

















# Independent Living Lifestyles Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>1</b> 	<b>2</b>  <p>10:00A ART GROUP (AC) 10:30A Grocery Trip (ML) 1:30P The Chosen (AU/CH2) <b>3:00P Bingo Store (AC)</b> 6:15P BINGO! (AC)</p>	<b>3</b> <b>Waffle Wednesday!</b> 10:30A Iris Cards (AC) 12:45P Active Minds — Mind-Body Philosophy Pt. 2 (AU/Ch2) 2:00P PWP Singers (AU) 4:00P Spanish with Rocio (GR) 6:00P Bridge (GR)	<b>4</b> <b>National Do Something Nice Day</b> 10:00A Writer's Workshop (AC) 11:15A Prayer Group (GR) 2:00P Rummikub (GR) 4:00 Social Hour (CC) 6:15P Bingo! (AC) 	<b>5</b> 10:00A Ladies Bible Study (AC) 1:00P Catholic Service (GR) 2:30P Movie Matinee —Maestro (AU/CH2)	<b>6</b> 9:30A Coffee with Neighbors (CR) 1:30P Knitting and Crocheting (AC) 3:00P Puzzles With Friends 6:15P Bingo! (AC)
<b>7</b> 11:30A-2:00P Sunday Brunch (DR) 11:30A Music w/ Rodney Raspberry (ML) 3:30P Vespers (AU/Ch2) 4:30P Coffee and Chatter (CR)	<b>8</b>  <p>10:30A Grocery Trip (ML) 11:00A Active Minds — Mind-Body Philosophy Pt. 3 (AU/Ch2) 1:30P Bible School (GR) <b>3:00P Prize Bunco! (GR)</b> 6:00P Mexican Train! (GR)</p>	<b>9</b>  <p>10:00A ART GROUP (AC) 1:00P Craft Time With Nikita (AC) 1:00P The Chosen (AU/CH2) <b>2:30P Menu Chat w/ Chef (AU/CH2)</b> 6:15P BINGO! (AC)</p>	<b>10</b> <b>Waffle Wednesday!</b> 10:00A Tech Time (GR) 10:30A Iris Cards (AC) 11:30A Therapy Dogs (ML) 12:45P Active Minds — Mind-Body Philosophy Pt. 4 (AU/Ch2) 2:00P PWP Singers (AU) 4:00P Spanish with Rocio (GR) 6:00P Bridge (GR) 	<b>11</b> 10:00A Writer's Workshop (AC) 11:15A Prayer Group (GR) <b>1:00P Wellness Lecture Series: Preparing for the New Year(AU)</b> 2:00P Rummikub (GR) 4:00P Social Hour (CC) 6:15P Bingo! (AC)	<b>12</b>  <p>10:00A Ladies Bible Study (AC) 11:00A Yoga W/ Joe (WC) <b>2:30P Chili Cook Off! (AU)</b> 2:30 CVS/Walgreens (\$)</p>	<b>13</b> 9:30A Coffee with Neighbors(CR) 1:30P Knitting and Crocheting (AC) 3:00P Puzzles With Friends <b>3:30P Music Of Harmony (AU/CH2)</b> 6:15P Bingo! (AC)
<b>14</b>  <p>11:30A-2:00P Sunday Brunch (DR) 11:00A Music w/ Mark Bruni (ML) 3:30P Vespers (AU/Ch2) 4:30P Coffee and Chatter (CR)</p>	<b>15</b>  <p>10:30A Grocery Trip (ML) 11:00A Active Minds — Mind-Body Philosophy Pt. 5 (AU/Ch2) 1:30P Bible School (GR) <b>3:00P Birthday Social (AU/CH2)</b> 6:00P Mexican Train! (GR)</p>	<b>16</b> 10:00A ART GROUP (AC) 1:00P Craft Time With Nikita(AC) <b>2:00P Sing-A-Long w/ Tim Holder (AU/CH2)</b> 6:15P BINGO! (AC)	<b>17</b> <b>Waffle Wednesday!</b> 10:30A Iris Cards (AC) 12:45P Active Minds — Mind-Body Philosophy Pt. 6 (AU/Ch2) 2:00P PWP Singers (AU) 4:00P Spanish with Rocio (GR) <b>4:45P Catholic Women's Dinner (DR)</b> 6:00P Bridge (GR)	<b>18</b> 10:00A Writer's Workshop (AC) 11:00A Episcopal Service (AU) 11:15A Prayer Group (GR) 2:00P Rummikub (GR) 4:00P Social Hour (CC) 6:15P Bingo! (AC) 	<b>19</b>  <p>10:00A Ladies Bible Study (AC) 10:00A Men's Bible Study (GR) 11:00A Book Club (L) 2:00P Chair Volleyball (AU) 2:30P Movie Matinee — My Big Fat Greek Wedding (AU/CH2)</p>	<b>20</b> 9:30A Coffee with Neighbors (CR) 1:30P Knitting and Crocheting (AC) 3:00P Puzzles With Friends 6:15P Bingo! (AC)
