

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

January 2019

Treyton Oak Towers

Activity Calendar

*The Business Office will be 1
CLOSED today*



New Year's Day Buffet
11:30 a.m. to 2:00 p.m.

New Year's Day

<p>Van to Local Churches 2:30-Movie (JR) 6:00-University of Louisville Men's Basketball Game (JR) U of L vs Miami (ESPNU)</p>	<p>9:30-Res. Board Mtg. (JR) 9:30-Coffee & Donuts (OR) 10:00-Resident Council (OR) 11:00-Grocery Shopping #1 (Goss Avenue Kroger) 2:00-Grocery Shopping #2 (Goss Avenue Kroger) 2:00-TOT Bible Study (KR) 7:30-Berlin Philharmonic (JR)</p>	<p>First Financial Bank – 9 to 11 9:30-Exercise Class (OR) 10:00-Tai Chi (KR) 11-Rock Steady Boxing (OR) 1:30-Sit and Fit Class (OR) "Take it Down Party!" 2:00 p.m. – Main Lobby 2:30-Knitting Club (ML) 2:30-Video Lecture Series (JR) 7:00-Video Lecture Repeat(JR)</p>	<p>9:30-Flexercise Class (OR) 10:15-Yoga Stretch (OR) *No Devotion Today* 1:00-Blood Pressure Clinic (WC) 7:00-Great Drama Series (JR) "Waiting for Godot"</p>	<p>First Financial Bank – 9 to 11 9:00-Depart for Aquatics Class 9:30-Exercise Class (OR) 11:00-Fight Back with Fitness (OR) 1:30-Sit and Fit Class (OR) 2:00-Scrabble (KR) 7:00-Movie (JR)</p>	<p>First Financial Bank – 9 to Noon 9:30-Flexercise Class (OR) 10:00-Grocery Shopping (Goss Avenue Kroger) 10:15-Yoga Stretch (OR) 10:30-Wii Bowling (KR) 3:00-BINGO!!!! (OR) 7:00-Movie (JR)</p>	<p>9:30-Exercise Class (OR) 2:00-Movie (JR) 7:00-Movie (JR)</p>
<p>Van to Local Churches ~Sunday Brunch Buffet~ 11:30 a.m. to 2:00 p.m. 2:30-Movie (JR) 7:00-Movie (JR)</p>	<p>8:30-Dr. Scott, Podiatrist 9:30-Flexercise Class (OR) 10:00-Grocery Shopping #1 (Goss Avenue Kroger) 10:15-Yoga Stretch (OR) 10:30-Resident Art Class (Art Studio – Apt. 1204) 2:00-BUNCO!! (KR) 2:00-Grocery Shopping #2 (Goss Avenue Kroger) 4:30 –Depart for Dinner at BRAVO! 7:30-Berlin Philharmonic (JR)</p>	<p>First Financial Bank – 9 to 11 9:30-Exercise Class (OR) 10:00-Tai Chi (KR) 11-Rock Steady Boxing (OR) 1:30-Sit and Fit Class (OR) 2:30-Parkinson's Support Group (OR) 2:30-Knitting Club (ML) 2:30-Video Lecture Series (JR) 7:00-Video Lecture Repeat(JR)</p>	<p>9:30-Flexercise Class (OR) 10:15-Yoga Stretch (KR) 11:00-Devotion with Chaplain Terry Emery (OR) 12-January Birthday Lunch 1:00-B.P. Clinic (WC) 2:00-Catholic Mass (3rd Floor) 7:00-Ostling's Night at the Opera (JR) Alban Berg "Wozzeck"</p>	<p>First Financial Bank – 9 to 11 9:00-Depart for Aquatics Class 9:30-Exercise Class (OR) 11:00-Fight Back with Fitness (OR) 11:00-Lunch and Shopping at Cracker Barrel 1:30-Sit and Fit Class (OR) 2:00-Scrabble (KR) 7:00-Movie (JR)</p>	<p>First Financial Bank – 9 to Noon 9:30-Flexercise Class (OR) 10:00-Grocery Shopping (Goss Avenue Kroger) 10:15-Yoga Stretch (OR) 10:30-Wii Bowling (KR) 1:30-Stretching the Mind(OR) 4:00-Shabbos Friends (KR) 7:00-Movie (JR)</p>	<p>9:30-Exercise Class (OR) 2:00-Movie (JR) 4:00-University of Louisville Men's Basketball (JR) U of L @ Georgia Tech (WHAS-TV)</p>
