







Laurel House Life Enrichment January 2019

Meadowood Senior Living



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>The Calendar is subject to change; see the digital TV Monitors for more up-to-date Information. Angelique Riley, Director of Life Enrichment Ext 3698</p>	<p>Hello January</p>	<p>1 New Year's Day 10:15 Morning Stretch 11:00 January Trivia & Word Games 2:00 New Year's Day Social</p>	<p>2 10:15 Workout Wednesday 11:00 Trivia Challenge 1:00 Tai Chi 1:30 Men's Club, LIB 3:00 Word Games 6:30 Games Night, LR</p>	<p>3 10:15 Sit & Fit 1:30 Women's Club 6:30 Prize Bingo, LR</p>	<p>4 10:15 Friday Fitness 11:00 Christian Worship, AUD 1:45 Bingo</p>	<p>5 10:45 Saturday Stretch 1:30 Word Games 4:15 Roman Catholic Service, AUD 6:30 Movie Night</p>
<p>6 10:45 Sunday Stretch 11:00 Brain Teasers 2:00 Christian Worship Service, LR</p> 	<p>7 10:15 Music & Movement 11:00 Word Games 1:45 Name that Song with Melissa 3:00 Computer Games</p>	<p>8 10:15 Sit & Fit 1:45 Horticulture with Patti, HC 3:00 Pretty Nails & Pampered Hands</p>	<p>9 10:15 Workout Wednesday 11:00 Trivia Challenge 1:00 Tai Chi 1:30 Men's Club, LIB 3:00 Resident Council Meeting, LR 6:30 Baking Club, LR</p>	<p>10 10:15 Sit & Fit 1:30 Women's Club 2:45 Wii Bowling 6:30 Prize Bingo, LR</p> 	<p>11 10:15 Friday Fitness 11:00 Current Events 11:00 Christian Worship, AUD 1:45 Bingo</p>	<p>12 10:45 Saturday Stretch 1:30 Word Games 4:15 Roman Catholic Service, AUD 6:30 Movie Night</p>
<p>13 10:45 Sunday Stretch 11:00 Brain Teasers 2:00 Christian Worship Service Lansdale Presbyterian Church LR</p>	<p>14 10:15 Music & Movement 11:00 Word Games 1:45 Volley Ball 3:00 Computer Games</p>	<p>15 10:15 Sit & Fit 11:00 Hymn Sing 1:45 Horticulture with Patti, HC 3:00 Pretty Nails & Pampered Hands</p>	<p>16 10:15 Workout Wednesday 11:00 Trivia Challenge 1:00 Tai Chi 1:30 Men's Club, LIB 3:00 Word Games 6:30 Games Night, LR</p>	<p>17 10:15 Sit & Fit 1:30 Women's Club 2:45 Wii Bowling 6:30 Prize Bingo, LR</p>	<p>18 10:00 Conductorsize with Eileen, LR 11:00 Christian Worship, AUD 1:45 Bingo</p>	<p>19 10:45 Saturday Stretch 1:30 Word Games 4:15 Roman Catholic Service, AUD 6:30 Movie Night</p>
<p>20 10:45 Sunday Stretch 11:00 Brain Teasers 2:00 Christian Worship Service with Central Schwenkfelder Church LR</p>	<p>21 Martin Luther King Jr. Day 10:15 Music & Movement 11:00 MLK Day Facts & Trivia 1:45 Horseshoes 3:00 Computer Games</p>	<p>22 10:15 Sit & Fit 1:45 Horticulture with Patti, HC 3:00 Pretty Nails & Pampered Hands</p>	<p>23 10:15 Workout Wednesday 11:00 Trivia Challenge 1:00 Tai Chi 1:30 Men's Club, LIB 3:00 Readers Theatre 6:30 Baking Club, LR</p>	<p>24 10:15 Sit & Fit 2:00 Birthday Celebration with Glenn Miller, LR 6:30 Prize Bingo, LR</p> 	<p>25 10:15 Friday Fitness 11:00 Christian Worship, AUD 1:45 Bingo</p>	<p>26 10:45 Saturday Stretch 1:30 Meditation & Hand Massages 4:15 Roman Catholic Service, AUD 6:30 Movie Night</p>
<p>27 10:45 Sunday Stretch 11:00 Brain Teasers 2:00 Christian Worship with St. John's Lutheran Church (Reverend Sara Stobie)/LRLH</p>	<p>28 10:15 Music & Movement 11:00 Word Games 1:45 Bowling 3:00 Computer Games</p> 	<p>29 10:15 Sit & Fit 11:00 Hymn Sing 1:45 Horticulture with Patti, HC 3:00 Pretty Nails & Pampered Hands</p>	<p>30 10:15 Workout Wednesday 11:00 Trivia Challenge 1:00 Tai Chi 1:30 Men's Club, LIB 3:00 Surprise Travel Destination 6:30 Games Night, LR</p>	<p>31 10:15 Sit & Fit 1:30 Women's Club 2:45 Wii Bowling 6:30 Prize Bingo, LR</p>	<p>All activities are in the Living Room unless otherwise indicated. AUD—Auditorium TT— Tulip Terrace HC— Horticulture Center WG— Woodland Garden HH— Holly House</p>	<p>PDR— Private Dining Room LH Laurel House LIB— Library SA—See Activities LR— Living Room MCR— Main Conference Room</p>