

# January

# 2009



**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

<p><b>Disclaimer:</b> Activities on the calendar and Locations are subject to change. While every effort is made to run Programs as scheduled, unforeseen events and inclement weather may necessitate calendar modifications and postponement /&amp; cancellation of trips</p>	<p><i>January Cliffs Notes</i> <i>Celebration of Life Month</i> <i>Fiber Focus Month</i> <i>Financial Wellness</i> <i>Folk Music and Dancing Month</i></p>	<p><i>January Cliffs Notes</i> <i>Get Organized Month</i> <i>National Cancer Prevention</i> <i>National Hot Tea Month</i> <i>National Soup Month</i> <i>Oatmeal Month</i></p>	<p><i>January Birthdays Wishes To:</i> Thorleif Omland 3rd Benjamin Wood 8th Marguerite Jordan 13th Virginia Young 19th Florence Vicarisi 21st Ora Stolz 22nd</p>		<p><b>2</b> 10:30am Morning Stretch in the Media Rm 11:15am Stories for the Heart 1:30pm Book Club meets in the Great Rm 2:00pm ONE MAN SHOW music performance By Matthew Fishteyn 3:00pm Resident Council Meeting in the M.R.. 6:30pm Friday Flick</p>	<p><b>3</b> 10:30am Saturday Stretch 2:00pm Bingo in the Activities Room 3:00pm Holiday Mind Joggers 6:30pm Saturday Night Movies</p>
<p><b>4 SUNDAY WORSHIP</b> 3:30pm Chapel Service The Church will be announced</p>	<p><b>5</b> 9:45am Monday Mingle 11:00am Daily Doses of Nostalgia 1:30pm Bible Study in the Great Room 2:00pm The Morris Museum comes to the Cliffs in the Media Room 3:15pm Senior Exercise Program (Media Rm) 6:30pm Movie Monday</p>	<p><b>6</b> 9:45am January Mingle in the CK 10:45am Stretch w/ weights in the MediaRoom 1:30pm Indoor Walking Club 2:00pm Come Shopping 3:00pm Afternoon Drive (thru the park) 3:30 "Hot Tea Social" 6:30pm New Movie</p>	<p><b>7</b> 10:00am "Food for Thought" in the C. Kitchen 10:45am Morning Stretch in the Media Room 11:30am Stories for the Heart 1:30pm The All-American Trivia 2:00pm Residents "Show and Tell" in the C Kitchen 2:30pm Learn Wii &amp; Dominoes 3:30pm "News Currents" in the Media Room 6:30pm Watch A Movie</p>	<p><b>8</b> 9:00am Communion in the private dining room 9:15am Hair &amp; Nail Care (Beauty Salon) 10:30am Exercise w/ weights in the Media Rm 1:30pm New Program w/ Steven Anderson 2:30pm Trivia Challenge 3:30pm Word Game w/ treats in the C Kitchen 6:30pm New Movie</p>	<p><b>9</b> 10:30am Circle of Friends in the Country K. 11:30 "Stories from the Heart" 1:30pm Book Club meets in the Great Rm 2:30pm Afternoon Stretch in the Media Room 3:00pm Resident Council Meeting in the M.R.. 6:30pm Friday Flick</p>	<p><b>10</b> 10:30am Saturday Stretch 1:30pm Baking in the Country Kitchen 2:30pm Four Seasons Trivia 6:30pm Music by "Mel &amp; Tess"</p>
<p><b>11 SUNDAY WORSHIP</b> 3:30pm Chapel Service First Baptist Church In LedgeWOOD</p>	<p><b>12</b> 9:45am Monday Mingle 10:15am Hand Massage w/ Lucy Sutter 1:30pm Bible Study in the Great Room 3:15pm Senior Exercise Program in the Media Room 6:30pm Movie Monday: Irish Dance Performance</p>	<p><b>13</b> 9:45am Good Morning Mingle in the CK 10:30am Stretch &amp; Relaxation (Media Room) 1:30pm Indoor Walking Club 2:00pm Afternoon Matinee with cocoa &amp; marshmallows 3:00pm Pharmacy Trip &amp; Learn Dominoes 6:30pm "Time Machine Talks" (Media Room)</p>	<p><b>14</b> 10:30am Morning Stretch in the Media Room 11:15am Stories for the Heart 1:30pm New Music with Anytime Entertainment in the Great Room 3:30pm "News Currents" program in the Media Room 