

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



January 2022



INDEPENDENT LIVING

 <h1>January 2022</h1> 							1 2:00 Pinochle – 3 rd FL lounge 2:00 Afternoon Movie – ch956 “Uncle Buck” <small>New Year’s Day</small>
2	3	4	5	6	7	8	
2:30 Worship Service – Chapel or channel 956 4:00 Conversation Corner – (LeTort lobby) 6:00 Sunday Movie – ch956 “The Great Outdoors”	10:00 Sit & Fit Exercises – ch956 12:15 Mind Teasers – LDR 2:00 Pinochle – 3 rd FL lounge	10:00 Sit & Fit Stretch Exercises – (LAR or ch956) 2:30 Conversation Corner – (LeTort lobby) 3:00 Trivia with Katie – LAR 6:30 Mexican Train Dominos – 2 nd FL lounge	10:00 Sit & Fit Exercises – ch956 3:00 Bible Study – LAR 6:30 Rummikub - LAR	10:00 Worship Service – Chapel or channel 956 1:00 Catholic Communion -Chapel 2:00 Wii Bowling – LAR 3:00 Happy Needles–3 rd FL lounge	FRIENDLY FRIDAY – leave a kind note on a neighbor’s apartment ledge. 10:00 Sit & Fit Exercises – LAR (or channel 956) 1:45 <u>Sit & Sip</u> – Eclairs and Coffee (LeTort lobby) 2:30 BINGO – LAR	2:00 Pinochle – 3 rd FL lounge 2:00 Afternoon Movie – ch956 “Splash”	
9	10	11	12	13	14	15	
2:30 Worship Service – Chapel or channel 956 4:00 Conversation Corner – (LeTort lobby) 6:00 Sunday Movie – ch956 “The Little Rascals”	10:00 Sit & Fit Exercises – ch956 12:15 Mind Teasers – LDR 1:30 Resident Council – LAR 2:00 Pinochle – 3 rd FL lounge	10:00 <u>Sit & Fit</u> Stretch Exercises – (LAR or ch956) 10:45 Men’s Coffee & Muffins (LeTort Café) 6:30 Mexican Train Dominos – 2 nd FL lounge	10:00 Sit & Fit Exercises – ch956 3:00 Bible Study – LAR 6:30 Rummikub - LAR	10:00 Worship Service – Chapel or channel 956 1:00 Catholic Communion -Chapel 2:00 Wii Bowling – LAR 3:00 Happy Needles–3 rd FL lounge	FRIENDLY FRIDAY – give someone a compliment. 10:00 Sit & Fit Exercises – LAR (or channel 956) 1:45 <u>Sit & Sip</u> – Ice Cream Bar (LeTort lobby) 2:30 POKENO – LAR	2:00 Pinochle – 3 rd FL lounge 2:00 Afternoon Movie – ch956 “Jumanji”	
16	17	18	19	20	21	22	
2:30 Worship Service – Chapel or channel 956 4:00 Conversation Corner – (LeTort lobby) 6:00 Sunday Movie – ch956 “RV”	10:00 Sit & Fit Exercises – ch956 12:15 Mind Teasers – LDR 2:00 Pinochle – 3 rd FL lounge 7:00 <u>Book Club Review</u> of “The Return” - Library <small>Martin Luther King Jr. Day</small>	10:00 Sit & Fit Stretch Exercises – (LAR or ch956) 1:45 Fitness with Therapy – LAR (Winter Safety) 6:30 Mexican Train Dominos – 2 nd FL lounge	10:00 Sit & Fit Exercises – ch956 1:30 Wellness Clinic – BP Checks (IL Office) 3:00 Bible Study – LAR 6:30 Rummikub - LAR	10:00 Worship Service – Chapel or channel 956 1:00 Catholic Communion -Chapel 1:45 <u>Sit & Sip</u> – Blueberry Muffins (LeTort lobby) 2:00 Wii Bowling – LAR 3:00 Happy Needles–3 rd FL lounge	FRIENDLY FRIDAY – National Hugging Day – give someone a hug. 10:00 Sit & Fit Exercises – LAR (or channel 956) 2:30 BINGO – LAR	2:00 Pinochle – 3 rd FL lounge 2:00 Afternoon Movie – ch956 “Dodge Ball”	
23	24	25	26	27	28	29	
2:30 Worship Service – Chapel or channel 956 4:00 Conversation Corner – (LeTort lobby) 6:00 Sunday Movie – ch956 “The Pacifer” <small>Activity Professionals Week</small>	10:00 Sit & Fit Exercises – ch956 12:15 Mind Teasers – LDR 1:45 <u>Sit & Sip</u> – Hot Cocoa Bar (LeTort lobby) 2:00 BINGO with Steve – LAR 2:00 Pinochle – 3 rd FL lounge	10:00 Sit & Fit Stretch Exercises – (LAR or ch956) 1:45 <u>Crafts with Cora</u> – hobby hut “painted glass vases” 6:30 Mexican Train Dominos – 2 nd FL lounge	10:00 Sit & Fit Exercises – ch956 3:00 Bible Study – LAR 4:00 Ladies Tea & Muffins- Atrium 6:30 Rummikub - LAR <small>Australia Day (observed)</small>	10:00 Worship Service – Chapel or channel 956 1:00 Catholic Communion -Chapel 2:00 Wii Bowling – LAR 3:00 Happy Needles–3 rd FL lounge	FRIENDLY FRIDAY – make friends with someone new. 10:00 Sit & Fit Exercises – LAR (or channel 956) 2:30 POKENO – LAR	2:00 Pinochle – 3 rd FL lounge 2:00 Afternoon Movie – ch956 “Scooby Doo”	
30	31						
2:30 Worship Service – Chapel or channel 956 4:00 Conversation Corner – (LeTort lobby) 6:00 Sunday Movie – ch956 “Fried Green Tomatoes”	10:00 Sit & Fit Exercises – ch956 12:15 Mind Teasers – LDR 2:00 Pinochle – 3 rd FL lounge						

Important Informational Meetings, MARK YOUR CALENDARS!!!

- Monthly Resident Council for IL residents will be Monday, January 10th at 1:30pm.

Wellness Clinic Events, MARK YOUR CALENDARS!!!

- Blood Pressure checks for IL residents will be offered on Wednesday, January 19th at 1:30pm.

JANUARY EVENTS

- FRIENDLY FRIDAYS – 1/7: leave a kind note on a neighbors apartment ledge; 1/14: give someone a compliment; 1/21: National Hugging Day (give someone a hug); 1/28: make friends with someone new.
- Crafts with Cora featured activity is Painting Glass Vases, and is scheduled for Tuesday, January 25th at 1:30pm in the hobby hut.
- Monthly Book Club's book review is scheduled for Monday, January 17th at 7pm in the LeTort library. Next month's book will be distributed on Friday, January 21st.
- Men's Coffee & Muffins for our gentlemen in IL will be on Tuesday, January 11th at 10:45am in the LeTort Café.
- Ladies Afternoon Tea & Muffins for our ladies in IL will be on Wednesday, January 26th at 4pm in the LeTort lobby.

FUN FACTS FOR JANUARY

- National Hugging Day is January 21st.
- January 8th is Elvis Presley's birthday.
- January 17th is Benjamin Franklin's birthday, Betty White's 100th birthday, and Martin Luther King Jr. Day.
- January's moon is called the "Wolf Moon".
- The Quadrantid meteors appear in the early January sky, producing up to 25 meteors per hour at their peak. They'll be at their best on the night of Monday, 1/3 into Tuesday, 1/4. For the best chance at spotting them, venture outside between midnight and dawn (if you can stand the cold).