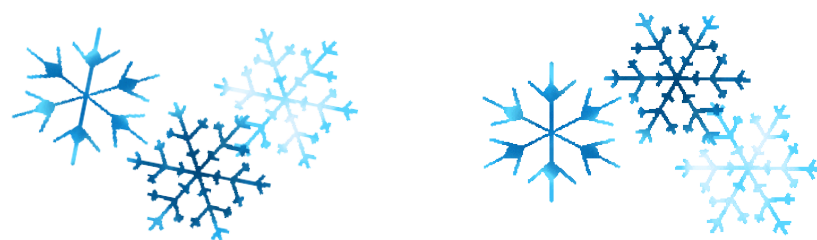




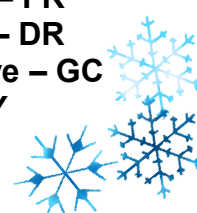
January



BETHESDA GARDENS MONUMENT

a Bethesda Senior Living Community

Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 New Years Day 9:30a Balance Builders – AR 10:00a Bible Study – Chpl 11:00a Chit Chats with Staff - GR 1:30p After. Bike Club – FR 2:30p St. Peters Ministry – Chpl 3:30p Music w/Gus - GR 5:00p Evening Movie - TH	2 9:30a Strengthening – AR 10:30a Hymns w/Gordon-Chpl 2:00p Crafters Corner: Bulletin Board – AR 3:00p Scenic Drive - BT* 4:00p Bowling Mania - AR 6:15p BINGO – AR	3 9:20a Balance Builders – AR 10:00a Catholic Mass – Chpl 10:30a Fancy Nails - AR 1:30p After. Bike Club – FR 2:00p Word to the Wise – AR 3:00p Resident Council - TH 4:00p Jigsaw Mania – GR	4 9:30a Strengthening – AR 10:00a Pet Visits w/Fin - AR 10:30a Bible Study – Chpl 1:30p After. Bike Club – FR 2:00p Table Games - AR 3:30p TGIF w/Bobby - GR 6:15p Bean Bag Toss - AR	5 9:30a Morning Exercise – AR 10:30a BINGO – AR 2:00p Dave on the Piano - GR 3:10p Horse Shoes - GC 3:40p Sit & Sip - GC 4:00p Wii Games – GC
6 9:15a Catholic Communion- AR 9:30a Morning Exercise – AR 10:10a Card Game: Uno - GR 11:00a Communion Ser. – Chpl 1:00p Board Games - AR 2:00p Ring Toss - GC 3:30p Independent Word Find	7 9:30a Strengthening - AR 10:00a Daily Chronicle - AR 10:30a 2019 Door Décor 1:30p After. Bike Club – FR 2:00p Shopping: Target - BT* 2:00p Tye Blankets w/Meg - AR 3:30p Ladies Bible Study-Chpl	8 9:30a Balance Builders – AR 10:00a Bible Study – Chpl 11:00a Chit Chats with Staff - GR 1:30p After. Bike Club – FR 2:30p St. Peters Ministry – Chpl 3:00p Wii Games - AR 4:00p Snowball Throw - AR 5:00p CRC Eve. Group - GR	9 9:30a Strengthening – AR 10:30a Dice Game: LRC - AR 11:00a Hooks & Ladders 2:00p Random Trivia - TH 3:00p Scenic Drive - BT* 4:15p Balloon Volleyball - AR 6:15p BINGO – AR	10 9:20a Balance Builders – AR 10:00a Daily Chronicle – AR 10:30a Baking Bread - AR 1:30p After. Bike Club – FR 2:00p Wii Trivia - TH 3:00p Bow & Arrow - GR 4:00p Crafters Corner: Bingo Markers	11 9:30a Strengthening – AR 10:00a Pet Visits w/Fin - AR 10:30a Bible Study – Chpl 1:30p After. Bike Club – FR 2:00p Dollar Tree- BT* 2:10p Winter Trivia - TH 3:30p Variety Games - AR 6:15p Table Games	12 9:30a Morning Exercise – AR 10:30a BINGO – AR 2:00p Winter Wonderland Festival (2-4p) 3:30p Sit & Sip - GC 4:00p Saturday Afternoon Movie - TH
13 9:15a Catholic Communion- AR 9:30a Morning Exercise – AR 10:10a Dice Game: LRC - GR 11:00a Church Ser. – Chpl 1:00p Card Games - AR 2:00p Hooks & Ladders - GC 3:30p Tangrams - GC 4:00p Independent Maze	14 9:30a Strengthening - AR 10:30a DIY Cards w/Linda – GC 1:30p After. Bike Club – FR 2:00p Tye Blankets w/Meg - AR 2:00p Out to Walgreens - BT* 2:30p Snowflake Throw - TH 3:30p Ladies Bible Study-Chpl Monday Night Football	15 9:30a Balance Builders – AR 10:00a Bible Study – Chpl 11:00a Chit Chats with Staff - GR 1:30p After. Bike Club – FR 2:30p St. Peters Ministry – Chpl 3:00p Care Packages - AR 4:00p Balloon Volleyball - AR 5:00p Movie Night - TH	16 9:30a Strengthening – AR 10:30a Crafters Corner: Snowflakes - AR 2:00p Men's Group – AR 3:00p Scenic Drive - BT* 4:00p Table Game: Jenga - AR 6:15p BINGO – AR	17 9:20a Balance Builders – AR 10:00a Catholic Mass – Chpl 10:30a Baking Dog Biscuits - AR 1:30p After. Bike Club – FR 2:00p Calendar Planning - AR 3:00p Tea & Scones - AR 4:00p Bow & Arrow - GR	18 9:30a Strengthening – AR 10:00a Pet Visits w/Fin - AR 10:30a Bible Study – Chpl 1:30p After. Bike Club – FR 2:00p Shopping: Macy's - BT* 2:10p Ted Talks - TH 3:30p TGIF w/George - GR 6:15p Evening Trivia - AR	19 9:30a Morning Exercise – AR 10:30a BINGO – AR 1:15p Guided Imagery 2:00p Stretch & Strength 3:00p Wii Games 3:30p Sit & Sip 4:00p Bowling Mania 5:30p What Comes First ?
20 9:15a Catholic Communion- AR 9:30a Morning Exercise – AR 10:10a Outburst - GR 11:00a Church Ser. – Chpl 1:00p Wii Games - AL 2:00p Bow & Arrow - GC 3:30p Putting the Past in Order - GC	21 Martin Luther King Jr Day 9:30a Strengthening - AR 10:30a VFW Taste of America 1:30p After. Bike Club – FR 2:00p Tye Blankets w/Meg - AR 3:30p Painting w/Lorraine-GC 3:30p Ladies Bible Study-Chpl Monday Night Football	22 9:30a Balance Builders – AR 10:00a Bible Study – Chpl 11:00a Chit Chats with Staff - GR 1:30p After. Bike Club – FR 2:30p St. Peters Ministry – Chpl 3:00p Minute to Win It! - AR 4:00p Dominoes - AR 5:00p Nat. Geo. Special - TH	23 9:30a Strengthening – AR 10:00a Daily Chronicle - AR 10:30a Ladies Tea - AR 2:00p Table Games - AR 3:00p Scenic Drive - BT* 4:00p Bowling Mania - GC 6:15p BINGO – AR	24 9:20a Balance Builders – AR 10:00a Daily Chronicle - AR 10:30a Adult Coloring - AR 1:30p After. Bike Club – FR 2:00p Ted Talks - TH 3:00p Story Creations - GR 4:00p Skee Ball - GR	25 9:30a Strengthening – AR 10:00a Pet Visits w/Fin - AR 10:30a Bible Study – Chpl 1:30p After. Bike Club – FR 2:00p Out to Wal-Mart - BT* 2:10p Wii Games – AR 3:30p Community Outreach- AR 6:15p Evening Games - AR	26 9:30a Morning Exercise – AR 10:30a BINGO – AR 1:15p Hand Massages - GC 2:00p Bowling Mania - GC 3:00p Crafters Corner: Table Décor - GC 3:30p Sit & Sip - GC 4:00p Random Trivia - GC
27 9:15a Catholic Communion- AR 9:30a Morning Exercise – AR 10:10a Table Game: Jenga - GR 11:00a Church Ser. – Chpl 1:00p Card Game - GR 2:00p Toss N' Talk - GC 3:30p Tea & Scones - GC	28 9:30a Strengthening - AR 10:30a Hymns w/Gordon-Chpl 1:30p After. Bike Club – FR 2:00p Tye Blankets w/Meg - AR 2:30p Balloon Tennis - TH 3:30p Ladies Bible Study-Chpl Monday Night Football	29 9:30a Balance Builders – AR 10:00a Bible Study – Chpl 11:00a Chit Chats with Staff - GR 1:30p After. Bike Club – FR 2:30p St. Peters Ministry – Chpl 3:00p Crafters Corner: Valentine's Day Décor - AR 4:00p TV Classics - TH	30 9:30a Strengthening – AR 10:00a Daily Chronicle - AR 10:30a Painting Sensation - AR 2:00p Ring Toss - AR 3:00p Scenic Drive - BT* 4:00p Arm Chair Travel - TH 6:15p BINGO – AR	31 9:20a Balance Builders – AR 10:30a Word Games - AR 1:30p After. Bike Club – FR 2:00p Decorating for Valentine's Day - AR 3:00p Toss N' Talk – AR 4:00p Guided Relaxation - TH	Location Key: Great Room – GR Fitness Room – FR Dining Room – DR Greenland Cove – GC Courtyard – CY 	Location Key: Activity Room – AR Theatre – TH Chapel – Chpl Bus Trip – BT * - Requires Sign Up in Binder located up front