

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# January 2025

## Health & Wellness

# STAT

New Year's Day

**Dimensions of Wellness Physical**

**Mental/Emotional**

**Spiritual**

**Social**

**Intellectual**

**Environmental**

9 Senior's strength  
10 Pelvic Floor Exercise Program (sign up REQ.)  
11 Silver Sneakers  
11 Parkinson's Program  
130 Reiki Appointments  
230 Hand massage

9 Senior's strength  
10 Pelvic Floor Exercise Program (sign up REQ.)  
11 Parkinson's Program  
130 Standing balance  
230 Hand massage in the Garden Room

9 Senior's strength  
10 Pelvic Floor Exercise Program (sign up REQ.)  
11 Parkinson's Program  
130 Standing balance  
230 Hand massage in the Garden Room

9 Senior's strength  
10 Pelvic Floor Exercise Program (sign up REQ.)  
11 Parkinson's Program  
130 Standing balance  
230 Hand massage in the Garden Room

9 Flexibility  
11 Silver sneakers  
130 Yin Yoga  
230 One on Ones

9 Flexibility  
11 Silver sneakers  
130 Yin Yoga  
230 One on Ones

9 Flexibility  
11 Silver sneakers  
130 Yin Yoga  
230 One on Ones

9 Flexibility  
11 Lunch at K & L Sushi  
2 Yin Yoga  
3 One on Ones

9 Senior's strength  
1030 Resident Meeting  
130 Standing balance

9 Senior's strength  
10 Pelvic Floor Exercise Program (sign up REQ.)  
11 Silver Sneakers  
11 Parkinson's Program  
130 Standing balance

9 Senior's strength  
10 Pelvic Floor Exercise Program (sign up REQ.)  
11 Silver Sneakers  
11 Parkinson's Program  
130 Standing balance

9 Senior's strength  
10 Pelvic Floor Exercise Program (sign up REQ.)  
11 Silver Sneakers  
11 Parkinson's Program  
130 Standing balance

9 Flexibility  
1030-12 Tele Rehab (sign up REQ.)  
130 Standing Balance  
230 Hand massage in the Garden Room

9 Flexibility  
1030-12 Tele Rehab  
130 Standing Balance  
230 Hand massage in the Garden Room  
3 Eyeglasses Cleaning and Small Repairs

9 Flexibility  
1030-12 Tele Rehab (sign up REQ.)  
130 Standing Balance  
230 Hand massage in the Garden Room

9 Flexibility  
1030-12 Tele Rehab (sign up REQ.)  
130 Standing Balance  
230 Hand massage in the Garden Room

9 Flexibility  
1030-12 Tele Rehab (sign up REQ.)  
130 Standing Balance  
230 Hand massage in the Garden Room

9 Senior's strength  
10 Pelvic Floor Exercise Program (sign up REQ.)  
11 Parkinson's Program  
11 Silver sneakers  
130 Standing balance  
230 Yin Yoga

9 Senior's strength  
10 Flexibility  
130 Standing balance  
230 Yin Yoga

9 Senior's strength  
10 Daycare Visit  
130 Standing balance  
230 Yin Yoga

9 Senior's strength  
10 Flexibility  
130 Standing balance  
230 Yin Yoga

9 Senior's strength  
10 Daycare Visit  
130 Standing balance  
230 Yin Yoga

**Lymphatic Massage with Geca. See Raileigh to book your appointment!**

**"Growing old is mandatory; growing up is optional."**

**"Aging seems to be the only available way to live a long life."**

**"You don't stop laughing when you grow old, you grow old when you stop laughing."**

**"Birthdays are good for you. Statistics show that the people who have the most live the longest."**

\*\*\*Calendar is subject to change\*\*\*

Chinese New Year (Year of the Snake)

