

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		<p>National Holiday New Year Day No Mail Service</p> <p>Holiday Buffet</p>	<p>9:00-11:00 Supervised Exercise WC 10:00 All Faith Communion MPR 10:30 Bible Study MPR 10:30 Audiology Associates MPR 10:30 Wii Bowling WR 1:00 Better Balance MPR 1:30 Seated Yoga MP 2:15 Catholic Communion WC 3:30 Downtown Abbey MPR 7:00 Classic Movie MPR</p>	<p>9:30 Low-Impact Aerobics MPR 1:00 Dominoes GR 2:00 Activities Planning Session for 2019 LR 3:00 All-in-One Exercise MPR 3:00 Needlecrafters 4FNT 4:00 TED Talks MPR</p>	<p>9:00-11:00 Supervised Exercise WC 10:30 Wii Bowling WR 1:00 Sequence GR 2:30 Mexican Train GR 4:15 Happy Hour Bistro 7:00 Bingo MPR</p>	<p>4:00 The West Wing MPR 7:00 Movie MPR</p>
6	7	8	9	10	11	12
<p>2:00 Scrabble 4FNT 4:00 Vespers MPR 7:00 Movie MPR</p>	<p>9:00-11:00 Supervised Exercise WC NOTE: 10:00 Bible Study: Begins in February 10:30 Wii Bowling WR 1:00 Better Balance MPR 1:30 Seated Yoga MPR</p>	<p>9:30 Cardio Sculpt MPR 10:00 Sign Language Class LR 1:30 Bridge MPR 2:00 Mexican Train GR 3:00 All-in-One Exercise WR 4:30 Social Hour with Larry Mechem LR</p>	<p>9:00-11:00 Supervised Exercise WC 10:00 All Faith Communion MPR 10:30 Bible Study MPR 10:30 Wii Bowling WR 1:00 Better Balance MPR 1:30 Seated Yoga MPR 2:15 Catholic Communion WC 3:00 January Birthdays Party MPR 3:30 Downtown Abbey MPR 7:00 Classic Movie MPR</p>	<p>9:30 Low-Impact Aerobics MPR 1:00 Dominoes GR 3:00 All-in-One Exercise MPR 3:00 Needlecrafters 4FNT 4:00 TED Talks MPR</p>	<p>9:00-11:00 Supervised Exercise WC 9:10 Blakeford Coffee and Classic Concert FL 10:30 Wii Bowling WR 1:00 Sequence GR 2:00 Ron Samuel's Retirement Party 2:30 Mexican Train GR 4:15 Happy Hour Bistro 7:00 Bingo MPR</p>	<p>4:00 The West Wing MPR 7:00 Movie MPR</p>
13	14	15	16	17	18	19
<p>2:00 Scrabble 4FNT 3:30 Vespers BC 7:00 Movie MPR</p>	<p>9:00-11:00 Supervised Exercise WC 10:30 Wii Bowling WR 1:00 Better Balance WR 1:30 Seated Yoga WR 2:30 Resident Council MPR 3:00 Green Hills Library Lobby Stop</p>	<p>9:30 Cardio Sculpt MPR 10:00 Sign Language Class LR 1:30 Bridge MPR 2:00 Mexican Train GR 3:00 All-in-One Exercise WR 4:30 Social Hour with Brian Hanson LR</p>	<p>9:00-11:00 Supervised Exercise WC 10:00 All Faith Communion MPR 10:30 Bible Study MPR 10:30 Wii Bowling WR 1:00 Better Balance MPR 1:30 Seated Yoga MPR 2:00 Good Grief WR 2:15 Catholic Communion WC 3:30 Downtown Abbey MPR 7:00 Classic Movie MPR</p>	<p>9:30 Low-Impact Aerobics MPR 1:00 Dominoes GR 3:00 All-in-One Exercise 3:00 Needlecrafters 4FNT 3:00 Trivia LR 4:00 TED Talks</p>	<p>9:00-11:00 Supervised Exercise WC 10:30 Wii Bowling WR 12:00 Mozart's Birthday Concert at St. George's FL 1:00 Sequence GR 2:00 Misha Robledo and the Nashville Symphony 2019 update 2:30 Mexican Train GR 4:15 Happy Hour Bistro 7:00 Bingo MPR</p>	<p>4:00 The West Wing MPR 2:00 Ted Meeks Musical Performance MPR 7:00 Movie MPR</p>



WellLife January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20 2:00 Scrabble 4FNT 3:30 Vespers BC 7:00 Movie MPR	21 9:00-11:00 Supervised Exercise WC 10:30 Wii Bowling WR 1:00 Better Balance MPR 1:30 Seated Yoga MPR 7:00 Camille Volkert's Photography Presentation MPR	22 9:30 Cardio Sculpt MPR 10:00 Sign Language Class LR 1:30 Bridge MPR 2:00 Mex. Train GR 3:00 All-in-One Exercise MPR 4:30 Social Hour with Mickey Langstaff LR	23 9:00-11:00 Supervised Exercise WC 10:00 All Faith Communion MPR 10:30 Bible Study MPR 10:30 Wii Bowling WR 1:00 Better Balance MPR 1:30 Seated Yoga MPR 2:15 Catholic Communion WC 2:00 Cooking: Microwave Single Serving Cakes(in a coffee cup) GR 3:30 Downtown Abbey MPR 7:00 Classic Movie MPR	24 9:30 Low-Impact Aerobics WR 1:00 Dominoes GR 3:00 All-in-One Exercise MPR 3:00 Needlecrafters 4FNT 4:00 TED Talks MPR	25 9:00-11:00 Supervised Exercise WC 10:30 Wii Bowling WR 12:00 New Year Tea Party FL 1:00 Sequence GR 2:30 Mexican Train GR 2:30 10-pin Bowling LR 4:15 Happy Hour Bistro 7:00 Bingo	26 4:00 The West Wing MPR 4:45 Outing Plaza Mariachi FL 7:00 Movie MPR
27 2:00 Scrabble 4FNT 3:30 Vespers BC 7:00 Movie MPR	28 9:00-11:00 Supervised Exercise WC 10:30 Wii Bowling WR 1:00 Better Balance MPR 1:30 Yoga 3:00 Blakeford Book Club WR	29 9:30 Cardio Sculpt MPR 10:00 Sign Language Class LR 1:30 Bridge MPR 2:00 Mex. Train GR 3:00 All-in-One Exercise WR 4:30 Social Hour with Jim(Fish) Michie LR	30 9:00-11:00 Supervised Exercise WC 10:00 All Faith Communion MPR 10:30 Bible Study MPR 10:30 Wii Bowling and Doughnut Breakfast WR 1:30 All Faith Communion-BC SF 2:15 Catholic Communion WC 3:30 Downtown Abbey MPR 7:00 Classic Movie MPR	31 9:30 Low-Impact Areobics MPR 10:30 Craft: TBA GR 1:00 Dominoes GR 3:00 All-in-One Exercise MPR 3:00 Needlecrafters 4FNT 4:00 TED Talks MPR TBA Night Out to the Movie FL		
30 2:00 Scrabble 4FNT 3:30 Vespers BC 7:00 Movie MPR						

**Location Key: GR- Game Room FP-Front Parlor LR- Living Room MPR-Multipurpose Room WC-Wellness Center WR-WellLife Room BC-Burton Court HC- Woodcrest Health Center BU- Blakeford
4FNT-4th Floor North Tower Lounge**