

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:30a: Morning Coffee Group (B) 10:30a: Chair Yoga (ES) 1:30p: Pedal the World (FT) 3:00p: Step into Balance (ES) 4:00p: Yahtzee (S1) 6:30p: New Year's Day Puzzles (S1) ·Resident Run Activity	10:30a: Water Aerobics (P) 1:00p: Bridge Club (S1) ·Resident Run Activity 2:00p: Chair Yoga (ES) 3:00p: Bravo! Music Program (FT) 4:00p: Social Hour (LC) 6:30p: Bingo (B)	10:30a: Chair Yoga (ES) 11:00a: Jigsaw Puzzles (L) 1:30p: Pedal the World (FT) 1:30p: Pet Therapy Dogs (GL) 2:00p: Shopping at Walgreens 3:00p: Step into Balance (ES) 6:30p: Billiards Game (U) ·Resident Run Activity	9:30a: Morning Coffee Group (B) 10:30a: Water Aerobics (P) 1:30p: Tai Chi (ES) 2:00p: Music Therapy (FT) 3:00p: Active Chair Class (ES) 4:00p: Social Hour (LC) 6:30p: Movie Night (FT)	9:30a: Piano by Ethan (GL) 10:00a: Adult Coloring (S2) ·Resident Run Activity 1:30p: Pedal the World (FT) 3:00p: Jigsaw Puzzles (S2) 7:00p: Movie Night (FT)
10:30a: Church Service (FT) 11:00a: Tie Blanket for Project Linus (S1) 1:30p: Stretch & Unwind (ES) 2:00p: Coloring & Relaxation (S2) 3:30p: Bingo (B) 7:00p: Movie Night (FT)	10:30a: Water Aerobics (P) 11:00a: Bank/Post Office Trip 1:30p: Snow Buddies Pen Pal Program (S1) 2:00p: Water Walking (P) 3:00p: Active Chair Class (ES) 4:00p: Wine & Watercolor Painting (S1) 6:30p: Blackjack (U)	9:30a: Morning Coffee Group (B) 10:30a: Chair Yoga (ES) 1:30p: Pedal the World (FT) 3:00p: Step into Balance (ES) 5:30p: University of Iowa Stanley Museum of Art Seminar: Poetry Inspired by Art (FT)	10:30a: Water Aerobics (P) 1:00p: Bridge Club (S1) ·Resident Run Activity 2:00p: Chair Yoga (ES) 3:00p: Bravo! Music Program (FT) 4:00p: Social Hour (LC) 6:30p: Bingo (B)	10:30a: Chair Yoga (ES) 11:00a: Jigsaw Puzzles (L) 1:30p: Pedal the World (FT) 1:30p: Pet Therapy Dogs (GL) 2:00p: Shopping at HyVee 3:00p: Step into Balance (ES) 6:30p: Crochet & Knitting Corner (GL)	9:30a: Morning Coffee Group (B) 10:30a: Water Aerobics (P) 1:30p: Tai Chi (ES) 2:30p: Art & Aromatherapy (S2) 3:00p: Active Chair Class (ES) 4:00p: Social Hour (LC) 6:30p: Educational Seminar: Indian Creek Nature Center presents Vesta the Fox (FT)	9:30a: Piano by Ethan (GL) 10:00a: Adult Coloring (S2) ·Resident Run Activity 1:30p: Pedal the World (FT) 3:00p: Jigsaw Puzzles (S2) 7:00p: Movie Night (FT)
10:30a: Church Service (FT) 11:00a: Tie Blanket for Project Linus (S1) 1:30p: Stretch & Unwind (ES) 2:00p: Jazz Quintet Music Performance (FT) 3:30p: Bingo (B) 7:00p: Movie Night (FT)	10:30a: Water Aerobics (P) 11:00a: Welcome Bridgewater's New Interns (LC) 1:30p: Snow Buddies Pen Pal Program (S1) 2:00p: Water Walking (P) 3:00p: Active Chair Class (ES) 4:00p: Wine & Watercolor Painting (S1) 6:30p: Blackjack (U)	9:30a: Morning Coffee Group (B) 10:30a: Chair Yoga (ES) 1:30p: Pedal the World (FT) 1:30p: Pet Therapy Dogs (GL) 2:00p: Shopping at Walmart 3:00p: Step into Balance (ES) 4:00p: Yahtzee (S1) 6:30p: 4 th Floor Art Stroll (GL)	10:30a: Water Aerobics (P) 1:00p: Bridge Club (S1) ·Resident Run Activity 1:00p: Chair Yoga (ES) 2:00p: Food for Thought: Chef Austina Demonstration (CB) 3:00p: Bravo! Music Program (FT) 4:00p: Social Hour (LC) 5:30p: Caregiver's Meeting (S1)	10:30a: Chair Yoga (ES) 11:00a: Jigsaw Puzzles (L) 1:30p: Pedal the World (FT) 1:30p: Pet Therapy Dogs (GL) 2:00p: Shopping at Walgreens 3:00p: Step into Balance (ES) 6:30p: Billiards Game (U) ·Resident Run Activity	9:30a: Morning Coffee Group (B) 10:30a: Water Aerobics (P) 1:30p: Tai Chi (ES) 2:00p: Music Therapy (FT) 3:00p: Active Chair Class (ES) 4:00p: Social Hour (LC) 6:30p: The George Jazz Group Music Performance (FT)	9:30a: Piano by Ethan (GL) 10:00a: Adult Coloring (S2) ·Resident Run Activity 1:30p: Pedal the World (FT) 3:00p: Jigsaw Puzzles (S2) 7:00p: Movie Night (FT)
