



Eiland Center Activities January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Announcements TV 970 *Televised TV 971 **Sign up required call ext. 8225 Activities are 30 minutes or more unless otherwise indicated. Calendar is subject to change. For schedule announcements and updates check bulletin boards and TV Channel 970</p>	 <p style="text-align: center;">-KAHLIL GIBRAN</p>	<p>1 New Years Day 9:30 am Chapel Devotions* 10 am Sing Along with Miriam (BE) 11 am Rose Bowl Parade (TV) 1:45 pm Bridge (WA)</p>	<p>2 9:45 am Total Body Movement (WC Pool) 10 am Conversation, Coffee and Hot Chocolate (MO) 10:30 am Aqua Aerobics (WC) 2 pm Rummikub (BE)</p>	<p>3 9:30 am Chapel Devotions* 9:45 pm Total Body Management (WC Pool) 10 am Chaplains Chat (BE) 1 pm Seated Strength/Stretch (BE) 2 pm "Sounds of Nature" Piano Performance (MC) 3:30 pm Choir Practice (MC)</p>	<p>4 WEAR BLUE 9:45 am Aqua Aerobics (WC) 9:45 am Cardio and Strength (WC) 10 am Rummikub and Dominoes (BE) 10 am Rummikub (WA) 1:45 pm Chair Yoga (WC) 6:15 pm Movie Night (MA)</p>	<p>5 9-11:30 am Swimming (WC) 10 am Seated Exercise *971 6:15 pm Movie Night (MA)</p>
<p>6 9 am Worship Service (MC)* 10:30 am First Church Video* 4 pm Bible Study (MO) 6:45 pm Worship Rebroadcast*</p>	<p>7 9:30 am Tai Chi (WC) 9:30 am Men's Coffee with Will (MO) 9:45 am Total Body Movement (WC Pool) 10:30 am Aqua Aerobics (WC) 1 pm Bingo (BE) 2 pm Cardio Drumming (WC)**</p>	<p>8 9:30 am Chapel Devotions* 9:45 am Total Body Movement (WC Pool) 9:45 am Cardio and Strength (WC) 10 am Sing Along with Miriam (BE) 1 pm Seated Strength/Stretch (BE) 1:45 pm Bridge (WA) 2:30 pm Wine and Cheese Social Hour (MO)</p>	<p>9 9:45 am Total Body Movement (WC Pool) 10:30 am Aqua Aerobics (WC) 2 pm Rummikub (BE) 2 pm Chapel Talk: "The Sacredness of Drumming" (MC) 2 pm Wii Bowling (WA) 2 pm Aromatherapy Hand Massage (CR)</p>	<p>10 9:30 am Chapel Devotions* 9:45 pm Total Body Management (WC Pool) 10 am Chaplains Chat (BE) 1 pm Seated Strength/Stretch (BE) 1:45 pm Circle Meeting (BE) 1:45 pm Take Control of Your Nutritional Health (BT) 3:30 pm Choir Practice (MC)</p>	<p>11 WEAR BLUE 9:45 am Aqua Aerobics (WC) 9:45 am Cardio and Strength (WC) 10 am Rummikub and Dominoes (BE) 10 am Rummikub (WA) 1 pm Shopping at Target** 1:45 pm Chair Yoga (WC) 1:45 pm "The Psychology of Success" Lecture (BT) 6:15 pm Movie Night (MA)</p>	<p>12 9-11:30 am Swimming (WC) 10 am Seated Exercise *971 1 pm InMotion Dance "The Heart of Christmas" (BT) 2 pm Stitch & Chat Group (JR) 6:15 pm Movie Night (MA)</p>
<p>13 9 am Worship Service (MC)* 10:30 am First Church Video* 4 pm Bible Study (MO) 6:45 pm Worship Rebroadcast*</p>	<p>14 9:30 am Tai Chi (WC) 9:45 am Total Body Movement (WC Pool) 10 am Coffee and Giant Crossword (MO) 10:30 am Aqua Aerobics (WC) 1 pm Bingo (BE) 2 pm Cardio Drumming (WC)** 2:45 pm "I Married a Park Ranger" (BT)</p>	<p>15 9:30 am Chapel Devotions* 9:45 am Total Body Movement (WC Pool) 9:45 am Cardio and Strength (WC) 10 am Sing Along with Dotty & Ruth (BE) 1 pm Seated Strength/Stretch (BE) 1:45 pm Bridge (WA)</p>	<p>16 9:45 am Total Body Movement (WC Pool) 10:30 am Aqua Aerobics (WC) 10:30 am Coffee with Josh (BT) 2 pm Rummikub (BE) 