











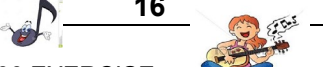
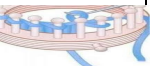





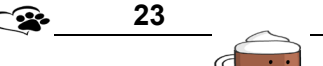






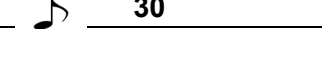




# OAK MANOR ACTIVITY CALENDAR FOR JANUARY 2019

SUBJECT TO CHANGE ALL RESIDENTS WELCOME TO PARTICIPATE IN ALL ACTIVITIES						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>1</b></p> <p><b>THERAPY DOGS VISIT</b> 14TH &amp; 23RD</p> 	<p><b>2</b></p> <p>ALL ACTIVITIES CAN BE PLAYED YOU PACE</p> 	<p><b>3</b></p> <p>Bring on the NEW YEAR!</p> <p>1:30 BINGO</p>	<p><b>4</b></p> <p>9:00 EXERCISE</p> <p>10:00 LARRY FLETCHER MUSIC</p> <p>1:30 BINGO</p> <p>3:00 SING-ALONG MUSIC</p>	<p><b>5</b></p> <p>9:00 EXERCISE</p> <p>9:00 HAIR SALON</p> <p>10:00 MASSAGE/ NAIL TIME</p> <p>1:30 BINGO</p> <p>3:00 HOT CHOCOLATE &amp; CARDS</p>	<p><b>6</b></p> <p>9:00 EXERCISE</p> <p>10:30 INDOOR CROCHET</p> <p>1:30 BINGO</p> <p>3:00 HAPPY HOUR</p>	<p><b>7</b></p> <p>1:00 BINGO WITH DIANA</p> 
<p><b>8</b></p> <p>BINGO</p> <p>10:30 BINGO WITH CAROL</p> <p>1:15 CHURCH SERVICE</p> 	<p><b>9</b></p> <p>9:00 EXERCISE</p> <p>10:30 KERPLUNK &amp; CARDS</p> <p>1:30 BINGO</p> <p>3:00 HOT CHOCOLATE &amp; CARDS</p>	<p><b>10</b></p> <p>9:00 EXERCISE</p> <p>10:30 ELVIS PRESLEY'S BIRTHDAY / MUSIC TIME</p> <p>1:30 BINGO</p> <p>3:00 EYEGLASS CLEANING TIME</p> 	<p><b>11</b></p> <p>9:00 EXERCISE</p> <p>10:30 PIANO TIME &amp; CARDS</p> <p>11:15 KATIE &amp; CREW MUSIC</p> <p>1:30 BINGO</p> <p>3:00 SING-ALONG MUSIC</p> 	<p><b>12</b></p> <p>9:00 EXERCISE</p> <p>9:00 HAIR SALON</p> <p>10:00 MASSAGE/ NAIL TIME</p> <p>1:30 BINGO</p> <p>3:00 CHEESE MELT TREATS &amp; CARDS</p> 	<p><b>13</b></p> <p>9:00 EXERCISE</p> <p>10:00 VAN RIDE</p> <p>1:30 BINGO</p> <p>3:00 HAPPY HOUR / NATIONAL MILK DAY</p> 	<p><b>14</b></p> <p>1:00 BINGO WITH DIANA</p> 
