

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p>January 2019 River Highlands of Birmingham</p>		9:30 Chair Aerobics 10:00 Snack and Chat 11:00 UNO Card Game 12:00 Lunch 2:00 Afternoon Matinee and Popcorn 3:30 Enjoy a warm cup of Hot Chocolate 1	9:30 Chair Aerobics 10:00 Snack and Chat 10:30 Let's Read the Daily Chronicle Newsletter 11:00 UNO Card Game 12:00 Lunch 2:00 A Game of Table Tennis 3:30 Watch "I Love Lucy Show"-N2L 2	9:30 Chair Aerobics 10:00 Snack and Chat 10:30 Manicure Time 11:00 Listen to Big Band Music 12:00 Lunch 1:30 Scenic Ride w/ Toni 3:30 Bible Study with Kristy, J.P. and Norma-RH 3	9:30 Chair Aerobics 10:00 Snack and Chat 10:30 Men Bible Study 11:00 Board Games 12:00 Lunch 2:00 Friday Social-Bistro 3:30 UNO Card Game 4:00 Hall Walkers 4	9:30 Chair Aerobics 10:00 Snack and Chat 11:00 A Game of Checkers 12:00 Lunch 2:00 Hall Walkers 3:30 Saturday Matinee & Popcorn 4:00 Let's watch a game show 5	
	9:30 Spiritual Hymns 10:00 Church Service with Church of the Highlands 10:30 Catholic Service 11:00 Sit and Chat 12:00 Lunch 2:00 Fresh Baked Cookies 3:00 Sunday Matinee 6	9:30 Chair Aerobics 10:00 Snack and Chat 11:00 Coloring & Puzzles 12:00 Lunch 2:00 Monday Matinee and Popcorn 3:30 Board Games 4:30 Let's go for a Walk 7	9:30 Chair Aerobics 10:00 Snack and Chat 10:30 Let's Read the Daily Chronicle Newsletter 11:00 Arts & Crafts 12:00 Lunch 2:00 Noddle Ball 3:30 Word Search Puzzles 4:00 Let's Watch Family Feud 8	9:30 Chair Aerobics 10:00 Snack and Chat 10:00 Music Therapy w/ Blake 11:00 Pet Therapy-RH 12:00 Lunch 2:00 Music with Mikey-RH 3:30 Ice Cream & Sprinkles 4:00 Let's go for a Walk 9	9:30 Chair Aerobics 10:00 Snack and Chat 10:30 Let's Read the Daily Chronicle Newsletter 11:00 Noodle Ball 12:00 Lunch 2:00 UNO Card Game 3:30 Bible Study with Kristy, J.P. and Norma-RH 10	9:30 Chair Aerobics 10:00 Classic Movie & Snack 10:30 Men Bible Study 12:00 Lunch 2:00 Friday Social-Bistro 3:30 BINGO! 4:00 Hall Walkers 11	9:30 Chair Aerobics 10:00 Snack and Chat 11:00 Word Search Puzzles 12:00 Lunch 2:00 Hall Walkers 3:30 Saturday Matinee & Popcorn 4:00 Let's watch a game show 12
	9:30 Spiritual Hymns 10:00 Church Service with Church of the Highlands 10:30 Catholic Service 11:00 UNO Card Game 12:00 Lunch 2:00 Ice Cream Social 3:00 Sunday Matinee 13	9:00 Chair Aerobics 9:30 Snack and Chat 10:00 Nifty 50's-RH 12:00 Lunch 2:00 Monday Matinee and Popcorn 3:30 Let's Play Family Feud 4:30 Let's go for a Walk 14	9:30 Chair Aerobics 10:00 Snack and Chat 11:00 Putt Putt Golf 12:00 Lunch 2:00 Sing Along with Mike Little-MCD 3:30 Let's Watch Family Feud 4:00 Courtyard Walk 15	9:30 Chair Aerobics 