

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# January 2020

## Treyton Oak Towers – Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p><b>New Year's Day Buffet</b> 11:30 a.m. to 2:00 p.m.</p> <p><i>New Year's</i></p> <p>New Year's Day</p>	<p>1:00-Aquatics Class 1:30-Exercise Class (OR) 11:00-Rock Steady Fitness (OR) 1:30-Sit and Fit Class (OR) 2:00-Scrabble (KR) 7:00-Movie (JR)</p>	<p>2:00-Exercise Class (OR) 10:00-Grocery Shopping 10:15-Yoga Stretch (OR) 10:30-Wii Bowling (KR) 7:00-Movie (JR)</p>	<p>3:00-Exercise Class (OR) 2:00-U of L Basketball vs Florida State (JR) 7:00-Movie (JR)</p>
<p>5:00-Van to Local Churches 2:00-Movie (JR) 7:00-Movie (JR)</p>	<p>6:00-8:30-Podiatrist (KR) 9:30-Resident Bd. Mtg. (JR) 9:30-Coffee &amp; Donuts (OR) 10:00-Resident Council (OR) 11:00-Grocery Shopping #1 (Goss Avenue Kroger) 2:00-Grocery Shopping #2 (Goss Avenue Kroger) 7:30-Berlin Philharmonic (JR)</p>	<p>7:00-9:30-Exercise Class (OR) 10:00-Tai Chi (OR) 1:30-Sit and Fit Class (OR) 1:30-Book Ladies (KR) 2:30-Book Club (KR) 2:30-Video Lecture Series(JR) 2:30-Knitting Club (ML) 7-Sing-a-long with Ruth (ML) 7-Video Lecture Repeat (JR)</p>	<p>8:00-9:30-Flexercise Class (OR) 10:15-Yoga Stretch (KR) 11-Devotion with Bob Helvey (Ministry Assistant – SPUMC) 1-Blood Pressure Clinic (WC) 1:30-“Take It Down” Party 7:00-TOT’s Great Drama Series: Shakespeare’s “A Midsummer Night’s Dream”</p>	<p>9:00-9:30-Aquatics Class 9:30-Exercise Class (OR) 11-Shopping at Walgreens 11:00-Rock Steady Fitness (OR) 1:30-Sit and Fit Class (OR) 2:00-Scrabble (KR) 7:00-Movie (JR)</p>	<p>10:00-9:30-Flexercise Class (OR) 10:00-Grocery Shopping 10:15-Yoga Stretch (OR) 10:30-Wii Bowling (KR) 7:00-Movie (JR)</p>	<p>11:00-9:30-Exercise Class (OR) 11:00-BINGO!!!! (OR) 2:00-U of L Basketball vs Notre Dame (JR) 7:00-Movie (JR)</p>
<p>12:00-Van to Local Churches 2:00-Movie (JR) 7:00-Movie (JR)</p>	<p>13:00-9:30-Flexercise Class (OR) 10:15-Yoga Stretch (OR) 10:30-Resident Art Class (Art Studio – Apt. 1204) 11:00-Grocery Shopping #1 (Goss Avenue Kroger) 2:00-Grocery Shopping #2 (Goss Avenue Kroger) 2:00-BUNCO!! (KR) 4:30-Dinner at BUCK’s 7:30-Berlin Philharmonic (JR)</p>	<p>14:00-9:30-Exercise Class (OR) 10:00-Tai Chi (OR) 1:30-Sit and Fit Class (OR) 2:30-Video Lecture Series(JR) 2:30-Knitting Club (ML) 7-Sing-a-long with Ruth (ML) 7-Video Lecture Repeat (JR)</p>	<p>15:00-9:30-Flexercise Class (OR) 10:15-Yoga Stretch (KR) 11:00-Devotion (OR) 1-Blood Pressure Clinic 2-Catholic Mass (3<sup>rd</sup> Floor) 7:00-Funny Bridge (KR)</p>	<p>16:00-9:00-Aquatics Class 9:30-Exercise Class (OR) 11:00-Rock Steady Fitness (OR) <b>**Movie Outing TBA**</b> 1:30-Sit and Fit Class (OR) 2:00-Scrabble (KR) 7:00-Movie (JR)</p>	<p>17:00-9:30-Flexercise Class (OR) 9:30-Coffee Concert Bus #1 10:15-Yoga Stretch (OR) 10:00-Coffee Concert Bus #2 10:30-Wii Bowling (KR) 10:30-Coffee Concert Bus #3 2:00-Grocery Shopping 4:00-Shabbos Friends (KR) 7:00-Movie (JR)</p>	<p>18:00-9:30-Exercise Class (OR) 12:00-Movie (JR) 6:00-U of L Football at Duke (JR)</p>
