



Independent Living Activity Calendar – January 2023 The Gardens of Taylor Glen

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 Happy New Year!</p> <p>12:15 New Years Day Lunch</p> 	<p>2 Name Tag Week</p> <p>1:00 Canasta 1:00 Poker 2:00 Free Swim 6:00 Taylor Glen Singers Practice</p> 	<p>3 9:00 Get Fit Exercise 1 9:30 Stretch, Tone, & Balance 10:30 Songs of Praise & Devotional w/ AG-AU 12:00 Hot Chocolate Social-Café 1:30 Bible Study w/ Sammy-AU 2:00 Water Walking</p> 	<p>4 9:00 Get Fit Exercise 9:30 Stretch, Tone, & Balance 10:30 Bible Study w/ Rev. Scott Davis -AU 11:00 Grocery Outing: Food Lion 1:00 Billiard Battles 2:0 Water Fitness 2:30 Scrabble</p>	<p>5 9:00 Get Fit Exercise 1 9:30 Stretch, Tone, and Balance 9:30 Special Men's & Women's Coffee: Meet & Greet w/ Our New Chaplain Sammy-CR 1:00 Ping Pong 1:00 Bridge-CR 2:00 Water Walking 3:00 Devotional w/ Sammy-AU 6:00 Hooks and Needles</p>	<p>6 9:00 Get Fit Exercise 9:30 Stretch, Tone, and Balance 9:45 Outing: NC Transportation Museum 10:15 Coffee and Tea 1:30 Kings in the Corner 2:00 Water Fitness 3:00 Cheese and Spirits-AR</p> 	<p>7 10:00 Breakfast Club 1:30 Mahjong 6:30 BINGO-Café</p>
<p>8</p> <p>6:00 pm Memorial Service w/ Keith Dixon- AU</p> <p>Week 4 Menu</p>	<p>9 9:00 Get Fit Exercise-Chapel 9:30 Stretch, Tone, & Balance-Chapel 1:00 Coffee & Ice Cream Outing: Main Street Cups & Cones 1:00 Canasta 1:00 Poker 2:00 Water Fitness 3:00-5:00 Free/Guest Swim</p> 	<p>10</p> <p>9:00 Get Fit Exercise 1 9:30 Stretch, Tone, & Balance 10:30 Bible Study w/ Sammy-AU 1:30 Bible Study w/ Sammy-AU 2:00 Water Walking 3:15 Beginner Art Class w/ Ellen-AR 3:30 Miscellaneous Trivia w/ Cassie-MR</p> 	<p>11 9:00 Get Fit Exercise 9:30 Stretch, Tone, & Balance 10:30 Bible Study w/ Rev. Scott Davis -AU 11:00 Grocery Outing: Harris Teeter 1:00 Billiard Battles 2:0 Water Fitness 2:30 Scrabble 3:30 Wellness Class-AU</p>	<p>12 9:00 Get Fit Exercise 1 9:30 Stretch, Tone, and Balance 10:30 Women's Fellowship Circle 1:00 Ping Pong 1:00 Bridge-CR 1:00 Afternoon Movie, Snacks, & Refreshments-AU 2:00 Water Walking 3:00 Devotional w/ Sammy-AU 3:30 Trivia: True or False?-MR 6:00 Hooks and Needles</p> 	<p>13 9:00 Independent Led Exercise 10:15 Coffee and Tea 1:30 Kings in the Corner 2:00 Free Swim 3:00 Cheese and Spirits-AR 3:00 Community Meeting w/ our President Reed Vanderslick-AU</p>	<p>14 10:00 Breakfast Club 1:30 Mahjong 6:30 BINGO-Café</p>
