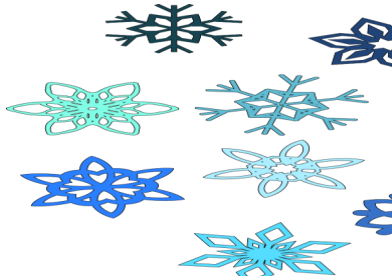
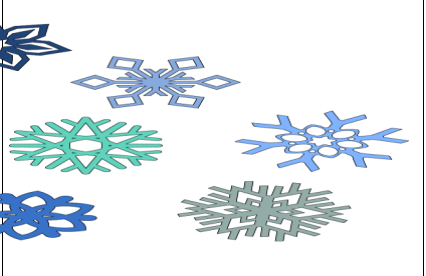



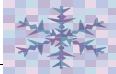


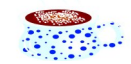





January 2019

The Nottingham Assisted Living



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>2 10:00 Zumba with Ann in The Dining Room 10:30 Pictionary with Kara in the Corner Room 1:15 Historic January with Drew in the Corner Room 2:30 Flower Arranging With Dining Staff in The Small Dining Room 3:00 Travel to Europe with Shannon in the TV Room (Share personal photos if interested) 7:00 Bowling with Shannon in the Sunroom</p>	<p>3 10:00 Exercise with Shannon in The Dining Room 10:30 Neck/Back Massages with Donna" Massage Therapist in the TV Room 11:00 Protestant Church Service in The RHCF Terrace Room 12:00 Birthday Luncheon in the IL Dining Room 2:00 Name That Tune with Joe Trionfero-IL TV Room 3:00 Happy Hour in The Small Dining Room 7:00 Hand Massage with Drew in the Sunroom</p>	<p>4 9:30 Morning Trivia with Shannon in the Sunroom 10:00 Exercise with Shannon in the Dining Room 10:30 Door Buster Craft with Shannon in the Corner Room 11:00 DeWitt Library in the RHCF Terrace Room 2:30 Sensory Sensations with Shannon in the TV Room 3:30 TIC TAC TOE with Shannon in the TV Room</p>	<p>5 9:45 Exercise with Drew in the Dining Room 1:15 "B" Words with Drew in the Corner Room 4:00 Catholic Mass with Father Heagary in the RHCF Library 6:00 Resident Run Bridge in the Fish Room</p> 
<p>6 1:45 Movie Matinee in The TV Room "The Civil War," by Ken Burns Starring Sam Waterson & Julie Harris 1990 3:30 Listening to The Oldies in The Sunroom 6:00 Resident Run Bridge Game in The Fish Room</p>	<p>7 10:00 Exercise with Shannon in The Dining Room 10:30 Gestures with Shannon in the Corner Room 1:15 40s & 50s with Drew in the Corner Room 2:30 Stretching with Dr. Ann in the Corner Room 3:15 Piano Sounds with Dan Robbino in the Sunroom 7:00 Golf Card Game with Drew in the Sunroom</p>	<p>8 9:30 High or Low with Shannon in the Sunroom 10:00 Exercise with Shannon in The Dining Room 10:30 Baking Sugar Cookies with Shannon in the Corner Room 1:30 Refraze with Drew in the Corner Room 2:30 Housewarming Welcome to New Residents with Shannon in the Dining Room serving Tea & Cookies 3:30 Team Trivia Challenge with Shannon in the Corner Room 6:30 Bingo with Nadja in the Sunroom</p>	<p>9 10:00 Zumba with Ann in The Dining Room 10:45 Dear Abby with Kara in the Corner Room 1:15 Current Events with Kelly French in the Corner Room 2:30 Flower Arranging With Dining Staff in The Small Dining Room 3:00 Ring Toss with Shannon in the Sunroom 7:15 Hangman with Shannon in the Corner Room</p>	<p>10 10:00 Exercise with Shannon in The Dining Room 10:30 Massages & Manicures with Shannon in the Corner Room 11:00 Protestant Church Service in The RHCF Terrace Room 1:15 Buzzword with Drew in the Corner Room 3:00 Happy Hour in The Small Dining Room</p> 	<p>11 9:30 Anytime Trivia with Shannon in the Sunroom 10:00 Exercise with Shannon in the Dining Room 10:30 Board Games with Shannon in the Corner Room 1:15 Men's Club with Drew in the RHCF Terrace Room 2:30 Shabbat Service- IL TV Room 3:30 Music with Bob Lyna in the RHCF Family Room</p>	<p>12 9:45 Exercise with Shannon in the Dining Room 1:15 Painting with Shannon in the Corner Room 4:00 Catholic Mass with Father Heagarty in the RHCF Library 6:00 Resident Run Bridge in the Fish Room</p> 
<p>13 1:45 Movie Matinee in The TV Room "Phantom of the Opera" Starring Ramin Karimloo & Sierra Boggess 2011 3:30 Listening to The Oldies in The Sunroom 6:00 Resident Run Bridge Game in The Fish Room</p>	<p>14 10:00 Exercise with Kara in The Dining Room 10:30 Word Mining with Kara in the Corner Room 1:15 Rebus Puzzles with Drew in the Corner Room 3:30 Stretching with Dr. Ann in the Corner Room 7:00 Put Up Your 'Dukes' with Drew in the TV Room</p>	<p>15 9:30 Name that Logo with Shannon in the Sunroom 10:00 Exercise with Shannon in The Dining Room 10:30 Dining Committee Meeting in the Corner Room 1:30 Pet Visits with "PAWS" in the Fish & TV Room 2:30 Hoop Shots with Shannon in the Sun Room 3:30 Catch Phrase with Shannon in the Sun</p>	<p>16 10:00 Zumba with Ann in