



# January 2019 Cottages Activities Calendar

lic: 197607149/197607155

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																												
<p><i>Month of January</i></p> <p>Birthstone: Garnet (Constasy) Flowers: Carnation (Alt. Snowdrop) Colors: Black and Dark Blue</p>	<p><b>SNACKS</b></p> <p>After every scheduled activity and at 8:00 p.m. for those who wish it</p> <p>This calendar is subject to change.</p>	<p><i>New Year's Day</i> <b>1</b></p> <p>10:00 <b>Rose Bowl Parade</b> 10:30 <b>Snack</b> 11:30 <b>Word Games</b> 2:00 <b>New Year's Party</b> 3:30 <b>Travelogue</b> 6:00 <b>Romance Movie</b> <i>Before We Go</i></p>	<p><b>2</b></p> <p>10:00 <b>Healthy Joints Club w/Yolly</b> 10:30 <b>Snack</b> 11:30 <b>Bingo</b> 2:30 <b>Walking Club</b> 3:00 <b>Snack</b> 3:30 <b>Color Therapy</b> 6:00 <b>Classic Movie</b> <i>The Stranger</i></p>	<p><b>Beauty Salon</b> <b>3</b></p> <p>10:00 <b>Sit &amp; Be Fit</b> 10:30 <b>Snack</b> 11:30 <b>Word Pyramid</b> 2:00 <b>Nature Walk</b> 3:00 <b>Hot Chocolate Social</b> 6:00 <b>Travel Movie</b> <i>Wild France with Ray Mears</i></p>	<p><b>4</b></p> <p>10:00 <b>Word Scramble</b> 10:30 <b>Snack</b> 11:00 <b>Balance Workout</b> 11:30 <b>Bingo!</b> 2:30 <b>Painting w/Yolly</b> 3:00 <b>Snack</b> 6:00 <b>Musical Music</b> <i>The Phantom of the Opera</i></p>	<p><b>5</b></p> <p>9:30 <b>Saddleback Church Services</b> 10:00 <b>Move w/Music</b> 10:30 <b>Snack</b> 1:00 <b>Rock-n-Roll w/Greg</b> 3:00 <b>Snack</b> 3:30 <b>Word Puzzle</b> 6:00 <b>Golden Oldies</b> <i>Marie Antoinette</i></p>																																												
<p><b>6</b></p> <p>9:00 <b>Catholic Mass</b> 10:00 <b>Chair Dance w/Dawn</b> 10:30 <b>Snack</b> 11:30 <b>Sunday Travelogue</b> 2:30 <b>Bingo!</b> 3:00 <b>Snack</b> 6:00 <b>Action Movie</b> <i>Journey to the Center of the Earth</i></p>	<p><b>7</b></p> <p>10:00 <b>Yoga w/Marlyne</b> 10:30 <b>Snack</b> 11:30 <b>Educational Documentary</b> 1:30 <b>Brain Fitness w/Mary</b> 3:00 <b>Snack</b> 6:00 <b>Comedy Movie</b> <i>Peter Rabbit</i></p>	<p><b>Beauty Salon</b> <b>8</b></p> <p>10:00 <b>Cardio Workout</b> 10:30 <b>Snack</b> 11:30 <b>Angel's Touch</b> 2:00 <b>Pampered Nails</b> 3:00 <b>Snack</b> 3:30 <b>Picture Matching</b> 6:00 <b>Romance Movie</b> <i>PS I Love You</i></p>	<p><b>9</b></p> <p>10:00 <b>Healthy Joints Club w/Yolly</b> 10:30 <b>Snack</b> 11:30 <b>Bingo</b> 2:30 <b>Walking Club</b> 3:00 <b>Snack</b> 3:30 <b>Color Therapy</b> 6:00 <b>Classic Movie</b> <i>Robin Hood Prince of Thieves</i></p>	<p><b>Beauty Salon</b> <b>10</b></p> <p>10:00 <b>Sit &amp; Be Fit</b> 10:30 <b>Snack</b> 11:30 <b>Word Pyramid</b> 2:00 <b>Nature Walk</b> 3:00 <b>Snack</b> 3:30 <b>Word Games</b> 6:00 <b>Travel Movie</b> <i>Luxury Travel Show</i></p>	<p><b>11</b></p> <p>10:00 <b>Word Scramble</b> 10:30 <b>Snack</b> 11:00 <b>Balance Workout</b> 11:30 <b>Bingo!</b> 2:30 <b>Hangman</b> 3:00 <b>Snack</b> 6:00 <b>Musical Music</b> <i>Mama Mia</i></p>	<p><b>12</b></p> <p>9:30 <b>Saddleback Church Services</b> 10:00 <b>Chairobics</b> 10:30 <b>Snack</b> 1:00 <b>Concert w/David Kuafman</b> 3:00 <b>Snack</b> 3:30 <b>Word Puzzle</b> 6:00 <b>Golden Oldies</b> <i>The Duchess</i></p>																																												
