



January 2021



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Jan 31 09:00 Morning Stroll w/Michelle FP 10:00 Resistance Exercise w/Michelle FC 11:00 Crossword Puzzle EC 01:30 Left, Right, Center w/Michelle PN 02:30 Daily Chronicles & Trivia PN 03:00 Non-Denominational Worship Service EC 04:00 Happy Hour FBB	03 09:00 Morning Stroll w/Michelle FP 10:00 Resistance Exercise w/Michelle FC 11:00 Crossword Puzzle EC 01:30 Left, Right, Center w/Michelle PN 02:30 Daily Chronicles & Trivia PN 03:00 Non-Denominational Worship Service EC 04:00 Happy Hour FBB	04 09:00 Morning Stroll w/Michelle FP 10:00 Sit & Be Fit w/Michelle FC 11:00 Noodle Ball EC 02:00 RESIDENT Council EC 04:00 Happy Hour FBB 06:30 Monday Night Documentary FBB	05 09:00 Morning Stroll w/Michelle FP 10:00 Resistance Exercise w/Michelle FC 11:00 Noodle Ball EC 02:00 RESIDENT Council EC 04:00 Happy Hour FBB 06:30 Monday Night Documentary FBB	06 09:00 Morning Stroll w/Michelle FP 10:00 Sit & Be Fit w/Michelle FC 11:00 Beach Ball Volleyball EC 01:30 Pet Therapy w/The Soccer Collies EC 02:00 Bingo EC 04:00 Happy Hour FBB	07 09:00 Morning Stroll w/Michelle FP 10:00 Resistance Exercise w/Michelle FC 11:00 Beach Ball Volleyball EC 01:30 Resident's Activity Meeting EC 02:30 Hearts w/Alison PN 03:00 Bible Study EC 04:00 Happy Hour-Craig Balden FBB	08 09:30 Daily Chronicles & Trivia FP 10:30 Sit & Be Fit with Rockie FC 11:00 Elvis Fun Facts and Virtual Tour of Graceland EC 01:30 Fact or Myth EC 02:30 Elvis's Snack Hour PN 04:00 Happy Hour w/ Elvis Music FBB 06:30 Friday Night Flick-FBB	09 09:30 Daily Chronicles & Trivia FP 10:30 American Sign Language with Norma Jean EC 11:30 Morning Stretch and Workout FC 01:30 Bingo EC 03:00 Resident Led-Hearts Card Game PN 04:00 Happy Hour FBB 06:15 Music w/ Pat and Alexa PN
10 09:00 Morning Stroll w/Michelle FP 10:00 Resistance Exercise w/Michelle FC 11:00 Crossword Puzzle EC 01:30 Left, Right, Center w/Michelle PN 02:30 Daily Chronicles & Trivia PN 03:00 Non-Denominational Worship Service EC 04:00 Happy Hour FBB	11 09:00 Morning Stroll w/Michelle FP 10:00 Sit & Be Fit w/Michelle FC 11:00 Noodle Ball FC 01:30 Bingo EC 03:00 You Be the Judge EC 04:00 Happy Hour FBB 06:30 Monday Night Documentary FBB	12 09:00 Morning Stroll w/Michelle FP 10:00 Resistance Exercise w/Michelle FC 11:00 Noodle Ball FC 01:30 Bingo EC 03:00 You Be the Judge EC 04:00 Happy Hour FBB 06:30 Monday Night Documentary FBB	13 09:00 Morning Stroll w/Michelle FP 10:00 Sit & Be Fit w/Michelle FC 11:00 Beach Ball Volleyball EC 01:30 Scrabble EC 02:30 Where in the World? SNACKS, Trivia & Facts FBB 03:00 Bible Study EC 04:00 Happy Hour-Randy Eugene FBB	14 09:00 Morning Stroll w/Michelle FP 10:00 Resistance Exercise w/Michelle FC 11:00 Beach Ball Volleyball EC 01:30 Bingo EC 03:00 Thursday Matinee w/ Popcorn-The Last Samurai EC 01:30 Left, Right, Center w/Michelle PN 04:00 Happy Hour FBB	15 09:30 Daily Chronicles & Trivia FP 10:30 Sit & Be Fit with Rockie FC 11:00 The Price is Right EC 01:30 Word Twist EC 02:00 "Floating into the Weekend" FBB 03:00 The Great Courses-Understanding the US Government EC 04:00 Happy Hour FBB	16 09:30 Chronicle Reading and Trivia FP 10:30 American Sign Language with Norma Jean FP 11:30 Morning Stretch and Workout FC 01:30 Bingo EC 03:00 Resident Led-LRC PN 04:00 Happy Hour FBB 06:15 Music w/ Pat and Alexa PN	
