

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# January 2019

## Independent Living

### HAPPY NEW YEAR!

New Year's Day

		1	2	3	4	5
		9:00 Coffee Social Cafè <b>2:00 Bingo-DR</b> 2:00 Adult Coloring HH 2:00 Activity Committee HH 3:15 Bible Study*	9:00 Coffee Social Cafè 10:15 Worship Service*  2:00 Are You Smarter Than... - LAR 3:00 Happy Needles	9:00 Coffee Social Cafè 10:00 Exercise w/Jamie  <b>2:00 Donna Jean*</b> <b>5:30 Ice Cream Sundaes - Movie and games to follow - LAR</b>	9:00 Coffee Social Cafè   2:00 Po-Ke-No HH	9:00 Coffee Social Cafè   2:00 Bingo LAR
9:00 Coffee Social Cafè  2:30 Worship Service w/Carlisle Church of God	9:00 Coffee Social Cafè 10:00 Exercise w/Helen LAR  2:00 Wii Bowling LAR 2:00 The Card Factory HH  <b>7:00 Bingo w/ Camp Hill</b>	9:00 Coffee Social Cafè 9:15 Groceries - Rabbit  1:15 Choir Practice 2:00 Bible Study - LAR <b>2:00 Keyboard &amp; Tunes w/ Tom Edmondson*</b>	9:00 Coffee Social Cafè 10:00 Women's Bible Study LAR <b>2:00 Bingo w/Steve LAR</b> <b>2:00 "Songs from Memory Lane" w/ Sweet Life</b> 3:15 Bible Study* <b>7:00 Mountain View Mennonites</b>	9:00 Coffee Social Cafè 10:15 Worship Service*  3:00 Happy Needles	9:00 Coffee Social Cafè 10:00 Exercise w/Jamie  <b>5:30 Social Hour - Movie and games LAR</b>	9:00 Coffee Social Cafè   2:00 Po-Ke-No HH
2: 9:00 Coffee Social Cafè  30 Worship Service w/Communion	9:00 Coffee Social Cafè 10:00 Exercise w/Helen LAR  2:00 Wii Bowling LAR 2:00 The Card Factory HH  7:00 Bingo w/ Camp Hill	9:00 Coffee Social Cafè 9:15 Groceries - Rabbit  2:00 Embroidery w/ Carol "Past & Present"	9:00 Coffee Social Cafè  2:00 Winter Treats (room to room) 2:00 Adult Coloring HH 3:15 Bible Study*	9:00 Coffee Social Cafè 10:15 Worship Service*  1:30 Food Committee and Resident Council - LAR <b>2:00 Roy Hinson*</b> 3:00 Happy Needles	9:00 Coffee Social Cafè 10:00 Exercise w/Jamie  <b>5:30 Pizza night - Movie and games LAR</b>	9:00 Coffee Social Cafè   2:00 Po-Ke-No HH
9:00 Coffee Social Cafè  2:30 Worship Service w/Chaplain Bob Malick	9:00 Coffee Social Cafè 10:00 Exercise w/Helen LAR  2:00 Wii Bowling LAR 2:00 The Card Factory HH  <small>Martin Luther King Day Tu B'Shevat</small>	9:00 Coffee Social Cafè 9:15 Groceries - Rabbit  1:15 Choir Practice <b>2:00 Bible Study - LAR</b>	9:00 Coffee Social Cafè 10:00 Women's Bible Study LAR 2:00 Adult Coloring HH 3:15 Bible Study*	9:00 Coffee Social Cafè 10:15 Worship Service*  3:00 Happy Needles	9:00 Coffee Social Cafè  2:00 Hymn Sing w/ Kathy & Stacey 2:00 Fitness Friday w/Therapy - LAR <b>5:30 Hot-chee Dog night - Movie and games LAR</b>	9:00 Coffee Social Cafè   2:00 Bingo LAR
9:00 Coffee Social Cafè  2:30 Worship Service w/Chaplain Don March	9:00 Coffee Social Cafè 10:00 Exercise w/Helen LAR  2:00 Wii Bowling LAR 2:00 The Card Factory HH  <b>2:00 The Wheeler's*</b> <small>Australia Day (observed)</small>	9:00 Coffee Social Cafè 9:15 Groceries - Rabbit  1:15 Choir Practice <b>2:00 NEW EVENT - Movie Matinee - "The Ultimate Cruise Ship" - LAR</b>	9:00 Coffee Social Cafè  2:00 Root Beer Floats (room to room) 2:00 Adult Coloring HH 3:15 Bible Study*	9:00 Coffee Social Cafè 10:15 Worship Service*  <b>2:00 Birthday Party w/ Mick Cochran-DR</b> 3:00 Happy Needles	*In-house channel 956 <b>Please see reverse for detailed information</b> Activity Calendar subject to change	

## **JANUARY 2019 - INDEPENDENT LIVING DETAILED INFORMATION**

### **EVERY MONDAY AT 2 PM - THE CARD FACTORY - HOBBY HUT**

We have the materials to make beautiful cards with Stampin Up supplies. Come and learn how. The time is open ended so you can finish your project.

### **MOVIE MATINEE IS A NEW EVENT - ON 29<sup>TH</sup> THIS MONTH**

We will show documentary type movies on subjects that could range from Babies in Prison to The Last Man on the Moon. This month's movie will be about the construction of a Ultimate Crusie Ship. If you have ever cruised, you will enjoy this movie. If you haven't cruised, you will be amazed at the uniqueness of this ship. If you were in the Navy, you will wish your ship was like this one!!

### **Wii BOWLING ON MONDAY AFTERNOON**

We will soon be recruiting bowlers for the "annual" Wii Bowling event. This will be the last year we will bowl for Big Brothers Big Sisters. We would like to finish strong with a three-year total of \$20,000. We only need \$6,300 to do it. Next year we will ask the bowlers to suggest a new LOCAL charity to support.

### **EXERCISE CLASSES ON MONDAY AND FRIDAY**

Do you need to strengthen your arms or legs? Come to a seated chair exercise class with Helen and Jamie. You will have fun as you gain strength.

### **FITNESS FRIDAY WITH THERAPY**

The therapy department leads the class on the last Friday of the month at 2:00 in the afternoon. There is always an educational session about a relevant topic. You are welcome to suggest a topic for the group. Exercise follows.

### **GROCERY SHOPPING**

We are still waiting for the transportation problem to be solved at COGH. Until then, Rabbit Transit is still available for grocery shopping. You must be signed up with Rabbit and then placed on the grocery list. See Helen for details.

### **BIBLE STUDY ON THE SECOND AND FOURTH TUESDAY AT 2:00 PM**

Pastor Bob Malick conducts a Bible study in the Letort Activity Room and welcomes any who wish to increase your knowledge of the Bible. Currently they are studying the Gospel of John. There is lots of discussion. Pastor Bob say he won't scare you off.

### **WOMEN'S BIBLE STUDY - SECOND AND FOURTH WEDNESDAY AT 10:00 AM**

Katie Irwin welcomes all women to this Bible study. You will have an in-depth study. Listen and learn from Katie. The current study is on Pillipians.

### **ARE YOU SMARTER THAN...**

This is a FUN trivia game to jog your memory. You always have a partner and can blame him/her for not knowing the answer!! Come and enjoy the fun.

### **LOOKING AHEAD**

The Activity Committee is looking to schedule a trip to Bird-In-Hand for a Dinner and Play in April. We will need many people to sign up for this to be possible. The cost will be \$28 for the buffet and play. We have talked with Robert Fodor and he assures me that the company will provide a bus for this kind of trip.