






JANUARY 2019

Independent Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>POPCORN SALE FRIDAYS at 10:00 a.m.</p> 	<p>PLEASE REMEMBER TO MAKE MEDICAL APPOINTMENTS AT LEAST 24 HOURS IN ADVANCE.</p> 	<p>1</p> <p><i>Happy New Year</i></p> <p>10:00-MORNING CAFÉ 1:00-RUMMY 1:30-MOVIE-"THE SOUND OF MUSIC" 6:15-PINOCHLE (Round Tables)</p>	<p>2</p> <p>10:00-MORNING CAFÉ 10:30-ROUND THE CLOCK (Weather Permitting) 1:30-POKENO & HOT CHOCOLATE</p> 	<p>3</p> <p>9:00-BLOOD PRESSURE 10:00-MORNING CAFÉ 10:00-ECO CHIC BOUTIQUE DYER, IN 10:00-YOGA/STRETCHING 2 11:00-YOGA/STRETCHING 1 1:00-LET'S PLAY POOL 3:30-HAPPY HOUR w/Frank R</p>	<p>4 9:30-1:00-OPEN BRIDGE 9:30-BRAIN GAMES 10:00-MORNING CAFÉ 10:30-ARTS & CRAFTS WITH FRIENDS 11:00-PIANO w/Rich B 1:30-JEWISH SERVICE 2:00-BINGO 2:00-LET'S PLAY POOL 3:00-FLOWER ARRANGING 6:15-PINOCHLE</p>	<p>5 10:00-MORNING CAFÉ 1:00-TOSS UP/SCRABBLE 2:00-LET'S PLAY SHUFFLEBOARD 2:00-BINGO 3:00-PINOCHLE 6:30-RUMMIKUB</p>
<p>6 9:00-MUNSTER CHURCH 10:00-MORNING CAFÉ 10:00-ST. MARIA GORETTI 10:15-RIDGE UNITED 2:00-CHURCH SERVICE (A/L) 2:00-MOVIE (Great Room)</p>	<p>7 9:30-RESIDENT COUNCIL MEETING 10:00-MORNING CAFÉ 10:00-WALTS/BANKS 10:00-MUSCLE TONING L2 11:00-MUSCLE TONING L1 11:00-WALGREENS/CVS 1:00-PINOCHLE (Round Tables)</p>	<p>8 9:00-BLOOD PRESSURE 10:00-MORNING CAFÉ 10:00-YOGA/STRETCHING 2 11:00-YOGA/STRETCHING 1 11:00-CHORUS PRACTICE 1:00-Wii BOWLING 1:00-RUMMY 2:00-BINGO w/FANCY NANCY 3:30-REFORM CHURCH 6:15-PINOCHLE (Round Tables)</p>	<p>9 9:10-COMMUNION 10:00-MORNING CAFÉ 10:00-MUSCLE TONING L2 10:30-WORD GAME 11:00-MUSCLE TONING L1 1:00-BALANCE CLASS (A/L) 2:00-REFLECTIONS ON THE LAST 100 YEARS BY: BASSAM MADANY</p>	<p>10 9:00-BLOOD PRESSURE 10:00-MORNING CAFÉ 10:00-HIGHLAND PLAZA/ Meijer or Whole Foods/Bank 10:00-YOGA/STRETCHING 2 10:30-HAND MASSAGE/NAILS 11:00-YOGA/STRETCHING 1 11:00-HYMN SING 1:00-LET'S PLAY POOL 3:30-HAPPY HOUR w/Adam</p>	<p>11 9:30-1:00-OPEN BRIDGE 9:30-BRAIN GAMES 10:00-MORNING CAFÉ 10:30-MENTAL AEROBICS WITH FRIENDS 2:00-BINGO 2:00-LET'S PLAY POOL 6:15-PINOCHLE</p>	<p>12 10:00-MORNING CAFÉ 1:00-LCR or SCRABBLE 2:00-LET'S PLAY SHUFFLEBOARD 3:00-PINOCHLE 6:30-RUMMIKUB</p>
<p>13 9:00-MUNSTER CHURCH 10:00-MORNING CAFÉ 10:00-ST. MARIA GORETTI 10:30-WORD GAME 10:15-RIDGE UNITED 2:00-CHURCH SERVICE (A/L) 2:00-MEN OF A CHORD 3:00-BIBLE STUDY WITH JOEL NEDERHOOD "JOY TO THE WORLD"</p>	<p>14 10:00-MORNING CAFÉ 10:00-WALTS/BANKS 10:00-MUSCLE TONING L2 11:00-MUSCLE TONING L1 11:00-WALGREENS/CVS 1:00-PINOCHLE (Round Tables) 2:30-RESIDENT MEETING & HOSPITALITY GATHERING 6:30-ROSARY</p>	<p>15 9:00-BLOOD PRESSURE 10:00-MORNING CAFÉ 10:00-YOGA/STRETCHING 2 11:00-YOGA/STRETCHING 1 11:00-CHORUS PRACTICE 1:00-Wii BOWLING 1:00-RUMMY 1:30-LIBRARY TRIP 2:00-BINGO 6:15-PINOCHLE (Round Tables)</p>	<p>16 10:00-MORNING CAFÉ 10:00-MUSCLE TONING L2 10:30-TOSS UP 11:00-MUSCLE TONING L1 1:20-ROSARY 