


# January 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>1</b> 8:30 Catholic Rosary L 1:30 Penny Bingo FL 3:30 Sit and Be Fit DVD FL 6:00 SP Card Club SP</p>  <p><b>NEW YEARS DAY</b></p>	<p><b>2</b> 9:30 Church: Pastor Darin FL 10:00 Summit Pointe Choir FL 10:30 Summit Pointe Bells FL <b>11:15 Depart to Boston Fish*</b> 2:00 Quality Food Group PDR 3:30 Chair Yoga with Cyndy Logue FL</p>	<p><b>3</b> 9:00 Sit &amp; Be Fit FL 9:30 Walking Club 10:00 Bible Study with Dewayne* FL 1:00 Blue Zone Moai group PDR <b>1:00 – 4:00 Dr. Parker</b> 2:15 Free Blood Pressure Check 2<sup>nd</sup> Floor 2:00 Tenant Social Hour FL 3:30 Live 2B Healthy FL 6:30 Movie and Popcorn, FL</p>	<p><b>4</b> <b>9:00 Depart: Hy Vee</b> <b>9:30 Depart: Hy Vee</b> <b>12:15 Depart for tour of Granger House*</b> 3:30 Mind/Body Exercise FL 6:30 Penny Bingo FL</p>	<p><b>5</b> 9:00 Catholic Word and Communion Service L 9:00 Live 2B Healthy FL 10:00 Tenant Trading Post SP 10:15 Habitat for Humanity by Laura White* 1:00 New Book Club PDR 2:00 Happy Hour by David Smith - CDR Snack: Chex Mix</p>	<p><b>6</b> 10:00 Sit and Be Fit DVD FL 11:00 Adult Coloring - FL 1:30 Iowa Ingredient Video, Brussel Sprouts - FL 2:00 Dominoes BDR 6:30 Church service: Matthew W. - FL <b>All Day:</b> Brain Games FD</p>
<p><b>7</b> 1:30 Penny Bingo FL 2:30 Let's Play Pool 3<sup>rd</sup> Floor <b>3:00 Depart to "Across Iowa Towns – Central City" (12 mi)</b> 6:00 Movie &amp; Popcorn, FL</p>	<p><b>8</b> 8:30 Catholic Rosary L 9:00 Fall Prevention Exercise FL 1:30 Penny Bingo FL 3:30 Live 2B Healthy FL 6:00 SP Card Club SP</p>	<p><b>9</b> 9:30 Church: Pastor Darin FL 10:00 Summit Pointe Choir L 10:30 Summit Pointe Bells FL <b>10:30 Depart to Dollar General</b> <b>1:15 Depart to Marion PD*</b> 2:00 Knit, Crochet and Chat SP <b>2:30 Depart to Goodwill</b> 3:30 Chair Yoga with Cyndy Logue FL <b>NATIONAL LAW ENFORCEMENT APPRECIATION DAY*</b></p>	<p><b>10</b> 9:00 Sit &amp; Be Fit FL 9:30 Walking Club 10:00 Bible Study with Dewayne FL 1:00 Blue Zone Moai Gp PDR 2:15 Free Blood Pressure Check 2<sup>nd</sup> Floor 2:00 Tenant Social Hour FL 3:30 Live 2B Healthy FL 6:30 Movie and Popcorn, FL</p>	<p><b>11</b> <b>9:00 Depart: Walmart</b> <b>9:30 Depart: Walmart</b> 9:30 Catholic Mass and Communion L <b>11:30 Depart Marion Public Library</b> 3:30 Mind/Body Exercise FL 6:30 Penny Bingo FL</p>	<p><b>12</b> 9:00 Catholic Word and Communion Service L 9:00 Live 2B Healthy FL 10:00 "Coffee With A Cop",* FL 10:00 Tenant Trading Post SP 1:00 New Book Club PDR 2:00 Happy Hour by Ken Lee – CDR Snack: Bread with Garlic Dipping Sauce</p>	<p><b>13</b> 10:00 Sit and Be Fit DVD FL 11:00 Adult Coloring time FL 2:00 Dominoes BDR <b>2:00 Depart to Cedar Ridge Distillery Tour*</b> 6:30 Church service: Jackson DeFrees, Linda DeFrees &amp; Bob Matthews, FL <b>All Day:</b> Brain Games FD</p>
<p><b>14</b> 1:30 Penny Bingo FL 2:30 Let's Play Pool 3<sup>rd</sup> Floor <b>3:00 Depart to "Across Iowa Towns – Walford" (27 mi)</b> 6:00 Movie &amp; Popcorn, FL</p>	<p><b>15</b> 8:30 Catholic Rosary L 9:00 Fall Prevention Exercise FL 10:00 Library Committee L 1:30 Penny Bingo FL 2:00 Heartland Band, CDR 3:30 Live 2B Healthy FL <b>4:30 Depart to "Hidden Figures" at CR Public Library*</b> 6:00 SP Card Club SP <b>MARTIN LUTHER KING JR. DAY</b></p>	<p><b>16</b> <b>9:30 Depart: The Isle Casino, Waterloo</b> 9:30 Church: Pastor Darin FL 10:00 Summit Pointe Choir FL 10:30 Summit Pointe Bells FL 2:00 Men's Pie Time 3:30 Chair Yoga with Cyndy Logue FL</p>	<p><b>17</b> 9:00 Sit &amp; Be Fit FL <b>9:00 Depart: NH Ministry</b> 9:30 Walking Club 10:00 Bible Study with Dewayne FL 1:00 Blue Zone Moai Group PDR 2:00 Tenant Social Hour FL 2:15 Free Blood Pressure Check 2<sup>nd</sup> Floor Nurse's Station 3:30 Live 2B Healthy FL</p>	<p><b>18</b> 9:00 Depart: Fareway <b>9:30 Depart: Fareway</b> <b>10:00 Depart to Lug-A-Mug at Cottage Grove</b> 2:00 New Tenant Orientation FL 3:30 Mind/Body Exercise FL 5:30 Chef's Dinner – Fire &amp; Ice 6:30 Penny Bingo FL</p>	<p><b>19</b> 9:00 Catholic Word L 9:00 Live 2B Healthy FL 10:00 Chef's Demo – Popcorn Balls 10:00 Tenant Trading Post 2:00 Happy Hour by Dick &amp; Jim – CDR Snack: Pretzels, Grapes and Cheese <b>NATIONAL POPCORN DAY</b></p>	<p><b>20</b> 10:00 Sit and Be Fit DVD FL 11:00 Adult Coloring Time FL <b>1:30 Depart to Debbie &amp; Dan's Creamery*</b> 2:00 Dominoes BDR 6:30 Church service: 1<sup>st</sup> Methodist Church <b>All Day:</b> Brain Games FD <b>NATIONAL CHEESE LOVER'S DAY</b></p>