The Dining Room 10:30 Famous January Birthdays with Kara in the TV Room 1:15 Seated Yoga with Kelly French in the Corner Room 2:30 Flower Arranging With Dining Staff in The Small Dining Room 3:00 Ceramic Snowman Craft with Shannon in the Corner Room 7:15 Short Stories with Shannon in the Sun</p>	<p>17 10:00 Exercise with Shannon in The Dining Room 10:30 Word Games with Shannon in the Corner Room 11:00 Protestant Church Service in The RHCF Terrace Room 1:15 Snowball Toss with Drew in the Sunroom 3:00 Happy Hour in The Small Dining Room</p>	<p>18 9:30 Questions & Answers with Shannon in the Sunroom 10:00 Exercise with Shannon in the Dining Room 10:30 Mind Joggers Memory with Shannon in the Corner Room 1:15 Famous Faces with Drew in the Corner Room 2:00 Stone Corey Art Park Presentation- IL TV Room 3:30 Wheel of Fortune with Shannon in the TV Room</p>	<p>19 9:45 Exercise with Drew in the Dining Room 1:15 Sing Along with Drew in the Sunroom 4:00 Piano Concert with Song=a Day Studio in the Sun Room 4:00 Catholic Mass with Father Heagarty in the RHCF Library 6:00 Resident Run Bridge in the Fish Room</p>
<p>20 1:45 Movie Matinee in The TV Room "Going in Style" Starring Morgan Freeman & Michael Caine 2017 3:30 Listening to The Oldies in The Sunroom 6:00 Resident Run Bridge Game in The Fish Room</p> 	<p>21 MLK Jr. Day 9:45 Exercise with Drew in the Dining Room 1:15 SQUADOOSH!!! with Drew in the Corner Room 2:30 Treasure Trove of Trivial Trivia with Drew in the Corner Room</p> 	<p>22 9:30 Exercise with Shannon in the Sunroom 10:30 Music with Tim Herron in the Sunroom 1:15 Balloon Bonanza with Drew in the Sunroom 2:30 Winter Wonderland Create A Word with Shannon in the Corner Room 3:30 Kerplunk with Shannon in the Corner Room 6:30 Bingo with Nadja in the Sunroom</p>	<p>23 10:00 Zumba with Ann in The Dining Room 1:15 Text Twist with Drew in the Corner Room 2:30 Flower Arranging With Dining Staff in The Small Dining Room 3:00 Card Shuffle with Shannon in the Corner Room 4:30 Dinner at the Bone Fish Grill in Fayetteville with Shannon</p>	<p>24 10:00 Exercise with Shannon in The Dining Room 10:30 Craft Time with Shannon in the Corner Room 11:00 Protestant Church Service in The RHCF Terrace Room 1:15 Putt Putt Golf with Drew in the Corner Room 3:00 Happy Hour in The Small Dining Room</p>	<p>25 9:30 You Be the Judge with Shannon in the Sunroom 10:00 Exercise with Shannon in the TV Room 10:30 What Comes Next in the TV Room with Shannon 1:15 Wacky Words with Drew in the Corner Room 3:15 Hawaiian Luau with Blair Frodelius in RHCF</p>	<p>26 9:45 Exercise with Shannon in the Dining Room 1:15 Name that Tune with Shannon in the TV Room 4:00 Catholic Mass with Father Heagarty in the RHCF Library 6:00 Resident Run Bridge in the Fish Room</p>
<p>27 1:45 Movie Matinee in The TV Room "To Catch a Thief" Starring Gary Grant & Grace Kelly 1955 3:30 Listening to The Oldies in The Sunroom 6:00 Resident Run Bridge Game in The Fish Room</p>	<p>28 10:00 Exercise with Kara in The Dining Room 10:30 Marshmallow Games with Kara in the Corner Room 1:15 7:00 Blackjack with Drew in the Sunroom</p> 	<p>29 9:30 Geography Challenge with Shannon in the Sunroom 10:00 Exercise with Shannon in Sunroom 10:30 Corn Hole with Shannon in the Sunroom 1:15 Charades with Drew in the Corner Room 2:30 Water Colors with Jan & Shannon in the Corner Room 3:30 Ronald McDonald House Snack Packs with Shannon in the Corner Room</p>	<p>30 10:00 Zumba with Ann in The Dining Room 10:30 A Few of My Favorite Things with Kara in the Corner Room 1:15 Shut The Box with Kelly French in the Corner Room 2:30 Flower Arranging With Dining Staff in The Small Dining Room 3:00 What Am I? with Shannon in the TV Room 7:15 Massages & Manicures with Shannon in the Corner Room</p>	<p>31 10:00 Exercise with Shannon in The Dining Room 10:30 Darts with Shannon in the Corner Room 11:00 Protestant Church Service in The RHCF Terrace Room 1:15 Cooking Club with Drew in the Corner Room 3:00 Happy Hour</p> 	<p>*Programs & Times are subject to change or be cancelled. Please refer to the daily board for the most up to date information. Please contact Shannon at 315-413-3127 if you have any questions or concerns.</p>	