

SUN	MON	TUE	WED	THUR	FRI	SAT
ROOM KEY AR - Assembly Room ART - ArtRoom BR - Birch Room BC - Brookside Center	C - Chapel HR - Hickory Room LDR - Lodge Dining Room	LwrFtn - Lower Fountain Room MDR - Main Dining Room MR - Maple Room	LLSR-Lodge Lobby Sitting Room LTR -Lodge Tea Room LL -Library Lounge			
		1 11:30 AM New Year's Day Luncheon	2 10:10 AM Total Workout (AR) 11:00 AM Strength & Stretch (AR) 1 PM Handbells (HR) 10:00 AM Art Group Meeting (ART)	3 9:00 AM Qigong (UFR) 11 AM Chair Yoga (ES) 1:00 PM Ping Pong (ES) 1:30 PM Thrift Sale (BS,G Hall 103) 3:30 PM Ukulele Play and Sing Along (HR) 4:00 PM Communion (C) 6:30 PM Yahtzee (HR)	4 10:00 AM TGIF Men's Coffee! (BC) 10:10 AM Total Workout (AR) 11:00 AM Strength & Stretch (AR) 1:30 PM Old Fashioned Bridge (MDR) 2:00 PM Photography Club (BC)	5 9:00 AM Hiking Club 1:00 PMPing Pong
4:00 PM Games Hour (LwrFtn) 4:00 PM Chapel (AR)	6 8:15 AM Military Officers Breakfast (Deli) 9:00 AM Mindfulness Meditation(MR) 9:30 AM Poetry Group (LDR) 10:10 AM Total Workout (AR) 11:00 AM Strength and Stretch (AR) 12:45 Weekly Shopping Trips 4:00 PM Residents Corporation Meeting (AR)	7 9:00AM Qigong (UFR) 9:30 AM Memory Loss Support(MR) 9:30 AM Caregiver Support Group (HR) 10:00 AM Yoga Stretch (LTR) 11:00 AM Chair Yoga (ES) 12:00 PM Poker (HR) 3:00 PM Elivs Concert (AR) 3:00 PM Dulcimer Jam (BR) 3:00 PM Fluff & Stuff-(LLSR) 3:45 PM Bible Study (C) 7:00 PM Dominoes (HR)	8 10:10 AM Total Workout (AR) 11:00 AM Strength & Stretch (AR) 1 PM Handbells (HR) 2 PM McCall Orientation-(AR)	9 9:00 AM Qigong (UFR) 9:00 AM Carolina Mobile Optics (AR) 9:45 AM Current Events (BC) 11:00 AM Chair Yoga (Exercise Studio) 1:00 PM Ping Pong (Exercise Studio) 1:30 PM Thrift Sale (BS G Hall 103) 2:00 PM Caldwell Forum (BC) 3:30 PM Ukulele Play and Sing Along (HR) 4:00 PM Communion (C) 6:30 PM Yahtzee (HR)	10 10:00 AM TGIF Men's Coffee! (BC) 10:15 AM Free Hearing Screenings-AVADA (MR) 10:10 AM Total Workout (AR) 11:00 AM Strength & Stretch (AR) 1:30 PM Old Fashioned Bridge (MDR) 6:30 PM Friday Night Movie (BC) - Won't You Be My Neighbor	11 9:00 AM Hiking Club 1:00 PM Ping Pong 2:00 PM Musicke Antiqua Concert (AR)
4:00 PM Games Hour (LwrFtn) 4:00 PM (AR)	13 9:00 AM Mindfulness Meditation(MR) 9:30 AM McCall Class (BC) 10:10 AM Total Workout (AR) 11:00 AM Strength & Stretch(AR) 12:00 PM Birthday Luncheon 12:45 PM Weekly Shopping Trips 2:00 AM McCall Class (BC)	14 9:00 AM Qigong (UFR) 9:30 AM McCall Class (AR) 10 AM Yoga Stretch (LTR) 11:00 Am Chair Yoga (ES) 12:00 PMPoker (HR) 1:00 PM Ping Pong (ES) 2:00 PM McCall Class (BC) 3:00PM Dulcimer Jam (BR) 3:45PM Bible Study (C) 7:00 PM Dominoes (HR)	15 9:30 PM McCall Class (BC) 10:10 AM Total Workout (AR) 11:00 AM Strength & Stretch (AR) 1:00 PM Handbells (HR) 2:00 PM McCall