

# January

## WEEKLY ACTIVITIES

<b>SUN</b> <b>12<sup>th</sup></b>	<b>2:30 – Church Service in the Chapel</b>
<b>MON</b> <b>13<sup>th</sup></b>	<b>Megan is Off Today</b> <b>9:30 – Chair exercise in the Chapel</b> <b>10:00 – Walking Club in the U.L.</b>
<b>TUE</b> <b>14<sup>th</sup></b>	<b>9:30 – Chair exercise in the Chapel</b> <b>9:30 – Coffee with Friends in the Dining Room</b> <b>10:00 – Catholic Service in the Chapel</b> <b>1:00 – Bingo in the L.L.</b> <b>3:30 – Chair Yoga in the Chapel</b>
<b>WED</b> <b>15<sup>th</sup></b>	<b>9:30 – Chair exercise in the Chapel</b> <b>10:00 – Meditation in the Sensory Room</b> <b>1:00 – Paint Party with Tami Showers in the L.L.</b> <b>2:00 – Left, Right, Center Game in the U.L.</b> <b>3:00 – Name That Tune in the L.L.</b>
<b>THU</b> <b>16<sup>th</sup></b>	<b>9:30 – Chair exercise in the Chapel</b> <b>10:00 – Puzzle Club in the U.L.</b> <b>10:00 – Bible Study in the Chapel</b> <b>1:00 – Bingo in the L.L.</b> <b>3:30 – Chair Yoga in the Chapel</b> <b>5:00 – NASA Webinar in the Chapel</b>
<b>FRI</b> <b>17<sup>th</sup></b>	<b>9:30 – Chair exercise in the Chapel</b> <b>10:00 – Meditation in the Sensory Room</b> <b>10:30 – Water Aerobics in the Pool Room</b> <b>1:00 – Keep it Moving in the L.L.</b> <b>2:00 – Writing Experience in the L.L.</b> <b>3:00 – Dominos in the U.L.</b>

**\*\*Refer a friend to live here at fabulous Pine Hills Retirement Community and receive \$500 off 1 months rent!!\*\***

**(turn page over for weekly menu)**

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**SAT**  
**18<sup>th</sup>**

**1:00 – Cards (313) in the U.L. (Hosted by Frances)**

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