<b>21</b> 11:30A-2:00P Sunday Brunch (DR) 11:30A Music w/ Rodney Raspberry (ML) 3:30P Vespers (AU/Ch2) 4:30P Coffee and Chatter (CR)	<b>22</b> 10:30A Grocery Trip (ML) 11:00A Active Minds — Mind-Body Philosophy Pt. 7 (AU/Ch2) 1:30P Bible School (GR) <b>3:00P Piano with Mary Green (AU/CH2)</b> 6:00P Mexican Train! (GR)	<b>23</b> 10:00A ART GROUP (AC) 1:00P Craft Time With Nikita(AC) <b>4:00P New Resident Social (CR)</b> 6:15P BINGO! (AC)	<b>24</b> <b>Waffle Wednesday!</b> 10:30A Iris Cards (AC) 11:30A Therapy Dogs (ML) 12:45P Active Minds — Mind-Body Philosophy Pt. 8 (AU/Ch2) 2:00P PWP Singers (AU) 4:00P Spanish with Rocio (GR) 6:00P Bridge (GR)	<b>25</b>  <p>10:00A Writer's Workshop (AC) 11:15A Prayer Group (GR) 2:00P Rummikub (GR) 4:00P Social Hour (CC) 6:15P Bingo! (AC)</p>	<b>26</b>  <p>10:00A Ladies Bible Study (AC) 11:00A Yoga W/ Joe (WC) <b>11:30A Let's Do Lunch: Sylvia's Enchilada Kitchen</b> 2:00P Chair Volleyball (AU) 2:30P Movie Matinee — The Money Pit (Wii Room)</p>	<b>27</b> 9:30A Coffee with Neighbors(CR) 1:30P Knitting and Crocheting (AC) 3:00P Puzzles With Friends <b>3:30P Music Of Harmony (AU/CH2)</b> 6:15P Bingo! (AC)
<b>28</b> 11:30A-2:00P Sunday Brunch (DR) 11:00A Music w/ Mark Bruni (ML) 3:30P Vespers (AU/Ch2) 4:30P Coffee and Chatter (CR)	<b>29</b> 10:30A Grocery Trip (ML) 11:00A Active Minds — Mind-Body Philosophy Pt. 9 (AU/Ch2) 1:30P Bible School (GR) 6:00P Mexican Train! (GR)	<b>30</b>  <p>10:00A ART GROUP (AC) 1:30P The Chosen (AU/CH2) <b>3:30P TOWN HALL! (AU/Ch2)</b> 6:15P BINGO! (AC)</p>	<b>31</b> <b>Waffle Wednesday!</b> 10:30A Iris Cards (AC) 11:30A Therapy Dogs (ML) 12:45P Active Minds — Mind-Body Philosophy Pt. 10 (AU/Ch2) 2:00P PWP Singers (AU) 4:00P Spanish with Rocio (GR) 6:00P Bridge (GR)	<b>Activities Are Subject To Change Without Notice</b>		<b>MAP LEGEND</b> AC—Arts and Crafts Room AU—Auditorium/Chapel CC—Cabana Café CH2 — Channel 2 GR— Game Room L— Library ML—Main Lobby WCP — Wellness Center Pool



# Independent Living Wellness Calendar















SUN	MON	TUE	WED	THU	FRI	SAT
	<b>1</b> 	<b>2</b> <p>9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 2:00P Aqua Smiles 2:30 Aqua Stroll</p>	<b>3</b> <p>9:30A Advanced Stretch &amp; Balance 10:00A Intermediate Stretch &amp; Balance 10:30A Beginner Stretch &amp; Balance 12:00P Resident Consultations by Appointment 1:00P Core &amp; Balance</p>	<b>4</b> <p>9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength <b>1:00P Wellness Lecture Series: (AU/CH2)</b> 2:00P Aqua Smiles 2:30 Aqua Stroll</p>	<b>5</b> <p>9:30A Advanced Strength &amp; Balance 10:00A Intermediate/Beginner Strength &amp; Balance 10:30A Cognitive Calisthenics 11:00A Yoga W/ Joe (WC) 12:00P Resident Consultations by Appointment</p>	<b>6</b> <p><b>Virtual Workouts!</b> Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment</p>
