

Sunday



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Bulletin Board

6

- 9:30 Seated Stretch Exercise
- 10:30 Hymn Sing
- 11:00 Word Puzzles
- 1:30 Good to Grow Garden Club
- 2:15 Trivia Challenge
- 3:15 Golf Putt Challenge
- 4:00 Classic Card Games
- 6:00 Sunday Night Game Show

7

- 9:30 Upper Body Workout
- 10:15 Hiring Committee
- 11:00 Baking Club
- 1:30 Tara's Needlepoint Club
- 2:00 Karaoke
- 3:15 Bowling
- 4:00 Burns and Allen Wedding
- 5:30 Bingo

8

- 1** New Year's Day
- 9:30 Resolutions & Superstitions
 - 10:00 Trivia for Charity
 - 10:30 Health Checkup Clinic
 - 1:30 New Years Celebrations Around the World
 - 2:15 2018 Slideshow
 - 3:00 Stretcherise
 - 4:00 Writing Workshop
 - 6:00 Guided Imagery Relaxing
- 10:00 T'ai Chi Class
 - 10:30 Elvis Biography
 - 11:30 Flower Arranging
- 2:00 Trip to Tendercrop Farm**
- 2:15 Elvis Tea Party
 - 3:00 Stretch & Flex w/ Kevin
 - 4:00 Writing Workshop
 - 6:00 Guided Imagery Relaxing

9

- 9:30 Walking Club
- 10:15 "Cookie Classics"-Choc
- 11:00 My Story Video Memoirs
- 1:00 Book Club-Campbell's Soup
- 2:00 Warhol Picture Review
- 3:15 Beachball Soccer
- 4:00 Senior Scientists Club
- 5:45 Music Appreciation-Elvis

10

- 10:45 Yoga with Friends
 - 11:00 Outing-Foxrun Mall**
 - 11:00 Travel Tales -Alaska
 - 1:00 Sign Language Class w/Pam
 - 2:00 Salon Spa with Ruth
 - 3:15 Volleyball Game
 - 4:00 Comedy Corner
 - 5:45 Virtual Your Hometown
- 9:00 Weird Foods Discussion
 - 10:00 Pottery Class
 - 10:45 Yoga with Friends
 - 11:00 Travel Tales-Bulgaria
 - 1:00 Sign Language Class w/Pam
 - 2:00 Salon Spa with Ruth
 - 2:00 Guest Talk Why Exercise
 - 3:15 Volleyball Game
 - 4:00 Comedy Corner
 - 5:45 Virtual Your Hometown

11

- 10:00 T'ai Chi Class
- 11:00 A. Hamilton Biography
- 1:00 Photography Class
- 2:00 Music with June**
- 2:30 Silver Social Club
- 3:15 Target Toss Challenge
- 4:00 Pictionary Challenge
- 5:30 Bingo

12

- 9:30 Mindful Movement
- 10:00 Finishing Lines Trivia
- 11:00 Bread Making Group
- 1:30 Family Feud Challenge
- 2:00 Poetry Parlor
- 3:15 Afternoon Stretch
- 4:00 Dominoes Players Club
- 6:00 Rhythm Group

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- 9:30 Seated Stretch Exercise
- 10:30 Hymn Sing
- 11:00 Word Puzzles
- 1:30 Good to Grow Garden Club
- 2:15 Trivia Challenge
- 3:15 Golf Putt Challenge
- 4:00 Classic Card Games
- 6:00 Sunday Night Game Show

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- 9:30 Upper Body Workout
- 10:30 Name That License Plate
- 11:00 Baking Club
- 1:30 Tara's Needlepoint Club
- 2:00 Tony Hester Entertains**
- 3:15 Bowling
- 4:00 Pen Pal Club
- 5:30 Bingo

15

- 10:00 T'ai Chi Class
- 10:00 Trivia for Charity
- 11:00 Fad Diets Discussion
- 12:00 Outing-Warren's Lobster**
- 2:15 Silver Tea Party
- 3:00 Stretch & Flex w/ Kevin
- 4:00 Writing Workshop
- 6:00 Guided Imagery Relaxing

16

- 9:30 Walking Club
- 10:15 "Cookie Classics"-PB
- 11:00 My Story Video Memoirs
- 1:00 Book Club-Betty White
- 2:45 Betty White Video Clips
- 3:15 Beachball Soccer
- 4:00 Senior Scientists Club
- 5:45 Music Appreciation Group

17

- 10:00 Pottery Class
- 10:45 Yoga with Friends
- 11:00 Travel Tales-Hawaii
- 1:00 Sign Language Class w/Pam
- 2:00 Outing-Dover Library**
- 2:00 Salon Spa with Ruth
- 3:15 Volleyball Game
- 4:00 Comedy Corner
- 5:45 Virtual Your Hometown

