


Sunday	Monday	Tuesday	Wednesday	Thursday 1	Friday 2	Saturday 3
				9:15 Devotions (C) 9:45 Full body movement (EC) 10:00 Wii Bowling (GH) 10:15 Strength Training (EC) 10:45 Small Group training (G) 1:00 Blood Pressure Clinic (BR) 1:00 Shanghai Rummy (BR) 1:00 Sit & Stitch/ Diamond Dotz 3:00 Cornhole (GH) 6:00 Keno with Karen (EC) 6:30 Poker- Visitors Welcome	<i>Start of CCWH walking challenge- See SaRae in the FitCamp gym.</i> 9:15 Devotions (C) 9:45 Better Balance (EC) 9:45 Men’s Group chat w/ coffee (BR) 10:15 Chair Exercise (EC) 1:00 Shanghai Rummy (BR) 1:00 Bridge (RD) 1:00 Blood Pressure clinic (BR) 1:30 Town Hall (GH) 3:00 NO HAPPY HOUR 6:00 Mexican Train & Spinner dominoes (BR)	9:15 Devotions (C) 10:00 Wii Bowling (GH) 1:00 Shanghai Rummy (BR) 1:00 The Sherwin Miller Museum of Jewish Art- \$7 6:00 Bingo (\$2/ \$4 per card) (GH)
4	5	6	7	8	9	10
11:20 Worship w/ Pastor Jean (EC) 1:00 Shanghai Rummy (BR) 2:00 LCR dice game- Bring 6 quarters & \$3 (GH) 5:30 Movie night- Flicka (GH)	9:15 Devotions (C) 9:45 Better Balance (EC) 10:15 Chair Exercises (EC) 11:00 Men’s Group Luncheon with Michael at 3 tequilas 1:00 Shanghai Rummy (BR) 1:00 Sit & Stitch/ Diamond Dotz (CH) 2:00 Zumba w/ Fit Group USA (EC) 6:00 Canasta with Marcus, come have some fun (CH)	9:15 Devotions (C) 9:45 Full body movement (EC) 10:00 Wii Bowling (GH) 10:15 Strength Training (EC) 10:45 Small Group training (G) 11:00 Paparazzi Jewelry (BR) 1:00 Bible Study on Mathew 3 (EC) 1:00 Shanghai Rummy (BR) 1:00 Bridge (CH) 2:00 Texas Hold ‘Em Poker (BR) 2:00 Food For Thought w/ Chef Mattie (GH) 3:00 Cornhole (GH) 6:00 Bingo (\$2/ \$4 per card) GH	9:15 Devotions (C) 9:45 Better Balance (EC) 10:15 Chair Exercise (EC) 11:00 Lunch at P.F. Chang’s 1:00 Shanghai Rummy (BR) 1:00 Bridge (CH) 3:00 Popsicle stick snowflakes Craft (EC) 6:00 Hand & Foot; everyone welcome (BR)	9:15 Devotions (C) 9:45 Full body movement (EC) 10:00 Wii Bowling (GH) 10:15 Strength Training (EC) 10:45 Small Group training (G) 1:00 Blood Pressure Clinic (BR) 1:00 Choir Practice (GH) 1:00 Shanghai Rummy (BR) 1:00 Sit & Stitch/ Diamond Dotz 3:00 Cornhole (GH) 6:00 Keno with Karen (EC) 6:30 Poker- Visitors Welcome	9:15 Devotions (C) 9:45 Better Balance (EC) 9:45 Men’s Group chat w/ coffee (BR) 10:15 Chair Exercise (EC) 1:00 Shanghai Rummy (BR) 1:00 Bridge (RD) 3:00 Richard Doverspike’s 103 rd birthday celebration & Happy Hour with Tim Turner (GH) 6:00 Mexican Train & Spinner dominoes (BR)	9:15 Devotions (C) 10:00 Wii Bowling (GH) 1:00 Museum of Tulsa History- \$5 1:00 Shanghai Rummy (BR) 6:00 Bingo (\$2/ \$4 per card) (GH)
11	12	13	14	15	16	17
