

January 2023 Calendar

Independent Living - Life Enrichment & Wellness

New Beginnings

January Birthdays

Janice Gardner 1/1
Lorraine Hernandez 1/13
Mieke Van De Nobelen 1/16
Dot Modla 1/21
Frank Fieser 1/25
Polly Schuerg 1/25

Betty Walters 1/27
Ron Weisburg 1/27
Chick Williams 1/27
Barb Ingelse 1/29



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 2:00 Bird Watching - L 4:00 Vespers - HH	2 9:30 Healthy Upper Body - HH 1:30 Full Body Stretch - HH 2:30 Aqua Move & Groove - P 6:00 Movie - MT <i>Electric Horseman</i>	3 9:30 Healthy Lower Body - HH 11:00 Neurobics - MT 1:30 Balance/Core - HH 2:00 Bingo - HH 3:00 Sweet & Salty with Arzu-CR 3:00 Rummikub - 5L 6:30 - Hymn Sing - HH 7:00 Toastmasters - CR	4 9:30 Healthy Upper Body - HH 12:30 Balloon Volleyball HH 1:30 Full Body Stretch - HH 3:00 Church Service - HH 6:15 Winthrop Basketball	5 9:30 New Quarterly Physical Fitness Challenge - HH 11:00 Neurobics - MT 1:30 Balance/Core - HH 2:00 Outing to Heritage Forest For Deer Hunting	6 10:00 Water Walking & Stretch - P 11:00 Seated Tai Chi - CH 99 2:00 New Beginnings: Spiritual Goal Setting - CR 3:00 8-Ball Pool - 5L 6:00 Movie - MT	7 10:30 Choir Practice - HH 3:00 Rummikub - 5L 6:30 Bingo - HH
8 2:00 Bird Watching - L 3:00 Catholic Church Service - HH 4:00 Vespers - HH	9 National Law Enforcement Day 9:30 Healthy Upper Body - HH 11:00 Law Enforcement Appreciation Day Celebration - HH 11:00 Activity Committee Meeting - 4L 1:30 Full Body Stretch - HH 2:30 Aqua Move & Groove - P 6:00 Movie - MT	10 9:30 Healthy Lower Body - HH 10:00 Lou Ardrey Bible Study - HH 11:00 Neurobics - MT 1:30 Balance/Core - HH 2:00 Bingo - HH 3:00 Sweet & Salty - CR Hosting Krista Hayes, Lifelong Learning Coordinator 3:45 Library Bookmobile - L 6:30 - Hymn Sing - HH	11 9:30 Healthy Upper Body - HH 12:30 Balloon Volleyball HH 1:30 Full Body Stretch - HH 3:00 Church Service - HH 6:15 Winthrop Basketball	12 National Hot Tea Day 9:30 Healthy Lower Body - HH 11:00 Neurobics - MT 1:30 Balance/Core - HH 2:30 New Beginnings Tea Party-AS	13 10:00 Water Walking & Stretch - P 11:00 Seated Tai Chi - CH 99 3:00 Cornhole - HH 6:00 Movie - MT	14 10:30 Choir Practice - HH 3:00 Rummikub - 5L 6:30 Bingo - HH
15 1:30 Movies With Sharon - MT Jerry & Marge Go Large 2:00 Bird Watching - L 4:00 Vespers - HH	16 Martin Luther King Jr. Day 9:30 Healthy Upper Body - HH 1:30 Full Body Stretch - HH 2:30 Aqua Move & Groove - P 4:00 TED Talk - CR How to deconstruct racism, one headline at a time 6:00 Movie - MT	17 9:30 Healthy Lower Body - HH 10:00 Lou Ardrey Bible Study - HH 11:00 Neurobics - MT 1:30 Balance/Core - HH 2:00 Bingo - HH 3:00 Sweet & Salty with Arzu-CR 3:00 Rummikub - 5L 4:00 TED Talk - CR Diveristy in harmony 6:00 New Monthly MockTail Party with Emily Roland - L 6:30 - Hymn Sing - HH 7:00 Toastmasters - CR	18 9:30 Healthy Upper Body - HH 12:30 Balloon Volleyball HH 1:30 Full Body Stretch - HH 3:00 Church Service - HH 4:00 TED Talk - CR The importance of using inclusive language	19 Popcorn Day 9:30 Healthy Lower Body - HH 11:00 Neurobics - MT 1:30 Balance/Core - HH 2:30 David Domingo - L 4:00 TED Talk - CR The beauty and diversity of Muslim life	20 9:30 Donuts & Coffee - CB 10:00 Water Walking & Stretch - P 11:00 Perge Party - HH Play the White Elephant Game 11:00 Seated Tai Chi - CH 99 3:00 8-Ball Pool - 5L 4:00 TED Talk - CR The power of diveristy within your self 6:00 Movie - MT	21 10:30 Choir Practice - HH 1:15 Winthrop Basketball 3:00 Rummikub - 5L 6:30 Bingo - HH
