KATELLA
Senior Living Community

# JANUARY 2018

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| | **NEW YEAR'S DAY** **1**<br>8:45 Daily Devotions, FR<br>10:45 Boot Camp Boogie (Fitness), DR<br>3:30 News & Trivia w/ Steve, DR<br>6:00 Cottonwood Church Bible Study, FR | **2**<br>8:45 Daily Devotions, FR<br>9:45 FIT to Pedal®, DR<br>10:30 FIT to Stretch®, DR<br>1:30 Ages Entwined® Bingo, DR<br>3:00 Volleyball, DR<br>5:45 Independent Word Games, L | **3**<br>8:45 Daily Devotions, FR<br>9:15 Catholic Communion, FR<br>9:45 FIT to Be Strong®, DR<br>10:15 FIT to Balance®, DR<br>10:45 Juicing for Wellness, Cafe<br>12:45 Music w/Paul, DR<br>1:00 Mah-Jongg, FR<br>2:30 Traveling Class w/Hildy, DR<br>6:00 Traveling Game Show, DR | **4**<br>8:45 Daily Devotions, FR<br>9:45 FIT to Pedal®, DR<br>10:30 FIT to Stretch®, DR<br>2:45 Journey Back in Time w/Hildy, DR<br>**3:15** **Resident Council, DR**<br>**6:00** **Ages Entwined® Hymns of Praise, DR** | **5**<br>8:45 Daily Devotions, FR<br>9:45 FIT to Be Strong®, DR<br>10:15 FIT to Balance®, DR<br>11:30 Picnic at the Park, DR<br>2:30 Happy Hour w/ Thea, DR<br>6:00 Netflix Movie, DR | **6**<br>8:45 Daily Devotions, FR<br>9:30 Catholic Church Service, FR<br>10:15 Bingo, DR<br>1:30 Mini Manicures, DR<br>2:30 Brain Games, DR<br>3:30 FIT to Stretch®, DR |
| **7**<br>8:30 Daily Devotions, FR<br>9:00 Aromatherapy, DR<br>9:30 Catholic Church Service, FR<br>10:00 Protestant Church Service, DR<br>1:30 Bingo, DR<br>3:00 FIT to Stretch®, DR<br>5:45 Independent/Group Word Games, L | **8**<br>8:45 Daily Devotions, FR<br>9:30 Catholic Rosary, DR<br>10:45 Boot Camp Boogie (Fitness), DR<br>**1:15** **Shopping at Ralphs & Rite Aid**<br>3:30 News & Trivia w/ Steve, DR<br>6:00 Cottonwood Church Bible Study, FR | **9**<br>8:45 Daily Devotions, FR<br>9:45 FIT to Pedal®, DR<br>10:30 FIT to Stretch®, DR<br>1:30 Ages Entwined® Bingo, DR<br>3:00 Senior Topics w/ Mary, DR<br>5:45 Independent Word Games, L | **10**<br>8:45 Daily Devotions, FR<br>9:15 Catholic Communion, FR<br>9:45 FIT to Be Strong®, DR<br>10:15 FIT to Balance®, DR<br>10:45 Juicing for Wellness, Cafe<br>12:45 Music w/Paul, DR<br>1:00 Mah-Jongg, FR<br>2:30 Traveling Class w/Hildy, DR<br>6:00 Women's Craft Night, DR | **11**<br>8:45 Daily Devotions, FR<br>9:45 FIT to Pedal®, DR<br>10:30 FIT to Stretch®, DR<br>1:30 Zumba w/Sandra, DR<br>2:45 Journey Back in Time w/Hildy, DR<br>6:00 Bingo, DR | **12**<br>8:45 Daily Devotions, FR<br>9:45 FIT to Be Strong®, DR<br>10:15 FIT to Balance®, DR<br>**11:30** **Lunch at Red Robin**<br>2:30 Happy Hour w/ George, DR<br>3:45 Mandalas Relaxation Art Class, DR<br>6:00 Men's Poker, DR | **13**<br>8:45 Daily Devotions, FR<br>9:30 Catholic Church Service, FR<br>10:15 Bingo, DR<br>1:30 Wii Bowling, DR<br>2:30 Brain Joggers, DR<br>3:30 FIT to Stretch®, DR |
| **14**<br>8:30 Daily Devotions, FR<br>9:00 Aromatherapy, DR<br>9:30 Catholic Church Service, FR<br>10:00 Protestant Church Service, DR<br>1:30 Bingo, DR<br>3:00 FIT to Stretch®, DR<br>5:45 Independent/Group Word Games, L | **MARTIN LUTHER KING JR. DAY** **15**<br>8:45 Daily Devotions, FR<br>10:00 Catholic Mass, AW<br>10:45 Boot Camp Boogie (Fitness), DR<br>**1:15** **Shopping at Trader Joe's**<br>3:30 News & Trivia w/ Steve, DR<br>6:00 Cottonwood Church Bible Study, FR | **16**<br>8:45 Daily Devotions, FR<br>9:45 FIT to Pedal®, DR<br>10:30 FIT to Stretch®, DR<br>1:30 Ages Entwined® Bingo, DR<br>3:00 Senior Topics w/ Mary, DR<br>5:45 Independent