


Norse Home Activities Calendar

January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Year Day	2 9:30 Stretch and Flex-SH 10:15-11:30 Little Store Open- GF 10:15 Scenic Drive: Sign Up 1:30 Craft Room Open - GF 2:00 Bell Choir - FPL 3:30 Scrabble Hour - 2nd FL 3:30 Texas Hold'em Poker - SH	3 9:00 Enhanced Fitness - SH 11:00 Mind Stretchers - FPL&3FL 1:15 Fred Meyers Shopping 1:30 Craft Room Open - GF 3:30 Good Bye Monkeys - FPL	4 9:00 Challenge Your Balance - SH 9:40 Stretch & Flex - SH 10:00 Off to the Races-3rd FI 10:30 Golf - FPL 1:00-3:00 Little Store Open-GF 3:00 Happy Hour - MDR	5 9:00 Enhanced Fitness - SH 10:45 Tech Time: in room 10:45 Good New Report-FPL 11:00 Mindstretchers - 3rd FL 1:30 Craft Room Open - GF 2:00 Reading with Molly -4th FL 3:30 Mindful Movement - SH	6 9:00 Stretch & Balance - SH 9:30-11:30 Little Store Open - GF 10:00 Central Market Outing: Sign Up 12:00 Eyeglass repair - ML 1:30 BINGO - 2nd FI 3:30 Wii Bowling - 2nd FI
	7 6:30 Vespers - SH Ballard First Lutheran Communion	8 Taking Down Christmas This Week 9:00 Enhanced Fitness - SH 10:30 Bookmobile-ML 11:00 Mindstretchers - FPL 1:30 Watercolor Class - SH 3:00 Reading with Molly - 4th	9 9:15 Stretch & Flex- SH 10:15-11:30 Little Store Open- GF 10:30 Golf - FPL 2:30 Kapka Kids - 2nd FL 3:30 Texas Hold'em Poker - SH 3:30 Scrabble Hour - 2nd FL	10 9:00 Enhanced Fitness - SH 11:00 Mind Stretchers - FPL&3FI 1:15 Fred Meyers Shopping 3:30 Composer's Corner -FPL 6:15 Bingo- SH	11 9:00 Challenge Your Balance - SH 9:40 Stretch & Flex - SH 10:00 Off to the Races-3rd FI 10:30 Corn hole Toss - FPL 1:00-3:00 Little Store Open-GF 1:30 BINGO - 2nd FL DR 3:00 Happy Hour - MDR	12 9:00 Enhanced Fitness - SH 10:45 Poet's Corner-FPL 11:00 Mindstretchers - 3rd FL 11:45 Lunch Outing: Sign up 1:30 Craft Room Open - GF 2:00 Readers' Theatre- FR 3:15 Drawing 101 - FR 3:30 Tech Time: Sign Up
14	15 Martin Luther King Jr. Day 9:00 Enhanced Fitness - SH 11:00 Mindstretchers - FPL 1:30 Watercolor -CR 3:00 Reading with Molly - 4th	16 9:30 Stretch & Flex- SH 10:15-11:30 Little Store Open- GF 10:15 Scenic Drive: Sign Up 1:45 Book Club - 4th FL 2:30 Kapka Kids - 2nd FL 3:30 Texas Hold'em Poker - SH 3:30 Scrabble Hour - 2nd FL	17 9:00 Enhanced Fitness - SH 11:00 Mind Stretchers - FPL&3FI 1:15 Fred Meyers Shopping 1:30 Craft Room Open - GF 3:30 Tasting Party -SH	18 9:00 Challenge Your Balance - SH 9:40 Stretch & Flex - SH 10:00 Off to the Races-3rd FI 10:30 Golf - FPL 1:00-3:00 Little Store Open-GF 1:30 BINGO - 2nd FL DR 3:00 Happy Hour - MDR	19 9:00 Enhanced Fitness - SH 10:45 Poet's Corner - FPL 11:00 Mindstretchers - 3rd FL 1:30 Craft Room Open - GF 1:30 Tech Time: in room 2:00 Readers' Theatre- FR 3:30 Mindful Movement - SH	20 9:00 Stretch & Balance - SH 9:30-11:30 Little Store Open- GF 10:00 Bartell Drugs Outing: Sign Up 1:30 BINGO - 2nd FI 3:30 Wii Bowling - 2nd FI
21 2:00 Knitting & Crochet-5th 6:30 Vespers - SH Dwight Paulson	22 9:00 Enhanced Fitness - SH 11:00 Mindstretchers - FPL 1:30 Watercolor Class- SH 3:00 Reading with Molly - 4th	23 9:30 Stretch & Flex - SH 10:15-11:30 Little Store Open-GF 10:00 Fun & Games - 3rd FL 10:30 Golf - FPL 2:00 Birthday Party - MDR 3:30 Texas Hold'em Poker - SH 3:30 Scrabble Hour - 2nd	24 9:00 Enhanced Fitness - SH 11:00 Mindstretchers- FPL&3 FI 1:15 Fred Meyer Shopping 1:30 Craft Room Open - GF 3:00 January Tea Party - 3rd FL 3:30 Composer's Corner -FPL 6:15 Bingo- SH	25 9:00 Challenge Your Balance - SH 9:40 Stretch & Flex - SH 10:15 AL Assisted Scenic Drive 1:00-3:00 Little Store Open-GF 1:30 BINGO - 2nd FI DR 3:00 Happy Hour - MDR	26 9:00 Enhanced Fitness - SH 10:45 Good New Report-FPL 11:30 Trip to the Planetarium 1:30 Craft Room Open - GF 2:00 Readers' Theatre- FR 3:15 Drawing 101 - FR 3:30 Tech Time: Sign Up 6:00 Jean plays piano-FPL	27 9:00 Stretch & Balance - SH 9:30-11:30 Little Store Open- GF 10:00 Northgate Outing: Sign Up 1:30 BINGO - 2nd FI 3:30 Wii Bowling - 2nd FI
28 3:30 FPL Sing Along 7:00 Vespers -SH Ockwell Family	29 9:00 Enhanced Fitness - SH 11:00 Mindstretchers - FPL 1:30 Watercolor Class - SH 3:00 Reading with Molly - 4th 7:30 Norwegian Male Chorus MDR	30 9:30 Stretch & Flex - SH 10:15-11:30 Little Store Open-GF 10:15 Scenic Drive: Sign Up 1:45 Book Club - 4th FL 2:30 Kapka Kids - 2nd FL 3:30 Scrabble Hour - 2nd FI 3:30 Texas Hold'em Poker - SH	31 9:00 Enhanced Fitness - SH 11:00 Mind Stretchers - FPL&3FL 1:15 Fred Meyers Shopping 1:30 Craft Room Open - GF 3:30 Corn Hole Toss - FPL 5:30 Dinner Out: Sign Up	<u>All Activities are subject to change.</u>		

Room Abbreviations CR - Craft Room, GF GF - Ground Floor MDR - Main Dining 1st FL ML - Main Lobby PDR - Private Dining Room SH - Social Hall, GF