

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# JANUARY 2010

Kick Off Your New Year With a Positive Attitude.



9:00 Shopping **1**  
 10:15 Morning Devotions  
 1:15 Bingo – 2  
 Games/Blackout  
 2:45 Afternoon Exercise  
 3:00 Year-at-a glance  
 Calendar  
 New Year's Day

10:30 Morning **2**  
 Devotions  
 1:15 Bingo – 3 Games  
 2:45 Exercise Video

1:15 Exercise Video **3**  
 2:15 Church Services  
 Fairview Christian Union

9:00 Morning Devotions **4**  
 10:00 Exercise  
 1:15 Bingo – 3 Games  
 2:30 Special Speaker:  
 Iowa Commission for the  
 Blind

9:00 Morning Devotions **5**  
 10:00 Activity Meeting  
 10:30 Resident Council  
 1:15 Bingo – 3 Games  
 2:45 Exercise  
 3:30 Nail Care  
 3:30 Cards with Lucas

9:00 Morning Devotions **6**  
 10:00 Bingo – Gardens  
 1:15 Exercise  
 2:00 Reading Buddies  
 with V.C.A.  
 3:30 Bible Study

9:00 Morning Devotions **7**  
 10:00 Bingo – Gardens  
 1:00 Exercise Video  
 2:30 "Random Finish  
 Lines"  
 3:00 Nail Care

9:00 Shopping **8**  
 10:15 Morning Devotions  
 1:15 Bingo – 2  
 Games/Blackout  
 2:30 Exercise

9:00 Special Music with **9**  
 the Gillenwater Girls  
 10:30 Morning Devotions  
 1:15 Bingo – 3 Games  
 2:45 Exercise Video  
 3:15 Movie "March of the  
 Penguins"

1:15 Exercise Video **10**  
 2:15 Church Services  
 Mount Calvary Lutheran

9:00 Morning Devotions **11**  
 10:00 Bingo – Gardens  
 1:00 Afternoon Stretches  
 2:00 Joel from Warren Co.  
 Conservation: Iowa  
 Mammals

9:00 Morning Devotions **12**  
 10:00 Exercise  
 12:00 Red Hat Luncheon  
 1:15 Bingo – 3 Games  
 2:30 Age Related Puzzles  
 2:45 Knitting Scarves  
 3:30 Cards with Lucas

9:00 Morning Devotions **13**  
 10:00 Exercise  
 10:30 January IQ  
 1:15 Bingo – 3 Games  
 3:30 Bible Study  
 6:45 Services at Indianola  
 Regular Baptist Church

9:00 Morning Devotions **14**  
 10:00 Exercise  
 1:15 Bingo – 3 Games  
 2:30 Guess the Soup  
 Trivia  
 3:00 Nail Care

9:00 Shopping **15**  
 10:15 Morning Devotions  
 1:15 Bingo – 2  
 Games/Blackout  
 2:30 "One" Liners  
 2:45 Exercise

10:30 Morning **16**  
 Devotions  
 1:15 Bingo – 3 Games  
 2:45 Exercise Video

1:15 Exercise Video **17**  
 2:15 Church Services  
 Calvary Baptist

9:00 Morning Devotions **18**  
 10:00 Exercise  
 1:15 Bingo – 3 Games  
 2:45 Martin Luther King Jr.  
 Trivia & Hot Cocoa w/  
 Marshmallows  
 Dr. Martin Luther King, Jr. Day

9:00 Morning Devotions **19**  
 10:00 Exercise  
 1:15 Bingo – 3 Games  
 2:45 Jade Plant in a  
 Teacup  
 3:30 Nail Care  
 3:30 Cards with Lucas

9:00 Morning Devotions **20**  
 10:00 Exercise  
 1:15 Bingo – 3 Games  
 2:45 Tea and  
 Conversation  
 3:30 Bible Study

9:00 Morning Devotions **21**  
 10:00 Exercise  
 1:15 Bingo – 3 Games  
 2:45 Reminisce of  
 Farming Days  
 3:45 Nail Care

9:00 Shopping **22**  
 10:15 Morning Devotions  
 1:15 Bingo – 2  
 Games/Blackout  
 2:30 Special Music with  
 Jerry Michael  
 3:30 Exercise

10:30 Morning **23**  
 Devotions  
 1:15 Bingo – 3 Games  
 2:45 Exercise Video

1:15 Exercise Video **24**  
 2:15 Church Services  
 Indianola Community  
 Church

9:00 Morning Devotions **25**  
 10:00 Exercise  
 10:30 Name 10  
 1:15 Bingo – 3 Games  
 3:00 Afternoon Movie

9:00 Morning Devotions **26**  
 10:00 Exercise  
 10:30 5W's & an H Trivia  
 1:15 Bingo – 3 Games  
 2:30 Nail Care  
 3:30 Cards with Lucas

9:00 Morning Devotions **27**  
 10:00 Exercise  
 10:00 Outing to the Boat  
 in Osceola  
 1:15 Bingo – 3 Games  
 3:30 Bible Study

9:00 Morning Devotions **28**  
 10:00 Exercise  
 1:15 Bingo – 3 Games  
 2:45 "What a Mesh!"  
 3:30 Nail Care

9:00 Shopping **29**  
 10:15 Morning Devotions  
 11:30 Gentlemen's Club  
 "Tailgating"  
 1:15 Bingo – 2  
 Games/Blackout  
 2:30 Exercise

10:30 Morning **30**  
 Devotions  
 1:15 Bingo – 3 Games  
 2:45 Exercise Video

1:15 Exercise Video **31**  
 2:15 Church Services  
 Church of Christ

