

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

JANUARY 2019

LIFE ENRICHMENT CALENDAR

AH ANDERSON HALL
B1 GYM
CH CHAPEL
E MONDAY MARKET
SKY 19th FLOOR SKY LOUNGE
PDR PRIVATE DINING ROOM SL3
SL2/SL3 DINING ROOM
CLR CENTRAL LIVING ROOM SL3
MS MEMORY SUPPORT SL2
GC GARDEN COURT PATIO (MS)

Programs and times are subject to change. Current daily schedule is posted on the television screens in the main hallways. Residents are welcome to attend programs at ANY location.

 Open Gym available on B1 from 1:15-2pm.

 A support dog visitor makes house calls today.

 Bridge club meets on SL3 PDR at 2pm.

 Momentia Strummer & Drummers play on SL2.



1  **NEW YEAR'S DAY**



MS 10:00 Gentle Yoga with Crispina
 SL2 10:30
 SL3 10:45 Mandala Art and Creative Coloring
 CLR 2:00 Rose Bowl Viewing
 SL2 2:30 Sing-Along with Megan

2 


MS 9:30 Namaste with Al
 SL2 10:00 Tai Chi with Crispina
 CLR 10:30
 SL3 11:00 Live Piano Music
 SL2 11:30
 SL2 1:30 Music with Kristin
 MS 2:00
 SL3 1:45 Chair Exercise
 SL2 2:15 Social Time with Gerald
 CLR 2:30 Armchair Lecture with Raeanne
 MS 3:30 Free Movement
 AH 7:30 Wednesday Night Live Wayne Horvitz Jazz

3 


SL2 10:00 Sensory Strolls
 MS
 CH 10:30 Chapel Service
 SL2 11:00 Stretches with Wellness
 SL3 11:00 Live Piano Music
 SL2 11:30
 MS 11:15 Sing-along with Georgia
 CLR 2:00 Book Group with Patty
 SL2 2:15 Games and Trivia
 SL2 3:00 Flute with Hugh
 MS 3:30


4  

MS 9:30 Namaste with Raeanne
 SL2 10:15 Balloon Volleyball and Trivia
 CLR 11:00 Games and Trivia
 SL3 1:45 Chair Exercise
 CLR 2:45 Technology Hour
 CLR 3:30 Poetry Club with Margot
 MS 4:15 Music and Lyrics


5 

SL3 9:30 Morning Walks
 SL2 10:00 Musical Connection with Katy
 MS 10:45
 SL2 2:30 Social Time
 CLR 3:30 Mandala Art for Focus and Relaxation
 MS 3:30 Baking with Megan

 **Happy Birthday, Pauline O'Neil!**



6 

SL2 10:00 Sunday Morning Strolls
 MS
 CLR 10:30 Jewelry Making
 SL2 11:00 Music & Memory
 SL3 2:00 Art Club: Polymer Clay Part 1
 MS 3:30 Music & Memory Happy Hour

7 

MS 9:30 Scarf Dancing
 SL2 10:00 Sacred Clowns
 SL3 11:00 Live Piano Music
 SL2 11:30
 SL2 1:30 Montessori Kids Visit
 SL3 1:45 Chair Exercise
 SL3 2:30 This Week in History
 SL2 2:45 Games and Trivia
 MS 3:30 Piano with Carol

 **Happy Birthday, Marcia Sanford!**

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MS 10:00 Gentle Yoga with Crispina
 SL2 10:30
 SL2 10:30 Sensory Strolls
 MS
 CLR 10:30 Social Time with Raeanne
 CLR 11:15 Stretches with Wellness
 SL3 2:00 A British-style Afternoon Tea and Social
 SL2 2:15 Moving with Bryon
 SL2 3:30 Music & Memory

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MS 9:30 Namaste with Raeanne
 SL2 10:00 Tai Chi with Crispina
 CLR 10:30
 SL3 11:00 Live Piano Music
 SL2 11:30
 SL2 1:30 Music with Kristin
 MS 2:00
 SL3 1:45 Chair Exercise
 PDR 2:30 Men's Group with Dan
 MS 4:00 Free Movement
 SL2 6:00 After Dinner Games
 AH 7:30 Wednesday Night Live Unexpected Productions Improv Theatre

10 

























SL2 10:00 Sensory Strolls
 MS
 CH 10:30 Episcopal Chapel Service
 SL3 11:00 Live Piano Music
 SL2 11:30
 MS 11:15 Sing-along with Georgia
 CLR 2:00 Book Group with Patty
 SL2 2:15 Art Club: Flower Press
 MS 3:30 Social Time with Gerald

