




JANUARY 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30am Chair Exercise 10am PB&J Mini Bites 11am Tips and Toes 1:15pm BINGO 2:30pm Snack Social Happy New Year!	2 9am Beauty Salon 10am Fruit salad 11am Music with Mike 1:30pm Exercise 230 pm Jumbo Bowling 3:15pm Balloon Volleyball	3 9:30am Chair Exercise 10am Bible Studies 10:15am coffee Time 11am Lets Make a Craft 2:30pm Daily Trivia	4 National Trivia Day! 9:30am Daily Walk 10:15am Trivia with Staff 11:15am Snacks 230 pm Jumbo Blocks 3:15pm Friday Night Movies	5 9:30am Chair Exercise 10:15am Apples and Oranges 11am Magic Paint 1:30pm Make Your Calendar 2:30pm Cookies & Tea 3:15pm Gentlemen's Club
6 9:30am Morning Stretch 10:15am Hats and Tea 11:30am Table settings 1:30 pm Refreshments 2:15pm Sunday Service 3pm Music from the Past	7 9:30am Exercise 10:15am Banana Smoothie 11:30am Door Signs 1:30pm Crossword Puzzles 2:30 Snacks 3:30pm Resident Council Meeting	8 National Bubble Day 9am Yoga Breathing 10am Cookie Time 11am Bubble Art 1:30pm Lets Dance 230 pm Snacks 3:15pm Lets Blow Bubbles	9 9am Beauty Salon 10am Yogurt Time 11am Music with Larry 1:30pm Exercise 230 pm Nature Art 3:15pm Balloon Volleyball	10 9am Chair Exercise 10am Bible Studies 11am Arts with Dawn 1:30pm Popcorn & A Movie 3:15pm Staff Trivia	11 9am Walking Club 10am Coffee and Muffins 11am Family Feud 1:30pm Popcorn & A Movie 3:15pm Facts About Today	12 9:30am Chair Exercise 10:15am Karaoke 11am Sweet-Treats 1:30pm Jumbo Bowling 2:30pm Bingo for ARC Bucks 3:30pm Dance Along
13 9:30am Morning Stretch 10:15am Muffins 11:30am Word Search 1:30 pm Refreshments 2:15pm Sunday Service 3pm 60's Music	14 National Rubber Duckie Day 9:30am Exercise 10am Ducky Jell-O 11am Paint-A Duck 1:30pm Duck Fishing 230 pm Jumbo Words 3:15pm Balloon Volleyball	15 9:30am 10am Hot Chocolate 11am Bible Studies 1:30pm Exercise 230 pm Cross Words 3:15pm Balloon Social	16 9am Beauty Salon 10am Smoothies 11am Music with Larry 1:30pm Exercise 230 pm BINGO 3:15pm Dog Therapy	17 9am Exercise 10am Fruit salad 11am Bible Studies 1:30pm Exercise 230 pm Jumbo Bowling 3:15pm Balloon Volleyball	18 National Winnie The Pooh Day 9:30am Chair Exercise 10:15am Honey & Apples 11am Color Winnie The Pooh 1:30pm 2:30pm Cookies & Tea 3:15pm Gentlemen's Club	19 National Popcorn Day 9am Walking Club 10am Popcorn Balls 11am Family Feud 1:30pm Fab 40's 3:15pm Ladies Night
20 9:30am Morning Stretch 10:15am Blueberry Smoothie 11:30am Sunday Funday 1:30 pm Refreshments 2:15pm Sunday Service 3pm Oldies but Goodies	21 9am Beauty Salon 10am Fruit salad 11am Tips an Toes 1:30pm Exercise 230 pm Jumbo Bowling 3:15pm Balloon Volleyball	22 9am Walking Club 10am Garden Snacks 11am Lunch @ The Senior Center 1:30pm Popcorn & A Movie 3:15pm Facts About Today	23 9am Beauty Salon 10am Fruit salad 11am Music with Mike 1:30pm Exercise 230 pm Jumbo Bowling 3:15pm Balloon Volleyball	24 9am Morning Walk 10am Fruit salad 11am Bible Studies 1:30pm Exercise 230 pm Jumbo Bowling 3:15pm Crosswords	25 9am Walking Club 10am Snacks 11am Arts with Dawn 1:30pm Music from the Past 3:15pm Staff Trivia	26 9am Walking Club 10am Coffee and Muffins 11am Balloon Volleyball 1:30pm Popcorn & A Movie 3:15pm BINGO
27 9:30am Morning Stretch 10:15am Coffee & Tea 11:30am Jumbo Blocks 1:30 pm Refreshments 2:15pm Sunday Service 3pm Music from the Past	28 9am Walking Club 10am Coffee and Muffins 11am Word That Start With A 1:30pm Bowling Staff VS. Residents 3:15pm Ladies Night	29 9am Walking Club 10am Coffee and Muffins 11am Volleyball 1:30pm Birthday Celebration Month Of January 3:15pm Facts About Today	30 9:30am Beauty Salon 10:15am Apples and Oranges 11am Chair Exercise 1:30pm Lets Go Shopping 2:30pm Cookies & Tea 3:15pm Dog Therapy	31 9am Exercise 10am Coffee and Muffins 11am Jumbo Puzzles 1:30pm Popcorn & A Movie 3:15pm Facts About Today	 Amador Residential Care 155 Placer Dr Jackson CA 95642 PH: (209)223-4444 RCFE# 03031773	