<p>Van to Local Churches 2:30-Movie (JR) 7:00-Movie (JR)</p>	<p>9:30-Flexercise Class (OR) 10:00-Grocery Shopping #1 (Goss Avenue Kroger) 10:00-"I Have Dream" (JR) 10:15-Yoga Stretch (DR) 2:00-"I Have a Dream" (JR) 2:00-Grocery Shopping #2 (Goss Avenue Kroger) 2:00-TOT Bible Study (KR) 7:30-Berlin Philharmonic (JR) <small>Martin Luther King Day Tu B'Shevat</small></p>	<p>First Financial Bank – 9 to 11 9:30-Exercise Class (OR) 10:00-Tai Chi (KR) 11-Rock Steady Boxing (OR) 1:30-Sit and Fit Class (OR) 2:30-Knitting Club (ML) 2:30-Video Lecture Series (JR) 7:00-Video Lecture Repeat(JR)</p>	<p>9:30-Flexercise Class (OR) 10:15-Yoga Stretch (KR) 11:00-Devotion with Cody Nygard (OR) 1:00-Blood Pressure Clinic (WC) 6:30-Funny Bridge (KR)</p>	<p>First Financial Bank – 9 to 11 9-Depart for Aquatics Class 9:30-Exercise Class (OR) 11-Fight Back with Fitness(OR) 11:00-Grocery Shopping (Goss Avenue Kroger) 1:30-Sit and Fit Class (OR) 2:00-Scrabble (KR) Pre-Game Indoor/Cookout Event 4:30 to 6:30 p.m. – Oak Room 8:00-U of L Men's Basketball (JR) U of L vs NC State</p>	<p>First Financial Bank – 9 to Noon 9:30-Flexercise Class (OR) 9:30-Depart for Coffee Concert #1 10:00-Depart for Coffee Concert #2 10:15-Yoga Stretch (OR) 10:30-Depart for Coffee Concert #3 10:30-Wii Bowling (KR) 2:00-Conversation on Race (OR) 7:00-Movie (JR)</p>	<p>9:30-Exercise Class (OR) 10:30-Christ Church United Methodist Youth Choir Program (OR) 2:00-University of Louisville Men's Basketball (JR) U of L vs Pittsburgh (WHAS-TV) 7:00-Movie (JR)</p>
<p>Van to Local Churches ~Sunday Brunch Buffet~ 11:30 a.m. to 2:00 p.m. 2:30-Movie (JR) 7:00-Movie (JR)</p>	<p>9:30-Flexercise Class (OR) 10:00-Grocery Shopping #1 (Goss Avenue Kroger) 10:15-Yoga Stretch (OR) 10:30-Resident Art Class (Art Studio – Apt. 1204) 1:30-BINGO!!! (OR) 2:00-Grocery Shopping #2 (Goss Avenue Kroger) 7:30-Berlin Philharmonic (JR) <small>Australia Day (observed)</small></p>	<p>First Financial Bank – 9 to 11 9:30-Exercise Class (OR) 10:00-Tai Chi (KR) 11-Rock Steady Boxing (OR) 1:30-Sit and Fit Class (OR) 2:30-Knitting Club (ML) 2:30-Video Lecture Series (JR) 7:00-Video Lecture Repeat(JR)</p>	<p>9:30-Flexercise Class (OR) 10:15-Yoga Stretch (KR) 11:00-Devotion with Dr. Jim Cobban (OR) 1:00-B.P. Clinic (WC) 8:00-University of Louisville Men's Basketball (JR) U of L @ Wake Forest (WAVE-3)</p>	<p>First Financial Bank – 9 to 11 9:00-Depart for Aquatics Class 9:30-Exercise Class (OR) 11:00-Fight Back with Fitness (OR) 11:00-Lunch at Mimi's Cafe 1:30-Sit and Fit Class (OR) 2:00-Scrabble (KR) 7:00-Movie (JR)</p>	<p>Room Location Key: JR=Jefferson Room OR=Oak Room KR=Kentucky Room DR=Dehoney Room WC=Wellness Center FDR=Fleur de Lis Dining Room 3rd Floor=3rd Floor Activity Room</p>	<p>9:30-Exercise Class (OR) 10:30-Christ Church United Methodist Youth Choir Program (OR) 2:00-University of Louisville Men's Basketball (JR) U of L vs Pittsburgh (WHAS-TV) 7:00-Movie (JR)</p>