17 09:00 Morning Stroll w/Michelle FP 10:00 Resistance Exercise w/Michelle FC 11:00 Crossword Puzzle EC 01:30 Left, Right, Center w/Michelle PN 02:30 Daily Chronicles & Trivia PN 03:00 Non-Denominational Worship Service EC 04:00 Happy Hour FBB	18 Birthday of Martin Luther King, Jr. 09:00 Morning Stroll w/Michelle FP 10:00 Sit & Be Fit w/Michelle FC 11:00 Noodle Ball FC 01:30 Bingo EC 04:00 Happy Hour FBB 06:30 Monday Night Documentary-King:Man of Peace in a Time of War FBB	19 09:00 Morning Stroll w/Michelle FP 10:00 Resistance Exercise w/Michelle FC 11:00 Noodle Ball FC 01:30 Bingo EC 03:00 You Be the Judge EC 04:00 Happy Hour FBB 06:30 Monday Night Documentary-King:Man of Peace in a Time of War FBB	20 09:00 Morning Stroll w/Michelle FP 10:00 Food Meeting w/ Chef Bruce EC 10:00 Sit & Be Fit w/Michelle FC 11:00 Beach Ball Volleyball EC 02:00 Cooking Demo w/ Chef Bruce FBB 03:00 Bible Study EC 04:00 Happy Hour feat. Keith Coleman FBB	21 09:00 Morning Stroll w/Michelle FP 10:00 Resistance Exercise w/Michelle FC 11:00 Beach Ball Volleyball EC 01:30 Thursday Matinee w/ Popcorn-Our Souls at Night EC 01:30 Left, Right, Center w/Michelle PN 04:00 Happy Hour FBB	22 09:30 Daily Chronicles & Trivia FP 10:30 Sit & Be Fit with Rockie FC 11:00 Remember When EC 01:30 Name that Tune EC 02:30 Coffee Klatch with Alexa EC 04:00 Happy Hour FBB 06:30 Friday Night Flick-Resident's Choice FBB	23 09:30 Daily Chronicles & Trivia FP 10:30 American Sign Language with Norma Jean EC 11:30 Morning Stretch and Workout FC 01:30 Bingo EC 03:00 Resident Led-Hearts Card Game PN 04:00 Happy Hour FBB 06:15 Music w/ Pat and Alexa PN	
24 09:00 Morning Stroll w/Michelle FP 10:00 Resistance Exercise w/Michelle FC 11:00 Crossword Puzzle EC 01:30 Left, Right, Center w/Michelle PN 02:30 Daily Chronicles & Trivia PN 03:00 Non-Denominational Worship Service EC 04:00 Happy Hour FBB	25 09:00 Morning Stroll w/Michelle FP 10:00 Sit & Be Fit w/Michelle FC 11:00 Noodle Ball FC 01:30 Bingo EC 04:00 Happy Hour FBB 06:30 Monday Night TED Talk 21 Days of Happiness FBB	26 09:00 Morning Stroll w/Michelle FP 10:00 Resistance Exercise w/Michelle FC 11:00 Noodle Ball FC 01:30 Bingo EC 04:00 Happy Hour FBB 06:30 Monday Night TED Talk 21 Days of Happiness FBB	27 09:00 Morning Stroll w/Michelle FP 10:00 Sit & Be Fit w/Michelle FC 11:00 Beach Ball Volleyball EC 11:45 Men's Club PN 01:30 Happy Birthday Mozart EC 03:00 Bible Study EC 04:00 Happy Hour feat. Richie Bell FBB	28 09:00 Morning Stroll w/Michelle FP 10:00 Resistance Exercise w/Michelle FC 11:00 Beach Ball Volleyball EC 11:45 Men's Club PN 01:30 Happy Birthday Mozart EC 03:00 Bible Study EC 04:00 Happy Hour feat. Richie Bell FBB	29 09:30 Daily Chronicles & Trivia FP 10:30 Sit & Be Fit with Rockie FC 11:00 Name that Tune- Jazz EC 01:30 Veteran's Club w/ Beer & Cookies FBB 02:00 Women's Social Club EC 04:00 Happy Hour feat. John Provenza FBB	30 09:30 Chronicle Reading and Trivia EC 10:30 American Sign Language with Norma Jean EC 11:30 Morning Stretch and Workout FC 01:30 Bingo EC 03:00 Resident Led-LRC PN 04:00 Happy Hour FBB 06:15 Music w/ Pat and Alexa PN	



Meeting Places

EC Event Center
FP Front Porch
PN Promenade
FBB Fort Brooks Bar & Bistro
FC Fitness Center

Residents Birthday's

Harriet-2nd
Jack J.-25th
Forrest-29th

All activities are subject to change. Please check the daily sheet or the TV's for the most up to date information