# January 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>21</b> 1:30 Penny Bingo FL 2:30 Let's Play Pool 3<sup>rd</sup> Floor 3:00 Depart to "Across Iowa Towns – Ryan" (24 mi) 6:00 Movie &amp; Popcorn, FL</p>	<p><b>22</b> 8:30 Catholic Rosary L 9:00 Fall Prevention Exercise FL 9:00 Quilter's Guild Depart to I-Sew at Inspired to Sew* 10:00 Doug Smith, Master Gardener 1:30 Penny Bingo FL 3:30 Live 2B Healthy FL 6:00 SP Card Club SP</p>	<p><b>23</b> 9:30 Church: Pastor Darin FL 10:00 Summit Pointe Choir FL 10:30 Summit Pointe Bells FL 1:30 Depart to Iowans in the Great War and dinner at Galleria De Paco* 3:30 Chair Yoga with Cyndy Logue – FL</p> <p><b>NATIONAL PIE DAY</b></p>	<p><b>24</b> 9:00 CR Hearing Visit 9:00 Sit &amp; Be Fit FL 9:30 Walking Club 10:00 Bible Study with Dewayne FL 1:00 Blue Zone Moai PDR 2:00 Tenant Social Hour FL 2:15 Free Blood Pressure Check 2<sup>nd</sup> Floor Nurse's Station 3:30 Live 2B Healthy FL 6:30 Movie &amp; Popcorn, FL <b>NATIONAL COMPLIMENT DAY*</b></p>	<p><b>25</b> 9:00 Depart: Aldi's 9:30 Depart: Aldi's 2:00 Chef's Demo by Steve Price 2:00 Tenant Council FL 3:30 Mind/Body Exercise FL 6:30 Penny Bingo FL</p>	<p><b>26</b> 9:00 Live 2B Healthy FL 9:00 Catholic Word and Communion Service L 1:00 New Book Club PDR 2:00 Happy Hour by Harold Gray - CDR Snack: Birthday Cake</p>	<p><b>27</b> 10:00 Sit and Be Fit DVD FL 11:00 Adult Coloring Time FL 1:30 Iowa Ingredient Video, Black Beans, FL 2:00 Dominoes BDR 3:30 Movie &amp; Popcorn, FL</p> <p><b>All Day:</b> Brain Games, FD</p>
<p><b>28</b> 1:30 Penny Bingo FL 2:30 Let's Play Pool 3<sup>rd</sup> Floor 3:00 Depart to "Across Iowa Towns – Coralville" (37 mi) 6:00 Movie &amp; Popcorn, FL</p>	<p><b>29</b> 8:30 Catholic Rosary L 9:00 Fall Prevention Exercise FL 1:30 Penny Bingo FL 3:30 Live 2B Healthy - FL 6:00 SP Card Club SP 6:30 Movie &amp; Popcorn, FL</p>	<p><b>30</b> 9:30 Church: Pastor Darin FL 10:00 Summit Pointe Choir FL 10:00 Depart to African American Museum* 10:30 Summit Pointe Bells FL 3:30 Chair Yoga with Cyndy Logue – FL 6:30 Summit Pointe Wine Club FL</p>	<p><b>31</b> 9:00 Sit &amp; Be Fit FL 9:30 Walking Club 10:00 Bible Study with Dewayne FL 1:00 Blue Zone Moai Grp PDR 2:00 Tenant Social Hour FL 2:15 Free Blood Pressure Check 2<sup>nd</sup> Floor Nurse's Station 3:30 Live 2B Healthy FL 6:30 Movie &amp; Popcorn, FL</p>			<p>SP=Summerset CDR=Carlisle Dining Rm BDR=Brentwood Dining Rm PDR=Private Dining Room FF=Front foyer FL=Fireside Lounge FP= Front Porch BP=Back Patio</p> <p>L=Library, 2<sup>nd</sup> Floor</p>

Be sure to sign up for the items highlighted in yellow.

**NOTES:**

See our Activity Summary for a brief description of many activities listed. Those activities noted with an asterisk(\*) have further information on the summary. You will find the Activities Summary in the front of the Sign-up book.