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New Year

<p>9:00 Church Shuttle (*) 10:00 Channel 96: Catholic Mass 10:30 Church Shuttle (*) 11:00 Spiritual Service 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drill 1:30 First Presbyterian Church Communion 2:30 Channel 96: Bible Study for Beginners 3:00 Catholic Mass with Fr. John Finnell 6:00 Movie</p>	<p>10:00 Balance Class 10:30 Read Aloud & Story Time 11:00 Next Level Fit With Christian Burch 2:00 Bingo 2:00 Channel 96: Gentle Yoga 3:30 Conversations in French and French Culture with Frank Martin</p>	<p>10:00 Sittercise 11:00 Lunch Outing to First Watch (*) 11:00 Sing-A-Long to the Oldies 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drills 1:45 Kroger (*) 7:00 WVU vs Arizona Basketball Watch Party 7:15 Movie</p>	<p>New Year's Day Dining Room Hours 12-2:30 p.m. 6:00 Movie 7:00 Prayer Circle Meeting</p>	<p>10:00 Sittercise 11:00 Bible Study 11:00 Flex & Flow with Mary Louise King 12:30 Alterations w/Carolyn 1:00 Channel 96: Gentle Yoga 1:45 Kroger (*)</p>	<p>10:00 Balance Class 11:00 Next Level Fit With Christian Burch 1:00 Shopping @ Walmart (*) 1:30 Catholic Mass 3:30 Golf 7:15 Movie</p>	<p>10:00 Sittercise 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drill 2:00 Makers Space Workshop 7:15 Movie</p>
<p>9:00 Church Shuttle (*) 10:00 Channel 96: Catholic Mass 10:30 Church Shuttle (*) 11:00 Spiritual Service 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drill 1:30 First Presbyterian Church Communion 2:30 Channel 96: Bible Study for Beginners 3:00 Catholic Mass with Fr. John Finnell 6:00 Movie</p>	<p>10:00 Balance Class 10:30 Read Aloud & Story Time 11:00 Next Level Fit With Christian Burch 2:00 Bingo 2:00 Channel 96: Gentle Yoga 3:30 Conversations in French and French Culture with Frank Martin</p>	<p>10:00 Sittercise 11:00 Lunch Outing to First Watch (*) 11:00 Sing-A-Long to the Oldies 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drills 1:45 Kroger (*) 7:00 WVU vs Arizona Basketball Watch Party 7:15 Movie</p>	<p>10:00 Balance Class 11:00 A Room With Many Views w/ Rev. Jim Lewis 1:30 Dementia & Alzheimer's Support Group 2:00 Bingo 2:00 Check Cashing 3:30 Golf 7:00 Prayer Circle Meeting</p>	<p>10:00 Sittercise 11:00 Bible Study 11:00 Flex & Flow with Mary Louise King 1:00 Channel 96: Gentle Yoga 1:45 Kroger (*) 3:00 Meet & Greet with Andy Barker, Executive Director</p>	<p>10:00 Balance Class 1:00 Shopping @ Dollar Tree (*) 3:30 Golf 7:15 Movie</p>	<p>10:00 Sittercise 1:00 Channel 96: Seated Exercises 1:00 Hot Chocolate Bar 1:30 Channel 96: Balance Skills & Drill 2:00 Makers Space Workshop 7:15 Movie</p>
<p>9:00 Church Shuttle (*) 10:00 Channel 96: Catholic Mass 10:30 Church Shuttle (*) 11:00 Channel 96: Spiritual Service w/ Dr. Charles Stanley 11:00 Spiritual Service 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drill 2:30 Channel 96: Bible Study for Beginners 3:00 Catholic Communion 6:00 Movie</p>	<p>Full Moon 10:00 Balance Class 11:00 Next Level Fit With Christian Burch 2:00 Bingo 2:00 Channel 96: Gentle Yoga 3:30 Conversations in French and French Culture with Frank Martin</p>	<p>10:00 Sittercise 10:30 First Presbyterian Church Bible Study 10:30 Massages by The Massage & Reiki Center (*) 1:00 Channel 96: Seated Exercises 1:00 Holy Communion With St. Marks Methodist Church 1:30 Channel 96: Balance Skills & Drills 1:45 Kroger (*) 3:00 Resident Association Meeting 7:15 Movie</p>	<p>10:00 Balance Class 11:00 A Room With Many Views w/ Rev. Jim Lewis 2:00 Bingo 3:00 Meet & Greet with Josh Kidd ABHC Administrator (*) 3:30 Golf 7:00 Prayer Circle Meeting 8:00 WVU vs Houston Basketball Watch Party</p>	<p>10:00 Sittercise 11:00 Bible Study 11:00 Blood Pressure Check 11:00 Flex & Flow with Mary Louise King 12:30 Alterations w/Carolyn 1:00 Channel 96: Gentle Yoga 1:00 WVU OLLI Open House 1:45 Kroger (*) 3:00 Bible Study w/ Rabbi Urecki & Rev. Jim Lewis</p>	<p>10:00 Balance Class 11:00 Next Level Fit With Christian Burch 1:00 Shopping @ Drug Emporium (*) 3:30 Golf 7:15 Movie</p>	<p>10:00 Sittercise 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drill 2:00 Makers Space Workshop 2:00 Violin Recital 5:00 WVU vs Iowa State Basketball Watch Party 7:15 Movie</p>
<p>9:00 Church Shuttle (*) 10:00 Channel 96: Catholic Mass 10:30 Church Shuttle (*) 11:00 Channel 96: Spiritual Service w/ Dr. Charles Stanley 11:00 Spiritual Service 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drill 2:30 Channel 96: Bible Study for Beginners 3:00 Catholic Communion 6:00 Movie</p>	<p>Martin Luther King Jr. Day 10:00 Balance Class 10:30 Read Aloud & Story Time 11:00 Next Level Fit With Christian Burch 1:00 Monthly Birthday Celebration 2:00 Bingo 2:00 Channel 96: Gentle Yoga 3:00 Pet visits with Charleston Kanawha Humane Association 3:30 Conversations in French and French Culture with Frank Martin 5:30 Parkinsons Support Group Meeting at Blessed Sacrament (*)</p>	<p>10:00 Sittercise 11:00 Sing-A-Long with Phyllis 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drills 1:45 Kroger (*) 4:30 Dinner Trip to Fazios (*) 7:15 Movie</p>	<p>10:00 Balance Class 11:00 A Room With Many Views w/ Rev. Jim Lewis 11:30 Welcome New Resident Orientation 2:00 Bingo 2:00 Check Cashing 3:30 Golf 7:00 Prayer Circle Meeting</p>	<p>10:00 Sittercise 11:00 Bible Study 11:00 Flex & Flow with Mary Louise King 1:00 Channel 96: Gentle Yoga 1:45 Kroger (*) 3:00 Winter Wonderland Dance with Arlen Bishop 7:15 Little Big Band Trio</p>	<p>10:00 Balance Class 11:00 Next Level Fit With Christian Burch 1:00 Chit Chat 1:00 Shopping @ Target (*) 2:00 Eunice Ray Birthday Celebration 3:30 Golf 7:15 Movie</p>	<p>10:00 Sittercise 11:15 "Aida" Opera at Nitro Regal Theater (*) 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drill 2:00 Makers Space Workshop 7:15 Movie</p>
<p>9:00 Church Shuttle (*) 10:00 Channel 96: Catholic Mass 10:30 Church Shuttle (*) 11:00 Channel 96: Spiritual Service w/ Dr. Charles Stanley 11:00 Spiritual Service 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drill 2:30 Channel 96: Bible Study for Beginners 3:00 Catholic Communion 6:00 Movie</p>	<p>10:00 Balance Class 11:00 Next Level Fit With Christian Burch 2:00 Bingo 2:00 Channel 96: Gentle Yoga 3:30 Conversations in French and French Culture with Frank Martin</p>	<p>10:00 Sittercise 11:00 Lunch Outing to Bears Den (*) 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drills 1:45 Kroger (*) 3:00 Edgewood Summit Got Talent Show 7:15 Movie</p>	<p>Chinese New Year 10:00 Balance Class 11:00 A Room With Many Views w/ Rev. Jim Lewis 2:00 Bingo 3:30 Golf 7:00 Prayer Circle Meeting</p>	<p>10:00 Sittercise 11:00 Bible Study 11:00 Flex & Flow with Mary Louise King 1:00 Channel 96: Gentle Yoga 1:45 Kroger (*)</p>	<p>10:00 Balance Class 11:00 Next Level Fit With Christian Burch 3:30 Golf 7:15 Movie</p>	<p>Please use the registration sheet to sign up for any event with an asterisk (*) next to it.</p>

January 2025

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300 Baker Lane Charleston, WV 25302 (304) 346-2323

Edgewood
Summit