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	<p>1 New Year's Day Dinning Room Hours 12:00-2:30 p.m. 10:00 Channel 96: <i>Balance Class</i> 2:00 Channel 96: Gentle Yoga 3:00 Catholic Mass 4:00 Channel 96: <i>History of Theatre</i> 7:15 Movie</p>	<p>2 10:00 Sittercise 11:00 <i>Sing-A-Long to the Oldies</i> 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drills 1:45 Kroger (*) 2:00 <i>Cardio Drumming with Tony Hill</i> 4:00 Channel 96: <i>The History of Radio</i> 7:15 Movie</p>	<p>3 10:00 Balance Class 11:00 <i>A Room With Many Views w/ Rev. Jim Lewis</i> 2:00 Bingo 3:30 Golf 4:00 Channel 96: <i>Russia Bolshoi Theater: Opéra and Ballet</i></p>	<p>4 10:00 <i>Oil & Acrylic Class w/ Sharon McClanahan</i> 10:00 Sittercise 11:00 <i>Bible Study w/ Rev. Dr. Jay Parkins</i> 12:30 Alterations w/Carolyn 1:00 Channel 96: Gentle Yoga 1:45 Kroger (*) 3:00 <i>Canvas Snowman Painting (*)</i> 4:00 Channel 96: <i>Changes in Farming</i></p>	<p>5 10:00 Balance Class 11:00 <i>Silver & Strong Class</i> 1:00 Shopping @ Walmart (*) 2:00 <i>Cardio Drumming with Tony Hill</i> 3:30 Golf 4:00 Channel 96: <i>The Alamo Defenders</i> 7:15 Movie</p>	<p>6 10:00 <i>Celebration of Life Reception in Memory of William Pugh</i> 10:00 Sittercise 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drill 7:15 Movie</p>
<p>7 9:00 Church Shuttle (*) 10:00 Channel 96: Catholic Mass 10:30 Church Shuttle (*) 11:00 <i>Spiritual Service</i> 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drill 1:30 <i>First Presbyterian Church Communion</i> 2:30 Channel 96: <i>Bible Study for Beginners</i> 3:00 <i>Catholic Mass with Fr. John Finnell</i> 6:00 Movie</p>	<p>8 10:00 Balance Class 11:00 <i>Silver & Strong Class</i> 2:00 Bingo 2:00 Channel 96: Gentle Yoga 3:30 <i>Conversations in French and French Culture with Frank Martin</i> 4:00 Channel 96: <i>The Life of Bertha Palmer</i></p>	<p>9 10:00 Sittercise 10:30 <i>First Presbyterian Church Bible Study</i> 1:00 Channel 96: Seated Exercises 1:00 <i>Holy Communion With St. Marks Methodist Church</i> 1:30 Channel 96: Balance Skills & Drills 1:45 Kroger (*) 2:00 <i>Cardio Drumming with Tony Hill</i> 3:00 <i>Resident Association Meeting</i> 4:00 Channel 96: <i>Narrative in Music (Part 1) with Matt Siffert</i> 7:15 Movie</p>	<p>10 10:00 Balance Class 11:00 <i>A Room With Many Views w/ Rev. Jim Lewis</i> 1:30 <i>Dementia & Alzheimer's Support Group</i> 2:00 Bingo 2:00 <i>Check Cashing</i> 3:30 Golf 4:00 Channel 96: <i>Narrative in Music (Part 2) with Matt Siffert</i></p>	<p>11 10:00 <i>Oil & Acrylic Class w/ Sharon McClanahan</i> 10:00 Sittercise 11:00 <i>Bible Study w/ Rev. Dr. Jay Parkins</i> 11:00 <i>Lunch Outing to Cold Spot & Mardi Gras Casino Resort (*)</i> 1:00 Channel 96: Gentle Yoga 1:45 Kroger (*) 4:00 Channel 96: <i>Narrative in Music (Part 3) with Matt Siffert</i></p>	<p>12 10:00 Balance Class 11:00 <i>Silver & Strong Class</i> 1:00 Shopping @ Dollar Tree & Big Lots (*) 2:00 <i>Cardio Drumming with Tony Hill</i> 3:30 Golf 4:00 Channel 96: <i>Exploring the Big Band Swing Era with Hillman</i> 7:15 Movie</p>	<p>13 10:00 Sittercise 1:00 Channel 96: Seated Exercises 1:00 <i>Hot Chocolate Bar</i> 1:30 Channel 96: Balance Skills & Drill 6:00 <i>West Virginia vs Texas Basketball Watch Party</i> 7:15 Movie</p>
<p>14 9:00 Church Shuttle (*) 10:00 Channel 96: Catholic Mass 10:30 Church Shuttle (*) 11:00 Channel 96: <i>Spiritual Service w/ Dr. Charles Stanley</i> 11:00 <i>Spiritual Service</i> 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drill 2:30 Channel 96: <i>Bible Study for Beginners</i> 3:00 <i>Catholic Communion</i> 6:00 Movie</p>	<p>15 Martin Luther King Jr. Day 10:00 Balance Class 11:00 <i>Silver & Strong Class</i> 1:00 <i>Monthly Birthday Celebration</i> 2:00 Bingo 2:00 Channel 96: Gentle Yoga 3:00 <i>Kanawha Humane Association Pet Visits</i> 3:30 <i>Conversations in French and French Culture with Frank Martin</i> 4:00 Channel 96: <i>Salute to Broadway Part Two-Music & Memories with Big Ben Hillman</i> 5:30 <i>Parkinsons Support Group Meeting at Blessed Sacrament (*)</i></p>	<p>16 10:00 Sittercise 10:30 <i>Massages by The Massage & Reiki Center (*)</i> 11:00 <i>Lunch Outing to Sokolata Restuarant (*)</i> 11:00 <i>Sing-A-Long with Phyllis</i> 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drills 1:45 Kroger (*) 2:00 <i>Cardio Drumming with Tony Hill</i> 4:00 Channel 96: <i>Native American Music with Matt Siffert</i> 7:15 Movie</p>	<p>17 10:00 Balance Class 11:00 <i>A Room With Many Views w/ Rev. Jim Lewis</i> 1:30 <i>First Presbyterian Church Meeting</i> 2:00 Bingo 3:30 Golf 4:00 Channel 96: <i>Acting for Camera vs. Stage</i> 8:00 <i>West Virginia Vs Oklahoma Basketball Watch Party</i></p>	<p>18 10:00 <i>Oil & Acrylic Class w/ Sharon McClanahan</i> 10:00 Sittercise 11:00 <i>Bible Study w/ Rev. Dr. Jay Parkins</i> 11:00 <i>Blood Pressure Check</i> 12:30 Alterations w/Carolyn 1:00 Channel 96: Gentle Yoga 1:45 Kroger (*) 4:00 Channel 96: <i>Merengue Fundamentals</i> 4:30 <i>Dinner Trip to Fazio's (*)</i></p>	<p>19 10:00 Balance Class 11:00 <i>Silver & Strong Class</i> 1:00 Shopping @ Drug Emporium (*) 2:00 <i>Cardio Drumming with Tony Hill</i> 3:30 Golf 4:00 Channel 96: <i>The Majestic Birds of Hawaii</i> 7:15 Movie</p>	<p>20 10:00 Sittercise 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drill 2:00 <i>WV Humanities Council History Alive Program "Minnie Reed"</i> 6:45 <i>West Virginia Symphonic Series Musical Sweets & Treats (*)</i> 7:15 Movie</p>
<p>21 9:00 Church Shuttle (*) 10:00 Channel 96: Catholic Mass 10:30 Church Shuttle (*) 11:00 Channel 96: <i>Spiritual Service w/ Dr. Charles Stanley</i> 11:00 <i>Spiritual Service</i> 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drill 2:30 Channel 96: <i>Bible Study for Beginners</i> 3:00 <i>Catholic Communion</i> 6:00 Movie</p>	<p>22 10:00 Balance Class 11:00 <i>Silver & Strong Class</i> 2:00 Bingo 2:00 Channel 96: Gentle Yoga 3:30 <i>Conversations in French and French Culture with Frank Martin</i> 4:00 Channel 96: <i>The Music of Holocaust Memory in the Early Cold War</i></p>	<p>23 10:00 Sittercise 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drills 1:45 Kroger (*) 2:00 <i>Cardio Drumming with Tony Hill</i> 4:00 Channel 96: <i>Wings at the San Diego Air & Space Muesum</i> 7:00 <i>West Virginia Vs UCF Basketball Watch Party</i> 7:15 Movie</p>	<p>24 10:00 Balance Class 11:00 <i>A Room With Many Views w/ Rev. Jim Lewis</i> 2:00 Bingo 2:00 <i>Check Cashing</i> 3:30 Golf 4:00 Channel 96: <i>The Vikings-Who Were They?</i></p>	<p>25 Full Moon 10:00 <i>Oil & Acrylic Class w/ Sharon McClanahan</i> 10:00 Sittercise 11:00 <i>Bible Study w/ Rev. Dr. Jay Parkins</i> 1:00 Channel 96: Gentle Yoga 1:45 Kroger (*) 3:00 <i>Winter Wonderland Dance w/ Arlen Bishop</i> 4:00 Channel 96: <i>Mickey Mantle and the Yankees with Hang Liu</i></p>	<p>26 10:00 Balance Class 11:00 <i>Silver & Strong Class</i> 1:00 <i>Ladies Chit Chat</i> 1:00 Shopping @ Target Plaza & Kohls Plaza (*) 2:00 <i>Cardio Drumming with Tony Hill</i> 3:30 Golf 4:00 Channel 96: <i>Hang Liu Mickey Mantle & the 1965 World Series</i> 7:15 Movie</p>	<p>27 10:00 Sittercise 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drill 2:00 <i>West Virginia Basketball Game vs. Oklahoma State</i> 7:15 Movie</p>
<p>28 9:00 Church Shuttle (*) 10:00 Channel 96: Catholic Mass 10:30 Church Shuttle (*) 11:00 Channel 96: <i>Spiritual Service w/ Dr. Charles Stanley</i> 11:00 <i>Spiritual Service</i> 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drill 2:30 Channel 96: <i>Bible Study for Beginners</i> 3:00 <i>Catholic Communion</i> 6:00 Movie</p>	<p>29 10:00 Balance Class 11:00 <i>Silver & Strong Class</i> 2:00 Bingo 2:00 Channel 96: Gentle Yoga 3:30 <i>Conversations in French and French Culture with Frank Martin</i> 4:00 Channel 96: <i>Mickey Mantle & The 1953 World Series with Hang Liu</i></p>	<p>30 10:00 Sittercise 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drills 1:45 Kroger (*) 2:00 <i>Cardio Drumming with Tony Hill</i> 3:00 <i>Edgewood Summit Got Talent with Scott Mansour & Jean Cropley</i> 4:00 Channel 96: <i>Wonders of the World-Well Traveled with Dan</i> 7:15 Movie</p>	<p>31 10:00 Balance Class 11:00 <i>A Room With Many Views w/ Rev. Jim Lewis</i> 2:00 Bingo 3:30 Golf</p>	<p>Please use the registration sheet to sign up for any event with an asterisk (*) next to it.</p>		

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