<p><b>13</b></p> <p>9:00 <b>Catholic Mass</b> 10:00 <b>Chair Dance w/Dawn</b> 10:30 <b>Snack</b> 11:30 <b>Sunday Travelogue</b> 2:30 <b>Bingo!</b> 3:00 <b>Snack</b> 6:00 <b>Action Movie</b> <i>National Treasure</i></p>	<p><b>14</b></p> <p>10:00 <b>Yoga w/Marlyne</b> 10:30 <b>Snack</b> 11:30 <b>Educational Documentary</b> 1:30 <b>Brain Fitness w/Mary</b> 3:00 <b>Snack</b> 6:00 <b>Comedy Movie</b> <i>The Little Rascals</i></p>	<p><b>Beauty Salon</b> <b>15</b></p> <p>10:00 <b>Cardio Workout</b> 10:30 <b>Snack</b> 11:30 <b>Trivia</b> 2:00 <b>Nails Shop</b> 3:00 <b>Snack</b> 3:30 <b>Picture Matching</b> 6:00 <b>Romance Movie</b> <i>Rumor Has It</i></p>	<p><b>16</b></p> <p>10:00 <b>Healthy Joints Club w/Yolly</b> 10:30 <b>Snack</b> 11:30 <b>Bingo</b> 2:30 <b>Walking Club</b> 3:00 <b>Snack</b> 3:30 <b>Resident/Family Council Meeting</b> 6:00 <b>Classic Movie</b> <i>Howard's End</i></p>	<p><b>Beauty Salon</b> <b>17</b></p> <p>10:00 <b>Sit &amp; Be Fit</b> 10:30 <b>Snack</b> 11:30 <b>Word Pyramid</b> 2:00 <b>Nature Walk</b> 3:00 <b>Snack</b> 3:30 <b>Colorific</b> 6:00 <b>Travel Movie</b> <i>Lion</i></p>	<p><b>18</b></p> <p>10:00 <b>Word Scramble</b> 10:30 <b>Snack</b> 11:00 <b>Balance Workout</b> 11:30 <b>Bingo!</b> 2:30 <b>Arts &amp; Crafts</b> 3:00 <b>Snack</b> 6:00 <b>Musical Music</b> <i>Barbara Steisand???</i></p>	<p><b>19</b></p> <p>9:30 <b>Saddleback Church Services</b> 10:00 <b>Move w/Music</b> 10:30 <b>Snack</b> 1:00 <b>Bingo</b> 3:00 <b>Snack</b> 3:30 <b>Word Puzzle</b> 6:00 <b>Golden Oldies</b> <i>Message In A Bottle</i></p>																																												
<p><b>20</b></p> <p>9:00 <b>Catholic Mass</b> 10:00 <b>Chair Dance w/Dawn</b> 10:30 <b>Snack</b> 11:30 <b>Sunday Travelogue</b> 1:00 <b>Violin Concert w/Yasha</b> 2:30 <b>Bingo!</b> 3:00 <b>Snack</b> 6:00 <b>Action Movie</b> <i>Pirates of the Caribbean</i></p>	<p><b>Martin Luther King Jr. Birthday (observed)</b> <b>21</b></p> <p>10:00 <b>Yoga w/Marlyne</b> 10:30 <b>Snack</b> 11:30 <b>Martin Luther King, Jr. A Historical Perspective (1994)</b> 1:30 <b>Brain Fitness w/Mary</b> 3:00 <b>Snack</b> 6:00 <b>Comedy Movie</b> <i>The Flintstones</i></p>	<p><b>Beauty Salon</b> <b>22</b></p> <p>10:00 <b>Cardio Workout</b> 10:30 <b>Snack</b> 11:30 <b>Hand Massage</b> 2:00 <b>Spa Nails</b> 3:00 <b>Snack</b> 3:30 <b>Picture Matching</b> 6:00 <b>Romance Movie</b> <i>Julie &amp; Julia</i></p>	<p><b>23</b></p> <p>10:00 <b>Healthy Joints Club w/Yolly</b> 10:30 <b>Snack</b> 11:30 <b>Bingo</b> 2:30 <b>Walking Club</b> 3:00 <b>Snack</b> 3:30 <b>Color Therapy</b> 6:00 <b>Classic Movie</b> <i>Pearl Harbor</i></p>	<p><b>Beauty Salon</b> <b>24</b></p> <p>10:00 <b>Sit &amp; Be Fit</b> 10:30 <b>Snack</b> 11:30 <b>Sing A-Long w/Yolly</b> 1:00 <b>Resident Birthday Celebration</b> 2:00 <b>Nature Walk</b> 3:00 <b>Snack</b> 3:30 <b>Colorific</b> 6:00 <b>Travel Movie</b> <i>Departures</i></p>	<p><b>25</b></p> <p>10:00 <b>Word Scramble</b> 10:30 <b>Snack</b> 11:00 <b>Balance Workout</b> 11:30 <b>Bingo!</b> 2:30 <b>Hangman</b> 3:00 <b>Snack</b> 6:00 <b>Musical Music</b> <i>This Is It, Michael Jackson</i></p>	<p><b>26</b></p> <p>9:30 <b>Saddleback Church Services</b> 10:00 <b>Chairobics</b> 10:30 <b>Snack</b> 1:00 <b>Bingo</b> 2:00 <b>Guitar Concert w/Michael Quest</b> 3:00 <b>Snack</b> 3:30 <b>Word Puzzle</b> 6:00 <b>Golden Oldies</b> <i>Meet Joe Black</i></p>																																												