2 pm Wii Bowling (WA) 2:15 pm Cardio Drumming with Deion (BE)</p>	<p>17 9:30 am Chapel Devotions* 9:45 pm Total Body Management (WC Pool) 10 am Chaplains Chat (BE) 1 pm Seated Strength/Stretch (BE) 2:30 pm Create with Us (CR) 2 pm Alzheimer's Support (JR) 3:30 pm Choir Practice (MC)</p>	<p>18 WEAR BLUE 9:45 am Aqua Aerobics (WC) 9:45 am Cardio and Strength (WC) 10 am Rummikub and Dominoes (BE) 11:15 am Out to Lunch ~ El Paso** 1:45 pm Chair Yoga (WC) 6:30 pm After Dinner at the Piano with Mary Rouse (MO)</p>	<p>19 9-11:30 am Swimming (WC) 10 am Seated Exercise *971 10 am TED Talks with Gini (BE) 6:15 pm Movie Night (MA)</p>
<p>20 9 am Worship Service (MC)* 10:30 am First Church Video* 4 pm Bible Study (MO) 6:45 pm Worship Rebroadcast*</p>	<p>21 Martin Luther King Jr Day 9:30 am Tai Chi (WC) 9:30 am Men's Coffee with Will (MO) 9:45 am Total Body Movement (WC Pool) 10:30 am Aqua Aerobics (WC) 1 pm Bingo (BE) 2 pm Cardio Drumming (WC)**</p>	<p>22 9:30 am Chapel Devotions* 9:45 am Total Body Movement (WC Pool) 9:45 am Cardio and Strength (WC) 10 am Episcopal Service (MC) 10 am Sing Along with Helen and Elaine (BE) 1 pm Seated Strength/Stretch (BE) 1:45 pm Bridge (WA)</p>	<p>23 9:45 am Total Body Movement (WC Pool) 10 am Book Buddies (LI) 11:30 am Winter Lunch (BT) 10:30 am Aqua Aerobics (WC) 2 pm Rummikub (BE)</p>	<p>24 9:30 am Chapel Devotions* 9:45 am Total Body Movement (WC Pool) 10 am Chaplains Chat (BE) 1 pm Seated Strength/Stretch (BE) 1:45 pm "Recommendations for a Healthy 2019" Presentation (BT) 3:30 pm Choir Practice (MC)</p>	<p>25 WEAR BLUE 9:45 am Aqua Aerobics (WC) 9:45 am Cardio and Strength (WC) 10 am Rummikub and Dominoes (BE) 10 am Rummikub (WA) 1:45 pm Chair Yoga (WC) 6:15 pm Movie Night (MA)</p>	<p>26 9-11:30 am Swimming (WC) 10 am Seated Exercise *971 6:15 pm Movie Night (MA)</p>
<p>27 9 am Worship Service (MC)* 10:30 am First Church Video* 4 pm Bible Study (MO) 6:45 pm Worship Rebroadcast*</p>	<p>28 9:30 am Tai Chi (WC) 9:45 am Total Body Movement (WC Pool) 10 am Coffee, Brain Teasers and Trivia (MO) 10:30 am Aqua Aerobics (WC) 1 pm Bingo (BE) 2 pm Cardio Drumming (WC)**</p>	<p>29 9:30 am Chapel Devotions* 9:45 am Total Body Movement (WC Pool) 9:45 am Cardio and Strength (WC) 10 am Karaoke Sing Along (BE) 1 pm Seated Strength/Stretch (BE) 1:45 pm Bridge (WA)</p>	<p>30 9:45 am Total Body Movement (WC Pool) 10:30 am Aqua Aerobics (WC) 11:15 am Lunch at the Highlands** 2 pm Rummikub (BE) 2 pm Wii Bowling (WA)</p>	<p>31 9:30 am Chapel Devotions* 9:45 am Total Body Movement (WC Pool) 10 am Chaplains Chat (BE) 1 pm Seated Strength/Stretch (BE) 3:30 pm Choir Practice (MC) 7 pm Movie Night In the Theatre "First Man" (BT)</p>	<div style="display: flex; justify-content: space-between;"> <div> <p>AK—Activities Kitchen (3rd) AL—Allegheny Room (HL) BE—Bethel Room (2nd) BR—Blue Ridge Room (HL) BT—Bethesda Theatre (2nd) CA—Caledonia (2nd) CR—Art & Craft Room (2nd) GA—Galway (2nd) IV—Inverness (2nd)</p> </div> <div style="text-align: center;">  </div> <div> <p>JR—Jefferson Room (3rd) LP—Lyons Pavilion LI—Library (3rd) MA—Madison (3rd) MC—Meredith Chapel MO—Monroe (3rd) SS—Sunnyside Room WA—Washington (3rd) WC—Wellness Center</p> </div> </div>	