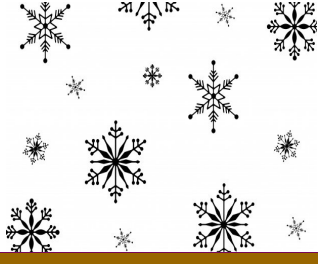


January 2019 The Heritage at Lowman Bethany



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>ALL ACTIVITIES ARE SUBJECT TO CHANGE PLEASE CHECK DAILY FOR ANY CHANGES</p>	<p>WHAT'S HAPPENING IN JANUARY Sunday, January 13th Ice Cream Social 3 P.M.</p>	<p>1 HAPPY NEW YEAR!!! 9:30 Watch a Parade 10:00 Have Some Coffee 2:00 Football and Snack 3:30 Walking Club 4:00 Chats with Staff</p>	<p>2 9:00 Get Movin' with Mary 9:30 News Flash 10:30 Strike up the Band 11:00 Mind Stretchers 2:00 Trivia Time 3:30 Move with Dalton 4:00 Hand Massage</p>	<p>3 9:00 Time to Stretch 10:00 Hymn Sing 10:30 Scripture and Song with Chaplain 1:30 Craft Time 2:30 Music with Mr. Bauknight 3:30 Walking club</p>	<p>4 9:00 Devotions 9:30 Sit and Move 10:30 Music with Pastor Jackie 2:00 Bingo 3:30 Walking Club 4:00 Soothing Hands</p>	<p>5 9:30 Morning News & Chats 10:00 Coffee Time 2:00 Movie & Snack <i>Visit with Family and Friends</i></p>
<p>6 Epiphany Visits with Family & Friends 10:00 Hymns 2:00 Worship Service 4:00 Strolls & Visits</p>	<p>7 9:30 Stretch and Chat 10:30 Happenings in January 11:00 Aromatherapy 2:00 Who, What, Where 3:30 Walking Club 4:00 Activities for the Soul</p>	<p>8 9:00 Morning Greetings and Prayer 10:00 Exercise with Ann 11:00 Sensory Stimulation 2:00 Sing-a-Long and Pop-sicles 3:30 Walking Club</p>	<p>9 9:00 Get Movin' with Mary 9:30 News Flash 10:30 Strike up the Band 11:00 What If? 2:00 ?College Bowl Games 3:30 Move with Dalton 4:00 Hand Massage</p>	<p>10 9:00 Time to Stretch 10:00 Hymn Sing 10:30 Scripture and Song with Chaplain 1:30 Craft Time 2:30 Music with Carol 3:30 Walking Club</p>	<p>11 9:00 Devotions 9:30 Sit and Move 11:00 Sing-a-Long with St. Paul 2:00 Bingo 3:30 Walking Cub 4:00 Soothing Hands</p>	<p>12 9:30 Morning News & Chats 10:00 Coffee Time 2:00 Movie & Snack <i>Visit with Family and Friends</i></p>
<p>13 Visits with Family & Friends 10:00 Hymns 2:00 Worship Service 3:00 Ice Cream Social 4:00 Strolls & Visits</p>	<p>14 9:30 Stretch and Chat 10:30 What Year? 11:00 Roll the Dice 2:00 What's the Price? 3:30 Walking Club 4:00 Activities for the Soul</p>	<p>15 9:00 Morning Greetings and Prayer 10:00 Exercise w/Ann 11:00 Sensory Stimulation 2:00 Snowball Volleyball 3:30 Walking Club 4:00 Poetry Corner</p>	<p>16 9:00 Get Movin' with Mary 9:30 News Flash 10:30 Strike up the Band 11:00 Answer This 1:30 Mystery Ride 3:30 Move with Dalton 4:00 Hand Massage</p>	<p>17 9:00 Time to Stretch 10:00 Hymn Sing 10:30 Scripture and Song with Chaplain 1:30 Craft Time 2:30 Music with Mr. Bauknight 3:30 Walking Club 4:00 A Short Story</p>	<p>18 9:00 Devotions 9:30 Sit and Move 11:00 Questions & Answers 2:00 Bingo 3:30 Walking Cub 4:00 Soothing Hands</p>	<p>19 9:30 Morning News & Chats 10:00 Coffee Time 2:00 Movie and Snack <i>Visit with Family and Friends</i></p>
<p>20 Visits with Family & Friends 10:00 Hymns 2:00 Worship Service 4:00 Strolls & Visits</p>	<p>21 Full Moon/ Martin Luther King Day 9:30 Stretch and Chat 10:30 Spell Check 11:00 Aromatherapy 2:00 True or False 3:30 Walking Club 4:00 Activities for the Soul</p>	<p>22 9:00 Morning Greetings and Prayer 10:00 Exercise with Ann 11:00 Sensory Stimulation 2:00 Jeopardy 3:30 Walking Club 4:00 Poetry Corner</p>	<p>23 9:00 Get Movin' with Mary 9:30 News Flash 10:30 Strike Up the Band 11:00 Mind Stretchers 2:00 Monthly Birthday Party 3:30 Move with Dalton 4:00 Hand Massage</p>	<p>24 9:00 Time to Stretch 10:00 Hymn Sing 10:30 Scripture and Song with Chaplain 1:30 Craft Time 2:30 Music with Carol 3:30 Walking Club 4:00 A Short Story</p>	<p>25 9:00 Devotions 9:30 Sit and Move 11:00 Would You Rather 2:00 Bingo 3:30 Walking Club 4:00 Soothing Hands</p>	<p>26 9:30 Morning News & Chats 10:00 Coffee Time 2:00 Movie & Snack <i>Visit with Family and Friends</i></p>
<p>27 Visits with Family & Friends 10:00 Hymns 2:00 Worship Service 4:00 Strolls & Visits</p>	<p>28 9:30 Stretch and Chat 10:30 I Do This 11:00 Work a Puzzle 2:00 What Goes Where and Cider 3:30 Walking Club 4:00 Activities for the Soul</p>	<p>29 9:00 Morning Greetings and Prayer 10:00 Exercise with Ann 11:00 Sensory Stimulation 2:00 Radio Days 3:30 Walking Club 4:00 Poetry Corner</p>	<p>30 9:00 Get Movin' with Mary 9:30 News Flash 10:30 Strike Up the Band 11:00 Mind Stretchers 2:00 What is it?/ 3:30 Move with Dalton 4:00 Hand Massage</p>	<p>31 9:00 Time to Stretch 10:00 Hymn Sing 10:30 Scripture and Song with Chaplain 1:30 Craft Time 2:30 Music with Mr. Bauknight 3:30 Walking Club 4:00 A Short Story</p>		