# January 2025

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

CALENDAR IS SUBJECT TO CHANGE

			<p><b>NEW YEAR'S DAY</b> 1 630 CRIBBAGE TOURNAMENT IN THE ACTIVITY CENTER</p>	<p>9 COFFEE TALK 2 1 SHOP N SNACK 2 Pictionary <b>630 CARD BINGO WITH HINTON YOUTH GROUP</b></p>	<p>930 MUSIC AND MOVEMENT 3 10 GAMES <b>2 BIRTHDAY CELEBRATION</b></p>	<p>830 HOT DRINKS &amp; HOT TOPICS 4 10 PAPER BINGO 130 CRAFTERS CORNER</p>
<p>5 "YOU NEVER FAIL UNTIL YOU STOP TRYING" 130 CARD BINGO</p>	<p>6 10 GAMES <b>130 BAKING FOR HINTON EMPLOYMENT &amp; LEARNING PLACE</b> 130 10 CENT BINGO</p>	<p>7 9 HOT HAND WAX 11 GAMES 2 MOVIE MARATHON WITH POPCORN: MAN ON THE INSIDE FIRST 2-3 EPISODES 630 CARD BINGO</p>	<p>8 10 MORNING REFLECTIONS <b>1030 RESIDENT MEETING</b> 2 HAPPY HOUR CELEBRATING ELVIS'S BIRTHDAY 630 CRIBBAGE TOURNAMENT IN THE ACTIVITY CENTER</p>	<p>9 <b>9 COFFEE WITH A COP</b> 9 TAKE DOWN CHRISTMAS DECORATIONS 10 LIBRARY HOUR 1 SHOP N SNACK 2 ELVIS TRIVIA 630 CARD BINGO</p>	<p>10 <b>9 COFFEE WITH THE MAYOR</b> 9 TAKE DOWN CHRISTMAS DECORATIONS 930 MUSIC &amp; MOVEMENT 2 MOVIE MARATHON WITH POPCORN: 4-6 EPISODES</p>	<p>9-11 PET THERAPY 1<sup>ST</sup> &amp; 3<sup>RD</sup> 11 FLOOR 130 ICE CREAM SOCIAL 230 CRAFTERS CORNER</p>
<p>12 "HARD WORK TODAY MEANS SUCCESS TOMORROW" 130 CARD BINGO</p>	<p>13 930 FIBER ARTS WITH TYNA 10 GAMES <b>130 BAKING FOR HINTON EMPLOYMENT &amp; LEARNING PLACE</b> 130 10 CENT BINGO</p>	<p>14 9 HOT HAND WAX 11 FORTUNE HOUSE LUNCH OUTING <b>2 HCHS KIDS LEADERSHIP</b> 630 CARD BINGO</p>	<p>15 10 MORNING REFLECTIONS 2 HAPPY HOUR 630 CRIBBAGE TOURNAMENT IN THE ACTIVITY CENTER</p>	<p>16 930 MUSIC &amp; MOVEMENT 10 NORTHERN ROCKIES MUSEUM 1 SHOP N SNACK 2 SHOW &amp; SHARE <b>630 CARD BINGO WITH HINTON YOUTH GROUP</b></p>	<p>17 <b>10 COFFEE AT BRIDGES</b> 10 SATIN HANDS 1-3 GAMES &amp; SNACKS WITH OUR VOLUNTEERS</p>	<p>18 830 HOT DRINKS &amp; HOT TOPICS 10 PAPER BINGO 130 CRAFTERS CORNER 130 HEARING CLINIC</p>
<p>19 "LIFE IS OURS TO BE SPENT, NOT TO BE SAVED" 130 CARD BINGO</p>	<p>20 10 GAMES 130 BAKING WITH KALLAN 130 10 CENT BINGO</p>	<p>21 9 HOT HAND WAX 11 GAMES 2 PASS THE CANVAS 630 CARD BINGO</p>	<p>22 10 MORNING REFLECTIONS 2 HAPPY HOUR 630 CRIBBAGE TOURNAMENT IN THE ACTIVITY CENTER</p>	<p>23 <b>9 COFFEE WITH A COP</b> 9 CRAFTERS CORNER 1 SHOP N SNACK 2 HORSE RACE 630 CARD BINGO</p>	<p>24 930 MUSIC &amp; MOVEMENT 10 COOKING WITH KALLAN 2 MOVIE MARATHON WITH POPCORN: 7-8 EPISODES</p>	<p>9-11 PET THERAPY 1<sup>ST</sup> &amp; 3<sup>RD</sup> 25 FLOOR 130 ICE CREAM SOCIAL</p>
<p>26 "WHERE THERE IS NO STRUGGLE THERE IS NO STRENGTH" 130 CARD BINGO</p>	<p>27 10 GAMES 130 BAKING WITH KALLAN 130 10 CENT BINGO</p>	<p>28 9 HOT HAND WAX 11 K &amp; L SUSHI LUNCH OUTING <b>130 LINKAGES</b> 630 CARD BINGO</p>	<p>29 10 MORNING REFLECTIONS <b>2 HAPPY HOUR IN HAWAII FEATURE DRINK PINA COLADA, A 50/50 DRAW, &amp; RCMP VISIT</b> 630 CRIBBAGE TOURNAMENT IN THE ACTIVITY CENTER</p>	<p>30 9 HOT DRINKS AND HOT TOPICS 1 SHOP N SNACK 2 LADDER BALL <b>630 CARD BINGO WITH HINTON YOUTH GROUP</b></p>	<p>31 930 MUSIC &amp; MOVEMENT 10 GAMES <b>130 BAKING FOR YELLOWHEAD EMERGENCY SHELTER</b></p>	