6:30pm After Supper Cinema</p>	<p><b>15</b> 9:00am Communion in the private dining room 9:15am Hair &amp; Nail Care (Beauty Salon) 10:30am Exercise w/ weights in the Media Rm 1:30pm Post Office/Pharmacy 2:30pm Creative Notions in the Activities Rm 3:30pm Afternoon Bus Ride 6:30pm What's the Movie? The Game</p>	<p><b>16</b> 10:30am Brushstrokes in the Media Room 11:30am Morning Reading 1:30pm Book Club meets in the Great Rm 2:30pm Moments to remember w/ Rick Berger 3:30pm Social Break 6:30pm Friday Flick</p>	<p><b>17</b> 10:30am Saturday Stretch 1:30pm Baking in the Country Kitchen 2:30pm Trivia Treasury 6:30pm Saturday Night Movies</p>
<p><b>18 SUNDAY WORSHIP</b> 3:30pm Chapel Service People's Baptist Church In Bayonne</p>	<p><b>19</b> 9:45am Monday Mingle 11:00am Daily Doses of Nostalgia 1:30pm Bible Study in the Great Room 3:15pm Senior Exercise Program in the Media Room 6:30pm Movie Monday</p>	<p><b>20</b> 9:45am Good Morning Mingle in the CK 10:45am Stretch w/ weights in the Media Rm Noon Inauguration Ceremony -Media Room 1:30 pm Indoor Walking Club 2:00pm Afternoon Drive-Learn Dominoes 3:00pm Apple Cider Social in the C Kitchen 6:30pm U.S. Inauguration Day New Movie</p>	<p><b>21 Noon Lunch Club</b> 10:15am Morning Stretch in the Media Room 1:30pm Scenic Travel DVD in the Media Room Lunch club 3:30pm "News Currents" program in the Media Room 6:30pm Balloon Badminton Movie</p>	<p><b>22</b> 9:00am Communion in the private dining room 9:15am Hair &amp; Nail Care (Beauty Salon) 10:30am Exercise w/ weights in the Media Rm 1:30pm Movie Matinee 2:30pm Munchkin Mingle 3:30pm Funniest Moments of the Century dvd 6:30pm New Music w/ Jack Vartan in the G.R.</p>	<p><b>23 NATIONAL PIE DAY</b>  10:30am Circle of Friends in the Country K. 11:30am Stories from the Heart 1:30pm Book Club meets in the Great Rm 2:00pm Aromatherapy by Care Alternatives 3:30pm Errand Trip-Beginners Dominoes 6:30pm Friday Flick</p>	<p><b>24</b> 10:30am Saturday Stretch 1:30 pm Baking in the Country Kitchen 2:30pm Four Seasons Trivia 6:30pm Scenic Walks of the World DVD</p>
<p><b>25 SUNDAY WORSHIP</b> 3:30PM Chapel Service The Church will be announced</p>	<p><b>26</b> 9:45am Monday Mingle 10:30am "ZOOM" Entertainment in the Media Room 1:30pm Bible Study in the Great Room 3:15pm Senior Exercise Program in the Media Room 6:30pm Movie Monday</p>	<p><b>27</b> 9:45am Good Morning Mingle in the CK 10:30am Stretch &amp; Relaxation (Media Room) 1:30pm Indoor Walking Club 2:00pm Come Shopping 3:00pm Afternoon Drive (thru the park) 3:30 Fiber Talk with Oatmeal Cookies 6:30pm Blockbuster Hit</p>	<p><b>28</b> 10:30am Morning Stretch in the Media Room 11:15am Stories for the Heart 1:30pm The All-American Trivia 2:00pm Bringing Back Those Movie Memories presented by Bill Levy in the Media Room 3:30pm "News Currents" program (MediaRm) 6:30pm Classic Movie Nite</p>	<p><b>29</b> 9:00am Communion in the private dining room 9:15am Hair &amp; Nail Care (Beauty Salon) 10:30am Exercise w/ weights in the Media Rm 1:30pm Total Hearing Care (Media Room) 2:30pm Trivia Challenge 3:30pm Word Game w/ treats in the CK 6:30pm Watch A Movie</p>	<p><b>30</b> 10:30am Morning Stretch in the Media Rm 11:15am Stories from the Heart 1:30pm Book Club meets in the Great Rm 2:30pm BINGO 3:00pm Resident Birthday Celebration in the Country Kitchen. 6:30pm Friday Flick</p>	<p><b>31</b> 10:30am Saturday Stretch 2:00pm Bingo 3:00pm Quiz Me from A to Z 6:30pm Saturday Night Movies</p>