



# Life Enrichment Opportunities | January 15—21, 2018

## Weekly Opportunities

## Special Events

	Weekly Opportunities	Special Events
<p><b>Monday, January 15</b></p> <p><b>Happy Birthday</b> Phil Farmer Muriel Smith</p> 	<p>8:25 am Low Impact Aerobics   Canceled 9:00 am Coffee Corner   EV 9:30 am Senior Circuit Training   Canceled 10:00 am Coffee Corner   CSP 10:00 am Workshop &amp; Quilting   PH 10:15 am Sit and Bee Fit   Canceled 11:00 am Thera-band   Canceled 1:00 pm Blood Pressure Clinic   WWC 1:30 pm Beginning Craft Painting   EV 1:45 pm Sit and Bee Fit   Canceled 1:30 pm Pitch   RWL 2:00 pm Pool Time   KAC 6:00 pm Canasta   RWL</p>	<p>9:30 am <b>Shopping at Walmart   Lobbies</b> 10:30 am <b>Caregiver's Support Group   Chapel</b> 5:00 pm <b>Dinner Out at McFarland's   Lobbies</b></p>
<p><b>Tuesday, January 16</b></p> <p><b>Happy Birthday</b> Maggie Killinger Kent Stubbings</p> <p><b>Happy Anniversary</b> Robert and Doris Payne</p>	<p>8:25 am Low Impact Aerobics   8:30 am First Baptist Service   BPTV 1960 9:00 am Coffee Corner   EV 9:30 am Beginning Oil Painting   EV 9:30 am Senior Circuit Training   WWC 10:00 am Knitting Club   RWL 10:00 am Coffee Corner   CSP 10:15 am Balance &amp; Breathing   WWC 10:45 am Weight Training   WWC 11:30 am Tai Chi with Mae   Canceled 1:00 pm Cribbage   RWL 1:00 pm Senior Yoga with Kelly   WWC 1:30 pm Oil Painting Class   PH</p>	<p>11:30 am <b>Healthwise 55 Luncheon   KAC</b> 6:00 pm <b>Rummikub   EV CR</b></p>
<p><b>Wednesday, January 17</b></p> <p><b>Happy Birthday</b> Connie Buergin Carlee Wilson</p>	<p>8:25 am Low Impact Aerobics   WWC 9:00 am Coffee Corner   EV 9:30 am Senior Circuit Training   WWC 10:00 am Coffee Corner   CSP 10:00 am Workshop &amp; Quilting   RW PH 10:15 am Sit and Bee Fit   EV WC 11:00 am Thera-band   EV WC 1:30 pm Beginning Watercolor   EV 2:45 pm Sit and Bee Fit   WWC</p>	<p>1:00 pm <b>The Crown—Season 2 (episodes 5 and 6)   Chapel</b> Join us as we watch season 2 of this Netflix series.</p>
<p><b>Thursday, January 18</b></p>	<p>8:25 am Low Impact Aerobics   WWC 8:30 am 1st Cong. Service   BPTV 1960 9:00 am Coffee Corner   EV 9:30 am Senior Circuit Training   WWC 10:00 am Men's Forum   EV CR 10:00 am Craft Painting   EV 10:00 am Coffee Corner   CSP 10:15 am Balance &amp; Breathing   WWC 10:45 am Weight Training   WWC 1:00 pm Chair Yoga with Kelly   WWC 1:30 pm Wood Carving   RW PH 2:00 pm Pool Time   KAC 5:30 pm Rummikub   RWL</p>	<p>9:00 am <b>Tour of Kaufman Center and Lunch at Webster House in KC   Lobbies</b> 2:00 pm <b>At the Movies on BPTV 1960 "Little Boy" (2015 family drama)</b> 2:15 pm <b>CardioGym Clinic   EV WC</b> Julie Schmanke will be on hand to show you how to use this new piece of fitness equipment.</p>
<p><b>Friday, January 19</b></p>	<p>9:00 am Shopping at Dillon's   Lobbies 9:00 am Coffee Corner   EV 9:30 am Senior Circuit Training   WWC 10:00 am Coffee Corner   CSP 10:00 am Workshop &amp; Quilting   RW PH 10:15 am Sit and Bee Fit   EV WC 11:00 am Thera-band   EV WC 2:45 pm Sit and Bee Fit   WWC 6:00 pm Canasta   RWL</p>	<p>1:30 pm <b>Team Trivia   KAC</b> 4:00 pm <b>Social   MSP</b></p>  <p><b>National Hat Day!</b> Dust off your hats! Wear a fun hat, creative hat, ball cap or a favorite bonnet. Prize for Best Hat will be given at Social.</p>
<p><b>Saturday, January 20</b></p> <p><b>Happy Birthday</b> Theresa Cain, Charlotte Marriott, George Marschall &amp; Janet Paduh</p>	<p>10:00 am Coffee Corner   EV 10:00 am Coffee Corner   CSP 11:00 am Senior Yoga   EV WC 1:00 pm Blood Pressure Clinic   EV Parlor 1:00 pm Mexican Train Dominos   RWL</p>	<p>6:00 pm <b>Sing-along with Marty Edwards   RWL</b></p>
<p><b>Sunday, January 21</b></p> <p><b>Happy Birthday</b> Anderson Chandler</p>	<p>2:30 pm Vespers   BHC FLR 4:00 pm Vespers   Chapel</p>	<p><b>File of Life Clinic   Update Your Med Info</b> 2:00—4:00 pm Home Health Office (Redwood South)</p>