11  

MS 9:30 Namaste with Raeanne
 SL3 10:00 In the Kitchen
 CLR 11:00 Violin with Gail
 SL2 11:00 Games and Trivia
 SL3 1:45 Chair Exercise
 CLR 2:45 Technology Hour
 CLR 3:30 Poetry Club with Margot
 MS 4:15 Music and Lyrics

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SL3 9:30 Morning Walks
 SL2 10:00 Musical Connection with Katy
 MS 10:45
 SL3 2:30 Cultural Spotlight: Northern Africa
 MS 4:00 Sing-along with Megan
 SL2 4:00 Mandala Art for Focus and Relaxation

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>13 </p> <p>SL2 10:00 Sunday Morning Strolls MS</p> <p>SL2 11:00 Music & Memory 11</p> <p>CLR 10:30 Jewelry Making</p> <p>SL2 11:00 Music and Memory</p> <p>SL3 1:30 Poetry on the Go</p> <p>2:30 Scenic Drive with Dawn</p> <p>MS 3:30 Music & Memory Happy Hour</p> <p> Happy Birthday, Russ Fosmire!</p>	<p>14 </p> <p>MS 9:30 Scarf Dancing</p> <p>SL3 10:00 "Common Birds of Washington" Lecture</p> <p>SL2 10:30 Hymn Sing</p> <p>SL3 11:00 Live Piano Music</p> <p>MS 1:30 Hymn Sing</p> <p>SL3 1:45 Chair Exercise</p> <p>SL2 2:30 Drumming with Dennis</p> <p>MS 3:30 Piano with Carol</p>	<p>15 </p> <p>MS 10:00 Gentle Yoga with SL2 10:30 Crispina</p> <p>SL2 10:30 Sensory Strolls MS</p> <p>CLR 10:30 Armchair Lecture with Raeanne</p> <p>SL3 2:00 Watercolor</p> <p>SL2 2:15 Moving with Bryon</p> <p>SL2 3:00 Music with Jaspar</p> <p> Happy Birthday, Marie Branson!</p>	<p>16 </p> <p>MS 9:30 Namaste with Al</p> <p>SL2 10:00 Tai Chi with Crispina CLR 10:30</p> <p>SL3 11:00 Live Piano Music SL2 11:30</p> <p>SL2 1:30 Music with Kristin MS 2:00</p> <p>SL3 1:45 Chair Exercise</p> <p>SL2 2:15 Social Time with Gerald</p> <p>SL3 2:30 Travelogue with Tom</p> <p>MS 3:30 Free Movement</p> <p>SL2 6:00 After Dinner Games</p> <p> Happy Birthday, Connie Nissley and Louise McIlraith!</p>	<p>17 </p> <p>SL2 10:00 Sensory Strolls MS</p> <p>CH 10:30 Chapel Service</p> <p>SL3 11:00 Live Piano Music SL2 11:30</p> <p>MS 11:15 Sing-along with Georgia</p> <p>CLR 2:00 Book Group with Patty</p> <p>SL2 2:15 Art Talks with Bryon</p> <p>CLR 3:00 Music with Jaspar</p> <p>SL2 3:00 Flute with Hugh MS 3:30</p>	<p>18 </p> <p>MS 9:30 Namaste with Raeanne</p> <p>SL2 10:15 Balloon Volleyball and Trivia</p> <p>CLR 11:00 Games and Trivia</p> <p>SL2 11:00 Violin with Gail</p> <p>SL3 1:45 Chair Exercise</p> <p>SL2 3:00 Music with Jaspar</p> <p>CLR 3:30 Poetry Club with Margot</p> <p>MS 4:15 Music and Lyrics</p>	<p>19 </p> <p>SL3 9:30 Morning Walks</p> <p>SL2 10:00 Musical Connection with Katy MS 10:45</p> <p>MS 1:30 Poetry and Viola with Peter SL2 2:00</p> <p>CLR 2:30 Mandala Art for Focus and Relaxation</p> <p>MS 3:30 Social Time with Gerald</p>
