

















































































































































January 2024
HILLSIDE,VISTA 3 AND VISTA 9

Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	 Cooking  Creative  Games  Intellectual  Music  Physical  Purposeful  Social  Spiritual	New Year's Day 8:00 Happy New Year To All. May the day bring you peace and rest. Activities will resume on Tuesday.	9:30  CCY Campus News-Ch. 81 9:30  Morning Fitness [MP] 9:45  Word of the Day & Tidbits 10:00  Cranium Crunches [MP] 12:00 Please Check your Lifestyle for more events on Campus	9:30  Morning Fitness 9:45  Word of the Day & Tidbits 10:00  Knock Out Parkinson's [9th Fl] 10:45  Table Talk w/ John Hill [HS Activity Room] 3:00  Knit Wits Group-All Welcome [9th Fl]	9:30  Morning Fitness 9:45  Word of the Day & Tidbits 10:00  Express Yourself! Voice Exercise Group [9th Fl] 2:00  Men's Social- Vista 9 2:15  New Nails w/ Janet [HS Activity Room]	9:30  Morning Fitness 9:45  Word of the Day & Tidbits 9:50  Tai Chi Class w/ Jesse [9th Fl] 2:00  Calendar Planning	10:30  Calendar Planning [MP] 11:00  9th Floor Exercise-DR 2:00  Mexican Train Game [DR-H] 2:00  Movie Matinee-Check Flyers for location/ Feature Film	
	<p>“You must be the change you wish to see in the world.” — Mohandas Gandhi</p> <p>Resident Birthdays</p> <p>Laura M. 1/5 Roberta B. 1/6 Gwendolyn G. 1/8 Betty B. 1/10 Carolyn E. 1/15 Emily H. 1/23 Donald T. 1/25 Joan T. 1/25 Joseph H. 1/26 Sharon W. 1/27</p> <p>Birthday Cont. Phyllis Wilbourne 1/13</p>	9:30  Church Service w/ Rev. Mike-Christ Chapel-Vista 2nd Floor 11:00  Worship Service - Ch. 81 2:00  Sunday Matinee-Vista 9 See flyers for Feature Details	9:30 Morning Fitness [MP] 9:45  Word of the Day & Tidbits 10:00  Tai Chi w/Jesse [MP] 10:30  Current Events w/ Randy Mayeux [9th Fl] 2:00  Bingo Fun [HS Activity Room]	9:30  CCY Campus News-Ch. 81 9:30  Morning Fitness [MP] 9:45  Word of the Day & Tidbits 10:00  Cranium Crunches [MP] 1:30  CC Young'uns Choir Practice [PA] 2:00  Circle Ball Exercise/Game [MP]	9:30  Morning Fitness 9:45  Word of the Day & Tidbits 10:00  Knock Out Parkinson's [9th Fl] 10:45  Table Talk w/ John Hill [HS Activity Room] 2:00 Storying Telling w/Jo Radar [MP] 3:00  Knit Wits Group-All Welcome [9th Fl]	9:30  Morning Fitness 9:45  Word of the Day & Tidbits 10:00  Express Yourself! Voice Exercise Group [9th Fl] 2:00  Men's Social- Vista 9 2:15  New Nails w/ Janet [HS Activity Room]	9:30  Morning Fitness 9:45  Word of the Day & Tidbits 9:50  Tai Chi Class w/ Jesse [9th Fl] 3:00  Happy Hour w/ Dennis [DR-H]	11:00  9th Floor Exercise-DR 2:00  Mexican Train Game [DR-H] 2:00  Young Men's Service League [HS Activity Room]
