January 2019

4th Floor - TCU
Wellness Calendar

ACTIVITIES ARE SUBJECT TO CHANGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00 Resolutions We Can Keep (5DR) 10:00 Mass (CH) 12:30 New Year Hangman and Other Word Games (5DR) New Year's Day	**2** 9:45 Ball Toss (5DR) 10:15 Short Stories (5DR) 1:00 Mass (CH) 2:00 BINGO (5DR) 2:30 Senior Stretch (5DR) 3:00 Jerry on piano (5DR)	**3** Wellness Staff Meeting – no a.m. programs 1:00 Mass and Confession (CH) 2:00 Alaska – the 49th State (5DR) 2:30 Stretch to Music (5DR) 3:00 Shaving Cream Sculpting (5DR)	**4** 10:00 Music and Prayer with Bev (5DR) 10:45 Parachute Fun (5DR) 1:00 Mass (CH) 2:00 Soul Acoustics with Tome' (PVR) 3:15 Target Ball (5DR)	**5** 9:00 Balloon Toss (5DR) 10:00 Mass (CH) 12:45: Stretch to Music (5DR) 2:00 Bingo (2DR) 4:30 Weekly Calendar and Menu Distribution
6 9:00 Mass (CH) 10:45 Simple Stretch (5DR) 2:15 Movie: Fences, independent.	**7** National Bread Machine Month 9:30 Coffee Chat (5DR) 10:00 Protestant Service (CH) 1:00 Mass (CH) 2:00 Baking Bread (5DR) 2:45 Harlem Globe Trotters (5DR) 3:15 Basketball (5DR) 6:30 New Year's Party with the South Side Big Band! (CH)	**8** 9:45 Senior Stretch to Music (5DR) 10:00 Ring Toss (5DR) 1:00 Mass (CH) 2:00 Music and Birthday Party (5DR) 3:30 Current Events (5DR) 6:00 Lutheran Service (CH) 6:30 Hymn Sing (5DR)	**9** 9:30 This Day in History and Reminisce (5DR) 9:45 Coffee and Chat (5DR) 10:15 Balloon Volleyball (5DR) 1:00 Mass (CH) 2:00 Picture Bingo (5DR) 3:00 Jerry on piano (5DR)	**10** 9:45 Stretch to Music (5DR) 10:30 This Day in History and Reminisce (5DR) 1:00 Mass (CH) 2:00 SmartyPants Brainy Games (5DR) 2:45 Coffee and Chat (5DR)	**11** 10:00 Music and Prayer with Bev (5DR) 10:45 Senior Stretch (5DR) 1:00 Mass (CH) 2:00 Creativity Time with Artist Louse Nevelson (5DR) 2:30 Mid-day Senior Stretch (5DR) 3:00 Let's Make Mocktails! (5DR)	**12** 9:00 Balloon Toss (5DR) 10:00 Mass (CH) 12:45: Stretch to Music (5DR) 2:00 Bingo (2DR) 4:30 Weekly Calendar and Menu Distribution
13 9:00 Mass (CH) 10:45 Simple Stretch (5DR) 2:15 Movie: The Greatest Showman, independent	**14** 9:30 Coffee Chat (5DR) 10:00 Protestant Service (CH) 1:00 Mass (CH) 2:00 This Day in History and Reminisce (5DR) 2:30 Creativity Time (5DR)	**15** 9:45 Senior Stretch to Music (5DR) 10:15 Horse Race! (5DR) 1:00 Mass and Confession (CH) 2:00 Percussion Group (5DR) 3:00 Pictionary (5DR) 6:00 Lutheran Service (CH) 6:30 Hymn Sing (5DR)	**16** 9:30 This Day in History and Reminisce (5DR) 9:45 Ball Toss (5DR) 10:15 Short Stories (5DR) 1:00 Mass (CH) 3:00 Jerry on piano (5DR)	**17** 9:45 Stretch to Music (5DR) 10:30 This Day in History and Reminisce (5DR) 1:00 Mass (CH)	**18** 10:00 Music and Prayer with Bev (5DR) 10:45 Balloon Volleyball (5DR) 1:00 Mass (CH) 2:00 Table Ball with Lisa (5DR) 2:30 Mid-day Senior Stretch (5DR) 3:00 Winnie the Pooh Day with Laura! (5DR)	**19** 9:00 Balloon Toss (5DR) 10:00 Mass (CH) 12:45: Stretch to Music (5DR) 2:00 Bingo (2DR) 4:30 Weekly Calendar and Menu Distribution
20 9:00 Mass (CH) 10:45 Simple Stretch (5DR) 2:15 Movie: Castaway, independent	**21** 9:30Coffee Chat (5DR) 10:00 Protestant Service (CH) 1:00 Mass (CH) 2:00 Reminisce – Martin Luther King, Jr. Word Games and Crossword Puzzle(5DR) 2:45 Music with Bev (5DR) Martin Luther King Day Tu B'Shevat	**22** 9:45 Senior Stretch to Music (5DR) 10:15 Balloon Volleyball (5DR) 1:00 Mass and Confession (CH) 2:00 Small Group Yarn Balling (5DR) 3:00 Table Ball (5DR) 6:00 Lutheran Service (CH) 6:30 Hymn Sing (5DR)	**23** 9:30 This Day in History and Reminisce (5DR) 9:45 Ball Toss (5DR) 10:15 Short Stories (5DR) 1:00 Mass (CH) 2:00 Picture Bingo (5DR) 3:00 Jerry on piano (5DR)	**24** 9:45 Stretch to Music (5DR) 10:30 This Day in History and Reminisce (5DR) 1:00 Mass (CH) 2:00 World's Most Dangerous Polka Band (CH)	**25** 10:00 Music and Prayer with Bev (5DR) 10:45 Senior Stretch (5DR) 1:00 Mass (CH) 2:00 TGIF – Snack and Chat (5DR) 3:00 Music with Sandy on Piano! (5DR)	**26** 9:00 Balloon Toss (5DR) 10:00 Mass (CH) 12:45: Stretch to Music (5DR) 2:00 Bingo (2DR) 4:30 Weekly Calendar and Menu Distribution
27 9:00 Mass (CH) 10:45 Simple Stretch (5DR) 2:15 Movie: Star Wars, independent	**28** 9:30 Coffee Chat (5DR) 10:00 Protestant Service (CH) 1:00 Mass (CH) 1:45-2:30Face to Face Academy Visit (5DR) 2:30 Percussion with Bev (5DR) 3:15 Stretch to Music (5DR) Australia Day (observed)	**29** 9:45 Senior Stretch to Music (5DR) 10:00 Magazine Alphabet Scavenger Hunt 1:00 Mass (CH) 2:00 Wellness Time (5DR) 3:30 Ring Toss (5DR) 6:00 Lutheran Service (CH)	**30** 9:30 This Day in History and Reminisce (5DR) 9:45 Balloon Volleyball(5DR) 10:15 Short Stories (5DR) 1:00 Mass (CH) 2:00 Decorate Snowman Cookies (5DR) 3:00 Jerry on piano (5DR)	**31** 9:45 Stretch to Music (5DR) 10:30 This Day in History and Reminisce (5DR) 1:00 Mass (CH) 2:00 Small Group Yarn Balling (5DR) 3:00 Basketball (5DR)	**Protestant Service is available at 10:00 a.m. on the first four Mondays of the month in the Chapel.** **Lutheran Service is available 6:00 pm on Tuesdays in the Chapel.**	

CH=Chapel, 2DR=2nd Floor Dining Room, 5DR = 5th Floor Dining Room, PVR=Parkview Room Mail & Newspaper Delivery: Daily