

January 2019

Governor King

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Happy New Year</i>		1 10:00 Coffee & Chat 10:30 Travel Video 11:00 Exercise & Hydration 1:30 Reading with Bill 2:30 Documentary 4:30 Stretch your Muscles 6:00 Relaxation & Music	2 10:00 Coffee & Chat 10:30 Travel Video 11:00 Exercise & Hydration 1:30 Arts and Crafts 3:00 Card games 4:30 Stretch your Muscles 6:00 Relaxation & Music	3 10:00 Coffee & Chat 10:30 Travel Video 11:00 Exercise & Hydration 1:45 Scenic Ride 3:00 Creative Coloring 4:30 Stretch your Muscles 6:00 Relaxation & Music	4 10:00 Coffee & Chat 10:30 Travel Video 11:00 Exercise & Hydration 2:00 Ice Cream Social/ Birthday party! 4:00 Stretching & Hydration 6:00 Relaxation & Music	5 10:00 Coffee & Chat 10:30 Travel Video 11:00 Exercise & Hydration 2:00 Baking with Heather 3:00 Snack & Hydration 4:00 Stretching 6:00 Relaxation & Music
6 10:00 Words of hope, Hymns & Sermons 11:00 Exercise & Hydration 1:00 Movie Matinee 3:00 Arts and crafts with Heather 4:30 Stretch your Muscles 6:00 Relaxation & Music	7 10:00 Coffee & Chat 10:30 Travel Video 11:00 Exercise & Hydration 1:45 Scenic Ride 3:30 Hand Massages 4:30 Stretch your Muscles 6:00 Relaxation & Music	8 10:00 Coffee & Chat 10:30 Travel Video 11:00 Exercise & Hydration 1:30 Reading with Bill 3:15 Sue & Blue Jazz 4:30 Stretch your Muscles 6:00 Relaxation & Music	9 10:00 Coffee & Chat 10:30 Travel Video 11:00 Exercise & Hydration 1:30 Nail Salon 3:00 Hangman 4:30 Stretch your Muscles 6:00 Relaxation & Music	10 10:00 Coffee & Chat 10:30 Travel Video 11:00 Exercise & Hydration 1:45 Scenic Ride 3:00 Happy Hour 4:30 Stretch your Muscles 6:00 Relaxation & Music	11 10:00 Coffee & Chat 10:30 Travel Video 11:00 Exercise & Hydration 2:00 Ice Cream Social 3:00 Old time Shows 4:30 Stretch your Muscles 6:00 Relaxation & Music	12 10:00 Coffee & Chat 10:30 Travel Video 11:00 Exercise & Hydration 2:00 Movie Matinee 3:00 Snack & Hydration 4:00 Stretching 6:00 Relaxation & Music
13 10:00 Words of hope, Hymns & Sermons 11:00 Exercise & Hydration 1:00 Movie Matinee 3:00 Arts and crafts 4:30 Stretch your Muscles 6:00 Relaxation & Music	14 10:00 Coffee & Chat 10:30 Travel Video 11:00 Exercise & Hydration 1:45 Scenic Ride 3:30 Bingo 4:30 Stretch your Muscles 6:00 Relaxation & Music	15 10:00 Coffee & Chat 10:30 Travel Video 11:00 Exercise & Hydration 1:30 Reading with Bill 2:30 Documentary 4:30 Stretch your Muscles 6:00 Relaxation & Music	16 10:00 Coffee & Chat 10:30 Travel Video 11:00 Exercise & Hydration 1:30 lets make playdough 3:00 Fun with Sharon Wright 4:30 Stretch your Muscles 6:00 Relaxation & Music	17 10:00 Coffee & Chat 10:30 Travel Video 11:00 Exercise & Hydration 1:45 Scenic Ride 3:00 Creative Coloring 4:30 Stretch your Muscles 6:00 Relaxation & Music	18 10:00 Coffee & Chat 10:30 Travel Video 11:00 Exercise & Hydration 2:00 Ice Cream Social 3:00 Old time Shows 4:30 Stretch your Muscles 6:00 Relaxation & Music	19 Happy Birthday Marjorie 10:00 Coffee & Chat 10:30 Travel Video 11:00 Exercise & Hydration 2:00 Baking with Heather 3:00 Snack & Hydration 4:00 Stretching 6:00 Relaxation & Music
20 10:00 Words of hope, Hymns & Sermons 11:00 Exercise & Hydration 1:00 Movie Matinee 3:00 Arts and crafts with Heather 4:30 Stretch your Muscles 6:00 Relaxation & Music	21 10:00 Coffee & Chat 10:30 Travel Video 11:00 Exercise & Hydration 1:45 Scenic Ride 3:30 Hand Massages 4:30 Stretch your Muscles 6:00 Relaxation & Music	22 10:00 Coffee & Chat 10:30 Travel Video 11:00 Exercise & Hydration 1:30 Reading with Bill 2:30 Movie Matinee 4:30 Stretch your Muscles 6:00 Relaxation & Music	23 10:00 Coffee & Chat 10:30 Travel Video 11:00 Exercise & Hydration 1:00 Outing 3:00 Puzzles 4:30 Stretch your Muscles 6:00 Relaxation & Music	24 10:00 Coffee & Chat 10:30 Travel Video 11:00 Exercise & Hydration 1:45 Scenic Ride 3:00 Happy Hour 4:30 Stretch your Muscles 6:00 Relaxation & Music	25 10:00 Coffee & Chat 10:30 Travel Video 11:00 Exercise & Hydration 2:00 Ice Cream Social 3:00 Old time Shows 4:30 Stretch your Muscles 6:00 Relaxation & Music	26 10:00 Coffee & Chat 10:30 Travel Video 11:00 Exercise & Hydration 2:00 Movie Matinee 3:00 Snack & Hydration 4:00 Stretching 6:00 Relaxation & Music
27 10:00 Words of hope, Hymns & Sermons 11:00 Exercise & Hydration 2:30 Fun with Mike McCar- thy 4:30 Stretch your Muscles 6:00 Relaxation & Music	28 10:00 Coffee & Chat 10:30 Travel Video 11:00 Exercise & Hydration 1:45 Scenic Ride 3:30 Bingo 4:30 Stretch your Muscles 6:00 Relaxation & Music	29 10:00 Coffee & Chat 10:30 Travel Video 11:00 Exercise & Hydration 1:30 Reading with Bill 3:15 Jose Duddy 4:30 Stretch your Muscles 6:00 Relaxation & Music	30 10:00 Coffee & Chat 10:30 Travel Video 11:00 Exercise & Hydration 1:30 Nail Salon 3:00 Card games 4:30 Stretch your Muscles 6:00 Relaxation & Music	31 10:00 Coffee & Chat 10:30 Travel Video 11:00 Exercise & Hydration 1:45 Scenic Ride 3:00 Creative Coloring 4:30 Stretch your Muscles 6:00 Relaxation & Music		