<p>19:00-Van to Local Churches 2:00-Movie (JR) 7:00-Movie (JR)</p>	<p>20:00-9:30-Flexercise Class (OR) 10:00-“I Have a Dream” (JR) 10:15-Yoga Stretch (OR) 11:00-Grocery Shopping #1 (Goss Avenue Kroger) 2:00-“I Have a Dream” (JR) 2:00-Grocery Shopping #2 (Goss Avenue Kroger) 7:30-Berlin Philharmonic (JR)</p>	<p>21:00-9:30-Exercise Class (OR) 10:00-Tai Chi (OR) 1:30-Sit and Fit Class (OR) 2:30-Video Lecture Series(JR) 2:30-Knitting Club (ML) 7-Sing-a-long with Ruth (ML) 7-Video Lecture Repeat (JR)</p>	<p>22:00-9:30-Flexercise Class (OR) 10:15-Yoga Stretch (KR) 11:00-Devotion with Dr. Jim Cobban (OR) 12:00-January Birthday Lunch 1-B.P. Clinic (WC) 2:00-BINGO!!! (OR)</p>	<p>23:00-9:00-Aquatics Class 9:30-Exercise Class (OR) 10:45-Cracker Barrel 11:00-Rock Steady Fitness (OR) 1:30-Sit and Fit Class (OR) 2:00-Scrabble (KR) 7:00-Movie (JR)</p>	<p>24:00-9:30-Flexercise Class (OR) 10:00-Grocery Shopping 10:15-Yoga Stretch (OR) 10:30-Wii Bowling (KR) Chili/Soup Cook-Off 2:00 – Oak Room 7:00-Movie (JR)</p>	<p>25:00-9:30-Exercise Class (OR) 1-Christ Church United Methodist Middle School Choir Concert (OR) 2:00-U of L Basketball vs Clemson (JR) 7:00-Movie (JR)</p>
<p>Activity Professionals Week</p>	<p>Martin Luther King Day</p>					<p>Chinese New Year</p>
<p>26:00-Van to Local Churches 2:00-Movie (JR) 7:00-Movie (JR)</p>	<p>27:00-9:30-Flexercise Class (OR) 10:15-Yoga Stretch (OR) 10:30-Resident Art Class (Art Studio – Apt. 1204) 11:00-Grocery Shopping #1 (Goss Avenue Kroger) 2:00-Grocery Shopping #2 (Goss Avenue Kroger) 2:00-BUNCO!! (KR) 7:30-Berlin Philharmonic (JR)</p>	<p>28:00-9:30-Exercise Class (OR) 10:00-Tai Chi (OR) 1:30-Sit and Fit Class (KR) 1:30-West End School Boys(OR) 2:30-Video Lecture Series(JR) 2:30-Knitting Club (ML) 7-Sing-a-long with Ruth (ML) 7-Video Lecture Repeat (JR)</p>	<p>29:00-9:30-Flexercise Class (OR) 10:15-Yoga Stretch (KR) 11:00-Devotion (OR) 1-B.P. Clinic (WC) 2-Circle of Compassion (KR) 7-Special Presentation (JR) “Swan Lake” 7:00-Funny Bridge (KR)</p>	<p>30:00-9:00-Aquatics Class 9:30-Exercise Class (OR) 11:00-Rock Steady Fitness (OR) 11:00-Dollar Tree 1:30-Sit and Fit Class (OR) 2:00-Scrabble (KR) 7:00-Movie (JR)</p>	<p>31:00-9:30-Flexercise Class (OR) 9:30-Coffee Concert Bus #1 10:15-Yoga Stretch (OR) 10:00-Coffee Concert Bus #2 10:30-Wii Bowling (KR) 10:30-Coffee Concert Bus #3 2:00-Grocery Shopping 2-Conversation on Race (OR) 7:00-Movie (JR)</p>	<p><b>Room Key:</b> OR=Oak Room KR=Kentucky Room JR=Jefferson Room WC=Wellness Center ML=Main Lobby</p>