10:00 Snack and Chat 11:00 Let's Go Bowling 12:00 Lunch 2:00 January Birthday Party-Bistro 3:30 Puzzles & Games 4:00 Let's Color a Picture 16	9:30 Chair Aerobics 10:00 Snack and Chat 10:30 Manicure Time 11:00 Karaoke Thursday 12:00 Lunch 1:30 Scenic Ride w/ Toni 3:30 Bible Study with Kristy, J.P. and Norma-RH 17	9:30 Chair Aerobics 10:00 Watch "I Love Lucy" /Snack 10:30 Men Bible Study 12:00 Lunch 2:00 Friday Social-Bistro 3:30 A Game of Checkers 4:00 Hall Walkers 18	9:30 Chair Aerobics 10:00 Snack and Chat 11:00 Let's Play Connect 4 12:00 Lunch 2:00 Hall Walkers 3:30 Saturday Matinee & Popcorn 4:00 Let's watch a game show 19
	9:30 Spiritual Hymns 10:00 Church Service with Church of the Highlands 10:30 Catholic Service 11:00 Sit and Chat 12:00 Lunch 2:00 Sunday Matinee and Popcorn 3:00 Courtyard Walk 20	9:00 Chair Aerobics 9:30 Snack & Chat 10:00 Black History Facts w/ Jim Phillips-RH 12:00 Lunch 2:00 Noodle Ball 3:30 Monday Matinee and Popcorn Martin Luther King Day Tu B'Shevat 21	9:30 Chair Aerobics 10:00 Snack and Chat 11:00 BINGO! 12:00 Lunch 2:00 Shake Loose a Memory 3:30 Let's Read the Daily Chronicle Newsletter 4:00 Courtyard Walk 22	9:30 Chair Aerobics 10:00 Snack and Chat 11:00 Noddle Ball 12:00 Lunch 2:00 Afternoon Matinee 3:30 Let's Read the Daily Chronicle Newsletter 4:00 Courtyard Walk 23	9:30 Chair Aerobics 10:00 Snack and Chat 11:00 A Game of Table Tennis 12:00 Lunch 2:00 Bean Bag Toss 3:30 Bible Study with Kristy, J.P. and Norma-RH 24	9:30 Chair Aerobics 10:00 Snack and Chat 10:30 Men Bible Study 12:00 Lunch 2:00 Friday Social-Bistro 3:30 BINGO! 4:00 Hall Walkers 25	9:30 Chair Aerobics 10:00 Snack and Chat 11:00 UNO Card Game 12:00 Lunch 2:00 Hall Walkers 3:30 Saturday Matinee & Popcorn 4:00 Let's watch a game show 26
	9:30 Spiritual Hymns 10:00 Church Service with Church of the Highlands 10:30 Catholic Service 11:00 BINGO! 12:00 Lunch 2:00 Ice Cream Social 3:00 Sunday Matinee 27	9:30 Chair Aerobics 10:00 Snack and Chat 11:00 Arts & Crafts 12:00 Lunch 2:00 Monday Matinee and Popcorn 3:30 Let's Play Hangman Australia Day (observed) 28	9:30 Chair Aerobics 10:00 Snack and Chat 11:00 Let's Go Bowling 12:00 Lunch 2:00 Sing-A-Long with Susie 3:30 Ice Cream with Sprinkles 4:00 Courtyard Walk 29	9:30 Chair Aerobics 10:00 Snack and Chat 11:00 Pet Therapy with Dewy the Dog 12:00 Lunch 2:00 Word Search Puzzles 3:00 Let's Read the Daily Chronicle Newsletter 30	9:30 Chair Aerobics 10:00 Snack and Chat 10:30 Manicure Time 11:00 Sing-A-Long with Susie 12:00 Lunch 1:30 Scenic Ride w/ Toni 3:30 Bible Study with Kristy, J.P. and Norma-RH 31	<p>Happy New Year's</p>	

Calendar Subject to Change.