<p><b>27</b></p> <p>9:00 <b>Catholic Mass</b> 10:00 <b>Chair Dance w/Dawn</b> 10:30 <b>Snack</b> 11:30 <b>Sunday Travelogue</b> 2:30 <b>Bingo!</b> 3:00 <b>Snack</b> 6:00 <b>Action Movie</b> <i>Cat Woman</i></p>	<p><b>28</b></p> <p>10:00 <b>Yoga w/Marlyne</b> 10:30 <b>Snack</b> 11:30 <b>Educational Documentary</b> 1:30 <b>Brain Fitness w/Mary</b> 3:00 <b>Snack</b> 6:00 <b>Comedy Movie</b> <i>Honey, We Shrunk Ourselves</i></p>	<p><b>Beauty Salon</b> <b>29</b></p> <p>10:00 <b>Cardio Workout</b> 10:30 <b>Snack</b> 11:30 <b>Word Games</b> 2:00 <b>Fancy Nails</b> 3:00 <b>Snack</b> 3:30 <b>Picture Matching</b> 6:00 <b>Romance Movie</b> <i>How to Lose A Guy in 10 Days</i></p>	<p><b>30</b></p> <p>10:00 <b>Healthy Joints Club w/Yolly</b> 10:30 <b>Snack</b> 11:30 <b>Bingo</b> 2:30 <b>Walking Club</b> 3:00 <b>Snack</b> 3:30 <b>Color Therapy</b> 6:00 <b>Classic Movie</b> <i>Sixteen Candles</i></p>	<p><b>Beauty Salon</b> <b>31</b></p> <p>10:00 <b>Sit &amp; Be Fit</b> 10:30 <b>Snack</b> 11:30 <b>Sing A-Long w/Yolly</b> 2:00 <b>Nature Walk</b> 3:00 <b>Snack</b> 3:30 <b>Colorific</b> 6:00 <b>Travel Movie</b> <i>Stephen Fry in America</i></p>	<p><b>January Days to Note...</b></p> <table border="0"> <tr> <td>03</td> <td>Festival of Sleep Day</td> <td>12</td> <td>National Pharmacist Day</td> </tr> <tr> <td>03</td> <td>Fruitcake Toss Day</td> <td>13</td> <td>Make Your Dream Come True Day</td> </tr> <tr> <td>03</td> <td>National Spaghetti Day</td> <td>16</td> <td>Appreciate a Dragon Day</td> </tr> <tr> <td>04</td> <td>Trivia Day</td> <td>17</td> <td>Ditch New Years Resolutions Day</td> </tr> <tr> <td>05</td> <td>National Bird Day</td> <td>19</td> <td>National Popcorn Day</td> </tr> <tr> <td>06</td> <td>Cuddle Up Day</td> <td>24</td> <td>Compliment Day</td> </tr> <tr> <td>07</td> <td>Old Rock Day</td> <td>25</td> <td>Opposite Day</td> </tr> <tr> <td>08</td> <td>Bubble Bath Day</td> <td>28</td> <td>Fun at Work Day</td> </tr> <tr> <td>09</td> <td>Play God Day</td> <td>31</td> <td>Backward Day</td> </tr> <tr> <td>10</td> <td>Bittersweet Chocolate Day</td> <td></td> <td></td> </tr> <tr> <td>10</td> <td>Peculiar People Day</td> <td></td> <td></td> </tr> </table>		03	Festival of Sleep Day	12	National Pharmacist Day	03	Fruitcake Toss Day	13	Make Your Dream Come True Day	03	National Spaghetti Day	16	Appreciate a Dragon Day	04	Trivia Day	17	Ditch New Years Resolutions Day	05	National Bird Day	19	National Popcorn Day	06	Cuddle Up Day	24	Compliment Day	07	Old Rock Day	25	Opposite Day	08	Bubble Bath Day	28	Fun at Work Day	09	Play God Day	31	Backward Day	10	Bittersweet Chocolate Day			10	Peculiar People Day		
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