

Eiland Center Activities January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AK—Activities Kitchen (3rd) AL—Allegheny Room (HL) BE—Bethel Room (2nd) BR—Blue Ridge Room (HL) BT—Bethesda Theatre (2nd) CA—Caledonia (2nd) CL—Corson Lobby CR—Art & Craft Room (2nd) GA—Galway (2nd) HC—Healthcare	IV—Inverness (2nd) 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	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	1 HAPPY NEW YEAR! 11 am Rose Parade (MA and TV11) 2 pm Rummikub (WA) 2:30 pm Matinee Movie "How the Grinch Stole Christmas!" (MA)	2 9:30 am Chapel Devotions* 9:45 am Choir Practice (MC) 9:45 am Total Body Movement (WC Pool) 10 am Chaplains Chat (MO) 1 pm Seated Strength/Stretch (BE)	3 9:45 am Aqua Aerobics (WC) 10 am Dominoes or Uno (BE) 10 am Rummikub (WA) 6:15 pm Movie Night "Local Hero" (MA)	4 9-11:30 am Swimming (WC) 10 am Seated Exercise TV971 2 pm Canasta (WA) 2:30 pm Rummikub (BE) 6 pm Evening Movie "Westside Story TV971 6:15 pm Movie Night "Local Hero" (MA)
5 9 am Worship Service (MC)* 10:30 am First Church Video* 5 pm Jazz Medleys by Sarah Cruickshanks (Bistro)** 6:45 pm Worship Rebroadcast*	6 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)	7 9:30 am Chapel Devotions* 9:45 am Total Body Movement (WC Pool) 10 am Sing Along with Miriam (BE) 1 pm Seated Strength/Stretch (BE) 1:45 pm Bridge (WA) 1:45 pm "Living into the Future: Minimizing your Environmental Footprint" (BT) 2:30 pm Swiss Cake Reindeer (BE)	8 9:45 am Total Body Movement (WC) 10:30 am Aqua Aerobics (WC) 11:30 am Polar Bear Winter Soup Lunch (CR)** 2 pm Rummikub (WA) 2 pm Wii Bowling (WA) 2:30 pm Seated Yoga with Lindsay (BE)	9 9:30 am Chapel Devotions* 9:45 am Choir Practice (MC) 9:45 am Total Body Movement (WC Pool) 10 am Chaplains Chat (MO) 12:45 pm Travel Club "Trip to the Cotswolds" (Allegheny Room, HL)** 1 pm Seated Strength/Stretch (BE) 2 pm Circle Meeting (BE) 2:30 pm Snowmen Tea Lights (CR)	10 9:45 am Aqua Aerobics (WC) 10 am Dominos or Uno (BE) 10 am Rummikub (WA) 1 pm Shopping at Target** 6:15 pm Movie Night "Becoming Jane" (MA)	11 9-11:30 am Swimming (WC) 10 am Seated Exercise TV971 2 pm Stitch & Chat Group (JR) 2 pm Canasta (WA) 2:30 pm Rummikub (BE) 2:30 pm "Hope of the World" InMotion Dance Performance (MC) 6 pm Evening Movie "Mary Poppins TV971 6:15 pm Movie Night "Becoming Jane" (MA)
12 9 am Worship Service (MC)* 10:30 am First Church Video* 6:45 pm Worship Rebroadcast*	13 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)	14 9:30 am Chapel Devotions* 9:45 am Total Body Movement (WC Pool) 10 am Stories by Bob (MO) 1 pm Seated Strength/Stretch (BE) 1:45 pm Bridge (WA) 3 pm Doves of Peace (CR)	15 9:45 am Total Body Movement (WC) 10:30 am Coffee with Josh (BT) 10:30 am Aqua Aerobics (WC) 2 pm Rummikub (WA) 2 pm Wii Bowling (WA) 6:30 pm Campfire, Camp Songs and S'mores (BE)	16 9:30 am Chapel Devotions* 9:45 am Choir Practice (MC) 9:45 am Total Body Movement (WC Pool) 10 am Chaplains Chat (MO) 1 pm Seated Strength/Stretch (BE) 2 pm "How Do We Tell Our Story? With Art (MC) 2 pm Alzheimer's Support (JR) 2:30 pm Puffy Paint Painting (BE)	17 9:45 am Aqua Aerobics (WC) 10 am Dominoes or Uno (BE) 10 am Rummikub (WA) 11:15 am Out to Lunch—Romanos** 2 pm Getting Real with God! Movie & Chat (MC) 6:15 pm Movie Night "Mary Poppins Returns" (MA)	18 9-11:30 am Swimming (WC) 10 am Seated Exercise TV971 2 pm Canasta (WA) 2:30 pm Rummikub (WA) 6:15 pm Movie Night "Mary Poppins Returns" (MA)
19 9 am Worship Service (MC)* 10:30 am First Church Video* 6:45 pm Worship Rebroadcast	20 DR MARTIN LUTHER KING DAY 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) 1:45 pm "The Current State of Marriage and Family in America" Lecture (BT)	21 9:30 am Chapel Devotions* 9:45 am Total Body Movement (WC Pool) 10 am Sing Along with Dotty & Ruth (BE) 1 pm Seated Strength/Stretch (BE) 1:45 pm Bridge (WA) 3 pm Coffee, Sparkling Grape, Wine and Cheese Social. "Remembering the Wonders of Winter" (MO)	22 9:45 am Total Body Movement (WC Pool) 10 am Book Buddies (LI) 10:30 am Aqua Aerobics (WC) 11:30 am Polar Bear Winter Soup Lunch (CR)** 2 pm Rummikub (WA) 2 pm Wii Bowling (WA) 2:30 pm Seated Yoga with Lindsay (BE)	23 9:30 am Chapel Devotions* 9:45 am Choir Practice (MC) 9:45 am Total Body Movement (WC Pool) 10 am Chaplains Chat (MO) 1 pm Seated Strength/Stretch (BE) 2:30 pm Snow Globes (BE) 2:45 pm "Emergency Preparedness" Presentation (BT) 6:30 pm Willie Hays Quartet (BT)	24 9:45 am Aqua Aerobics (WC) 10 am Dominoes or Uno (BE) 10 am Rummikub (WA) 6:30 pm After Dinner at the Piano with Mary Rouse (MO)	25 9-11:30 am Swimming (WC) 10 am Seated Exercise TV971 2 pm Canasta (WA) 2:30 pm Rummikub (BE) 6 pm Evening Movie "Singing in the Rain" TV971 6:15 pm Movie Night "Breakfast at Tiffany's" (MA)
26 9 am Worship Service (MC)* 10:30 am First Church Video* 6:45 pm Worship Rebroadcast*	27 MARSHMALLOW MONDAY 9:45 am Total Body Movement (WC Pool) 10 am Coffee and Winter Trivia (MO) 10:30 am Aqua Aerobics (WC) 1 pm Bingo (BE)	28 9:30 am Chapel Devotions* 9:45 am Total Body Movement (WC Pool) 10 am Episcopal Service (MC) 10 am Sing Along with Helen & Elaine (BE) 1 pm Seated Strength/Stretch (BE) 1:45 pm Bridge (WA)	29 9:45 am Total Body Movement (WC Pool) 10:30 am Aqua Aerobics (WC) 11:15 am Lunch at the Highlands** 1:45 pm "Healthy Eating: The Inflammation Connection" (BT) 2 pm Rummikub (WA) 2 pm Wii Bowling (WA)	30 9:30 am Chapel Devotions* 9:45 am Choir Practice (MC) 9:45 am Total Body Movement (WC Pool) 10 am Chaplains Chat (MO) 1 pm Seated Strength/Stretch (BE)	31 9:45 am Aqua Aerobics (WC) 10 am Rummikub and Dominoes (BE) 10 am Rummikub (WA) 6:15 pm Movie Night "The Upside" (MA)	