<b>7</b> <p><b>Virtual Workouts!</b> Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment</p>	<b>8</b> <p>9:30A Advanced Stretch &amp; Balance 10:00A Intermediate Stretch &amp; Balance 10:30A Beginner Stretch &amp; Balance 12:00P Resident Consultations by Appointment 1:00P Core &amp; Balance</p>	<b>9</b> <p>9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 2:00P Aqua Smiles 2:30 Aqua Stroll</p>	<b>10</b> <p>9:30A Advanced Stretch &amp; Balance 10:00A Intermediate Stretch &amp; Balance 10:30A Beginner Stretch &amp; Balance 12:00P Resident Consultations by Appointment 1:00P Core &amp; Balance</p>	<b>11</b> <p>9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 1:00P Strength &amp; Flexibility on the Mat 2:00P Aqua Smiles 2:30 Aqua Stroll</p>	<b>12</b> <p>9:30A Advanced Strength &amp; Balance 10:00A Intermediate/Beginner Strength &amp; Balance 10:30A Cognitive Calisthenics 11:00A Yoga W/ Joe (WC) 12:00P Resident Consultations by Appointment 2:00P Chair Volleyball(AU)</p>	<b>13</b> <p><b>Virtual Workouts!</b> Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment</p>
<b>14</b> <p><b>Virtual Workouts!</b> Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment</p>	<b>15</b> <p>9:30A Advanced Stretch &amp; Balance 10:00A Intermediate Stretch &amp; Balance 10:30A Beginner Stretch &amp; Balance 12:00P Resident Consultations by Appointment 1:00P Core &amp; Balance</p>	<b>16</b> <p>9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 2:00P Aqua Smiles 2:30 Aqua Stroll</p>	<b>17</b> <p>9:30A Advanced Stretch &amp; Balance 10:00A Intermediate Stretch &amp; Balance 10:30A Beginner Stretch &amp; Balance 12:00P Resident Consultations by Appointment 1:00P Core &amp; Balance</p>	<b>18</b> <p>9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 1:00P Strength &amp; Flexibility on the Mat 2:00P Aqua Smiles 2:30 Aqua Stroll</p>	<b>19</b> <p>9:30A Advanced Strength &amp; Balance 10:00A Intermediate/Beginner Strength &amp; Balance 10:30A Cognitive Calisthenics 11:00A Yoga W/ Joe (WC) 12:00P Resident Consultations by Appointment 2:00P Chair Volleyball(AU)</p>	<b>20</b> <p><b>Virtual Workouts!</b> Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment</p>
<b>21</b> <p><b>Virtual Workouts!</b> Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment</p>	<b>22</b> <p>9:30A Advanced Stretch &amp; Balance 10:00A Intermediate Stretch &amp; Balance 10:30A Beginner Stretch &amp; Balance 12:00P Resident Consultations by Appointment 1:00P Core &amp; Balance</p>	<b>23</b> <p>9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 2:00P Aqua Smiles 2:30 Aqua Stroll</p>	<b>24</b> <p>9:30A Advanced Stretch &amp; Balance 10:00A Intermediate Stretch &amp; Balance 10:30A Beginner Stretch &amp; Balance 12:00P Resident Consultations by Appointment 1:00P Core &amp; Balance</p>	<b>25</b> <p>9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 1:00P Strength &amp; Flexibility on the Mat 2:00P Aqua Smiles 2:30 Aqua Stroll</p>	<b>26</b> <p>9:30A Advanced Strength &amp; Balance 10:00A Intermediate/Beginner Strength &amp; Balance 10:30A Cognitive Calisthenics 11:00A Yoga W/ Joe (WC) 12:00P Resident Consultations by Appointment 2:00P Chair Volleyball(AU)</p>	<b>27</b> <p><b>Virtual Workouts!</b> Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment</p>