		9:30  Church Service w/ Rev. Mike-Christ Chapel-Vista 2nd Floor 11:00  Worship Service - Ch. 81 2:00  BYO-Musicians [9th Fl]	Martin Luther King, Jr. Day 9:30 Morning Fitness [MP] 9:45  Word of the Day & Tidbits 10:00  Tai Chi w/Jesse [MP] 2:00  Bingo Fun [HS Activity Room] 4:45  Piano Music w/ Russ Rieger [9th Fl]	9:30  CCY Campus News-Ch. 81 9:30  Morning Fitness [MP] 9:45  Word of the Day & Tidbits 10:00  J & J Fun Cooking Class [HS Activity Room] 1:30  CC Young'uns Choir Practice [PA] 3:00  Arts & Crafts w/ Jesse [HS Activity Room]	9:30  Morning Fitness 9:45  Word of the Day & Tidbits 10:00  Knock Out Parkinson's [9th Fl] 10:45  Table Talk w/ John Hill [HS Activity Room] 3:00  Knit Wits Group-All Welcome [9th Fl] 4:45  Piano Music w/ Russ Rieger [DR-H]	9:30  Morning Fitness 9:45  Word of the Day & Tidbits 10:00  Express Yourself! Voice Exercise Group [9th Fl] 1:30  Birthday Honorees Celebration [HS Activity Room] 2:00  Men's Social- Vista 9	9:30  Morning Fitness 9:45  Word of the Day & Tidbits 9:50  Tai Chi Class w/ Jesse [9th Fl] 3:00  Happy Hour w/ Laurie! [9th Fl]	11:00  9th Floor Exercise-DR 2:00  Mexican Train Game [DR-H] 2:00  Movie Matinee-Check Flyers for location/Feature Film
		9:30  Church Service w/ Rev. Mike-Christ Chapel-Vista 2nd Floor 11:00  Worship Service - Ch. 81 2:00  Sunday Matinee-Vista 9 See flyers for Feature Details	9:30 Morning Fitness [MP] 9:45  Word of the Day & Tidbits 10:00  Tai Chi w/Jesse [MP] 2:00  Bingo Fun [HS Activity Room]	9:30  CCY Campus News-Ch. 81 9:30  Morning Fitness [MP] 9:45  Word of the Day & Tidbits 10:00  Cranium Crunches [MP] 11:00  For Love & Art w/ Wolford [9th Fl] 1:30  CC Young'uns Choir Practice [PA] 2:00  Centennial Birthday-Emily Hollandsworth [MP]	9:30  Morning Fitness 9:45  Word of the Day & Tidbits 10:00  Knock Out Parkinson's [9th Fl] 10:45  Table Talk w/ John Hill [HS Activity Room] 3:00  Knit Wits Group-All Welcome [9th Fl]	9:30  Morning Fitness 9:45  Word of the Day & Tidbits 10:00  Express Yourself! Voice Exercise Group [9th Fl] 2:00  Men's Social- Vista 9 2:15  New Nails w/ Janet [HS Activity Room]	9:30  Morning Fitness 9:45  Word of the Day & Tidbits 9:50  Tai Chi Class w/ Jesse [9th Fl] 11:30  Lunch @ Maggiano's 2:30  Game Time [HS Activity Room]	11:00  9th Floor Exercise-DR 2:00  Mexican Train Game [DR-H] 2:00  Movie Matinee-Check Flyers for location/Feature Film
			9:30  Church Service w/ Rev. Mike-Christ Chapel-Vista 2nd Floor 11:00  Worship Service - Ch. 81 2:00  Sunday Matinee-Vista 9 See flyers for Feature Details	9:30 Morning Fitness [MP] 9:45  Word of the Day & Tidbits 10:00  Tai Chi w/Jesse [MP] 2:00  Bingo Fun [HS Activity Room] 4:45  Piano Music w/ Russ Rieger [9th Fl]	9:30  CCY Campus News-Ch. 81 9:30  Morning Fitness [MP] 9:45  Word of the Day & Tidbits 10:00  Texas Winds-Violin/Piano [9th Fl] 1:30  CC Young'uns Choir Practice [PA] 2:00  Circle Ball Exercise/Game	9:30  Morning Fitness 9:45  Word of the Day & Tidbits 10:00  Knock Out Parkinson's [9th Fl] 10:45  Table Talk w/ John Hill [HS Activity Room] 3:00  Knit Wits Group-All Welcome [9th Fl] 4:45  Piano Music w/ Russ Rieger [DR-H]	<p>Location Key HL-Hillside Lounge MP-Multi-purpose Room DRH-Hillside Dining Room 9th Fl-Vista 9 PA-Point Aud</p> <p>Always be sure to check your Lifestyle Guide often for more events on Campus!</p> <p>The new year stands before us, like a chapter in a book, waiting to be written.</p>	