<p>15</p> <p>6:00 Worship Service w/ Sammy Pierce-AU</p> <p>Week 5 Menu</p>	<p>16 Name Tag Week</p> <p>9:00 Independent Led Exercise 1:00 Canasta 1:00 Poker 2:00 Free Swim 3:30 HOE: Hooked on Electronics-Library 6:00 Taylor Glen Singers Practice</p>	<p>17</p> <p>9:00 Get Fit Exercise 1 9:30 Stretch, Tone, & Balance 10:30 Bible Study w/ Sammy-AU 11:15 Blood Pressure Clinic-Library 1:30 Bible Study w/ Sammy-AU 2:00 Water Walking 3:15 Beginner Art Class w/ Ellen-AR 3:30 Baking: Snowman Dessert Dip-AR</p> 	<p>18 9:00 Get Fit Exercise 9:30 Stretch, Tone, & Balance 10:30 Bible Study w/ Rev. Scott Davis-AU 11:00 Grocery Outing: Neighborhood Walmart 1:00 Billiard Battles 2:00 Water Fitness 2:30 Scrabble 6:30 Dominoes 6:30 Special Music Performance: Jenny Wayne</p> 	<p>19 National Popcorn Day!</p> <p>9:00 Get Fit Exercise 1 9:30 Stretch, Tone, and Balance 9:30 Men's Coffee 12:00 Popcorn Social!-Café 1:00 Ping Pong 1:00 Bridge-CR 2:00 Water Walking 3:00 Devotional w/ Sammy-AU 3:30 Brain Fitness w/ Mary Catherine-CR 6:00 Hooks and Needles</p> 	<p>20 9:00 Get Fit Exercise 9:30 Stretch, Tone, and Balance 10:15 Coffee and Tea 11:00 Social Lites-CR 1:30 Kings in the Corner 2:00 Water Fitness 3:00 Devotional w/ Sammy-AU 3:00 Cheese and Spirits-AR 6:30 Special Music Performance: Ethan Ulsan</p> 	<p>21 10:00 Breakfast Club 1:30 Mahjong 6:30 BINGO-Café</p>
<p>22</p> <p>6:00 Worship Service w/ Sammy Pierce-AU</p> <p>Week 1 Menu</p>	<p>23 9:00 Get Fit Exercise-Chapel 9:30 Stretch, Tone, & Balance-Chapel 11:00 Lunch Outing: Pippa's Café 1:00 Canasta 1:00 Poker 2:00 Water Fitness 3:00 –5:00 Free & Guest Swim</p> 	<p>24 9:00 Wellness Breakfast-DR 10:30 Bible Study w/ Sammy-AU 1:30 Bible Study w/ Sammy-AU 2:00 Water Walking 3:15 Beginner Art Class w/ Ellen-AR 3:30 Icebreaker Game Telephone w/ Cassie-CR</p>	<p>25 9:00 Get Fit Exercise 9:30 Stretch, Tone, & Balance 10:30 Bible Study w/ Rev. Scott Davis-AU 11:00 Grocery Outing : Publix 1:00 Billiard Battles 2:0 Water Fitness 2:30 Scrabble 3:30 Community Meeting-AU 6:30 Dominoes</p>	<p>26 9:00 Get Fit Exercise 1 9:30 Stretch, Tone, and Balance 9:30 Women's Coffee-CR 11:00 New Resident Orientation-CR 1:00 Ping Pong 1:00 Bridge-CR 1:00 Afternoon Movie, Snacks, and Refreshments-AU 2:00 Water Walking 3:00 Devotional w/ Sammy-AU 3:30 Card Game: Uno!-CR 6:00 Hooks and Needles</p> 	<p>27 9:00 Get Fit Exercise 9:30 Stretch, Tone, and Balance 10:15 Coffee and Tea 1:30 Kings in the Corner 2:00 Water Fitness 3:00 Cheese and Spirits-AR 3:30 Icebreaker Game w/ Mary Catherine- Beach Ball Toss-Chapel</p> 	<p>28 10:00 Breakfast Club 1:30 Mahjong 6:30 BINGO-Café</p>
<p>29</p> <p>12:00 Sunday Lunch & Special Music Performance by Steven Lark-DR</p> <p>6:00 Worship Service w/ Sammy Pierce-AU</p>	<p>30 9:00 Get Fit Exercise-Chapel 9:30 Stretch, Tone, & Balance-Chapel 10:30 Outing: NASCAR Hall of Fame 1:00 Canasta 1:00 Poker 2:00 Water Fitness 6:00 Taylor Glen Singers Practice 6:30 Book Club-Library</p> 	<p>31 9:00 Get Fit Exercise 1 9:30 Stretch, Tone, & Balance 10:30 Bible Study W/ Sammy-AU 1:30 Bible Study w/ Sammy-AU 2:00 Water Walking 3:15 Beginner Art Class w/ Ellen-AR</p>				<p>Activity Location Key:</p> <p>AR-Activity Room MR-Music Room CP-Dickson Worship Ctr CR-Card Room LB-Library AU-Auditorium</p>