<b>28</b> <p><b>Virtual Workouts!</b> Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment</p>	<b>29</b> <p>9:30A Advanced Stretch &amp; Balance 10:00A Intermediate Stretch &amp; Balance 10:30A Beginner Stretch &amp; Balance 12:00P Resident Consultations by Appointment 1:00P Core &amp; Balance</p>	<b>30</b> <p>9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 2:00P Aqua Smiles 2:30 Aqua Stroll</p>	<b>31</b> <p>9:30A Advanced Stretch &amp; Balance 10:00A Intermediate Stretch &amp; Balance 10:30A Beginner Stretch &amp; Balance 12:00P Resident Consultations by Appointment 1:00P Core &amp; Balance</p>	<p><b>ALL WELLNESS CLASSES ARE HELD IN THE WELLNESS CENTER UNLESS SPECIFIED</b></p>		<p><b>PLEASE CONTACT MELANIE LEWIS, WELLNESS COORDINATOR, TO SCHEDULE A FITNESS CONSULTATION, (281) 677-5908</b></p>





# The Heights Lifestyles Calendar



SUN	MON	TUE	WED	THU	FRI	SAT
<b>MAP LEGEND</b> <b>AR— Activity Room</b> <b>DR— Dining Room</b> <b>LR— Living Room</b> <b>FP— Fireplace</b> <b>P— Porch</b>	<b>1 New Years Day</b> 10:15 Art & craft 11:00 Resistance Band Workout (AR) 2:00 Bowling 3:00 Rummikub Group (AR) 4:00 January Trivia (DR)	<b>2</b> <b>10:15 Group Bible Study w/ Robert Hudson (AR)</b> 11:00 Ring Toss 2:15 Hot Chocolate Social (AR) 3:00 Rummikub Group (AR) 4:00 Roll & Tell New year edition.	<b>3</b> 10:15 Chair Volleyball (AR) 11:00 Walking Club 2:15 Art & Craft 3:00 B-I-N-G-O (DR) 4:00 Balloon Volleyball	<b>4</b> <b>10:15 Devotion w/John Bender (AR)</b> 11:00 Move n Groove 2:15 Horseshoe 3:00 Rummikub Group 4:00 Puzzle hr	<b>5</b> <b>10:15 Entertainment by The Ivory Touch (DR)</b> 11:00 Move n Groove 2:15 Ice Cream Social (AR) 3:00 B-I-N-G-O (DR) 4:00 Cranium Crunch Packet	<b>6 Epiphanyt</b>  <b>10:15 Mark Bruni on Piano</b> 2:15 Jenga 3:00 Rummikub w/Friends (AR) 4:00 Independent Word Puzzle
<b>7</b> 10:00 Heights Worship Service (DR) 11:00 Catholic Prayer and Communion 2:30 Table Games (B) 3:30 Sunday Trinity Broadcast (Ch.57)	<b>8 Manicure &amp; Pedicures by Amparo</b> 10:15 Bowling 11:00 Chair Yoga & meditation 2:00 Dominoes <b>3:00 B-I-N-G-O (DR)</b> 4:00 Aroma therapy & hand massages 6:00 Monday Night Football	<b>9</b>  <b>10:15 Group Bible Study w/ Robert Hudson (AR)</b> 11:00 Stretch & Balance (AR) 2:00 Sip & Paint 3:00 Rummikub Group (AR) 4:00 Jenga (AR)	<b>10</b>  10:15 Doughnuts and Coffee (AR) 11:00 Faithful Paws Pet Visit (AR) 2:00 Movie Matinee 3:00 B-I-N-G-O (DR) 4:00 Name that Tune	<b>11</b> <b>10:15 Devotion w/John Bender (AR)</b> 11:00 Resistance Band Workout (AR) 2:15 POKENO! (AR) 3:00 Rummikub Group (AR) 4:00 Dominoes	<b>12</b>  <b>10:15 Simon Gongora and Puppet Elvis Show (DR)</b> 11:00 Spanish class w/Ericka 2:15 ice cream social 3:00 B-I-N-G-O (DR) 4:00 Puzzle hr	<b>13</b> 10:15 Name That Tune w/Mark (DR) 2:15 Jenga (AR) <b>3:00 Rummikub w/Friends (AR)</b>
<b>14</b>  10:00 Heights Worship Service (DR) 11:00 Catholic Prayer and Communion 2:30 Independent Table Games 3:30 Sunday Trinity Broadcast (Ch.57)	<b>15 Martin Luther King Jr. Day</b> 10:15 Honoring MLK (Ar) 11:00 Chair yoga & meditation <b>3:00 B-I-N-G-O (DR)</b> 4:00 Piano by Sarah (L) 6:00 Monday Night Football	<b>16 Spicy Food Day</b> <b>10:15 Group Bible Study w/ Robert Hudson (AR)</b> 11:15 Stretch & Balance (AR) 2:00 Chip & Salsa Social 3:00 Rummikub Group (AR) 4:00 Movie Matinee	<b>17</b> 10:00 Daily Chronicle & Coffee 11:00 Walking Club 2:00 Art & Craft <b>3:00 B-I-N-G-O (DR)</b> 4:00 UNO!	<b>18</b> <b>10:15 Devotion w/John Bender (AR)</b> 11:00 sit & be fit 2:15 Mix & Mingle Welcome committee. (DR) 3:00 Rummikub Group 4:00 Puzzle hr	<b>19</b>  <b>10:15 Entertainment by Danette McMahon (DR)</b> <b>10:30 Lunch Bunch Hungry's</b> 2:15 Ice Cream Social (L) 3:00 B-I-N-G-O (DR) 4:00 Jigsaw & Jazz	<b>20</b>  10:15 Mark Bruni on Piano (DR) 2:15 Uno 3:00 Rummikub w/Friends (AR)
