

Independent Living January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
KEY Black=Regular Events Red=Special on Campus Green=Off Campus			2 9:30am YMCA 10am Exercise 11am Bible Study 11am Men's Balance/Weight Class 12:30pm Bridge 1pm New Year's Resolution Walk 1:30pm Corn Hole 2:30pm Balance Class 4:30pm Sing-Along, Bistro 5pm Out to dinner at Backyard Pizza 6:15pm Bingo	3 10am Exercise 10am WesBanco 1pm Movie Matinee- "Woman in Gold" 1pm Tai Chi 1:30pm Pool Shots 4pm Communion Service	4 9:30am YMCA 10am Exercise 11am Men's Balance/Weight Class 1pm Seamstress 1pm Hearing Aid Check 1:30pm Corn Hole 6:15pm Movie- "The King and I"	5 12:30pm Bridge 6:15pm Bingo
6 11am Mass with Monsignor Luciana 1:30pm Worship Service with Skip Seibel, First Presbyterian 2pm FUMC Communion	7 9:30am YMCA 10am Exercise 11am Huntington Federal 1pm Todd Chow Tech Support 1:30pm Corn Hole 2:30pm Balance Class 4pm Meditation	8 10am Exercise 10:30am Bible Study 10:30am MU Lifelong Learning Lecture @ Woodlands 1pm Knitting Circle 1pm Chair Yoga 1pm Target Plaza 3:45pm Mindfulness Class	9 9:30am YMCA 10am Exercise 11am Bible Study 11am Men's Balance/Weight Class 12:30pm Bridge 1:30pm Corn Hole 2:30pm Balance Class 4:30pm Sing-Along, Bistro 6:15pm Bingo	10 10am Exercise 10am WesBanco 1pm Tai Chi 1:30pm Pool Shots 4pm Communion Service 5pm Out to dinner at Main Street on Central	11 9:30am YMCA 10am Exercise 11am Men's Balance/Weight Class 1pm Walmart Trip 1:30pm Corn Hole 3:30pm Welcome Committee 6:15pm Movie- "Legends of the Fall"	12 12:15pm Mall Cinema for Opera 12:30pm Bridge 1pm DAR Event 6:15pm Bingo 6:30pm MU Basketball
13 11am Mass with Monsignor Luciana 1:30pm Worship Service with Mackey Gaskin, 1st Baptist Kenova	14 9:30am YMCA 10am Exercise 11am Huntington Federal 1pm YouTube Journeys 1pm Todd Chow Tech Support 1:30pm Corn Hole 2:30pm Balance Class 6pm Marshall Monday	15 10am Exercise 10:30am Bible Study 12-2pm MU Emeritus Club 12:30pm Mexican Train Dominoes 1pm Knitting Circle 1pm Chair Yoga 1pm Kroger 3:45pm Mindfulness Class	16 9:30am YMCA 10am Exercise 11am Bible Study 11am Men's Balance/Weight Class 12:30pm Bridge 1:30pm Corn Hole 2:30pm Balance Class 3pm Resident Council 4pm Marshall Music 4:30pm Sing-Along, Bistro 5pm Out to dinner at Navarino Bay 6:15pm Bingo	17 9am Teays Valley Mix Factory Tour 10am Exercise 10am WesBanco 1pm Tai Chi 1:30pm Pool Shots 4pm Communion 6:30pm MU Basketball	18 9:30am YMCA 10am Exercise 11am-2pm Woodlands' Quilt Show 11am Men's Balance/Weight Class 1pm Seamstress 1:30pm Corn Hole 6:15pm Movie- "Camelot"	19 12:30pm Bridge 6:15pm Bingo 6:30pm MU Basketball
20 11am Mass with Monsignor Luciana 1:30pm Worship Service with David Richards, retired Presbyterian Minister	21 9:30am YMCA 10am Exercise 11am Huntington Federal 11am Activities Committee 1pm Todd Chow Tech Support 1:30pm Corn Hole 2:30pm Balance Class	22 10am Exercise 10:30am Bible Study 1pm Knitting Circle 1pm Chair Yoga 5pm Out to dinner at The Peddler	23 9:30am YMCA 10am Exercise 11am Bible Study 11am Men's Balance/Weight Class 12:30pm Bridge 1:30pm Corn Hole 2:30pm Balance Class 3pm Community Meeting 4:30pm Sing-Along, Bistro 6:15pm Bingo	24 10am Exercise 10am WesBanco 11am Book Club 1pm Tai Chi 1pm Movie Matinee, "Urban Cowboy" 1:30pm Pool Shots 4pm Communion	25 9:30am YMCA 10am Exercise 11am Men's Balance/Weight Class 1pm Sarka Kauffmann Jewelers 1:30pm Corn Hole 5pm Social Hour 5:30pm Birthday Dinner 6:30pm Entertainment- John Eric Booth	26 12:30pm Bridge 6:15pm Bingo
