



THE PEAKS

A Senior Living Community

THE BUNGALOW

JANUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Locations</p> <p>Alpine Room, ALP Back Patio, BP Bistro, B Bungalow Clubhouse, BC Computer Room, CR Desert Sheep Dining Room, DSDR Exercise Room, ER</p> <p>Library, LR Lobby, L Malapais Room, MR Outing, O Parking Lot, PL Pearl Garden, PG Pool, P Private Dining Room, PDR</p> <p>Schultz Dining Room, SDR Second Floor Balcony, SFB Second Floor Living Room, SFLR Second Floor Lounge, SFL</p>		<p>NEW YEAR'S DAY 1</p> <p>9:15 Coffee Meets Bagel, B 9:15 Brain Busters, B 11:00 FIT to Balance®, BC 12:00 Open Swimming, P 3:00 Prize Bingo, B</p>	<p>2</p> <p>9:15 Munch & Mingle, BC 10:15 FIT to Be Strong®, BC 11:15 Bible Study, LR 11:30 Water Aerobics, P 12:00 Ladies of the Peaks, BC 2:00 Talk w/Tasha, B 3:15 Chair Yoga, BC 6:30 Ballroom Dancing, ALP</p>	<p>3</p> <p>9:00 Morning Walking Club, BC 11:00 FIT to Pedal®, BC 12:15 Taize, LR 1:00 The Peaks Choir Practice, MR 6:15 TV Time, B</p>	<p>4</p> <p>9:15 Donuts, Coffee, Chat, Trivia, B 9:15 Brain Busters, B 10:30 FIT to Balance®, BC 10:40 Ages Entwined®: Pre-K Storytime, MR 11:00 FIT to Be Strong®, BC 11:30 Water Aerobics, P 3:00 Happy Hour, MR</p>	<p>5</p> <p>Open Swimming, P 9:35 Self-Led Puzzles, MR 10:30 FIT to Stretch®, ALP 1:30 Abigail's Piano Concert, MR 3:00 Ted Talks, B 6:15 TV Time, B</p>
<p>6</p> <p>Open Swimming, P 10:30 FIT to Pedal®, ER 1:00 Church Service, MR 2:30 Root Beer Float, B 3:00 TED Talks, B 6:15 TV Time, B</p>	<p>7</p> <p>10:00 TED Talks at 10, BC 11:00 FIT to Be Strong®, BC 11:30 Water Aerobics, P 1:00 Relaxing Classical Music, MR 1:00 Family Feud Game, B 2:00 Watercolor Painting Class, B 3:30 Great Courses, BC 6:15 TV Time, B</p>	<p>8</p> <p>9:15 Coffee Meets Bagel, B 9:15 Brain Busters, B 11:00 FIT to Balance®, BC 11:30 Parkinson's Support Group, ALP 1:00 The Peaks Choir Practice, MR 1:30 Pets, Puppies & Smiles, ALP 2:00 Aviation Club, DSDR 5:00 Kicking Up Your Heels Dinner, BC</p>	<p>9</p> <p>7:00 Omelette Bar, B 9:15 Munch & Mingle, BC 10:00 Chair Dancing, ALP 10:15 FIT to Be Strong®, BC 11:15 Bible Study, LR 11:30 Water Aerobics, P 12:00 Ladies of the Peaks, BC 3:15 Chair Yoga, BC 6:30 Ballroom Dancing, ALP</p>	<p>10</p> <p>9:00 Morning Walking Club, BC 11:00 FIT to Pedal®, BC 12:15 Taize, LR 1:00 The Peaks Choir Practice, MR 2:00 Kitchen Corner, B 6:15 TV Time, B</p>	<p>11</p> <p>9:15 Donuts, Coffee, Chat, Trivia, B 9:30 Comedy News Anchor Skit, B 10:30 FIT to Balance®, BC 10:40 Ages Entwined®: Pre-K Storytime, MR 11:00 FIT to Be Strong®, BC 11:30 Water Aerobics, P 3:00 Happy Hour, MR</p>	<p>12</p> <p>Open Swimming, P 9:35 Self-Led Puzzles, MR 10:30 MNA Docent Program, BC 10:30 FIT to Stretch®, ALP 2:00 Rick Steve's Travel Show, B 2:45 Fact or Foolish Game, B 6:15 TV Time, B</p>
<p>13</p> <p>Open Swimming, P 10:30 FIT to Pedal®, ER 1:00 Church Service, MR 2:30 Root Beer Float, B 3:00 "Great Courses," B 6:15 TV Time, B</p>	<p>14</p> <p>9:45 Bible Study & Hymns, ALP 10:00 TED Talks at 10, BC 11:00 FIT to Be Strong®, BC 11:30 Water Aerobics, P 1:00 Relaxing Classical Music, MR 1:30 Massage Therapy, ER 2:30 Guided Meditation, MR 3:30 Great Courses, BC 6:15 TV Time, B</p>	<p>15</p> <p>9:15 Coffee Meets Bagel, B 9:15 Brain Busters, B 11:00 FIT to Balance®, BC 1:00 The Peaks Choir Practice, MR 1:30 Pets, Puppies & Smiles, ALP 2:00 