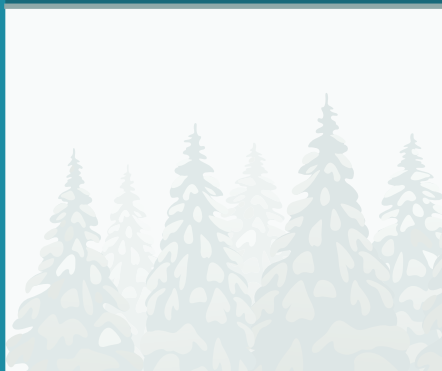


# Altoona Nursing and Rehabilitation Center

# January 2019 Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> NEW YEAR'S DAY 10:00 Puzzle 2:00 Movie	<b>2</b> 9:00 Small Group - L 10:00 Midweek Church -CR 11:15 Small Group - L 2:30 Make a Tutu Tree - LW 4:00 Small Group -L	<b>3</b> :00 Small Group - L 10:00 Silver Sneakers Exercise - LW 11:15 Small Group - LW 2:30 Manicures- LW 4:00 Small Group - LW	<b>4</b> 9:00 Small Group - L 10:00 - Coffee & Danishes 11:15 Small Group -L 2:30 Luke Farland Sings - LW 4:00 Small Group - L	<b>5</b> 9:45 - Word Games - LW 10:00 - Dominoes- L
<b>6</b> 10:00 Church Family Visits	<b>7</b> 9:00 Small Group - L 10:00 Hydration Cart- 11:15 Small Group - LW 2:30 Snow Painting LW 4:00 Small Group - LW	<b>8</b> 9:00 Small Group - L 10:00 Chair Pilates - LW 11:15 Small Group - LW 2:30 Rick Ludwig Sings- LW 4:00 Small Group - LW	<b>9</b> 9:00 Small Group - L 10:00 Midweek Church -CR 11:15 Small Group - L 2:30 Food for Thought - LW 4:00 Small Group -L	<b>10</b> :00 Small Group - L 10:00 Silver Sneakers Exercise - LW 11:15 Small Group - LW 2:30 Manicures- LW 4:00 Small Group - LW	<b>11</b> 9:00 Small Group - L 10:00 - Garage Sale - LW 11:15 Small Group -L 2:30 Birthday Party with Music 4:00 Small Group - L	<b>12</b> 9:45 - Word Games - LW 10:00 - Coloring- L
<b>13</b> 10:00 Church Family Visits	<b>14</b> 9:00 Small Group - L 10:00 Fun with Snowballs- LW 11:15 Small Group - LW 2:30 Winter Craft LW 4:00 Small Group - LW	<b>15</b> 9:00 Small Group - L 10:00 Chair Pilates - LW 11:15 Small Group - LW 2:30 Auction - LW 4:00 Small Group - LW	<b>16</b> 9:00 Small Group - L 10:00 Midweek Church -CR 11:15 Small Group - L 2:30 Winter Picnic - LW 4:00 Small Group -L	<b>17</b> :00 Small Group - L 10:00 Silver Sneakers Exercise - LW 11:15 Small Group - LW 2:30 Manicures- LW 4:00 Small Group - LW	<b>18</b> 9:00 Small Group - L 10:00 - Smoothies 11:15 Small Group -L 2:30 Penney Bingo - LW 4:00 Small Group - L	<b>19</b> 9:45 - Word Games - LW 10:00 - Puzzles - L
<b>20</b> 10:00 Church Family Visits	<b>21</b> 9:00 Small Group - L 10:00 Puzzle- LW 11:15 Small Group - LW 2:30 Christmas Food for Thought- LW 4:00 Small Group - LW	<b>22</b> 9:00 Small Group - L 10:00 Chair Pilates - LW 11:15 Small Group - LW 2:30 Paul Davis Sings -LW 4:00 Small Group - LW	<b>23</b> 9:00 Small Group - L 10:00 Midweek Church -CR 11:15 Small Group - L 2:30 Prize Bingo - LW 4:00 Small Group -L	<b>24</b> :00 Small Group - L 10:00 Silver Sneakers Exercise - LW 11:15 Small Group - LW 2:30 Manicures- LW 4:00 Small Group - LW	<b>25</b> 9:00 Small Group - L 10:00 - Coffee and Danishes -LW 11:15 Small Group -L 2:30 Bob Slings sings - LW 4:00 Small Group - L	<b>26</b> 9:45 - Word Games - LW 10:00 - Dominoes - L
<b>27</b> 10:00 Church Family Visits	<b>28</b> 9:00 Small Group - L 10:00 Prize Bingo LW 11:15 Small Group - LW 2:30 Movie - LW 4:00 Small Group - LW	<b>29</b> 9:00 Small Group - L 10:00 Chair Pilates - LW 11:15 Small Group - LW 2:30 Puzzle -LW 4:00 Small Group - LW	<b>30</b> 9:00 Small Group - L 10:00 Midweek Church -CR 11:15 Small Group - L 2:00 Food Committee 2:30 Resident Council 4:00 Small Group -L	<b>31</b> :00 Small Group - L 10:00 Silver Sneakers Exercise - LW 11:15 Small Group - LW 2:30 Manicures- LW 4:00 Small Group - LW	