

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday															
				8:00 Walk About (L) 8:30 Coffee Club w/Will – Edward Jones (C) 8:30 Morning Stretch (AR) 9:30 Current Events w/Russ (LI) 10:00 Village Van (L) 11:00 Bible Study (LI) 1:00 Card Bingo w/Norene (OCR)		1 8:00 Walk About (L) 9:30 Sedona Van (L) 10:00 Fitness (AR) 10:45 Word to the Wise (AR) 12:00 Crafts w/Norene (L) 2:00 Bingo w/Will (AR)		2 8:00 Walk About (L) 8:30 Morning Stretch (AR) 9:30 Cottonwood Van (L) 12:30 Village Van (L) 1:00 Bowling on Wii (AR) 1:00 Pinochle (OCR) 6:45 Bible Study (AR)		3 8:00 Walk About (L) 10:00 Fitness (AR) 10:30 Shopping – Tlaquepaque (L) 11:00 Being Mindful w/NAH–Carolyn (AR) 1:00 Science for Seniors (AR)		4 8:00 Walk About (L) 9:00 Resident Swap Meet (AR) 10:00 Chair Yoga w/Susannah (AR) 1:00 Pinochle (OCR) 2:00 Game Day (OCR)															
8:00 Walk About (L) 10:00 Communion / Library (LI) 11:30 Sunday Brunch (DR) 1:30 Sunday Brunch (DR) 3:00 Matinee Movie (AR)		6 8:00 Walk About (L) 10:00 Fitness (AR) 10:45 Trivia--Discovery Monday (AR) 11:30 Holiday Brunch (DR) 1:00 Pinochle (OCR) 1:30 Holiday Brunch (DR) 3:00 Catholic Service (LI)		7 8:00 Walk About (L) 8:30 Morning Stretch (AR) 9:00 Technical Help w/Marcie (LI) 9:30 Current Events w/Russ (LI) 10:00 Village Van (L) 11:00 Bible Study (LI) 1:00 "Vet-to-Vet" For Veterans (LI) 1:00 Card Bingo w/Nick (OCR) 2:00 Music w/Robert Clark (AR)		8 8:00 Walk About (L) 8:30 Morning Stretch (AR) 9:00 Technical Help w/Marcie (LI) 9:30 Current Events w/Russ (LI) 10:00 Village Van (L) 11:00 Bible Study (LI) 1:00 "Vet-to-Vet" For Veterans (LI) 1:00 Card Bingo w/Nick (OCR) 2:00 Music w/Robert Clark (AR)		9 8:00 Walk About (L) 9:30 Sedona Van (L) 10:00 Fitness (AR) 11:00 Wellness Clinic w/Angel's (AR) 11:30 A Word to the Wise (AR) 2:00 Ukulele Band Performance (AR) 2:30 Wine Down Weds. (C)		10 8:00 Walk About (L) 8:30 Morning Stretch (AR) 9:30 Cottonwood Van (L) 11:00 AZ Hospice : Fact vs Fiction, Part 2 (AR) 12:30 Village Van (L) 1:00 Bowling on Wii (AR) 1:00 Pinochle (OCR) 2:00 Special Music Event w/Patrick Ki (AR) 6:45 Bible Study (AR)		11 8:00 Walk About (L) 10:00 Fitness (AR) 10:30 Shopping – CTWD Thrifts (L) 11:30 Lunch Music w/Chantal (DR) 1:00 Historically Speaking (AR) 2:00 Murder Mystery w/LeighAnn (AR)		12 8:00 Walk About (L) 10:00 NO CHAIR YOGA TODAY (AR) 1:00 Pinochle (OCR) 2:00 Game Day (OCR)													
8:00 Walk About (L) 9:30 Qigong w/Katharine (AR) 10:00 Communion / Library (LI) 11:30 Sunday Brunch (DR) 1:30 Sunday Brunch (DR) 3:00 Matinee Movie (AR)		13 8:00 Walk About (L) 10:00 Fitness (AR) 10:45 Trivia--Discovery Monday (AR) 11:30 Lunch @ Rascall's Diner 1:00 Pinochle (OCR) 3:00 Confession / Catholic Service (LI)		14 8:00 Walk About (L) 10:00 Fitness (AR) 10:45 Trivia--Discovery Monday (AR) 11:30 Lunch @ Rascall's Diner 1:00 Pinochle (OCR) 3:00 Confession / Catholic Service (LI)		15 8:00 Walk About (L) 8:30 Morning Stretch (AR) 9:30 Current Events w/Russ (LI) 10:00 Village Van (L) 11:00 Bible Study (LI) 1:00 Card Bingo w/Norene (OCR) 2:00 Resident Collaboration (AR)		