<b>21</b> 10:00 Heights Worship Service (DR) 11:00 Catholic Prayer and Communion 2:30 Independent Table Games 3:30 Sunday Trinity Broadcast (Ch.57)	<b>22</b> 10:15 Daily Chronicle & coffee by the fireplace (AR) 11:00 Resistance Band Workout 2:00 Trivia (Ar) <b>3:00 B-I-N-G-O (DR)</b> 4:00 Uno! (Ar) 6:00 Monday Night Football	<b>23</b>  <b>10:15 Group Bible Study w/Robert Hudson (AR)</b> 11:00 Tai Chi <b>2:15 Book Club</b> 3:00 Rummikub Group (AR) 4:00 Dominoes (AR)	<b>24</b>  10:15 Doughnuts and Coffee (AR) 11:00 Faithful Paws Pet Visit (AR) <b>2:00 Parkway Place Choir (DR)</b> 3:00 B-I-N-G-O (DR) 4:00 Karaoke & Sing Along	<b>25</b>  <b>10:15 Devotion w/John Bender (AR)</b> 11:00 Snowball Toss <b>2:15 Resident Birthday Celebration</b> 3:00 Rummikub Group 4:00 Aroma Therapy & hand massages	<b>26</b> <b>10:15 "Rockin Rodney" (DR)</b> 11:00 Move n Groove 2:15 Ice Cream Social (AR) 3:00 B-I-N-G-O (DR) 4:00 Uno!	<b>27 Chocolate Cake Day</b> 10:15 Pokeno! (AR) 2:15 Chocolate cake social (AR) 3:00 Rummikub w/Friends (AR) 4:00 Puzzle hr
<b>28</b> 10:00 Heights Worship Service (DR) 11:00 Catholic Prayer and Communion 2:30 Independent Table Games 3:30 Sunday Trinity Broadcast (Ch.57)	<b>29</b>  10:15 Daily Chronicle & coffee by the fireplace 11:00 Chair yoga & meditation 2:00 Hot Chocloate social <b>3:00 B-I-N-G-O (DR)</b> 4:00 Puzzle hr 6:00 Monday Nightt Football	<b>30</b> <b>10:15 Group Bible Study w/Robert Hudson (AR)</b> 11:00 Tai Chi <b>2:00 Bingo Market!</b> 3:00 Rummikub Group (AR) 4:00 Tuesday trivia	<b>31</b>  10:15 Jewelry Class 11:00 Walking club <b>2:00 Res. Council Meeting!</b> 3:00 B-I-N-G-O (DR) 4:00 Aroma therapy & hand massages			<b>Activities Are Subject To Change Without Notice</b>








# The Haven Lifestyles Calendar



SUN	MON	TUE	WED	THU	FRI	SAT
<b>MAP LEGEND</b> <b>L-Lounge</b> <b>B-Bistro</b> <b>DR-Dining Room</b> <b>AL-Assisted Living</b> <b>H-Healthcare</b>	<b>1 New Years Day</b> 10:15 Wellness Exercises (B) 10:30 Bingo Group (B) 11:00 New Year Reminiscing (B) 1:30 Domino Group (L) 2:30 Card Game UNO (B) 3:00 Jigsaw Puzzle Solving (B)	<b>2</b> 10:15 Devotional with Chaplain John Bender (B) 11:30 News Highlights (L) 2:00 Chicken Foot (B) 3:00 Rummikub (B) 4:00 Coffee and Chat (B)	<b>3 Beauty Shop Day</b> 10:00 Wellness Exercises (B) 10:15 Doughnuts w/Coffee (B) 11:00 Faithful Pet Paws (H) 1:30 Card Games (B) 3:00 Bingo Amada Hospice (DR) 	<b>4</b> 10:15 Wellness Exercise (B) 10:30 Pokeno (B) 2:00 Domino Group (B) 3:30 Group Crossword Puzzle Solving (B) 4:00 Current Events (L)	<b>5</b> <b>10:15 Entertainment by The Ivory Touch (DR)</b> 1:15 New and Views (B) 2:15 Ice Cream Social (L) 3:00 Bingo (B) 4:00 Group Puzzle Solving (B)	<b>6</b> <b>10:15 Mark Bruni on Piano</b> 2:15 Jenga (DR) 3:00 Rummikub (AR) 4:00 Independent Word Word Search (AR)
