

SENIORS' RESOURCE CENTER ACTIVITY CALENDAR

JANUARY 2019				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31	1	2	3	4
Mon1/7-Denver Museum 10:30/1:00		FOOT CLINIC	9:00 Early Risers	9:00 Dawn Patrol
Wed1/16-Maya's Restaurant 11:00/12:30		9:00 Breakfast Club	9:30 Van & Katie	10:00 Exercise
Thu1/24-Scenic Drive 10:30/11:45	NEW YEARS DAY	10:00 Mary & Dog	10:00 Movement/Breathing	11:00 Movie
		10:30 Exercise/Stretch	11:00 Gretchen/Makeover	12:30 Holly & Zach Sing
		1:00 Memories in Paint	1:00 Creative Open Space	2:30 Snack/continue movie
		2:30 Snack	2:30 Snack/Nostalgic Shows	
		3:00 Bean Bag Tournament		
7	8	9	10	11
9:00 Breakfast Club	9:00 Early Risers	9:00 Breakfast Club	FOOT CLINIC	9:00 Dawn Patrol
10:00 Diane & Lucy	10:30 Exercise	10:00 Mary & Dog	9:00 Early Risers	10:00 Movement/Breathing
10:30 Denver Art Museum	11:00 Movie	11:00 Stretch/Exercise	9:30 Van & Katie	12:00 Friday Café
1:30 Creative Open Space	1:00 Tom/Guitar	1:00 Memories in Paint	10:00 Crafts	12:30 Jeff/Reiki talk
2:30 Snack	2:30 Snack/Continue movie	2:30 Snack/Madlibs	1:00 Mailyn/Guitar	12:45 James/Autoharp
3:00 History Of Art/TV (SACK LUNCH)			2:30 Snack/Continue crafts	2:30 Snack
				3:00 Frank Sinatra Concerts
14	15	16	17	18
9:00 Breakfast Club	9:00 Early Risers	MEMORY CAFE	9:00 Early Risers	9:00 Dawn Patrol
10:00 Diane & Lucy	10:00 Movement/Breathing	9:00 Breakfast Club	9:30 Van & Katie	10:00 Exercise
11:00 Kim/Sings	11:00 Casablanca/Movie	10:00 Mary & Dog	11:00 Sherri/Meditation	12:00 Friday Café
1:00 Comedy/Jokes	1:00 Suzanne/Sings	11:00 Maya's Mex. Restaurant	1:00 Alcohol Cards	12:30 Kim/Sings
2:30 Snack	2:30 Snack/Continue movie	1:00 Memories in Paint	2:30 Snack	2:30 Snack
3:00 Board Games		2:30 Snack	3:00 Nostalgic Shows/TV	3:00 Crafts
		(NO LUNCH)		
21	22	23	24	25
9:00 Breakfast Club	9:00 Early Risers	9:00 Breakfast Club	9:00 Early Risers	9:00 Dawn Patrol
10:00 Diane & Lucy	10:30 Exercise	10:00 Mary & Dog	9:30 Van & Katie	10:00 Stretch/Exercise
10:30 Stretch/Exercise	11:00 Sing Alongs	10:30 Exercise/Stretch	10:00 Exercise	11:00 Board Games
1:00 Creative Open Space	1:00 Arden/Piano	11:00 Wizard Of Oz/Movie	11:00 Scenic Drive	12:00 Friday Café
2:30 Snack	2:30 Snack	1:00 Memories in Paint	2:30 Snack	12:30 Kris/Bingo
3:00 History Of Music/TV	3:00 Bean Bag Tournament	2:30 Snack/Continue movie	3:00 Art/Painting	2:30 Snack
			LATE LUNCH	3:00 Johnny Carson Show
28	29	30	31	1
9:00 Breakfast Club	9:00 Early Risers	9:00 Breakfast Club	9:00 Early Risers	
10:00 Diane & Lucy	10:00 Movement/Breathing	10:00 Stretch/Exercise	9:30 Van & Katie	
11:00 Exercise	11:00 Nostalgic Shows	11:00 Golden Girls	10:30 Movement/Breathing	
1:00 Tom/Guitar	1:00 Suzanne/Sings	1:00 Memories in Paint	11:00 Bean Bag Games	
2:30 Snack	2:30 Snack/Continue show	2:30 Snack	1:00 Creative Open Space	
3:00 Puzzles		3:00 Madlibs	2:30 Snack	
			3:00 Nostalgic Shows/TV	
COOKING	ARTS & CRAFTS	VISITORS/SPECIAL GUESTS	FIELD TRIPS	
		DOGS		