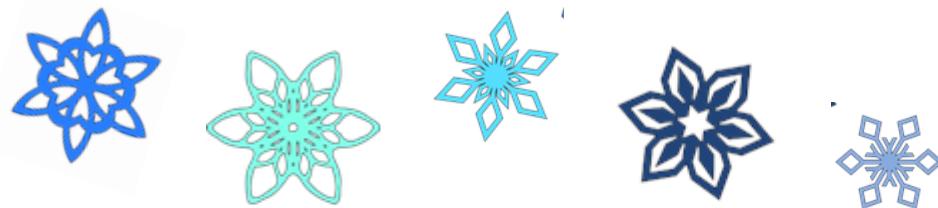


January











BETHESDA GARDENS MONUMENT

a Bethesda Senior Living Community

Greenland Cove



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30a Balance Builders – AL 10:00a Bible Study – AL 11:00a Chit Chats with Staff 1:30p Short Stories & Tea 2:00p St. Peters Ministry – Chpl 3:30p Music w/Gus - AL 5:00p Evening Movie 	2 9:30a Strengthening – AL 10:30a Music w/Gordon - AL 1:15p Hand Massages 2:00p Crafters Corner: Bulletin Board 3:00p Scenic Drive - BT* 4:00p Balloon Toss 6:15p BINGO – AL	3 9:20a Balance Builders – AL 10:00a Catholic Mass – AL 10:40a Fancy Nails 1:30p After. Bike Club – FR 2:00p Tangram Puzzles 3:00p Resident Council 4:00p Jigsaw Puzzle	4 9:30a Strengthening – AL 10:00a Pet Visits w/Fin 10:30a Bible Study – AL 1:30p After. Bike Club – AL 2:00p Adult Coloring 3:30p Music w/Bobby - AL 6:15p Bean Bag Toss - AL	5 9:30a Morning Exercise – AL 10:30a BINGO – AL 2:00p Dave M. on the Piano-AL 3:10p Horse Shoes 3:40p Sit & Sip 4:00p Wii Games 5:30p Evening Movie 
6 9:15a Catholic Communion - AL 9:30a Morning Exercise – AL 10:10a Card Game: Uno - AL 11:00a Communion Ser. – AL 1:00p Board Games - AL 2:00p Ring Toss 3:30p Junk Drawer Detective 4:00p Snacks & Stories	7 9:30a Little London Fitness- AL 10:00a Daily Chronicle 10:30a 2019 Door Décor 1:30p After. Bike Club – FR 2:30p Finish the Phrase 3:00p Bean Bag Toss 3:30p Ladies Bible Study - AL 6:00p Chit Chats & Snacks	8 9:30a Balance Builders – AL 10:00a Bible Study – AL 11:00a Chit Chats with Staff 1:30p Short Stories 2:00p St. Peters Ministry – Chpl 3:00p Marshmallow Flakes 4:00p Toss N' Talk 5:00p Evening Musical Movie	9 9:30a Strengthening – AL 10:30a Eat, Wear, or Drive 1:15p Guided Relaxation 2:10p Kickball 3:00p Scenic Drive - BT* 4:00p Winter Trivia 6:15p BINGO – AL 	10 9:20a Balance Builders – AL 10:00a Daily Chronicle 10:40a "FROST" Bingo 1:30p Balloon Volleyball 2:00p Sing A Long 2:45p Sit & Sip 3:00p Table Games 3:30p Sit & Sips	11 9:30a Strengthening – AL 10:00a Pet Visits w/Fin 10:30a Bible Study – AL 1:30p After. Bike Club – AL 2:30p Rita's Jewelry 3:30p January Trivia 6:15p Table Games and Cocoa - AL	12 9:30a Morning Exercise – AL 10:30a BINGO – AL 2:00p Winter Wonderland Festival (2-4p) 3:30p Sit & Sip 4:00p Music and Hydration 5:30p Evening Movie
13 9:15a Catholic Communion - AL 9:30a Morning Exercise – AL 10:10a Dice Game: LRC - AL 11:00a Church Ser. – AL 1:00p Card Games - AL 2:00p Hooks & Ladders 3:30p Tangrams 	14 9:30a Little London Fitness- AL 10:00a Daily Chronicle 10:30a DIY Cards w/Linda 1:30p Guided Meditation 2:30p Jeopardy Trivia 3:00p Sit and Sip 3:30p Ladies Bible Study - AL 6:00p Stories and Snacks	15 9:30a Balance Builders – AL 10:00a Bible Study – AL 11:00a Chit Chats with Staff 1:30p After. Bike Club – FR 2:00p St. Peters Ministry – Chpl 3:00p Balloon Toss 4:00p Word Puzzles 5:00p TV Classics	16 9:30a Strengthening – AL 10:30a Word