<b>7</b> 9:00 Haven Church Service 11:00 Catholic Visits with Prayer and Communion (H) 1:30 Table Games (B)	<b>8 Manicure &amp; Pedicures by Amparo</b> 10:15 Wellness Exercises (B) 10:30 Bingo Group (B) 1:30 Domino Group (L) 2:00 Hot Chocolate Bar (L) 3:00 Jigsaw Puzzle Solving (B)	<b>9</b> 10:15 Devotional with Chaplain John Bender (B) 11:15 Res. Council Meeting (B) 2:00 Chicken Foot (B) 3:00 Rummikub (B) 4:00 Coffee and Chat(B)	<b>10 Beauty Shop Day</b> 10:30 Bingo with Prizes (DR) 1:30 Card Games (B) 2:00 Hot Chocolate Social HR. 3:15 Jewelry Craft (B) 3:30 Crosswird Puzzle Solving (B)	<b>11</b> 10:30 News and Views (L) 11:00 Pokeno Group (B) 1:30 Domino Group (B) 2:30 Group Puzzle Solving Solving (B) 4:00 Current Events (L)	<b>12</b> <b>10:15 Simon Gongora and Puppet Elvis Show (DR)</b>  11:15 Current Events (DR) 2:15 Ice Cream Social (L) 3:00 Bingo (DR) 4:00 Group Puzzle Solving (B)	<b>13</b> <b>10:15 Mark Bruni on Piano</b> 1:30 Rummikub (DR) 3:00 Bingo (DR) 4:00 Fireplace Chat with Friends (AL)
<b>14</b>  9:00 Haven Church Service 11:00 Catholic Visits with Prayer and Communion (H) 1:30 Table Games (B)	<b>15 Martin Luther King Jr. Day</b> 10:15 Wellness Exercises (B) 10:30 Pokeno Group (B) 1:30 Domino Group (L) 2:30 Card Game Uno (B) 3:00 Puzzle Solving (B)	<b>16</b>  10:15 Devotional with Chaplain John Bender (B) 11:30 News Highlights (L) 2:00 Chicken Foot (B) 3:00 Rummikub (B) 4:00 Coffee and Chat (B)	<b>17 Beauty Shop Day</b> 10:00 Wellness Exercises (B) 10:15 Doughnuts w/Coffee (B) 11:00 Faithful Pet Paws (H) 1:30 Card Games (B) 3:00 Bingo (DR) 	<b>18</b>  10:30 News and Views (L) 11:00 Pokeno Group (B) 1:30 Domino Group (B) 2:30 Group Puzzle Solving Solving (B) 4:00 Current Events (L)	<b>19</b> <b>10:15 Entertainment by Danette McMahon (DR)</b> 2:15 Ice Cream Social (L) 3:00 Bingo Group (DR) 3:15 Rummikub Group (B) 4:00 Group Puzzle Solving (B)	<b>20</b> <b>10:15 Mark Bruni on Piano (AL)</b> 1:30 Rummikub (AR) 3:00 Piano by Sarah (AR)
<b>21</b> 9:00 Haven Church Service (B) 11:00 Catholic Visits with Prayer and Communion (H) 1:30 Table Games (B)	<b>22</b> 10:15 Wellness Exercises (B) 10:30 Bingo Group (B) 1:30 Domino Group (L) 2:30 Card Game Uno (B) 3:00 Jigsaw Puzzle Solving (B)	<b>23</b> 10:15 Devotional with Chaplain John Bender (B) 11:30 News Highlights (L) 2:00 Chicken Foot (AL) 3:00 Rummikub Group (B) 4:00 Coffee and Chat	<b>24 Beauty Shop Day</b> 10:15 Wellness Exercises (B) 10:30 Bingo Group (B) 1:30 Domino Group (L) <b>2:00 Parkway Place Choir (DR)</b> 3:00 Group Crossword Puzzle Solving (B)	<b>25</b> 10:15 Wellness Exercises (B) 10:30 News and Views (B) 11:00 Pokeno Group (B) <b>2:15 Birthday Social by Curtis Nickelson (DR)</b> 3:00 Current Events (B)	<b>26</b> <b>10:00 "Rockin Rodney" (DR)</b> 11:15 News and Views (L) 2:15 Ice Cream Social (L) 3:00 Bingo (AL) 4:00 Group Puzzle Solving (B)	<b>27 Chocolate Cake Day</b> <b>10:15 Mark Bruni on Piano (AL)</b> 2:15 Chocolate cake social (AL) 3:00Rummikub w/Friends (AR) 4:00 Puzzle Hour (B)
