

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

KEY:
Important Meeting or Event at The Abbingdon
Outing or Activity outside of The Abbingdon
 \$ Activity with an extra cost (see back for details)
Underlined: Please sign-up!
 Purple: Important-take note

Happy Birthday Rosa! 1
 10:30-1:30 Update to Winter Door Wreaths
 2:00 Shopping at Smiths
 6:00 Movie & Popcorn: "You've Got Mail"
 New Year's Day

9:00 Exercise with Heidi
 10:15 Technology Help
 12:00-1:00 Ice Cream Social
 1:00 \$ Tai Chi
 1:00 Bingo with Dennis & Kay
 2:15 Worship w/ Pastor Tracy
 2:45 Manicures/Nail Trimming

10:00-10:30 Blood Pressure Clinic
 10:30 Kaylee's Corner
 1:30 Minding Motion Exercise Class
 2:30 Uno Card Game
 6:00 Movie & Popcorn: "Australia"

Happy Birthday Grace & Kaitlin! 4
 9:00 Exercise with Tyler
 10:00 Headlines & Donuts
 1:00 \$ Tai Chi
 2:00 Variety Hour Smile Time
 3:00 Scenic Drive: Wallsburg

BOLIVIAN CULTURAL DAY 5
 * No Exercise Class today
 10:00 Piano with Kathy
 11:30-1:30 Ethnic Bolivian Lunch
 2:00 Bolivian Cultural Activity

12:00-1:30 Ice Cream Social
 1:30 Card Game with Billie (players' choice)
 3:30 Round Table Discussion (Topic: "I feel the best invention since I was born is _____.")
 6:00 Movie & Popcorn: "Apollo 13"

10:00 LDS Church 7
 1:00 Bingo with Sharon
 3:00 Yoga with Patricia
 4:00 Adult Coloring with Patricia
 6:00 Movie: "National Treasure"

Happy Birthday Amy! 8
 10:30-11:00 Free DoTerra Hand Massages
 1:00 Exercise with Willis
 2:00 Shopping at Walmart
 6:00 Sing-a-long with Natalie & her guitar

HAPPY BIRTHDAY COLLEEN! 9
 9:00 Exercise with Heidi
 10:15 Technology Help
 10:30 Music with Kaylee
 12:00-1:00 Ice Cream Social
 1:00 \$ Tai Chi
 1:00 Bingo with Dennis & Kay
 2:15 Worship w/ Pastor Tracy
 2:45 Manicures/Nail Trimming

10:30 Balloon Game 10
 1:30 Minding Motion Exercise Class
 2:30 Mexican Train Dominoes Game
 6:00 Movie & Popcorn: "My Fair Lady"

9:00 Exercise with Tyler 11
 10:00 Headlines & Donuts
 1:00 \$ Tai Chi
 2:00 Variety Hour Smile Time
 3:00 Activity Meeting

HAPPY BIRTHDAY ROLANDO! 12
 9:00 Exercise with Amy
 10:00 Piano with Kathy
 11:30 \$ Lunch Outing to The Blue Iguana (Park City)
 3:30 Book Club Discussion "These Is My Words"

12:00-1:30 Ice Cream Social 13
 1:30 Card Game with Billie (players' choice)
 2:00 Resident Spotlight
 3:30 Round Table Discussion (Topic: "If I had the money, I would like to _____.")
 6:00 Movie & Popcorn: "Strictly Ballroom"

10:00 LDS Church 14
 1:00 Bingo with Sharon
 3:00 Yoga with Patricia
 4:00 Adult Coloring with Patricia
 6:00 Movie: "Stardust"

HAPPY BIRTHDAY MARK & Lorraine J! 15
 10:30 Balloon Game
 1:00 Exercise with Willis
 2:00 Shopping at Lee's
 6:00 Rachael Anderton & Laural Andersen Vocal/ Piano Performance
 Martin Luther King Day