<p>20 </p> <p>SL2 10:00 Sunday Morning Strolls MS</p> <p>SL2 11:00 Music & Memory</p> <p>CLR 10:30 Jewelry Making</p> <p>SL3 2:00 Art Club: Polymer Clay Part 2</p> <p>SL2 3:30 Karaoke with Daniel</p> <p> Happy Birthday, Bob Lynch!</p>	<p>21 </p> <p></p> <p>MS 9:30 Scarf Dancing</p> <p>SL2 10:00 Makeovers with Muey</p> <p>SL3 10:30 Music with Cheryl</p> <p>SL2 11:00 Live Piano Music</p> <p>SL2 1:30 Music with David</p> <p>SL3 1:45 Chair Exercise</p> <p>CLR 2:45 This Week in History</p> <p>MS 3:30 Piano with Carol</p>	<p>22 </p> <p>MS 10:00 Gentle Yoga with SL2 10:30 Crispina</p> <p>SL2 10:30 Sensory Strolls MS</p> <p>CLR 10:30 Good Morning with Al</p> <p>SL3 2:00 Watercolor</p> <p>SL2 2:15 Moving with Bryon</p> <p>SL2 3:00 Music with Jaspar</p>	<p>23 </p> <p>MS 9:30 Namaste with Raeanne</p> <p>CLR 10:00 Tai Chi with Crispina SL2 10:30</p> <p>SL3 10:45 Travelogue with Bill and Audrey - France</p> <p>SL2 11:30 Live Piano Music</p> <p>SL2 1:30 Music with Kristin MS 2:00</p> <p>SL3 1:45 Chair Exercise</p> <p>SL2 2:15 Social Time with Gerald</p> <p>SL3 2:30 Short Stories with Al</p> <p>MS 3:30 Free Movement</p> <p>SL2 6:00 After dinner games</p> <p>AH 7:30 Wednesday Night Live: Paul Taub Playing Flute</p>	<p>24 </p> <p>Life Enrichment is away for training in the morning.</p> <p>CH 10:30 Chapel Service</p> <p>SL3 11:00 Live Piano Music SL2 11:30</p> <p>MS 11:15 Sing-along with Georgia</p> <p>CLR 2:00 Book Group with Patty</p> <p>SL2 2:15 Singalong with Gerald</p> <p>MS 3:30 Poetry Club: Shel Silverstein</p>	<p>25 </p> <p>MS 9:30 Namaste with Raeanne</p> <p>SL3 10:00 In the Kitchen</p> <p>SL2 11:00 Games and Trivia</p> <p>CLR 11:00 Violin with Gail</p> <p>SL3 1:45 Chair Exercise</p> <p>SL3 2:45 Fireside Chat with Sara McVey</p> <p>CLR 3:00 Music with Jaspar</p>	<p>26 </p> <p>SL3 9:30 Morning Walks</p> <p>SL2 10:00 Musical Connection with Katy MS 10:45</p> <p>SL2 2:30 Social Time</p> <p>CLR 3:30 Mandala Art for Focus and Relaxation</p>
<p>27</p> <p>SL2 10:30 Sunday Morning Strolls</p> <p>CLR 10:30 Jewelry Making</p> <p>AH 3:00 Flourishing: Portraits of Horizon House</p>	<p>28 </p> <p>SL3 10:00 Visiting Hooves SL2 MS</p> <p>SL3 11:00 Live Piano Music SL2 11:30</p> <p>SL3 1:45 Chair Exercise</p> <p>SL3 2:45 This Week in History</p> <p>MS 3:30 Piano with Carol</p>	<p>29 </p> <p>MS 10:00 Gentle Yoga with SL2 10:30 Crispina</p> <p>SL2 10:30 Sensory Strolls MS</p> <p>CLR 10:30 Good Morning with Al</p> <p>CLR 11:15 Stretches with Wellness</p> <p>SL3 2:00 Watercolor</p> <p>SL2 3:00 Music with Jaspar</p>	<p>30 </p> <p>MS 9:30 Namaste with Raeanne</p> <p>SL2 10:00 Tai Chi with Crispina CLR 10:30</p> <p>SL3 11:00 Live Piano Music SL2 11:30</p> <p>SL2 1:30 Music with Kristin MS</p> <p>SL3 1:45 Chair Exercise</p> <p>SL2 2:15 Social Time with Gerald</p> <p>SL3 2:30 Travelogue with Tom</p> <p>MS 3:30 Free Movement</p> <p>SL2 6:00 After dinner games</p> <p>AH 7:30 Wednesday Night Live: Nelda Swiggett with Classical Jazz</p>	<p>31 </p> <p>SL2 10:00 Sensory Strolls MS</p> <p>CH 10:30 Chapel Service</p> <p>SL3 11:00 Live Piano Music SL2 11:30</p> <p>MS 11:15 Sing-along with Georgia</p> <p>CLR 2:00 Book Group with Patty</p> <p>SL2 2:15 Art Talks with Bryon</p> <p>CLR 3:00 Music with Jaspar</p> <p>MS 3:30 Free Movement</p>	<p>Movies play at 6:00pm every night in the SL3 Dining Room. The daily movie is posted on the television screens in the main hallways, with copies available.</p> <p></p> <p>For more information, please contact Life Enrichment manager Raeanne McAlister, at 206-382-3788 or LifeEnrichment@horizonhouse.org</p>	