



# JANUARY Golden Meadows Activity Calendar

## January 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 ZingerBug.com	 No Birthdays	<b>1 News Years Day</b> 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Seniorcise 11:30 LUNCH 1:00 <b>Singing with Rex</b> 3:00 <b>Snack Attack</b> 4:30 DINNER 6:00 Evening News	<b>2</b> 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 <i>Move to the groove</i> 11:30 LUNCH 2:00 <b>Fun &amp; Games</b> 3:00 <b>Tasty Treat</b> 4:30 DINNER 6:00 News	<b>3</b> 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Sit N' Be Fit 11:30 LUNCH 2:00 <b>Domino's</b> 3:00 <b>Snack Attack</b> 4:30 DINNER 6:00 Evening News	<b>4</b> 7:30 BREAKFAST 8:30-10:00 ADL's 10:00 <i>Holy Communion</i> 11:00 <i>Chair Dancing</i> 11:30 <b>LUNCH</b> 2:00 <b>Entertainment w/John</b> 3:00 <i>Tasty Treats</i> 4:30 <i>Dinner</i> 6:00 <i>News</i>	<b>5</b> 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Exercise 11:30 LUNCH 2:00 <b>Bingo</b> 3:00 <b>Snack Attack</b> 4:30 DINNER 6:00 Evening News
<b>6</b> 7:30 BREAKFAST 8:30-10:00 ADL's 10:00 Church/Family Visits 11:30 LUNCH 2:00 <b>Church</b> 3:00 <b>Snack Attack</b> 4:30 DINNER 6:00 Evening News	<b>7</b> 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Catch A Ball 11:30 LUNCH 2:00 <b>Singing with Ray</b> 3:00 <b>Bingo</b> 3:00 <b>Tasty Treat</b> 4:30 DINNER 6:00 News	<b>8</b> 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Seniorcise 11:30 LUNCH 2:00 <b>Nail Care</b> 3:00 <b>Snack Attack</b> 4:30 DINNER 6:00 Evening News	<b>9</b> 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 <i>Move to the groove</i> 11:30 LUNCH 1:00 <b>Singing with Rex</b> 3:00 <b>Tasty Treat</b> 4:30 DINNER 6:00 News	<b>10</b> 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Sit N' Be Fit 11:30 LUNCH 2:30 <b>Music With Andy</b> 3:00 <b>Snack Attack</b> 4:30 DINNER 6:00 Evening News	<b>11</b> 7:30 BREAKFAST 8:30-10:00 ADL's 10:00 <i>Holy Communion</i> 11:00 <i>Chair Dancing</i> 11:30 LUNCH 2:00 <b>Country w/Johnny</b> 3:00 <b>Tasty Treats</b> 4:30 <i>Dinner</i> 6:00 <i>News</i>	<b>12</b> 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Exercise 11:30 LUNCH 2:00 <b>Bingo</b> 3:00 <b>Snack Attack</b> 4:30 DINNER 6:00 Evening News
<b>13</b> 7:30 BREAKFAST 8:30-10:00 ADL's 10:00 Church/Family Visits 11:30 LUNCH 2:00 <b>Church</b> 3:00 <b>Snack Attack</b> 4:30 DINNER 6:00 Evening News	<b>14</b> 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 <i>Catch A Ball</i> 11:30 LUNCH 2:00 <b>Keyboards w/Gil</b> 3:00 <b>Tasty Treat</b> 4:30 DINNER 6:00 News	<b>15</b> 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Seniorcise 11:30 LUNCH 1:00 <b>Singing with Rex</b> 3:00 <b>Snack Attack</b> 4:30 DINNER 6:00 Evening News	<b>16</b> 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 <i>Move to the groove</i> 11:30 LUNCH 2:00 <b>Bingo</b> 3:00 <b>Tasty Treat</b> 4:30 DINNER 6:00 News	<b>17</b> 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Sit N' Be Fit 11:30 LUNCH 2:00 <b>Classic Guitar w/Daryl</b> 3:00 <b>Snack Attack</b> 4:30 DINNER 6:00 Evening News	<b>18</b> 7:30 BREAKFAST 8:30-10:00 ADL's 10:00 <i>Holy Communion</i> 11:00 <i>Chair Dancing</i> 11:30 LUNCH 2:00 <b>Jewelry Making</b> 3:00 <i>Tasty Treats</i> 4:30 <i>Dinner</i> 6:00 <i>News</i>	<b>19</b> 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Exercise 11:30 LUNCH 2:00 <b>Bingo</b> 3:00 <b>Snack Attack</b> 4:30 DINNER 6:00 Evening News
<b>20</b> 7:30 BREAKFAST 8:30-10:00 ADL's 10:00 Church/Family Visits 11:30 LUNCH 2:00 <b>Church</b> 3:00 <b>Snack Attack</b> 4:30 DINNER 6:00 Evening News	<b>21 Martin Luther King Day</b> 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Catch A Ball 11:30 LUNCH 2:00 <b>Ms. Teri &amp; Her Drums</b> 3:00 <b>Tasty Treat</b> 4:30 DINNER 6:00 News	<b>22</b> 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Seniorcise 11:30 LUNCH 1:00 <b>Birthday Party w/ Rex</b> 3:00 <b>Snack Attack</b> 4:30 DINNER 6:00 Evening News	<b>23</b> 7:30 BREAKFAST 8:30-10:00 ADL's 11:00 <i>Move to the groove</i> 11:30 LUNCH 1:00 <b>Resident Counsel</b> 2:00 <b>Arts &amp; Crafts</b> 3:00 <b>Tasty Treat</b> 4:30 DINNER 6:00 News	<b>24</b> 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Sit N' Be Fit 11:30 LUNCH 2:30 <b>Music With Andy</b> 3:00 <b>Snack Attack</b> 4:30 DINNER 6:00 Evening News	<b>25</b> 7:30 BREAKFAST 8:30-10:00 ADL's 10:00 <i>Holy Communion</i> 11:00 <i>Chair Dancing</i> 11:30 LUNCH 2:00 <b>Country w/Johnny</b> 3:00 <b>Tasty Treats</b> 4:30 <i>Dinner</i> 6:00 <i>News</i>	<b>26</b> 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Exercise 11:30 LUNCH 2:00 <b>Bingo</b> 3:00 <b>Snack Attack</b> 4:30 DINNER 6:00 Evening News
<b>27</b> 7:30 BREAKFAST 8:30-10:00 ADL's 10:00 Church/Family Visits 11:30 LUNCH 2:00 <b>Church</b> 3:00 <b>Snack Attack</b> 4:30 DINNER 6:00 Evening News	<b>28</b> 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 <i>Catch A Ball</i> 11:30 LUNCH 2:00 <b>String Ensemble</b> 3:00 <b>Tasty Treat</b> 4:30 DINNER 6:00 News	<b>29</b> 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Seniorcise 11:30 LUNCH 2:00 <b>Fun and Games</b> 3:00 <b>Snack Attack</b> 4:30 DINNER 6:00 Evening News	<b>30</b> 7:30 BREAKFAST 8:30-10:00 ADL's 11:00 <i>Move to the groove</i> 11:30 LUNCH 1:00 <b>Resident Counsel</b> 2:00 <b>Keyboards w/Gil</b> 3:00 <b>Tasty Treat</b> 4:30 DINNER 6:00 News	<b>31</b> 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Sit N' Be Fit 11:30 LUNCH 2:00 <b>Entertainment w/John</b> 3:00 <b>Snack Attack</b> 4:30 DINNER 6:00 Evening News	Activities Subject to Change 