9:00 Exercise with Heidi 16
 10:15 Technology Help
 12:00-1:00 Ice Cream Social
 1:00 \$ Tai Chi
 1:00 Bingo with Dennis & Kay
 2:15 Worship w/ Pastor Tracy
 2:45 Manicures/Nail Trimming

Happy Birthday Carlos! 17
 10:30 Adult Coloring
 1:30 Minding Motion Exercise Class
 2:30 Quiddler Card Game
 6:00 Movie & Popcorn: "Somewhere In Time"

HAPPY BIRTHDAY SONOMA & Natalie! 18
 9:00 Exercise with Tyler
 10:00 Headlines & Donuts
 * No Tai Chi
 2:00 Variety Hour Smile Time
 3:00 Scenic Drive: Woodland

9:00 Exercise with Amy 19
 10:00 Piano with Kathy
 1:00 Gathering Items for display at "Abbingdon's Got Talent" next Friday
 3:00 Afternoon Tea Party

Happy Birthday Janet! 20
 12:00-1:30 Ice Cream Social
 1:30 Card Game with Billie (players' choice)
 3:30 Round Table Discussion (Topic: "How I came to live at The Abbingdon.")
 6:00 Movie & Popcorn: "August Rush"

HAPPY BIRTHDAY DEAN! 21
 10:00 LDS Church
 1:00 Bingo with Sharon
 3:00 Yoga with Patricia
 4:00 Adult Coloring with Patricia
 6:00 Movie: "Meek's Cutoff"

10:30 Larry Kent Piano Performance 22
 1:00 Exercise with Willis
 2:00 Shopping at Smiths
 6:00 Kent Ellertson Poetry Recitations

9:00 Exercise with Heidi 23
 10:15 Technology Help
 10:30 Music with Kaylee
 12:00-1:00 Ice Cream Social
 * No Tai Chi
 1:00 Bingo with Dennis & Kay
 2:15 Worship w/ Pastor Tracy
 2:45 Manicures/Nail Trimming

10:30 Adult Coloring 24
 1:30 Minding Motion Exercise Class
 2:30 Phase 10 Card Game
 6:00 Assemble 72 hour kits with Scouts (James Brown)

Happy Birthday Jaquelynn! 25
 9:00 Exercise with Tyler
 10:00 Headlines & Donuts
 11:00 \$ Lunch Outing to India Palace (Indian Buffet Provo)
 * No Tai Chi
 2:00 Catholic Mass Fr. Rogelio
 3:00 Employee Staff Meeting

9:00 Exercise with Amy 26
 10:00 Piano with Kathy
 2:00 Documentary: "2018 Winter Olympic Game Preview Meet Team USA"
 7:00 "Abbingdon's Got Talent" Event
 Australia Day

HAPPY BIRTHDAY EMIKO! 27
 12:00-1:30 Ice Cream Social
 1:30 Card Game with Billie (players' choice)
 3:30 Round Table Discussion (Topic: "I have _____ grandchildren who live in ____.")
 6:00 Movie & Popcorn: "Jaws"

10:00 LDS Church 28
 1:00 Bingo with Sharon
 3:00 Yoga with Patricia
 4:00 Adult Coloring with Patricia
 6:00 Movie: "Breakfast at Tiffany's"

HAPPY BIRTHDAY LEWIS! 29
 10:30 Adult Coloring
 1:00 Exercise with Willis
 2:00 Shopping at Walmart
 6:30 Paul Scholes Piano Performance

9:00 Exercise with Heidi 30
 10:15 Technology Help
 12:00-1:00 Ice Cream Social
 * No Tai Chi
 1:00 Bingo with Dennis & Kay
 2:15 Worship w/ Pastor Tracy
 2:45 Manicures/Nail Trimming

10:30 Balloon Game 31
 1:30 Minding Motion Exercise Class
 2:30 Town Meeting with Owen
 3:30 Kings In the Corner Card Game
 6:00 Movie & Popcorn: "War Horse"
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 **January 2018** 

THE ABBINGTON
 ASSISTED LIVING & MEMORY CARE COMMUNITY