L]**	**29** **Boredom Buster Packets** **Dakim Brain Fitness** **Shapemaster** 11:00 Movie Matinee - You Pick! [B/L] 1:00 Card Games 1:00 Farkle [L] 1:00 Shoot Pool with a Neighbor! 2:00 Resident Led Adult Coloring Continued at top