Class (BC) 4:00 PM Highlanders (AR)	16 9:00 AM Qigong (UFR) 9:45 AM Current Events (BC) 11:00 AM Chair Yoga (ES) 1:00 PM Ping Pong (ES) 1:00 PM Charity Knitters (BR) 1:30 PM Thrift Sale (BS, G Hall 103) 2:00 PM Library Committee (LL) 3:30 PM Ukulele Play and Sing Along (HR) 4:00 PM Communion (C) 6:30 Yahtzee (HR)	17 10:00 AM TGIF Men's Coffee! (BC) 10:10 AM Total Workout (AR) 11:00 AM Strength & Stretch (AR) 1:30 PM Old Fashioned Bridge (MDR) 2:00 PM Photography Club (BC) 3:00 PM Symphony Talk - Depart Assembly Room	18 9:00 AMHiking Club 1:00 PM Ping Pong (ES) 7:00PM Asheville Symphony -(Depart AR)
4:00 PM Games Hour (LwrFtn) 4:00 PM Chapel (AR)	20 9:00 AM Mindfulness Meditation (MR) 9:30 AM McCall Class (BC) 10:10 AM Total Workout (AR) 11:00 AM Strength & Stretch (AR) 12:45 PM Weekly Shopping Trips!!! 2:00 PM McCall Class (BC) 4:00 PM GHF Community Meeting (AR)	21 9:00 AM Qigong (UFR) 9:30 AM Memory Loss Support Group (MR) 9:30 AM McCall Class (BC) 10 AM Yoga Stretch (LTR) 11:00 AM Chair Yoga (ES) 12:00 PM Poker (HR) 2:00 PM McCall Class (BC) 3:00 PM Fluff and Stuff (LLSR) 3:00 PM Dulcimer Jam (BR) 3:45 PM Bible Study (C) 7:00 PM Dominoes (HR)	22 9:30 AM McCall Class (BC) 10:10 AM Total Workout (AR) 11:00 AM Strength & Stretch (AR) 1:00 PM Handbells (HR) 2:00 PM McCall Class (BC)	23 9:00 am Qigong (UFR) 9:45 AM Current Events (BC) 11:00 AM Chair Yoga (ES) 1:00 PM Ping Pong (ES) 1:30 PM Thrift Sale (BS, G Hall 103) 3:30 PM Ukulele Play and Sing Along (HR) 4:00 PM Communion (C) 6:30 PM Yahtzee (HR)	24 10:00 AM TGIF Men's Coffee! (BC) 10:10 AM Total Workout (AR) 11:00 AM Strength & Stretch (AR) 11:45 Guy's Lunch: Veranda Cafe (AR) 1:30 PM Old Fashioned Bridge (MDR) 2:00 PM Jewelry Exchange (LFR) 6:30 PM Friday Night Movie (BC)- Mr. Church	25 9:00 AM Hiking Club 1:00 PM Ping Pong (ES)
4:00 PM Games Hour (LwrFtn) 4:00 PM Chapel (AR)	27 9:00 AM Mindfulness Meditation(MR) 9:30 AM McCall Class (BC) 10:10 AM Total Workout (AR) 11:00 AM Strength & Stretch (AR) 12:45 PM Weekly Shopping Trips!!!(Asheville, Black Mountain, Swannanoa) 2:00 PM McCall Class (BC)	28 9:00 AM Qigong (UFR) 9:30 AM McCall Class (BC) 10 AM Yoga Stretch (LTR) 11:00 AM Chair Yoga (ES) 12:00 PM Poker (HR) 1:00 PM Ping Pong (ES) 2:00 PM McCall Class (BC) 3:00 PM Dulcimer Jam (BR) 3:45 PM Bible Study (C) 7:00 PM Dominoes (HR)	29 9:30 AM McCall Class (BC) 10:10 AM Total Workout (AR) 11:00 AM Strength & Stretch (AR) 1:00 PM Handbells (HR) 2:00 PM McCall Class (BC) 3:00 PM Work Smarter Not HarderPresentation (AR)	30 9:00 AM Qigong (UFR) 9:45 AM Current Events (BC) 11:00 AM Chair Yoga (ES) 1:00 PM Ping Pong (ES) 1:30 PM Thrift Sale(BS, G Hall 103) 3:30 PM Ukulele Play and Sing Along (HR) 4:00 PM Communion (C) 6:30 PM Yahtzee (HR)	31 	

January
2019 Independent Living

