



KATELLA

Senior Living Community

JANUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Locations Alamitos West, AW Cafe 3952, Cafe Courtyard, CY Dining Room, DR Fireside Room, FR		NEW YEAR'S DAY 1 8:45 Daily Devotions, FR 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:30 Ages Entwined® Bingo, DR 5:45 Independent Word Games, L	2 8:45 Daily Devotions, FR 9:15 Catholic Communion, FR 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 1:00 Mah-Jongg, FR 1:30 Volleyball, DR 6:00 Traveling Game Show/Christina, DR	3 8:45 Daily Devotions, FR 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 2:00 Resident Council, DR 6:00 Ages Entwined® - Hymns of Praise, DR	4 8:45 Daily Devotions, FR 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 2:30 Happy Hour w/Tony, DR 3:45 Mandalas Relaxation Art Class, DR	5 8:45 Daily Devotions, FR 9:30 Catholic Church Service, FR 10:15 Bingo, DR 1:30 Volleyball, DR 2:30 Brain Games, DR 3:00 FIT to Stretch®, DR 4:00 Hydration Enrichment, DR	
	6 8:45 Daily Devotions, DR 9:00 Aromatherapy, DR 9:30 Catholic Church Service, FR 10:00 Protestant Church Service, DR 1:30 Bingo, DR 3:00 FIT to Stretch®, DR 3:30 Hydration Enrichment, DR 5:45 Independent/Group Word Games, L	7 8:45 Daily Devotions, FR 10:45 Boot Camp Boogie (Fitness), DR 12:30 Movies & Comedy w/Nikki, DR 3:30 News & Trivia w/Steve, DR 6:00 Cottonwood Church Bible Study, FR	8 8:45 Daily Devotions, FR 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:30 Ages Entwined® Bingo, DR 3:00 Senior Topics w/Mary, DR 5:45 Independent Word Games, L	9 8:45 Daily Devotions, FR 9:15 Catholic Communion, FR 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 1:00 Mah-Jongg, FR 1:30 Volleyball, DR 2:30 Traveling Class w/Hildy, DR	10 8:45 Daily Devotions, FR 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:30 Mini Manicures, DR 2:45 Journey Back in Time w/Hildy, DR 6:00 Bingo, DR	11 8:45 Daily Devotions, FR 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 2:30 Happy Hour w/Just Us, DR 3:45 Mandalas Relaxation Art Class, DR	12 8:45 Daily Devotions, FR 9:30 Catholic Church Service, FR 10:15 Bingo, DR 3:00 FIT to Stretch®, DR 4:00 Hydration Enrichment, DR
	13 8:45 Daily Devotions, DR 9:00 Aromatherapy, DR 9:30 Catholic Church Service, FR 10:00 Protestant Church Service, DR 1:30 Bingo, DR 3:00 FIT to Stretch®, DR 3:30 Hydration Enrichment, DR 5:45 Independent/Group Word Games, L	14 8:45 Daily Devotions, FR 9:30 Catholic Rosary, DR 10:45 Boot Camp Boogie (Fitness), DR 12:30 Movies & Comedy w/Nikki, DR 3:30 News & Trivia w/Steve, DR 6:00 Cottonwood Church Bible Study, FR	15 8:45 Daily Devotions, FR 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:30 Ages Entwined® Bingo, DR 3:00 Senior Topics w/Mary, DR 5:45 Independent Word Games, L	16 8:45 Daily Devotions, FR 9:15 Catholic Communion, FR 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 1:00 Mah-Jongg, FR 1:30 Volleyball, DR 2:30 Traveling Class w/Hildy, DR 5:30 Game Show w/Erica, DR	17 8:45 Daily Devotions, FR 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:30 Mini Manicures, DR 2:45 Journey Back in Time w/Hildy, DR 6:00 Bingo, DR	18 8:45 Daily Devotions, FR 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 2:30 Happy Hour w/Bob Houli, DR 3:45 Mandalas Relaxation Art Class, DR	19 8:45 Daily Devotions, FR 9:30 Catholic Church Service, FR 10:15 Bingo, DR 1:30 Volleyball, DR 2:30 Brain Games, DR 3:00 FIT to Stretch®, DR 4:00 Hydration Enrichment, DR
	20 8:45 Daily Devotions, DR 9:00 Aromatherapy, DR 9:30 Catholic Church Service, FR 10:00 Protestant Church Service, DR 1:30 Bingo, DR 3:00 FIT to Stretch®, DR 3:30 Hydration Enrichment, DR 5:45 Independent/Group Word Games, L	MARTIN LUTHER KING JR. DAY 21 8:45 Daily Devotions, FR 9:30 Lexington School Music, DR 10:00 Catholic Mass, AW 10:45 Boot Camp Boogie (Fitness), DR 12:30 Movies & Comedy w/Nikki, DR 3:30 News & Trivia w/Steve, DR 6:00 Cottonwood Church Bible Study, FR	22 8:45 Daily Devotions, FR 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:30 Ages Entwined® Bingo, DR 3:00 Senior Topics w/Mary, DR 5:45 Independent Word Games, L	23 8:45 Daily Devotions, FR 9:15 Catholic Communion, FR 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 1:00 Mah-Jongg, FR 1:30 Volleyball, DR 2:30 Traveling Class w/Hildy, DR	24 8:45 Daily Devotions, FR 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:30 Mini Manicures, DR 2:45 Journey Back in Time w/Hildy, DR 6:00 Bingo, DR	25 8:45 Daily Devotions, FR 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 2:30 Happy Hour w/George, DR 3:45 Mandalas Relaxation Art Class, DR	26 8:45 Daily Devotions, FR 9:30 Catholic Church Service, FR 10:15 Bingo, DR 1:30 Mind Joggers, DR 3:00 FIT to Stretch®, DR 4:00 Hydration Enrichment, DR
	27 8:45 Daily Devotions, DR 9:00 Aromatherapy, DR 9:30 Catholic Church Service, FR 10:00 Protestant Church Service, DR 1:30 Bingo, DR 3:00 FIT to Stretch®, DR 3:30 Hydration Enrichment, DR 5:45 Independent/Group Word Games, L	28 8:45 Daily Devotions, FR 10:45 Boot Camp Boogie (Fitness), DR 12:30 Movies & Comedy w/Nikki, DR 3:30 News & Trivia w/Steve, DR 6:00 Cottonwood Church Bible Study, FR	29 8:45 Daily Devotions, FR 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:30 Ages Entwined® Bingo, DR 3:00 Senior Topics w/Mary, DR 5:45 Independent Word Games, L	30 8:45 Daily Devotions, FR 9:15 Catholic Communion, FR 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 1:00 Mah-Jongg, FR 1:30 Volleyball, DR 2:30 Traveling Class w/Hildy, DR	31 8:45 Daily Devotions, FR 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:30 Mini Manicures, DR 2:45 Journey Back in Time w/Hildy, DR 6:00 Bingo, DR	Calendar events subject to change.	