

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>1</p> <p>*9:30a Worship Service-BC</p> <p>PM Special Snack</p> <p><small>New Year's Day</small></p>	<p>2</p> <p>*9:30a Rosary 10a 1:1 Visits</p> <p>*2p BINGO-BC 3:30p Social Hour Cookies & Coffee 4p Bible Study</p>	<p>3</p> <p>*9:30a Catholic Mass-BC 10a Chair Yoga</p> <p>2p Craft 2:30p Choir-BC 3:30p Nail Painting</p>	<p>4</p> <p>9:30a News Update 10a 1:1 Visits</p> <p>2p Book Club 3:30p Games</p>	<p>5</p> <p>AM Care Conferences 1:30p Quality of Life Meeting</p> <p>*2p BINGO-BC 3:30p Social Hour Apps & Taps</p>	<p>6</p> <p>*9:30a Worship Service-BC 10:15a Music w/ Lindsey 1:30p Chimes Choir-DR 2p Painting</p>	<p>7</p> <p>AM 1:1 Visits</p> <p>2p Movie & Popcorn-DR "The Breakfast Club" ('85)</p>
<p>8</p> <p>*10a Worship Service (Replay from Friday)</p> <p>2p Games-DR</p>	<p>9</p> <p>*9:30a Rosary 10a 1:1 Visits</p> <p>*2p BINGO-BC 3:30p Social Hour Cookies & Coffee 4p Bible Study</p>	<p>10</p> <p>*9:30a Catholic Mass-BC 10a Chair Yoga</p> <p>*2p K-Street Band-BC 3:30p Nail Painting</p>	<p>11</p> <p>9:30a News Update 10a 1:1 Visits</p> <p>2p Book Club 3:30p Games</p>	<p>12</p> <p>AM Care Conferences</p> <p>*2p BINGO-BC 3:30p Social Hour Apps & Taps</p>	<p>13</p> <p>*9:30a Worship Service-BC 10:15a Music w/ Lindsey 1:30p Chimes Choir-DR 2p Painting</p>	<p>14</p> <p>10a Therapy Dog Visits -Center Court</p> <p>2p Movie & Popcorn-DR "Pretty in Pink" ('86)</p>
<p>15</p> <p>*10a Worship Service (Replay from Friday)</p> <p>2p Games-DR</p>	<p>16</p> <p><i>9:30-10:30a Community Culture Meeting</i></p> <p>*9:30a Rosary 10:30a 1:1 Visits</p> <p>*2p BINGO-BC 3:30p Social Hour Cookies & Coffee 4p Bible Study</p> <p><small>Martin Luther King Jr. Day</small></p>	<p>17</p> <p>*9:30a Catholic Mass-BC 10a Chair Yoga</p> <p>2p Craft 2:30p Choir-BC 3:30p Nail Painting</p>	<p>18</p> <p>9:30a News Update 10a 1:1 Visits</p> <p>2p Resident Council Meeting-DR 3:30p Games</p>	<p>19</p> <p>AM Care Conferences</p> <p>*2p BINGO-BC 3:30p Social Hour Apps & Taps</p>	<p>20</p> <p>*9:30a Worship Service-BC 10:15a Music w/ Lindsey 2p Painting</p>	<p>21</p> <p>AM 1:1 Visits</p> <p>2p Movie & Popcorn-DR "St. Elmo's Fire" ('85)</p>
<p>22</p> <p>*10a Worship Service (Replay from Friday)</p> <p>2p Games-DR</p> <p><small>Chinese New Year (Year of the Rabbit)</small></p>	<p>23</p> <p>*9:30a Rosary 10a 1:1 Visits</p> <p>*2p BINGO-BC 3:30p Social Hour Cookies & Coffee 4p Bible Study</p> <p><small>Activity Professionals Week</small></p>	<p>24</p> <p>*9:30a Catholic Mass-BC 10a Chair Yoga</p> <p>2p Craft 2:30p Choir-BC 3:30p Nail Painting</p>	<p>25</p> <p>9a 1:1 Visits 10a GF Library Activity-BC</p> <p>1:30-2:30p Rec. Dept. @ Meeting 3:30p Games</p>	<p>26</p> <p>AM Care Conferences</p> <p>*2p BINGO-BC 3:30p Social Hour Apps & Taps</p> <p><small>Australia Day (observed)</small></p>	<p>27</p> <p>*9:30a Worship Service-BC 10:15a Music w/ Lindsey 1:30p Chimes Choir-DR 2p A Psychedelic Social</p>	<p>28</p> <p>AM 1:1 Visits</p> <p>2p Movie & Popcorn-DR "Sixteen Candles" ('84)</p>
<p>29</p> <p>*10a Worship Service (Replay from Friday)</p> <p>2p Games-DR</p>	<p>30</p> <p><i>9:30-10:30a Community Culture Meeting</i></p> <p>*9:30a Rosary 10:30a 1:1 Visits</p> <p>*2p BINGO-BC 3:30p Social Hour Cookies & Coffee 4p Bible Study</p>	<p>31</p> <p>*9:30a Catholic Mass-BC 10a Chair Yoga</p> <p>2p Craft 2:30p Choir-BC 3:30p Nail Painting</p>	<h1>January Lanark</h1>			

BC-Bethesda Crossings
DR-Dakota Room
***-View on VC TV Channel 98**

Activities are subject to change.
Please see neighborhood board for current information.

Interested in volunteering? Go to www.valleyseniorliving.org or contact Terri Hegge at 701.787.7989