16 8:00 Walk About (L) 9:30 Sedona Van (L) 10:00 Fitness (AR) 10:45 Word to the Wise (AR) 12:30 Healthy U–No. Az. w/Rebecca (AR) 2:00 Bingo w/Angel's, Kerry (AR)		17 8:00 Walk About (L) 8:30 Morning Stretch (AR) 9:30 Cottonwood Van (L) 12:30 Village Van (L) 1:00 Bowling on Wii (AR) 1:00 Pinochle (OCR) 2:00 Music Hour w/John Z. (AR) 6:45 Bible Study (AR)		18 8:00 Walk About (L) 10:00 Fitness (AR) 10:30 Shopping – CTWD Dept Stores (L) 1:00 Science for Seniors (AR) 2:00 Hearing Aid Tune-ups w/Audio Nova (AR) 4:00 Dinner Music w/Solomon (DR)		19 8:00 Walk About (L) 10:00 Chair Yoga w/Susannah (AR) 1:00 Pinochle (OCR) 2:00 Game Day (OCR)													
8:00 Walk About (L) 10:00 Communion / Library (LI) 11:30 Sunday Brunch (DR) 1:30 Sunday Brunch (DR) 3:00 Matinee Movie (AR)		20 8:00 Walk About (L) 10:00 Fitness (AR) 10:45 Trivia--Discovery Monday (AR) 11:00 Lunch @ Shorebird 1:00 Pinochle (OCR) 3:00 Catholic Service (LI)		21 8:00 Walk About (L) 10:00 Fitness (AR) 10:45 Trivia--Discovery Monday (AR) 11:00 Lunch @ Shorebird 1:00 Pinochle (OCR) 3:00 Catholic Service (LI)		22 8:00 Walk About (L) 8:30 Morning Stretch (AR) 9:30 Current Events w/Russ (LI) 10:00 Village Van (L) 11:00 Bible Study (LI) 1:00 Card Bingo w/Nick (OCR) 2:00 Trivia w/Taffy (AR)		23 8:00 Walk About (L) 9:30 Sedona Van (L) 10:00 Fitness (AR) 10:45 Word to the Wise (AR) 2:00 Bingo w/Accord's Laura (AR) 2:30 Wine Down Weds. (C)		24 8:00 Walk About (L) 8:30 Morning Stretch (AR) 9:30 Cottonwood Van (L) 12:30 Village Van (L) 1:00 Bowling on Wii (AR) 1:00 Pinochle (OCR) 2:00 Special Music Event w/Gina Machovina (AR) 6:45 Bible Study (AR)		25 8:00 Walk About (L) 10:00 Fitness (AR) 10:30 Shopping – Flagstaff Mall (L) 11:00 Historically Speaking (AR) 2:00 Piano Music w/Kenai (AR) 6:00 Mary Fisher Theater – 3rd Ear Improv (L)		26 8:00 Walk About (L) 9:00 Flu Clinic (AR) 10:00 Chair Yoga w/Susannah (AR) 1:00 Pinochle (OCR) 2:00 Game Day (OCR)													
8:00 Walk About (L) 9:30 Qigong w/Katharine (AR) 10:00 Communion / Library (LI) 11:30 Sunday Brunch (DR) 1:30 Sunday Brunch (DR) 3:00 Matinee Movie (AR)		27 8:00 Walk About (L) 10:00 Fitness (AR) 10:45 Trivia--Discovery Monday (AR) 1:00 Pinochle (OCR) 3:00 Catholic Service (LI)		28 8:00 Walk About (L) 10:00 Fitness (AR) 10:45 Trivia--Discovery Monday (AR) 1:00 Pinochle (OCR) 3:00 Catholic Service (LI)		29 8:00 Walk About (L) 8:30 Morning Stretch (AR) 9:30 Current Events w/Russ (LI) 10:00 Village Van (L) 11:00 Bible Study (LI) 1:00 Card Bingo w/Norene (OCR)		30 8:00 Walk About (L) 9:30 Sedona Van (L) 10:00 Fitness (AR) 10:45 Word to the Wise (AR) 12:00 Crafts w/Norene (AR) 2:00 Bingo w/Norene (AR) 3:00 Month in Memories/Drawing (AR)																			
Happy Birthday!				3 Ruben (staff) 4 Georgia (staff) 8 Evelyn B. 9 Destyn (staff)				10 Glenn (staff) 15 Michelle (staff) 16 Suzanne B. 22 Lyle J.				22 Annie G. 23 Judey R. 24 Marvella A. 27 Betty C.				27 Teri (staff) 28 Gary (staff) 28 Ely (staff)				Location Key: AR = Activity Room L = Lobby DR = Dining Room OC = Card Room				OC = Card Room LI = Library CA = Cantina P = Pool			