10:30a: Church Service (FT) 11:00a: Tie Blanket for Project Linus (S1) 1:30p: Stretch & Unwind (ES) 2:00p: Coloring & Relaxation (S2) 3:30p: Bingo (B) 7:00p: Movie Night (FT)	10:30a: Water Aerobics (P) 11:00a: Bank/Post Office Trip 1:30p: Snow Buddies Pen Pal Program (S1) 2:00p: Water Walking (P) 3:00p: Active Chair Class (ES) 4:00p: Wine & Watercolor Painting (S1) 6:30p: Blackjack (U)	9:30a: Morning Coffee Group (B) 10:30a: Chair Yoga (ES) 1:30p: Pedal the World (FT) 1:30p: Pet Therapy Dogs (GL) 3:00p: Step into Balance (ES) 4:00p: Yahtzee (S1) 6:30p: 3 rd Floor Art Stroll (GL)	10:30a: Water Aerobics (P) 1:00p: Bridge Club (S1) ·Resident Run Activity 1:00p: Iowa Audiology Seminar with Dr. Amanda Carr (FT) 2:00p: Chair Yoga (ES) 3:00p: Bravo! Music Program (FT) 4:00p: Social Hour (LC) 6:30p: Bingo (B)	10:30a: Chair Yoga (ES) 11:00a: Jigsaw Puzzles (L) 1:30p: Pedal the World (FT) 1:30p: Pet Therapy Dogs (GL) 2:30p: Resident Meeting (FT) 3:00p: Step into Balance (ES) 6:30p: Crochet & Knitting Corner (GL)	9:30a: Morning Coffee Group (B) 10:30a: Water Aerobics (P) 1:30p: Tai Chi (ES) 2:30p: Art & Aromatherapy (S2) 3:00p: Active Chair Class (ES) 3:30p: Social Hour & January Birthday Party (LC) 6:30p: Educational Seminar: RARE Big Birds (FT)	9:30a: Piano by Ethan (GL) 10:00a: Adult Coloring (S2) ·Resident Run Activity 1:00p: Movie Matinee (FT) 3:00p: Jigsaw Puzzles (S2) 6:30p: Social Drum Circle (FT)
10:30a: Church Service (FT) 11:00a: Tie Blanket for Project Linus (S1) 1:30p: Stretch & Unwind (ES) 2:00p: Coloring & Relaxation (S2) 3:30p: Bingo (B) 7:00p: Movie Night (FT)	10:30a: Water Aerobics (P) 11:00a: Pet Supply Drive Donation 1:30p: Snow Buddies Pen Pal Program (S1) 2:00p: Water Walking (P) 3:00p: Active Chair Class (ES) 4:00p: Wine & Watercolor Painting (S1) 6:30p: Blackjack (U)	9:30a: Morning Coffee Group (B) 10:30a: Chair Yoga (ES) 1:30p: Pedal the World (FT) 1:30p: Pet Therapy Dogs (GL) 2:00p: Shopping at Von Maur 3:00p: Step into Balance (ES) 4:00p: Yahtzee (S1) 6:30p: 2 nd Floor Art Stroll (GL)	10:30a: Water Aerobics (P) 1:00p: Bridge Club (S1) ·Resident Run Activity 2:00p: Chair Yoga (ES) 3:00p: Bravo! Music Program (FT) 4:00p: Social Hour (LC) 6:30p: Bingo (B)	10:30a: Chair Yoga (ES) 11:30a: Fitness Learn & Luncheon with Tim (ES) 1:30p: Pedal the World (FT) 1:30p: Pet Therapy Dogs (GL) 2:00p: Shopping at HyVee 3:00p: Step into Balance (ES) 6:30p: Crochet & Knitting Corner (GL)		

LEGEND:	GS – Gift Shop
B – Bistro	L – Library
BP – Backyard Patio	LC – Legends Club
C – Chapel	LL – Lavender Lane
CB – Café Bridgewater	ML – Monarch Lane
ES – Exercise Studio	S – Salon/Spa
FC – Fitness Center	S1 – Studio 1
FP – Front Porch	S2 – Studio 2
FT – Forum Theater	P – Pool
GL – Grand Lounge	U – University Commons

•Activities are subject to change•Please see TV screens for changes•