11:20 Worship w/ Pastor Jean (EC) 1:00 Shanghai Rummy (BR) 2:00 LCR dice game- Bring 6 quarters & \$3 (GH) 5:30 Movie night- Davinci Code (GH)	9:15 Devotions (C) 9:45 Better Balance (EC) 10:15 Chair Exercises (EC) 1:00 Shanghai Rummy (BR) 1:00 Sit & Stitch/ Diamond Dotz (CH) 2:00 Jim & Doe sing a long (GH) 2:00 Grief Group with Chaplin Phil from Millennium Home Health (C) 6:00 Canasta with Marcus, come have some fun (CH)	9:15 Devotions (C) 9:45 Full body movement (EC) 10:00 Wii Bowling (GH) 10:15 Strength Training (EC) 10:45 Small Group training (G) 11:00 Avon Sale (GH) 1:00 Bible Study on Mathew 3 (EC) 1:00 Shanghai Rummy (BR) 1:00 Bridge (CH) 2:00 Texas Hold ‘Em Poker (BR) 3:00 Cornhole (GH) 6:00 Bingo (\$2/ \$4 per card)	9:15 Devotions (C) 9:45 Better Balance (EC) 10:15 Chair Exercise (EC) 1:00 Bridge (CH) 1:00 Shanghai Rummy (BR) 1:00 Chocolate Martinis & pretzels in the Pub 3:00 Felt succulent craft (EC) 6:00 Hand & Foot; everyone welcome (BR)	9:15 Devotions (C) 9:45 Full body movement (EC) 10:00 Wii Bowling (GH) 10:15 Strength Training (EC) 10:45 Small Group training (G) 1:00 Blood Pressure Clinic (BR) 1:00 Choir Practice (GH) 1:00 Shanghai Rummy (BR) 1:00 Sit & Stitch/ Diamond Dotz 3:00 Cornhole (GH) 6:00 Keno with Karen (EC) 6:30 Poker- Visitors Welcome	9:15 Devotions (C) 9:45 Better Balance (EC) 9:45 Men’s Group chat w/ coffee (BR) 10:15 Chair Exercise (EC) 1:00 Shanghai Rummy (BR) 1:00 Bridge (RD) 1:00 Ambassador’s Meeting (C) 3:00 Happy Hour with Paul Morphis (GH) 6:00 Mexican Train & Spinner dominoes (BR)	9:15 Devotions (C) 10:00 Wii Bowling (GH) 1:00 Purple Glaze Ceramic Studio 1:00 Shanghai Rummy (BR) 6:00 Bingo (\$2/ \$4 per card) (GH)

Sunday 18	Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Saturday 24
11:20 Worship w/ Pastor Jean (EC) 1:00 Shanghai Rummy (BR) 2:00 LCR dice game- Bring 6 quarters & \$3 (GH) 5:30 Movie night- The Music Man (GH)	9:15 Devotions (C) 9:45 Better Balance (EC) 10:15 Chair Exercises (EC) 1:00 Walking Club (EC) 1:00 Shanghai Rummy (BR) 1:00 Sit & Stitch/ Diamond Dotz (CH) 2:00 Zumba w/ Fit Group USA (EC) 2:15 Asbury Church Meeting (GH) 6:00 Canasta with Marcus, come have some fun (CH) Martin Luther King Day	9:15 Devotions (C) 9:45 Full body movement (EC) 10:00 Wii Bowling (GH) 10:15 Strength Training (EC) 10:45 Small Group training (G) 1:00 Bible Study on Mathew 3 (EC) 1:00 Shanghai Rummy (BR) 1:00 Bridge (CH) 2:00 Taste Test Tuesday; Caramel from scratch (EC) 2:00 Texas Hold ‘Em Poker (BR) 3:00 Cornhole (GH) 6:00 Bingo (\$2/ \$4 per card) (GH)	9:15 Devotions (C) 9:45 Better Balance (EC) 10:15 Chair Exercise (EC) 11:00 Lunch at White River Fish Market 11:00 Amish baked goods sale (GH) 1:00 Bridge (CH) 1:00 Shanghai Rummy (BR) 3:00 DIY cardinal button art (EC) 6:00 Hand & Foot; everyone