<b>28</b> 9:00 Haven Church Service (B) 11:00 Catholic Visits with Prayer and Communion (H) 1:30 Table Games (B)	<b>29</b> 10:15 Wellness Exercises (B) 10:30 Bingo Group (B) 1:30 Domino Group (L) 2:30 Card Game Uno (B) 3:00 Puzzle Solving (B)	<b>30</b> 10:15 Devotional with Chaplain John Bender (B) 11:30 News Highlights (L) 2:00 Chicken Foot (B) 3:00 Rummikub Group (B) 4:00 Coffee and Chat (B)	<b>31 Beauty Shop Day</b> 10:00 Wellness Exercises (B) 10:00 Doughnuts w/Coffee (B) 11:00 Faithful Pet Paws (H) 1:30 Card Games (B) 3:00 Bingo (L)			



# The Harbor Lifestyles Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>Activities Are Subject To Change Without Notice</b></p>	<p><b>1</b></p> <p>10:00 New Year Trivia  <b>11:00 Rose Bowl Parade</b>  <b>1:45 Gospel Sing along. by Charlotte</b>            2:00 Wine &amp; Cheese Social            5:00 Wind Down Music  <b>Happy New Year</b></p>	<p><b>2</b></p> <p>10:00 Wheel of Fortune Game            2:00 New Year Resolution Chat w/Snack            3:00 Indoor Balloon Toss            3:30 Men Checker Game            4:30 Dinner w/Music</p>	<p><b>3</b></p> <p><b>10:00 Devotion w/Chaplin John</b>  <b>10:30 Faithful Paws Pet Visit</b>            2:00 Aroma Cookie Baking  <b>3:00 Bingo Spectacular</b>            5:30 Classical Music</p>	<p><b>4</b></p> <p><b>10:00 Beauty Shop</b>  <b>11:00 National Trivia Day</b>            2:00 Easy Scrabble            3:30 Bingo Fun            4:30 Dinner w/Music</p>	<p><b>5</b></p> <p><b>10:15 Entertainment by Touch of Ivory</b>            2:15 Ice cream Social            2:30 School Days Reminisce            4:30 Dinner w/Music</p>	<p><b>6</b></p> <p>10:30 Name that Tune by Mark            1:30 Rummikub (DR)            3:00 Bingo (DR)            4:00 Holiday Word Search (AR)</p>
<p><b>7</b></p> <p>10:00 Sunday Worship w/Tallowood Church            2:00 Sunday Movie Classic            3:30 Virtual Vesper Service (Ch 2)            6:00 Gospel Serenade</p>	<p><b>8</b></p> <p>10:15 Musical Bingo            11:00 Weightlifting Exercise  <b>2:00 Resident Council Talk</b>            3:15 Pokeno Card Game            4:30 Dinner w/Music</p>	<p><b>9</b></p> <p><b>10:00 Fancy Nails by Amparro</b>            11:00 Group color Match Socks            2:00 Brain Teasers Puzzle Cube            3:30 Easy Scrabble            4:30 Dinner w/Music</p>	<p><b>10</b></p> <p><b>10:00 Devotion w/Chaplain John</b>            2:00 Aroma Bread Baking            3:00 Easy Craft Breatlet            4:30 Dinner w/Music</p>	<p><b>11</b></p> <p><b>10:00 Beauty Shop</b>            11:00 Word Categories            2:00 Group Laundry Folding            2:30 Bingo Fun            4:40 Dinner w/Music</p>	<p><b>12</b></p> <p><b>10:15 Simon Gongora and Puppet Elvis Show</b>  <b>10:15 Scenic Ride</b>            2:15 Ice cream Social            2:30 Group Dominoes            3:15 Group Laundry Folding            4:30 Dinner w/music</p>	<p><b>13</b></p> <p><b>10:15 Name That Tune w/Mark</b>            1:30 Hot Chocolate Social            2:30 Wheel of Fortune            3:30 Rummikub w/Friends            6:00 Hallmark Movie Hour</p>
