

# January 2020

# Whitridge Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 10:00 Communion Service - Chapel 11:00 Episcopal Service with Heidi Truax - Chapel 2:00 New Year's Day Social-Clubhouse 3:30 One to One Music and Relaxation – Sun Room	2 10:15 Hand Massages and Puzzles with Volunteer - WDR 1:30 Resident Council Meeting – Chapel 2:00 Bingo with Josh - WDR 3:00 Netflix Movie - WDR	3 10:30 Winter Mural & Discussion - WDR 2:00 Short Stories with Cindy – Sun Room 3:00 Root Beer Float Social – WDR 7:00 Movie Channel 918	4 10:00 Exercise Channel 918 10:30 Word Game - WDR 4:00 History Program – Channel 918 6:00 Virtual Destinations Channel 918
5 11:00 Moving Art – Netflix 2:00 Classic Television Program (DVD/VCR Player) - WDR 7:00 Movie Channel 918	6 <b>Epiphany</b> 10:30 Celebrate the Epiphany with Michael Brown – Chapel 2:00 Indoor Bowling - WDR 3:00 Indoor Plant Maintenance – Sun Room	7 10:15 Yoga Kickball – WDR 11:00 Finish the Drawing - WDR 2:00 Music & Memory – Snoozelen 3:00 Craft Project - WDR	8 10:00 Catholic Mass - Chapel 11:00 Congregational Service with John Nelson - Chapel 12:00 Men's Luncheon and Western Movie - Clubhouse 2:00 Word Game – Sun Room 3:00 Ice Cream Social - WDR	9 10:45 Scenic Ride Followed by Lunch at the Canaan Country Club 2:00 Snowflake Workshop – WDR 3:00 Trivia - WDR 3:30 Netflix Nature Documentary - WDR	10 10:15 Pool Noodle Tennis – WDR 11:00 Puzzles - WDR 2:30 Spinner Painting – WDR 3:30 One to One Music and Relaxation – Sun Room 7:00 Movie Channel 918	11 10:00 Exercise Channel 918 11:00 Coloring with CNA - WDR 4:00 History Program – Channel 918 6:00 Virtual Destinations Channel 918
12 11:00 Moving Art - Netflix 2:00 Songs For Smiles – Chapel 3:30 Classic Rock Music Channel - WDR 7:00 Movie Channel 918	13 10:30 Interactive Music with Doug Schmolze – WDR 2:15 Shuffleboard with Josh – WDR 3:00 Short Stories with Cindy – Sun Room	14 10:30 Ball Toss – WDR 11:00 Trivia - WDR 2:00 Sheffield Singers - Chapel 3:00 Craft Project - WDR	15 10:00 Communion Service - Chapel 11:00 Congregational Service with Deacon - Chapel 2:00 Music & Memory – Snoozelen 2:30 Word Game – WDR 3:30 Netflix Nature Documentary	16 10:15 Parachute - WDR 11:00 Junk Drawer Detectives – WDR 2:00 Indoor Plant Maintenance – Sun Room 5:00 Cocktails 5:30 Dinner and Entertainment with Latin Dancer Laura Knoepler	17 10:30 Yoga Kickball - WDR 11:30 Bingo - WDR 2:00 Afternoon at the Movies – CR 2:30 One to One Music & Relaxation – Sun Room 7:00 Movie Channel 918	18 10:00 Exercise Channel 918 11:00 Puzzles with CNA - WDR 4:00 History Program – Channel 918 6:00 Virtual Destinations Channel 918

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>19</p> <p>11:00 Moving Art - Netflix 2:00 Classic Television Program (DVD/VCR Player) - WDR 4:00 Solid Gold Oldies Music Channel - WDR 7:00 Movie Channel 918</p>	<p>20</p> <p><b>Martin Luther King Jr. Day</b> 10:30 Interactive Music with Sandy &amp; Sandy - WDR 1:00 – 5:45 Red Cross Blood Drive - CR 2:15 Golf Putting – WDR 3:00 Comedy Television Special - WDR</p>	<p>21</p> <p>10:15 Exploring Spirituality with Eileen – Sun Room 11:00 Ball Toss – WDR 2:00 Music &amp; Memory – Snoozelen 2:30 Craft Project – WDR 3:30 Indoor Plant Maintenance</p>	<p>22</p> <p>10:00 Communion Service - Chapel 11:00 Congregational service with Bob Keay - Chapel 12:00 Ladies Luncheon and Movie – Clubhouse 2:00 One to One Music and Relaxation – Sun Room</p>	<p>23</p> <p>10:30 Aging with Art &amp; Soul – Whit Act Rm 2:00 Birthday Party with Entertainer Tom Hanford – CR 3:30 Netflix Nature Documentary - WDR</p>	<p>24</p> <p>10:30 Pumpkin Pie Baking – WAR 11:15 Word Game - WAR 2:00 Pumpkin Pie Social 4:00 Housatonic Camera Club New Year Exhibit Opening – L3 7:00 Movie Channel 918</p>	<p>25</p> <p><b>Chinese New Year</b> 10:00 Exercise Channel 918 12:00 Chinese New Year Dinner- Main DR – Channel 918 4:00 History Program – Channel 918 6:00 Virtual Destinations Channel 918</p>
<p>26</p> <p>11:00 Moving Art – Netflix 2:00 Sounds of the Seasons Music Channel - WDR 4:00 Vespers - Chapel 7:00 Movie Channel 918</p>	<p>27</p> <p>10:30 Interactive Music with Patrick - WDR 2:30 Poetry with Cindy – WDR 3:30 Indoor Plant Maintenance – Sun Room</p>	<p>28</p> <p>10:15 Exploring Spirituality with Eileen – Sun Room 11:00 Ball Toss – WDR 2:00 Music &amp; Memory – Snoozelen 3:00 Craft Project - WDR</p>	<p>29</p> <p>10:00 Communion Service - Chapel 11:00 Ecumenical - Holy Communion with Eileen – Chapel 2:00 One to One Music and Relaxation – Sun Room 3:00 Word Game – Sun Room</p>	<p>30</p> <p>10:30 Pool Noodle Tennis – WDR 11:00 Finish the Drawing – WDR 2:15 Indoor Bowling - WDR 3:00 Hot Chocolate Social - WDR</p>	<p>31</p> <p>10:15 Yoga Kickball – WDR 11:00 Junk Drawer Detectives – WDR 2:00 Afternoon at the Movies – CR 2:30 Painting - WDR 7:00 Movie Channel 918</p>	

