

Luther Heights Activities

January 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Office /Kitchen Closed Exercise Cancelled 1:30 Writers Group 7:00 Crib/ Crokinole	2 1:00 Knitters 1:30 Shuffleboard 3:00 Pool 7:00 Tile rummy/Kaiser/ Phase 10	3 9:15 Aquasize 10:00 CO-OP Bus 10:30 Exercise 7:30 BINGO	4 10:00 Worship 1:00 Line Dancing 1:30 Shuffleboard 2:00 Art Group 3:00 Pool	5 10:30 Exercise 2:00 New Year's Resolution Activity 7:00 Games & Floor Shuffleboard	6 7:00 Whist 7:00 Wizard
7 7:00 Songs of Praise	8 10:30 Exercise 1:30 Writers Group 2:00 Exercise Poles Presentation 7:00 Crib/ Crokinole	9 10:30 Choir 1:00 Value Village/ Knitters 1:30 Shuffleboard 2:00 Yoga 3:00 Pool 7:00 Tile rummy/Kaiser/ Phase 10	10 9:15 Aquasize 10:30 Exercise 2:00 Bible Study 7:30 BINGO	11 10:00 Worship 1:00 Line Dancing 1:30 Shuffleboard 2:00 Art Group 3:00 Pool 7:00 Movie	12 10:30 Exercise 1:30 Expert Hearing 7:00 Games & Floor Shuffleboard	13 7:00 Whist 7:00 Wizard
14 7:00 Songs of Praise	15 10:30 Exercise 1:30 Writers Group 7:00 Crib/ Crokinole	16 11:00 Red Lobster 10:30 Choir 1:00 Knitters 1:30 Shuffleboard 2:00 Yoga 3:00 Pool 7:00 Tile rummy/Kaiser/Phase 10	17 9:15 Aquasize 10:30 Exercise 2:00 Bible Study 7:30 BINGO	18 10:00 Worship 1:00 Line Dancing 1:30 Shuffleboard 2:00 Art Group 3:00 Pool 7:00 Hymn Sing	19 10:30 Exercise 2:00 Wine & Cheese 7:00 Games & Floor Shuffleboard	20 7:00 Whist 7:00 Wizard
21 7:00 Songs of Praise	22 10:30 Exercise 1:30 Writers Group 7:00 Crib/ Crokinole	23 10:30 Choir 1:00 Knitters 1:30 Shuffleboard 2:00 Yoga 3:00 Pool 7:00 Tile rummy/Kaiser/ Phase 10	24 9:15 Aquasize 10:00 CO-OP Bus 10:30 Exercise 2:00 Bible Study 7:30 BINGO	25 10:00 Worship 1:00 Line Dancing 1:30 Shuffleboard 2:00 Art Group 3:00 Pool 7:00 Movie	26 10:30 Exercise 2:00 Birthday Party 7:00 Games & Floor Shuffleboard	27 7:00 Whist 7:00 Wizard
28 7:00 Songs of Praise	29 10:30 Exercise 1:30 Writers Group 7:00 Crib/ Crokinole	30 10:30 Choir 1:00 Market Mall/ Knitters 1:30 Shuffleboard 2:00 Yoga 3:00 Pool 7:00 Tile rummy/Kaiser/ Phase 10	31 9:15 Aquasize 10:30 Exercise 2:00 Bible Study 7:30 BINGO	Nurse hours 8am-4pm Monday- Wellness/Footcare Clinic Thursday- Wellness		