welcome (BR)	9:15 Devotions (C) 9:45 Full body movement (EC) 10:00 Wii Bowling (GH) 10:15 Strength Training (EC) 10:45 Small Group training (G) 11:00 Mary Kay Sale (GH) 1:00 Blood Pressure Clinic(BR) 1:00 Choir Practice (GH) 1:00 Shanghai Rummy (BR) 1:00 Sit & Stitch/ Diamond Dotz (CH) 3:00 Cornhole (GH) 6:00 Keno with Karen (EC) 6:30 Poker- Visitors Welcome (BR)	9:15 Devotions (C) 9:45 Better Balance (EC) 9:45 Men’s Group chat w/ coffee (BR) 10:15 Chair Exercise (EC) 1:00 Shanghai Rummy (BR) 1:00 Bridge (RD) 1:00 New Resident Meeting (C) 3:00 Happy Hour with Michael Moberly (GH) 6:00 Mexican Train & Spinner dominoes (BR)	9:15 Devotions (C) 10:00 Red Beards Treasure chest thrift store and lunch at Stepping Stone Café in Bixby 10:00 Wii Bowling (BR) 1:00 Shanghai Rummy (BR) 6:00 Bingo (\$2/ \$4 per card) (GH)
25	26	27	28	29	30	31
11:20 Worship w/ Pastor Jean (EC) 1:00 Shanghai Rummy (BR) 2:00 LCR dice game- Bring 6 quarters & \$3 (GH) 5:30 Movie night- Money Ball (GH)	9:15 Devotions (C) 9:45 Better Balance (EC) 10:15 Chair Exercises (EC) 1:00 Shanghai Rummy (BR) 1:00 Sit & Stitch/ Diamond Dotz (CH) 2:00 Grief Group with Chaplin Phil from Millennium Home Health (C) 2:00 Max’s Vintage Patriotic music sing-a-long (EC) 6:00 Canasta with Marcus, come have some fun! (CH)	9:15 Devotions (C) 9:45 Full body movement (EC) 10:00 Wii Bowling (GH) 10:15 Strength Training (EC) 1:00 Bible Study on Mathew 3 (EC) 1:00 Shanghai Rummy (BR) 1:00 Bridge (CH) 2:00 Texas Hold ‘Em Poker (BR) 3:00 Cornhole (GH) 6:00 Bingo (\$2/ \$4 per card) (GH)	9:15 Devotions (C) 9:45 Better Balance (EC) 10:15 Chair Exercise (EC) 1:00 Bridge (CH) 1:00 Shanghai Rummy (BR) 1:00 Martin Luther King- We Shall Overcome facts & Trivia (EC) 3:00 Candle making (EC) 6:00 Hand & Foot; everyone welcome (BR)	9:15 Devotions (C) 9:45 Full body movement (EC) 10:00 Wii Bowling (GH) 10:15 Strength Training (EC) 10:45 Small Group training (G) 1:00 Blood Pressure Clinic(BR) 1:00 Choir Practice (GH) 1:00 Shanghai Rummy (BR) 1:00 Sit & Stitch/ Diamond Dotz (CH) 3:00 Cornhole (GH) 5:00 Cottage Party; Sign up at the front desk by 1/22. Money due the 28 th - \$5 6:00 Keno with Karen (EC) 6:30 Poker- Visitors Welcome (BR)	End of CCWH walking challenge- See SaRae in the FitCamp gym for results. 9:15 Devotions (C) 9:45 Better Balance (EC) 9:45 Men’s Group chat w/ coffee (BR) 10:15 Chair Exercise (EC) 1:00 Shanghai Rummy (BR) 1:00 Bridge (RD) 1:00 Activity Calendar suggestion talk (EC) 3:00 Happy Hour with Jay Stotes (GH) 6:00 Mexican Train & Spinner dominoes (BR)	9:15 Devotions (C) 10:00 Wii Bowling (BR) 1:00 Shanghai Rummy (BR) 1:00 Trip to Greenwood Rising Museum- \$10 6:00 Bingo (\$2/ \$4 per card) (GH)