


# JANUARY 2019

**\*\*PUT TRASH OUT ON THURSDAYS!!!**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Garnet, the birthstone of January, is mined in a rainbow of colors. From the fiery orange of Mandarin in Garnet to the rich green of Tsavorite Garnet		1 <b>BUSINESS OFFICE CLOSED!!</b>  HAPPY NEW YEAR!  ONLY ONE MEAL SERVED!!	2  10a.m.- Tai Chi (EL)  6:00 p.m. Bingo (EL)	3 9a-10a- Individual Fitness (309) 10a- Walmart (Bus)  1:30p- Bookmobile (L)	4 NATIONAL SPAGHETTI DAY!!  2p- Learn the Art of Watercolor Painting (EL)  6:00pm- Beer & Wine	
6 11:00 a.m. Mass (201) 1:30 p.m. Worship Service (EL)  4:30p-6:30 Potluck (EL) Organized by TGM Residents	7 10a. m Target (Bus)  10:30am-11:30am Men's History Club (MR)  5:00pm- College Football Championship Game (EL)	8 9am-10am- Group Fitness (309)  9:30 a.m. – 10 a.m. Blood Pressure Check (DR)  1:30p-3:00 Way Cool Balloons (WL)	9 9:30a.m- Meet Your Neighbor Breakfast Buffet (DR) 10 a.m. Tai Chi (EL)  2p- Walk to Ruler  6:00 p.m. Bingo (EL)	10  9am-10am- Individual Fitness (309)  10:00a.m- Dierberg's (Bus)  6p- Book Club (MR)	11 1pm-2pm Bingo w/ WellHome (EL)  2p-3p: Blood pressure check by Gloria  6:00pm- Game Night (MR)	12  4:00P.M. Great Minds Discussion Group (MR)
13 11:00 a.m. Mass (201) 1:30 p.m. Worship Service (EL) 4:30p-6:30 Potluck (EL) Organized by TGM Residents	14 9:00a.m. Chair Yoga w/ Marna (309)  10 a.m. Schnucks (Bus)  3 p.m. – Resident Council Meeting (MR)	15 NATIONAL STRAWBERRY ICECREAM DAY!! 9a-10Group Fitness (309) 3:30-4:30p- Happy Hour Entertainment w/ Sterling Lloyd. DON'T FORGET THE 50/50 DRAWING (EL)	16 10 a.m. Tai Chi (EL)  1p-3p- Open House w/ Cindy Ankleman WL)  6:00 p.m. Bingo (EL)	17 9a-10a-1:1 Exercise w/ Marna (309)  10a.m. Dollar Tree (Bus)  1:30p- Bookmobile (L)	18 1 p.m. Canasta ( WL) 2p-3p- Blood Pressure Check with Beth  6pm-7pm Beer & Wine Club @ Tick Tock Tavern(MR)	19 9a-11a- Pampered By Kelly- Manicures, Polish & Paraffin Wax (WL) 6p- Turntable Tunes (WL)
20 11:00 a.m. Mass (201) 1:30 p.m. Worship Service (EL) 4:30p- 6:30 Potluck (EL) Organized by TGM Residents	21 9:00a.m. Chair Yoga w/ Marna (309) 10:30am-11:30am Men's History Club (MR) 10:00a.m- Save-A-Lot (Bus) 1:30p-2:30p Trivia w/ Ron (EL)	22 9am-10am- Group Fitness (309)  9:30 a.m. – 10 a.m. Blood Pressure Check (GV)  1:30p- Bingo w/Beth (EL)	23 10 a.m. Tai Chi (EL)  1 p.m. Canasta (EL)  6:00 p.m. Bingo (EL)	24 9am-10am 1:1 Fitness w/ Marna (309)  10:30am Lunch @ Friday's and Soldiers Memorial Museum(Bus) 6p- Book Club (MR)	25 1p- Canasta (WL) 1pm-4pm Paparazzi Jewelry (EL) 2p-3p- Blood Pressure check w/ Gloria 6:00P.M. Game Night (MR)	26
27 11:00 a.m- Mass (201)  1:30p- Worship Service (EL) 4:30p-6:30 Potluck (EL) Organized by Residents	28 10 a.m.- Mackenzie Point & Post Office (Bus)  2p- Historially Speakng w/Barney " The Founding of St. Louis, A Love Story" (WL)	29  9am-10am- Group Fitness (309)  4:45p- Resident Birthday Dinner (MR)	30 10 a.m. Tai Chi (EL)  1 p.m. Canasta (EL)  6:00 p.m. Bingo (EL)	31 9am-10am- 1:1 exercise w/ Marna (309)  10a- Walmart (Bus)		

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