27 11am Mass with Monsignor Luciana 1:30pm Worship Service with Richard Sexton, Lewis Memorial Baptist	28 9:30am YMCA 10am Exercise 11am Huntington Federal 1pm YouTube Journeys 1pm Todd Chow Tech Support 1:30pm Corn Hole 2:30pm Balance Class 4pm United Way Presentation 6:45pm Marshall Artists Series	29 10am Exercise 10:30am Bible Study 1pm Knitting Circle 1pm Chair Yoga 1pm Amedisys Presentation 3:45pm Mindfulness Class	30 9:30am YMCA 10am Exercise 11am Bible Study 11am Men's Balance/Weight Class 12:30pm Bridge 1:30pm Corn Hole 6:15pm Bingo	31 10am Exercise 10am WesBanco 1pm Tai Chi 1:30pm Pool Shots 4pm Communion 5pm Out to dinner at Jewel City Seafood		

Healthcare January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Rose Bowl Parade in Neighborhoods 12-1pm Piano with Margaret, Dining Room 	2 Exercise 10:30-11:00am Packing up Christmas 2-4:30pm	3 Exercise 10:30-11:00am Resident Council 2:30-3pm Refreshments 3-3:30pm	4 Exercise 10:30-11:00am Movie Matinee, "Mamma Mia-Here We Go Again!" 2-4pm	5 Coffee & News 10:30-11:30am Word Jumble 11:30-11:45am Bingo 2-3pm
6 Worship w/ Chaplain Jennifer 2:30-3:15pm	7 Exercise 10:30-11am UNO Cards 2-3pm	8 Exercise 10:30-11:00am Bible Study 11-11:45am Winter Pinecone Birdfeeders 2-3pm Pretty Nails 3:30-4pm	9 Exercise 10:30-11:00am Walmart Trip 1-4pm	10 Exercise 10:30-11:00am Snow Ball Fight 2-2:30pm Hot Cocoa & Trivia 2:30-3pm	11 Exercise 10:30-11:00am Movie Matinee, "Bean Movie-The Ultimate Disaster" 2-4pm	12 Coffee & News 10:30-11:30am Word Jumble 11:30-11:45am Bingo 2-3pm
13 Worship w/ Chaplain Jennifer 2:30-3:15pm	14 Exercise 10:30-11am Word Jumble 2-3pm	15 Exercise 10:30-11:00am Bible Study 11-11:45am Sugar Scrub 2-3pm Pretty Nails 3:30-4pm	16 Exercise 10:30-11:00am Music with Jessica 2-3pm	17 Exercise 10:30-11:00am Coffee, Cookies & Trivia 2-3pm	18 Exercise 10:30-11am Movie Matinee, "The Great Gilly Hopkins" 2-4pm	19 Coffee & News 10:30-11:30am Word Jumble 11:30-11:45am Bingo 2-3pm
20 Worship & Communion w/ Chaplain Jennifer 2:30-3:15pm	21 Exercise 10:30-11am Stories with Marie 2-3pm	22 Exercise 10:30-11:00am Bible Study 11-11:45am Portrait Pins 2-3pm Pretty Nails 3:30-4pm	23 Exercise 10:30-11:00am Walmart Trip 1-4pm	24 Exercise 10:30-11:00am Bluegrass Music with Bobby Maynard 2-2:45pm	25 Exercise 10:30-11am Movie Matinee, "Batteries Not Included" 2-4pm Birthday Dinner with entertainment by John Eric Booth, 5-6pm	26 Coffee & News 10:30-11:30am Word Jumble 11:30-11:45am Bingo 2-3pm
27 Worship w/ Chaplain Jennifer 2:30-3:15pm	28 Exercise 10:30-11am Music Bingo 2-3pm	29 Exercise 10:30-11am Bible Study 11-11:45am Homemade Soap 2-3pm Pretty Nails 3:30-4pm	30 Exercise 10:30-11:00am Sachet Bags 2-3pm	31 Exercise 10:30-11:00am Noodle Ball 2-3pm		