Word Games, L | **17**<br>8:45 Daily Devotions, FR<br>9:15 Catholic Communion, FR<br>9:45 FIT to Be Strong®, DR<br>10:15 FIT to Balance®, DR<br>10:45 Juicing for Wellness, Cafe<br>12:45 Music w/Paul, DR<br>1:00 Mah-Jongg, FR<br>2:30 Traveling Class w/Hildy, DR<br>6:00 Today in History, DR | **18**<br>8:45 Daily Devotions, FR<br>9:45 FIT to Pedal®, DR<br>10:30 FIT to Stretch®, DR<br>1:30 Mini Manicures, DR<br>2:45 Journey Back in Time w/Hildy, DR<br>4:45 Candlelight Dinner, DR | **19**<br>8:45 Daily Devotions, FR<br>9:45 FIT to Be Strong®, DR<br>10:15 FIT to Balance®, DR<br>**11:30** **Picnic at the Park**<br>2:30 Happy Hour w/ Armando, DR<br>3:45 Card Making, DR<br>6:00 Game Show w/Mayra, DR | **20**<br>8:45 Daily Devotions, FR<br>9:30 Catholic Church Service, FR<br>10:15 Bingo, DR<br>1:30 Veterans' Blackjack, DR<br>2:30 New Resident Social, DR<br>3:30 FIT to Stretch®, DR |
| **21**<br>8:30 Daily Devotions, FR<br>9:00 Aromatherapy, DR<br>9:30 Catholic Church Service, FR<br>10:00 Protestant Church Service, DR<br>1:30 Bingo, DR<br>3:00 FIT to Stretch®, DR<br>5:45 Independent/Group Word Games, L | **22**<br>8:45 Daily Devotions, FR<br>10:45 Boot Camp Boogie (Fitness), DR<br>**1:15** **Shopping at Ralphs & Rite Aid**<br>3:30 News & Trivia w/ Steve, DR<br>6:00 Cottonwood Church Bible Study, FR | **23**<br>8:45 Daily Devotions, FR<br>9:45 FIT to Pedal®, DR<br>10:30 FIT to Stretch®, DR<br>1:30 Ages Entwined® Bingo, DR<br>3:00 Senior Topics w/ Mary, DR<br>5:45 Independent Word Games, L | **24**<br>8:45 Daily Devotions, FR<br>9:15 Catholic Communion, FR<br>9:45 FIT to Be Strong®, DR<br>10:15 FIT to Balance®, DR<br>10:45 Juicing for Wellness, Cafe<br>12:45 Music w/Paul, DR<br>1:00 Mah-Jongg, FR<br>2:30 Traveling Class w/Hildy, DR<br>6:00 Game Show w/Mayra, DR | **25**<br>8:45 Daily Devotions, FR<br>9:45 FIT to Pedal®, DR<br>10:30 FIT to Stretch®, DR<br>1:30 Zumba w/Sandra, DR<br>2:45 Journey Back in Time w/Hildy, DR<br>6:00 Bingo, DR | **26**<br>8:45 Daily Devotions, FR<br>9:45 FIT to Be Strong®, DR<br>10:15 FIT to Balance®, DR<br>**11:30** **Lunch at Olive Garden**<br>2:30 Happy Hour w/Jill, DR<br>3:45 Mandalas Relaxation Art Class, DR<br>6:00 Craft Corner, DR | **27**<br>8:45 Daily Devotions, FR<br>9:30 Catholic Church Service, FR<br>10:15 Bingo, DR<br>1:30 Dominos, DR<br>2:30 Brain Joggers, DR<br>3:30 FIT to Stretch®, DR |
| **28**<br>8:30 Daily Devotions, FR<br>9:00 Aromatherapy, DR<br>9:30 Catholic Church Service, FR<br>10:00 Protestant Church Service, DR<br>1:30 Bingo, DR<br>3:00 FIT to Stretch®, DR<br>5:45 Independent/Group Word Games, L | **29**<br>8:45 Daily Devotions, FR<br>10:45 Boot Camp Boogie (Fitness), DR<br>**1:15** **Shopping at Target**<br>3:30 News & Trivia w/ Steve, DR<br>6:00 Cottonwood Church Bible Study, FR | **30**<br>8:45 Daily Devotions, FR<br>9:45 FIT to Pedal®, DR<br>10:30 FIT to Stretch®, DR<br>1:30 Ages Entwined® Bingo, DR<br>3:00 Senior Topics w/ Mary, DR<br>5:45 Independent Word Games, L | **31**<br>8:45 Daily Devotions, FR<br>9:15 Catholic Communion, FR<br>9:45 FIT to Be Strong®, DR<br>10:15 FIT to Balance®, DR<br>10:45 Juicing for Wellness, Cafe<br>12:45 Music w/Paul, DR<br>1:00 Mah-Jongg, FR<br>2:30 Traveling Class w/Hildy, DR<br>6:00 Today in History, DR | | | |

## Locations

Alamitos West, AW
Cafe 3952, Cafe
Courtyard, CY
Dining Room, DR
Fireside Room, FR
Lobby, L
Rose Garden, RG
Southern Dining Room Exit, E
Upstairs Library, LIBR

**Calendar events subject to change.**