18

- 10:00 T'ai Chi Class
- 11:00 Mongolian Art Class
- 1:00 Ipad Class
- 1:30 Make Bird Feeders
- 2:30 Silver Social Club
- 3:15 Target Toss Challenge
- 4:00 Discover Mongolia
- 5:30 Bingo

19

- 9:30 Mindful Movement
- 10:00 Finishing Lines Trivia
- 11:00 Bread Making Group
- 1:00 Family Feud Challenge
- 2:00 Poetry Parlor
- 3:15 Afternoon Stretch
- 4:00 Dominoes Players Club
- 6:00 Rhythm Group

20

- 9:30 Seated Stretch Exercise
- 10:30 Hymn Sing
- 11:00 Word Puzzles
- 1:30 Good to Grow Garden Club
- 2:15 Trivia Challenge
- 3:15 Golf Putt Challenge
- 4:00 Classic Card Games
- 6:00 Sunday Night Game Show

21

- MLK Jr. Birthday
- 9:30 Upper Body Workout
 - 10:00 Martin Luther King Jr Bio
 - 11:00 Baking Club
 - 1:30 Tara's Needlepoint Club
 - 2:00 Karaoke
 - 3:15 Bowling
 - 4:00 Star of the Day-Stuart
 - 5:30 Bingo

22

- 10:00 T'ai Chi Class
- 10:00 Trivia for Charity
- 11:30 Flower Arranging
- 12:00 Outing-Hallmark Store**
- 2:15 Silver Tea Party
- 3:00 Stretch & Flex w/ Kevin
- 4:00 Writing Workshop
- 6:00 Guided Imagery Relaxing

23

- 9:30 Walking Club
- 10:00 Event Planning Committee
- 10:15 "Cookie Classics"-Butter
- 11:00 My Story Video Memoirs
- 1:00 Silver Scholars Book Club
- 3:15 Beachball Soccer
- 4:00 Senior Scientists Club
- 5:45 Music Appreciation Group

24

- 10:00 Pottery Class
- 10:45 Yoga with Friends
- 11:00 Travel Tales-Antarctica
- 1:00 Sign Language Class w/Pam
- 2:00 Salon Spa with Ruth
- 2:00 Outing-Tour The Works**
- 3:15 Volleyball Game
- 4:00 Resident Council Meeting
- 4:00 Comedy Corner
- 5:45 Virtual Your Hometown

25

- 10:00 T'ai Chi Class
- 11:00 Winter Trivia
- 1:00 Photography Class
- 2:00 Scrapbooking Club
- 2:30 Silver Social Club
- 3:15 Target Toss Challenge
- 4:00 Winter Art
- 5:30 Bingo

26

- 9:30 Mindful Movement
- 10:00 Spelling Bee
- 11:00 Bread Making Group
- 1:15 Word Within a Word
- 2:00 Poetry Parlor
- 3:15 Afternoon Stretch
- 4:00 Dominoes Players Club
- 6:00 Rhythm Group

27

- 9:30 Seated Stretch Exercise
- 10:00 Community Service Meeting
- 10:30 Hymn Sing
- 11:00 Word Puzzles
- 1:30 Good to Grow Garden Club
- 2:15 Trivia Challenge
- 3:15 Golf Putt Challenge
- 4:00 Classic Card Games
- 6:00 Sunday Night Game Show

28

- 9:30 Upper Body Workout
- 10:30 Name That License Plate
- 11:00 Baking Club
- 1:30 Tara's Needlepoint Club
- 2:00 Karaoke
- 3:15 Bowling
- 4:00 Covered Bridges of NH
- 5:30 Bingo

29

- 10:00 T'ai Chi Class
- 10:00 Trivia for Charity
- 12:00 Outing-Dover Candy Store**
- 1:00 Classic Sing-a-long
- 2:15 Silver Tea Party
- 3:00 Stretch & Flex w/ Kevin
- 4:00 Writing Workshop
- 6:00 Guided Imagery Relaxing

30

- 9:30 Walking Club
- 10:15 "Cookie Classics"-Oat
- 11:00 My Story Video Memoirs
- 1:00 Silver Scholars Book Club
- 2:00 Handwriting Analysis Grp
- 3:15 Beachball Soccer
- 4:00 Senior Scientists Club
- 5:45 Music Appreciation Group

31

- 10:00 Pottery Class
- 10:45 Yoga with Friends
- 11:00 Travel Tales-Australia
- 1:00 Sign Language Class w/Pam
- 2:00 Salon Spa with Ruth
- 2:00 Outing-Coastal Drive**
- 3:15 Volleyball Game
- 4:00 Comedy Corner
- 5:45 Virtual Your Hometown



January 21-Happy Birthday Stuart!

Dementia Education Night 1/10/19 6-7

Congratulations TV Winner-Andreza!

PROGRAM

- - Cognitive
- - Emotional
- - Physical
- - Social

LCB Senior Living strengthens its programming through collaborations with notable health care leaders, including McLean Hospital, Harvard Medical School and Brigham and Women's Hospital.