to the Wise 1:15p Hand Massages 2:00p Baking: Muffins 3:00p Scenic Drive - BT* 4:00p Calendar Planning 6:15p BINGO – AL	17 9:20a Balance Builders – AL 10:00a Catholic Mass – AL 10:40a Fancy Nails 1:20p After. Bike Club – FR 2:00p Painting Sensation 3:00p Dice Games 3:30p Sit & Sips 4:00p Random Trivia	18 9:30a Strengthening – AL 10:00a Pet Visits w/Fin 10:30a Bible Study – AL 1:30p After. Bike Club – AL 2:00p Mystery in a Bag 3:30p Music w/George - AL 6:15p Evening Trivia - AL	19 9:30a Morning Exercise – AL 10:30a BINGO – AL 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 - AL 9:30a Morning Exercise – AL 10:10a Outburst – AL 11:00a Church Ser. – AL 1:00p Wii Games - AL 2:00p Bow & Arrow 3:30p Putting the Past in Order	21 Martin Luther King Jr Day 9:30a Little London Fitness- AL 10:00a Daily Chronicle 10:30a VFW Taste of America 1:30p After. Bike Club – FR 2:30p Board Game: Outburst 3:30p Ladies Bible Study - AL 3:30p Painting w/Lorraine 6:00p Soothing Sounds	22 9:30a Balance Builders – AL 10:00a Bible Study – AL 11:00a Chit Chats with Staff 1:30p After. Bike Club – FR 2:00p St. Peters Ministry – Chpl 3:00p Snowball Throw  4:00p Wii Games 5:00p Evening Music	23 9:30a Strengthening – AL 10:30a Crafters Corner: Winter Sun Catcher 1:15p Guided Imagery 2:00p Sing A Long 3:00p Scenic Drive - BT* 4:00p Bowling Mania 6:15p BINGO – AL	24 9:20a Balance Builders – AL 10:00a Daily Chronicle 10:15a Baking Cookies 1:30p Kickball 2:00p Word to the Wise 3:00p Story Creations - AL 3:30p Sit & Sips 4:00p Ring Toss	25 9:30a Strengthening – AL 10:00a Pet Visits w/Fin 10:30a Bible Study – AL 1:30p After. Bike Club – AL 2:10p 30 second Mystery 3:30p Afternoon Tea & Games 6:15p Evening Games - AL	26 9:30a Morning Exercise – AL 10:30a BINGO – AL 1:15p Hand Massages  2:00p Bowling Maia 3:00p Crafters Corner: Table Décor 3:30p Sit & Sip 4:00p Random Trivia
27 9:15a Catholic Communion - AL 9:30a Morning Exercise – AL 10:10a Table Game: Jenga – AL 11:00a Church Ser. – AL 1:00p Card Game – AL 2:00p Toss N' Talk 3:30p Tea & Scones	28 9:30a Little London Fitness- AL 10:00a Daily Chronicle 10:30a Hymns w/Gordon-Chpl 1:30p Hand Massages 2:30p Balloon Tennis 3:30p Ladies Bible Study - AL 6:00p Chit Chats and Snacks	29 9:30a Balance Builders – AL 10:00a Bible Study – AL 11:00a Chit Chats with Staff 1:30p After. Bike Club – FR 2:00p St. Peters Ministry – Chpl 3:00p "FROST" Bingo 4:00p Word to the Wise 5:00p Evening Movie	30 9:30a Strengthening – AL 10:00a Daily Chronicle 10:30a Baking: Bread 1:15p Guided Relaxation 2:00p Kickball 3:00p Scenic Drive - BT* 4:00p Afternoon Trivia 6:15p BINGO – AL	31 9:20a Balance Builders – AL 10:30a Rhythm and Sounds 1:30p After. Bike Club – FR 2:00p Decorating for Valentine's Day - AR 3:00p Hooks & Ladders 3:30p Sit & Sips 4:00p Finnish the Phrase	Location Key: AL – Assisted Living BT* – Bus Trip FR - Fitness Room AL Daily Sheets will indicate location within the building. 