22 2:00 Bird Watching - L 4:00 Vespers - HH	23 9:30 Healthy Upper Body - HH 1:30 Full Body Stretch - HH 2:30 Aqua Move & Groove - P 6:00 Movie - MT	24 9:30 Healthy Lower Body - HH 10:00 Lou Ardrey Bible Study - HH 11:00 Neurobics - MT 1:30 Balance/Core - HH 2:00 Bingo - HH 3:00 Sweet & Salty with Arzu-CR 3:00 Rummikub - 5L 3:45 Library Bookmobile - L 6:30 - Hymn Sing - HH	25 9:30 Healthy Upper Body - HH 12:30 Balloon Volleyball HH 1:30 Full Body Stretch - HH 3:00 Church Service - HH 6:15 Winthrop Basketball	26 Green Juice Day 9:30 Healthy Lower Body - HH 10:00 Organ Concert and Luncheon at Calvery Church 11:00 Neurobics - MT 1:30 Balance/Core - HH 2:00 Outing to Heritage Range For Nerf Target Practice	27 Fun at Work Day 10:00 Water Walking & Stretch - P 11:00 Seated Tai Chi - CH 99 Everyone Fits In Residents & Staff Diversity & Inclusion Program 2:00 - 4:00 Staff Olympics 2:00 Table Pool - 5L 2:30 Wheel of Fortune - MT 3:00 Giant Janga - HH 3:30 Cornhole - HH 6:00 Movie - MT	28 10:30 Choir Practice - HH 3:00 Rummikub - 5L 6:30 Bingo - HH
29 1:30 Movies With Sharon - MT My Father's Violin 2:00 Bird Watching - L 4:00 Vespers - HH	30 9:30 Healthy Upper Body - HH 1:30 Full Body Stretch - HH 2:30 Aqua Move & Groove - P 6:00 Movie - MT	31 9:30 Healthy Lower Body - HH 10:00 Lou Ardrey Bible Study - HH 11:00 Neurobics - MT 1:30 Balance/Core - HH 2:00 Bingo - HH 3:00 Sweet & Salty with Arzu-CR 3:00 Rummikub - 5L 6:30 - Hymn Sing - HH	# + L - #Floor Lounge. AS- Art Studio in the Lower Level CB - Coffee Bar in the Dining Room CH 99 - Channel 99 CR - Community Room CY - Courtyard DR - Dining Room GR - Garden Room in the Health Center HH - Heritage Hall L - Lobby LL - Lower Level MDR - Manor Dining Room	Helpful Reminders: The 4th Wednesday of every month at 9:00 am, we will provide transportation to B&K Nails for a toenail cut for \$10.00. <i>Signup at the bulletin board.</i> The Tower's bus can only accomodate 14 passengers. When signing up for outings each line represents one seat; please only one name per-line. If someone marks their name off that seat will be filled with the first alternate. Writing your name below the driver's does not create nor guarantee a seat on the bus. All activities on the calendar are subject to change. Check your weekly activities newsletter and bulletin board for additions, updates, changes and cancellations as well as a listing of movies for the week and programs airing on CH 99.		

Weekly and Bi-Weekly Errands

Every Monday
3:30 CVS, Walgreens, Dollar Tree

Every Wednesday
9:00 Food Lion & Publix

Every Thursday
1:30 Harris Teeter

Every Other Wednesday
2:00 Newport Walmart/Aldi/\$1 Tree
01/11 & 01/29