

CHINOOK VILLAGE PROGRAM CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Happy New Year	2 9:30 Chair Yoga (3) 10:30 Walking (2) 1:30 Afternoon Chores (2)	3 9:30 Sit n' Be Fit (2) 10:00 Coffee and Chat (2) 10:30 Current Events (2) 2:00 Musical Memories (2)	4 9:30 Bible Study (3) 10:30 Mental Aerobics (2) 2:00 Games (2L) 6:30 Band (4) "Dick and the Gals"	5 9:30 Sit n' Be Fit (2) 10:30 Word Puzzles (2) 2:00 Winter Sing a Long (T)	6
7 2:30 Chapel (4)	8 9:30 Sit n' Be Fit (2) 10:00 Coffee and Chat (2) 10:30 Walking (2) 2:00 Afternoon Chores (2) 6:30 Hymn Sing (4)	9 9:30 Chair Yoga (3) 10:30 Balloon Tennis (2) 1:00 B12/Blood Pressure Clinic (4) 2:00 Birthday Party (T)	10 9:30 Sit n' Be Fit (2) 10:00 Coffee and Chat (2) 10:30 Wheel of Fortune (2) 2:00 Fall Prevention In-Service (4)	11 9:30 Bible Study (3) 10:30 Mental Aerobics (2) 2:00 Games (2L) 6:30 Band (4) "Happy Gang"	12 9:30 Sit n' Be Fit (2) 10:30 Crib (2L) 2:00 Meet and Greet Coffee Party (2)	13
14 2:30 Chapel (4)	15 9:30 Sit n' Be Fit (2) 10:30 Walking (2) 1:45 Bridge (2) 2:00 Afternoon Chores (2)	16 9:30 Chair Yoga (3) 10:30 Shuffleboard (3) 2:00 Stitch and Knit (4)	17 9:30 Sit n' Be Fit (2) 10:00 Coffee and Chat (2) 10:30 Sudoku (2) 2:00 Resident Council Meeting (2)	18 9:30 Bible Study (3) 10:30 Mental Aerobics (2) 2:00 Games (2L) 6:30 Band (4) "Melody and Song"	19 9:30 Sit n' Be Fit (2) 10:30 Bean Bag Toss (2) 2:00 Bingo (2)	20
21 2:30 Chapel (4)	22 9:30 Sit n' Be Fit (2) 10:30 Walking (2) 2:00 Afternoon Chores (2)	23 9:30 Chair Yoga (3) 10:30 Balloon Tennis (2) 2:00 Carpet Bowling (T)	24 9:30 Sit n' Be Fit (2) 10:00 Sign Up for Fabulous Lunch (2) 10:00 Coffee and Chat (2) 10:30 Crosswords (2) 2:00 Pen Pal Program (2)	25 9:30 Bible Study (3) 10:30 Mental Aerobics (2) 2:00 Memorial Service (4) 6:30 Band (4) "Kountry Friends"	26 9:30 Sit n' Be Fit (2) 12:00 Fabulous Lunch (2) "Joey's Only" 2:00 Canasta (2L)	27
28 2:30 Chapel (4)	29 9:30 Sit n' Be Fit (2) 10:30 Walking (2) 2:00 Afternoon Chores (2)	30 9:30 Chair Yoga (3) 12:00 Men's Luncheon (2) 2:00 Scrabble (2L)	31 9:30 Sit n' Be Fit (2) 10:00 Coffee and Chat (2) 10:30 Wheel of Fortune (2) 2:00 Expressive Arts (2) Watercolor Painting "Winter Scene"	It is our policy to conduct resident activities as scheduled. If a calendar modification is necessary, every attempt will be made to post any changes in advance	LEGEND (2) 2 nd Floor, Activity Rm. (3) 3 rd Floor, Lounge (4) 4 th Floor, Chapel (6) Main Entrance 6	LEGEND (C) Clinic (2L) 2 nd Floor Dining Lounge (L) Lane Lounge (T) Terrace Room (CS) Corner Store