1:00-BALANCE CLASS (A/L) 2:00-CATHOLIC MASS 3:00-WELCOME GROUP</p>	<p>17 9:00-BLOOD PRESSURE 10:00-MORNING CAFÉ 10:00-WALMART/BANK 10:00-YOGA/STRETCHING 2 11:00-YOGA/STRETCHING 1 11:00-HYMN SING 1:00-THERAPEUTIC COLORING 1:00-LET'S PLAY POOL 3:30-HAPPY HOUR SING-A-LONG</p>	<p>18 9:30-1:00-OPEN BRIDGE 9:30-BRAIN GAMES 10:00-MORNING CAFÉ 10:30-ARTS & CRAFTS WITH FRIENDS 2:00-BINGO 2:00-LET'S PLAY POOL 6:15-PINOCHLE</p>	<p>19 10:00-MORNING CAFÉ 1:00-TOSS UP/SCRABBLE 2:00-LET'S PLAY SHUFFLEBOARD 2:00-BINGO 3:00-PINOCHLE 6:30-RUMMIKUB</p>
<p>20 9:00-MUNSTER CHURCH 10:00-MORNING CAFÉ 10:00-ST. MARIA GORETTI 10:15-RIDGE UNITED 2:00-CHURCH SERVICE (A/L) 2:00-MOVIE (Great Room)</p>	<p>21 10:00-MORNING CAFÉ 10:00-WALTS/BANKS 10:00-MUSCLE TONING L2 11:00-MUSCLE TONING L1 11:00-WALGREENS/CVS 1:00-PINOCHLE (Round Tables) 2:00-BIRTHDAY w/JJ 6:30-SHARING MEMORIES</p>	<p>22 9:00-BLOOD PRESSURE 10:00-MORNING CAFÉ 10:00-YOGA/STRETCHING 2 11:00-YOGA/STRETCHING 1 11:00-CHORUS PRACTICE 1:00-Wii BOWLING 1:00-RUMMY 2:00-BINGO & WINE 6:15-PINOCHLE (Round Tables)</p>	<p>23 9:10-COMMUNION 10:00-MORNING CAFÉ 10:00-MUSCLE TONING L2 10:30-LCR 11:00-MUSCLE TONING L1 1:00-BALANCE CLASS (A/L) 2:00-REFLECTIONS ON THE LAST 100 YEARS BY: BASSAM MADANY</p>	<p>24 9:00-BLOOD PRESSURE 10:00-MORNING CAFÉ 10:00-HIGHLAND PLAZA/ Meijer or Whole Foods/Bank 10:00-YOGA/STRETCHING 2 11:00-YOGA/STRETCHING 1 1:00-ASCENT HEARING 1:00-LET'S PLAY POOL 3:30-HAPPY HOUR w/David R</p>	<p>25 9:30-1:00-OPEN BRIDGE 9:30-BRAIN GAMES 10:00-MORNING CAFÉ 10:30-WORD GAME 2:00-BIG POT BINGO 2:00-LET'S PLAY POOL 6:15-PINOCHLE</p>	<p>26 10:00-MORNING CAFÉ 1:00-LCR or SCRABBLE 2:00-LET'S PLAY SHUFFLEBOARD 3:00-PINOCHLE 6:30-RUMMIKUB</p>
<p>27 9:00-MUNSTER CHURCH 10:00-MORNING CAFÉ 10:00-ST. MARIA GORETTI 10:15-RIDGE UNITED 2:00-CHURCH SERVICE (A/L) 2:00-MOVIE (Great Room) 3:00-BIBLE STUDY WITH JOEL NEDERHOOD "JOY TO THE WORLD"</p>	<p>28 10:00-MORNING CAFÉ 10:00-WALTS/BANKS 10:00-MUSCLE TONING L2 11:00-MUSCLE TONING L1 11:00-WALGREENS/CVS 1:00-PINOCHLE (Round Tables) 2:00-LINE DANCING 6:30-ROSARY</p>	<p>29 9:00-BLOOD PRESSURE 10:00-MORNING CAFÉ 10:00-YOGA/STRETCHING 2 11:00-YOGA/STRETCHING 1 11:00-CHORUS PRACTICE 1:00-Wii BOWLING 1:00-RUMMY 1:15-MAKING SANDWICHES 2:00-BINGO 6:15-PINOCHLE (Round Tables)</p>	<p>30 9:10-COMMUNION 10:00-MORNING CAFÉ 10:30-JENGA 10:00-MUSCLE TONING L2 11:00-MUSCLE TONING L1 1:00-BALANCE CLASS (A/L) 2:00-HUMANE SOCIETY ANIMAL EDUCATION</p>	<p>31 9:00-BLOOD PRESSURE 10:00-MORNING CAFÉ 10:00-SANDLER SHOE STORE LANSING, IL 10:00-YOGA/STRETCHING 2 11:00-YOGA/STRETCHING 1 11:00-HYMN SING 1:00-LET'S PLAY POOL 3:30-HAPPY HOUR w/J.T.</p>	<p>PLAY SCRABBLE, LCR, CHESS, CHECKERS, OR TOSS UP ON THE WEEKENDS.</p> <p>GAMES ARE AVAILABLE AT THE FRONT DESK.</p>	<p>BEAUTY SHOP Tuesday-Friday Hours by appointment Walk ins welcome</p> <p>GIFT SHOP HOURS Mon-Fri 10:00-Noon Sat 10:00 – 11:30 a.m.</p>