



Ability
is what you are capable of doing.
Motivation
determines what you do.
Attitude
determines how well you do it.

Regular weekly activities:
Exercise:
 Monday & Fridays at **9:15am DVD**
 Tuesday & Thursday at **9am**
 Exercise with Elmi
 Wednesday at **9am** Mall walking
 Saturday at **9:30am** Get fit with trainer Justin

Wednesdays:
 Wii Bowling practice at **12pm**
 Bible study with Mary Ellen or Carol at **2pm**

Thursdays:
 Knitting & Crochet Circle meets in the library at **10:30am**

Fridays:
 Shopping at County Market at **8am-11am**
 Open bus starts at **1pm**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 2019 Hickory Glen "Active Senior Living"						
		1 Happy New Year to our residents ☺ 11am-1pm New Year's Brunch ☺ 1pm Movie Matinee 3pm Rummikub & Quiddler in the library 6pm Movie & Popcorn <small>New Year's Day</small>	2 9am Mall walking 10am Welcome January, tea & cookies w/Susanna 1pm Canasta group meets in the library 6pm Movie & Popcorn	3 9:45am Door Craft with Danielle & Susanna 1pm Meet Susanna for a game of bean bag toss in the lobby 6pm Mexican train dominoes & Skip-Bo in the library	4 11am HomeGoods & Xochimilco with Lilly 1:30pm Bingo with Miranda from the Bridge 2:30pm Rummikub & Skip-Bo in the library	5 9:30AM Exercise with Justin 10AM Dulcimer practice in the lobby 12PM Wii bowling practice 1PM Games in the library 2PM The joy of coloring 6pm Music with Patty Ames ☺
6 8AM Donuts & Coffee with Anna 11am-1pm Sunday Brunch 2pm Bingo with Barb M. 3:30pm Games in the library 6pm Movie & Popcorn	7 11am Lunch at "Pasta House" 1:30pm Painting with Evie in the activity room 6pm Night Owl Card games & snacks & poker on the 6 th floor	8 10am Winter Craft with the Garden Club-limited space 10max! 1pm Health talk with Elmi 2pm Resident meeting 3pm Rose & her Therapy dog 6pm New Year's tunes on the piano w/Michael	9 10am Splish-Splash "The history on bathtubs" 1pm Canasta in the library 1pm Podiatrist 6pm Movie & Popcorn	10 10am Elvis the King of Rock'n Roll-morning social 2pm Elvis afternoon social 6pm Mexican train dominoes & Skip-Bo in the library	11 11am Outing to Big Lots and Red Robins 1:30pm Bingo with Bright Star 2:30pm Rummikub & Skip-Bo in the library 6pm Movie & Popcorn	12 9:30AM Exercise with Justin 10am Meet for some puzzles in the lobby 12pm Wii bowling practice 1pm Games in the library 2pm The joy of coloring 6pm Music with the Troubadour
13 10am Church Service in the library 10:30am Catholic Communion 2pm Bingo with Tom T. 3:30pm Games in the library 6pm Movie & Popcorn	14 10:30am-2pm Resident appreciation treat day 1:30pm Mark Fenoglio on the accordion in the lobby 6pm Night Owl Card games & snacks & poker on the 6 th floor	15 10am Front porch Travel "Latvia" 1pm Bean bag toss in the lobby 3pm Social hour in the dining room 6pm Singing & Stories w/Les Sarge Morgan	16 9am Mall walking 10:15am Strengthen your mind w/Susanna 11am Avon Calling 1pm Canasta in the library 6pm Movie & Popcorn	17 10am Snowflake day, let's make some Snowflakes ☺ 1pm Gospel sing along with Pat & Susanna 6pm Dulcimer practice in the lobby	18 11am Outing to J.C. Penney's 1:30pm Bingo w/Angel from Audibel 2:30pm Free Hearing aid check 2:30pm Rummikub & Skip-Bo in the library 6pm Movie & Popcorn	19 9:30AM Exercise with Justin 10am Meet for some puzzles in the lobby 12PM Wii bowling practice 1PM Games in the library 2PM The joy of coloring 6pm Music with Judy Fulton
20 11am-1pm Sunday Brunch 2pm Bingo with Nadine 4pm Pizza Sunday ☺ 3:30pm Games in the Library 6pm Movie & Popcorn	21 10:30am Outing to Cracker Barrel 1:30pm Bean bag toss in the lobby 3pm Peggy & Bella the Therapy dog 6pm Night Owl Card games & snacks & poker on the 6 th floor <small>Martin Luther King Day Tu B'Shevat</small>	22 10am Moments to remember w/susanna 1:30pm Lincoln Library Bus 2pm -4pm Open house 6pm Guys Movie night	23 8am Men's breakfast with Susanna 10am Old time sing along with Susanna in the library 1pm Canasta in the library 6pm Movie & Popcorn	24 10am "You be the Judge" & hot cocoa 12pm January Birthday Lunch 2:30pm Happy Hour with Ed Clark 6pm Mexican train dominoes & Skip-Bo in the library	25 11am Goodwill & lunch at MCL 2:30pm Rummikub & Skip-Bo in the library 6pm Movie & Popcorn	26 9:30AM Exercise DVD 10am Outing to the library with Lilly 12PM Wii bowling practice 1PM Games in the library 2PM The joy of coloring 6pm Movie & Popcorn
27 10am Church Service In the library 2pm Bingo with Norma Powers 3pm Cupcakes in the Lobby 6pm Movie & Popcorn	28 11am Lunch at Keefner's-all local food 1pm Painting with Kimberly 6pm Night Owl Card games & snacks & poker on the 6 th floor <small>Australia Day (observed)</small>	29 10am Poetry & tea & cookies w/Susanna Bring a poem or other short reading 1:30pm Pinochle Tournament 6pm Guys Movie night	30 10am Strengthen your mind w/Susanna 1pm Canasta in the library 6pm Music with John Stevens in the lobby	31 10am Welcome February, Tea & Cookies 3pm Social Hour in the dining room 6pm Mexican train dominoes & Skip-Bo in the library		

Hickory Glen 1700 W. Washington St. Springfield, IL 62702 Phone: 217-793-0431 www.HickoryGlenAptsil.com
 All activities are subject to change! Please make sure you check our weekly calendar and daily dash ☺