<p><b>15</b></p> <p>BINGO</p> <p>10:30 BINGO WITH CAROL</p> <p>1:15 CHURCH SERVICE</p> 	<p><b>16</b></p> <p>9:00 EXERCISE</p> <p>10:30 HANGMAN &amp; CARDS</p> <p>1:30 BINGO</p> <p>3:00 LADDER BALL GAME &amp; THERAPY DOGS VISIT</p> 	<p><b>17</b></p> <p>WEAR YOUR HAT</p> <p>9:00 EXERCISE</p> <p>10:30 MAKE HATS</p> <p>1:30 BINGO</p> <p>3:00 GROUP PICTURE WITH HATS</p> 	<p><b>18</b></p> <p>(Lety in Meeting 8-10 am)</p> <p>10:00 MIKE ROLF/MUSIC</p> <p>1:30 BINGO</p> <p>3:00 SING-ALONG MUSIC AT AMADOR RES. CARE</p> 	<p><b>19</b></p> <p>9:00 EXERCISE</p> <p>9:00 HAIR SALON</p> <p>10:00 MASSAGE/ NAIL TIME</p> <p>1:30 BINGO</p> <p>3:00 LOOM KNITTING &amp; CARDS</p> 	<p><b>20</b></p> <p>9:00 EXERCISE</p> <p>10:00 VAN RIDE</p> <p>1:30 BINGO</p> <p>3:00 HAPPY HOUR</p> 	<p><b>21</b></p> <p>1:00 BINGO WITH DIANA</p> 
<p><b>22</b></p> <p>BINGO</p> <p>10:30 BINGO WITH CAROL</p> <p>1:15 CHURCH SERVICE</p> 	<p><b>23</b></p> <p>MARTIN LUTHER KING DAY</p> <p>9:00 EXERCISE</p> <p>10:30 HOT POTATO &amp; CARDS</p> <p>1:30 BINGO</p> <p>3:00 INDOOR BOWLING &amp; CARDS</p> 	<p><b>24</b></p> <p>9:00 EXERCISE</p> <p>10:30 HEART HEADBANDS</p> <p>1:30 BINGO</p> <p>3:00 YAHTZEE &amp; CARDS</p> 	<p><b>25</b></p> <p>9:00 EXERCISE</p> <p>10:30 PIANO TIME &amp; CARDS</p> <p>11:15 KATIE &amp; CREW MUSIC</p> <p>1:30 BINGO</p> <p>3:00 SING-ALONG MUSIC &amp; THERAPY DOGS VISIT</p> 	<p><b>26</b></p> <p>9:00 EXERCISE</p> <p>9:00 HAIR SALON</p> <p>10:00 MASSAGE/ NAIL TIME</p> <p>1:30 BINGO</p> <p>3:00 HOT CHOCOLATE &amp; CARDS</p> 	<p><b>27</b></p> <p>9:00 EXERCISE</p> <p>10:30 BINGO</p> <p>1:30 SING-ALONG AT GOLD QUARTZ RES. CARE</p> <p>3:00 HAPPY HOUR</p> 	<p><b>28</b></p> <p>1:00 BINGO WITH DIANA</p> 
<p><b>29</b></p> <p>BINGO</p> <p>10:30 BINGO WITH CAROL</p> <p>1:15 CHURCH SERVICE</p> 	<p><b>30</b></p> <p>9:00 EXERCISE</p> <p>10:30 INDOOR CROQUET</p> <p>1:30 BINGO</p> <p>3:00 LOOM KNITTING &amp; CARDS</p> 	<p><b>31</b></p> <p>9:00 EXERCISE</p> <p>10:30 NATIONAL POPCORN DAY</p> <p>1:30 BINGO</p> <p>3:00 EYEGLASS CLEANING TIME</p> 	<p><b>32</b></p> <p>9:00 EXERCISE</p> <p>10:30 HOT CHOCOLATE &amp; CARDS</p> <p>1:30 BINGO</p> <p>3:00 SING-ALONG MUSIC AT AMADOR RES. CARE</p> 	<p><b>33</b></p> <p>MARY ANN M. BIRHDAY</p> <p>9:00 EXERCISE</p> <p>9:00 HAIR SALON</p> <p>10:00 MASSAGE/ NAIL TIME</p> <p>1:30 BINGO</p> <p>3:00 TASTE TEST FUN</p> 	<p><b>34</b></p> <p>HAPPY BIRTHDAY EMPLOYEES</p> <p>MARY ANNE MICHAEL 31st</p> 	<p><b>35</b></p> 