Navajo Cultural Story, B 5:00 Dinner Outing Taverna, BC 7:00 Archaeological Society, ALP</p>	<p>16</p> <p>9:15 Munch & Mingle, BC 10:15 FIT to Be Strong®, BC 11:15 Bible Study, LR 11:30 Water Aerobics, P 12:00 Ladies of the Peaks, BC 2:30 Fire & Ice B-Day Party, ALP 3:15 Chair Yoga, BC 6:30 Ballroom Dancing, ALP</p>	<p>17</p> <p>9:00 Morning Walking Club, BC 11:00 FIT to Pedal®, BC 12:15 Taize, LR 1:00 The Peaks Choir Practice, MR 6:15 TV Time, B</p>	<p>18</p> <p>9:15 Donuts, Coffee, Chat, Trivia, B 9:15 Brain Busters, B 10:30 FIT to Balance®, BC 10:40 Ages Entwined®: Pre-K Storytime, MR 11:00 FIT to Be Strong®, BC 11:30 Water Aerobics, P 12:00 Employee Salsa Contest, ALP 1:00 Resident Council Meeting, DSDR 3:00 Happy Hour, MR</p>	<p>19</p> <p>Open Swimming, P 9:35 Self-Led Puzzles, MR 10:30 FIT to Stretch®, ALP 1:45 Chit Chat About 1970s, B 3:00 Ted Talks, B 6:15 TV Time, B</p>
<p>20</p> <p>Open Swimming, P 10:30 FIT to Pedal®, ER 1:00 Church Service, MR 2:30 Root Beer Float, B 3:00 Music Meditation, MR 6:15 TV Time, B</p>	<p>MARTIN LUTHER KING JR. DAY 21</p> <p>10:00 TED Talks at 10, BC 11:00 FIT to Be Strong®, BC 11:30 Water Aerobics, P 1:00 Relaxing Classical Music, MR 3:30 Great Courses, BC 6:15 TV Time, B</p>	<p>22</p> <p>9:15 Coffee Meets Bagel, B 9:15 Brain Busters, B 11:00 FIT to Balance®, BC 1:00 The Peaks Choir Practice, MR 1:30 Pets, Puppies & Smiles, ALP 2:00 Forum w/Michelle, DSDR 5:00 Italian Dinner, BC</p>	<p>23</p> <p>7:00 Omelette Bar, B 9:15 Munch & Mingle, BC 10:00 Chair Dancing, ALP 10:15 FIT to Be Strong®, BC 11:15 Bible Study, LR 11:30 Water Aerobics, P 12:00 Ladies of the Peaks, BC 3:15 Chair Yoga, BC 6:30 Ballroom Dancing, ALP</p>	<p>24</p> <p>9:00 Morning Walking Club, BC 11:00 FIT to Pedal®, BC 11:00 Active Life Balance, B 12:15 Taize, LR 1:00 The Peaks Choir Practice, MR 2:00 Valiant Veterans®, DSDR 6:15 TV Time, B</p>	<p>25</p> <p>9:15 Donuts, Coffee, Chat, Trivia, B 9:30 Comedy News Anchor Skit, B 10:30 FIT to Balance®, BC 10:40 Ages Entwined®: Pre-K Storytime, MR 11:00 FIT to Be Strong®, BC 11:30 Water Aerobics, P 1:00 Book Mobil, PL 3:00 Happy Hour, MR</p>	<p>26</p> <p>Open Swimming, P 9:35 Self-Led Puzzles, MR 10:30 FIT to Stretch®, ALP 12:00 Book Club, DSDR 2:00 Rick Steve's Travel Show, B 2:45 Fact or Foolish Game, B 6:15 TV Time, B</p>
<p>27</p> <p>Open Swimming, P 10:30 FIT to Pedal®, ER 1:00 Church Service, MR 2:30 Root Beer Float, B 3:00 "Great Courses," B 6:15 TV Time, B</p>	<p>28</p> <p>9:45 Bible Study & Hymns, ALP 10:00 TED Talks at 10, BC 11:00 FIT to Be Strong®, BC 11:00 NAU Men's Basketball Game, L 11:30 Water Aerobics, P 1:00 Relaxing Classical Music, MR 2:30 Guided Meditation, MR 3:30 Great Courses, BC 6:15 TV Time, B</p>	<p>29</p> <p>9:15 Coffee Meets Bagel, B 9:15 Brain Busters, B 11:00 FIT to Balance®, BC 1:00 The Peaks Choir Practice, MR 1:30 Pets, Puppies & Smiles, ALP</p>	<p>30</p> <p>9:15 Munch & Mingle, BC 10:15 FIT to Be Strong®, BC 11:15 Bible Study, LR 11:30 Water Aerobics, P 12:00 Ladies of the Peaks, BC 3:15 Chair Yoga, BC 6:30 Ballroom Dancing, ALP</p>	<p>31</p> <p>9:00 Morning Walking Club, BC 11:00 FIT to Pedal®, BC 12:15 Taize, LR 1:00 The Peaks Choir Practice, MR 6:15 TV Time, B</p>	<p>Birthdays</p> <p>Ron S., 2nd Ernie W., 6th George P., 10th</p> <p>Jacquie H., 17th Charlie S., 21st John R., 30th</p> <p>Calendar events subject to change.</p>	