<p><b>14</b></p> <p>10:00 Sunday Worship w/Tallowood Church            2:00 Sunday Movie Classic            3:30 Virtual Vesper Service (Ch 2)            6:00 Sunday Serenade</p>	<p><b>15</b></p> <p>  <b>10:15 Martin Luther Trivia</b>            2:00 Table Talk w/ Snacks.  <b>2:15 I have a dream speech</b>  <b>3:00 Match Finding Card Game</b>            4:30 Dinner w/Music</p>	<p><b>16</b></p> <p>10:00 Wheel of Fortune            2:00 Resident Snack Time            2:30 Group Watercolor Art            3:00 Pokeno Card Game            4:30 Dinner w/Music</p>	<p><b>17</b></p> <p>10:00 Devotion w/Chaplain John  <b>10:30 Faithful Paws Pet Visit</b>            11:00 Senior Trivia            2:00 Dump Cake Baking            3:00 Picture Difference</p>	<p><b>18</b></p> <p><b>10:00 Beauty Shop</b>            11:00 Senior Trivia            2:00 Easy Scrabble            3:30 Bingo Fun            4:30 Dinner w/Music</p>	<p><b>19</b></p> <p><b>10:15 Entertainment by Danette</b>            2:15 Ice Cream Social            2:30 Christmas Dot to Dot Art            3:15 Laugh w/Lucy</p>	<p><b>20</b></p> <p>10:15 Name That Tune w/Mark (DR)            1:30 Rummikub w/Friends (AR)            3:00 Bingo with Prizes (DR)            4:00Current Events (AR)</p>
<p><b>21</b></p> <p>10:00 Sunday Worship w/Tallowood Church            2:00 Sunday Movie Classic            3:30 Virtual Vesper Service (Ch 2)            6:00 Gospel Serenade</p>	<p><b>22</b></p> <p>10:00 Musical Bingo            2:00 Neighborly Chat w/Snack            2:00 Chutes &amp; Ladder Game            3:15 Read Along Group            4:30 Dinner w/Music</p>	<p><b>23</b></p> <p>10:00 Wheel of Fortune Game            2:00 Nutritional Facts w/Snack            2:30 Color by Number            3:30 Easy Scrabble Game            4:30 Dinner w/Music</p>	<p><b>24</b></p> <p><b>10:00Devotionw/Chaplin John</b>            11:00 Senior Trivia  <b>2:00 Parkway Place Choir</b>            3:30 Your Christmas Tradition            4:30 Dinner w/Music</p>	<p><b>25</b></p> <p><b>10:00 Beauty Shop</b>            11:00 Random Trivia  <b>2:15 Birthday Social</b>  <b>Entertainment by Curtis</b>            3:00 Bingo Fun            4:00 Dinner w/Music</p>	<p><b>26</b></p> <p><b>10:00 Entertainment by Rodney</b>            2:15 Coke Float            2:30 Group Dominoes            4:30 Dinner w/Music</p>	<p><b>27</b></p> <p>10:15 Pokeno            2:00 Rummikub            3:00 Christmas bingo            4:00 Independent Word Puzzle</p>
<p><b>28</b></p> <p>10:00 Sunday Worship w/Tallowood Church            2:00 Sunday Movie Classic            3:30 Virtual Vesper Service (Ch 2)            6:00 Sunday Serenade</p>	<p><b>29</b></p> <p>10:00 Musical Bingo            2:00 Dating Reminisce Chat w/Snack            2:00 Group Dominoes            3:15 Roll six dice Game            4:30 Dinner w/Music</p>	<p><b>30</b></p> <p>10:00 Wheel of Fortune Game            2:00 Trivia w/Snack            2:30Dot to Dot Art            3:30 Pokeno Card Game            4:30 Dinner w/Music</p>	<p><b>31</b></p> <p>10:00 Group Volleyball            11:0 Random Trivia  <b>2:00 National Hot Chocolate Day Social</b>            3:00 Group Dominoes            4:30 Dinner w/Music</p>	<p></p>	<p></p>	<p></p>