

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Resident's Birthdays 1/2: Darline Urfer 1/10: Palmer Hansen 1/30: Mary Haines	9:45 Daily Chronicles-WCR 10:00 Chair Yoga-WCR 10:30 Trivia-WCR 2:00 New Years Resolutions Discussion-MCR 4:00 Bible Study-TC HAPPY NEW YEAR!	9:30 Coffee & Chat-WCR 10:00 Exercise with Butch & Phyllis-WCR 1:00 Manicures-MCR 2:00 Tingting Shao art discussion and presentation-TH 3:00 Card Bingo-MCR 7:00 Movie Night-TH	9:45 Daily Chronicles-WCR 10:00 Balance Exercises-WCR 10:30 New in the News-WCR 1:00 Color Me Calm-MCR 2:30 Men & Ladies Social-ECR 3:00 Music with Alice-ECR 5:30 Dominoes Club-MCR	9:45 Daily Chronicles-WCR 10:00 Chair Exercises-WCR 10:30 Donut Social-WCR 2:00 Social with the Gardens-MCR 7:00 Movie Night-TH	9:00 St. Boniface Bible Study-TC 9:45 Daily Chronicles-WCR 10:00 Strengthening Exercises-WCR 10:30 This Day in History-WCR 11:00 Technology Class-3IL 1:00 Winter Craft-MCR 1:30 Bridge Club-TC 2:30 Card Games-MCR	9:45 Daily Chronicles-WCR 10:00 Chair Exercises-WCR 3:00 Lutheran Church of Hope-TC 5:30 Gloria Dei Lutheran Church Service on TV-MCR	
9:00 Communion Service with Heartland Presbyterian-MCR 9:30 Gloria Dei Lutheran Church Service on TV-MCR 10:00 Chair Exercises-WCR 11:00 Gloria Dei Lutheran Church Service on TV-MCR 6:00 Movie Night-WCR	9:45 Daily Chronicles-WCR 10:00 Chair Yoga-WCR 10:30 Trivia-WCR 11:30-2:00 Treasure Cove-2IL 1:30 Bingo-MCR 3:00 Popcorn Social-MCR 4:00 Bible Study-TC	9:30 Coffee & Chat-WCR 10:00 Exercise with Butch & Phyllis-WCR 1:00 Manicures-MCR 2:00 Essential Oils Presentation-TC 3:00 Card Bingo-MCR 7:00 Movie Night-TH	9:45 Daily Chronicles-WCR 10:00 Balance Exercises-WCR 10:30 New in the News-WCR 1:00 Movie Day-MCR 3:00 Current Events with Dick-ME 5:30 Dominoes Club-MCR	9:45 Daily Chronicles-WCR 10:00 Chair Exercises-WCR 10:30 Donut Social-WCR 1:30 Brain Games-MCR 2:30 Puzzles-MCR 4:00 Alzheimer's Caregivers Support Group-AL 7:00 Movie Night-TH	9:00 St. Boniface Bible Study-TC 9:45 Daily Chronicles-WCR 10:00 Strengthening Exercises-WCR 10:30 This Day in History-WCR 11:00 Technology Class-3IL 1:30 Bridge Club-TC 1:30 Card Games-MCR 3:00 Happy Hour-MCR	9:45 Daily Chronicles-WCR 10:00 Chair Exercises-WCR 5:30 Gloria Dei Lutheran Church Service on TV-MCR	
9:30 St. Boniface Catholic Service-WCR 9:30 Gloria Dei Lutheran Church Service on TV-MCR 10:00 Chair Exercises-WCR 11:00 Gloria Dei Lutheran Church Service on TV-MCR 6:00 Movie Night-WCR	9:45 Daily Chronicles-WCR 10:00 Chair Yoga-WCR 10:30 Trivia-WCR 1:30 Bingo-MCR 3:00 Popcorn Social-MCR 4:00 Bible Study-TC	9:30 Coffee & Chat-WCR 10:00 Exercise with Butch & Phyllis-WCR 1:00 Manicures-MCR 3:00 Card Bingo-MCR 4:00 Aaron Schoemaker sings-TC 7:00 Movie Night-TH	9:45 Daily Chronicles-WCR 10:00 Balance Exercises-WCR 10:30 New in the News-WCR 1:00 Movie Day-MCR 5:30 Dominoes Club-MCR	9:45 Daily Chronicles-WCR 10:00 Chair Exercises-WCR 10:30 Donut Social-WCR 1:30 Piano Performance by Pat Lydon-TC 3:00 Hearing Aid Discussion-TC 7:00 Movie Night-TH	9:00 St. Boniface Bible Study-TC 9:45 Daily Chronicles-WCR 10:00 Strengthening Exercises-WCR 10:30 This Day in History-WCR 11:00 Technology Class-3IL 1:30 Bridge Club-TC 2:00 Botanical Gardens Outing 2:30 Card Games-MCR	9:45 Daily Chronicles-WCR 10:00 Chair Exercises-WCR 3:00 Lutheran Church of Hope-TC 5:30 Gloria Dei Lutheran Church Service on TV-MCR	
9:30 Gloria Dei Lutheran Church Service on TV-MCR 10:00 Chair Exercises-WCR 11:00 Gloria Dei Lutheran Church Service on TV-MCR 6:00 Movie Night-WCR	9:45 Daily Chronicles-WCR 10:00 Chair Yoga-WCR 10:30 Trivia-WCR 11:30-2:00 Treasure Cove-2IL 1:30 Bingo-MCR 3:00 Popcorn Social-MCR 4:00 Bible Study-TC	9:30 Coffee & Chat-WCR 10:00 Exercise with Butch & Phyllis-WCR 1:00 Manicures-MCR 2:00 Entertainment by Mike Lozano-ECR 3:00 Card Bingo-MCR 7:00 Movie Night-TH	9:45 Daily Chronicles-WCR 10:00 Balance Exercises-WCR 10:30 New in the News-WCR 1:00 Movie Day-MCR 3:00 Current Events with Dick-ME 5:30 Dominoes Club-MCR	9:45 Daily Chronicles-WCR 10:00 Chair Exercises-WCR 10:30 Donut Social-WCR 1:30 Resident Council Meeting-MCR 3:00 Resident Birthday Party-MCR 7:00 Movie Night-TH	9:00 St. Boniface Bible Study-TC 9:45 Daily Chronicles-WCR 10:00 Strengthening Exercises-WCR 10:30 This Day in History-WCR 11:00 Technology Class-3IL 1:00 Valentine's Day Cards-MCR 1:30 Bridge Club-TC 2:30 Card Games-MCR	9:45 Daily Chronicles-WCR 10:00 Chair Exercises-WCR 2:00 Movie Day-WCR 5:30 Gloria Dei Lutheran Church Service on TV-MCR	
9:30 St. Boniface Catholic Service-WCR 9:30 Gloria Dei Lutheran Church Service on TV-MCR 10:00 Chair Exercises-WCR 11:00 Gloria Dei Lutheran Church Service on TV-MCR 6:30 Grammy Awards-WCR	9:45 Daily Chronicles-WCR 10:00 Chair Yoga-WCR 10:30 Trivia-WCR 11:30-2:00 Treasure Cove-2IL 1:30 Bingo-MCR 3:00 Popcorn Social-MCR 4:00 Bible Study-TC	9:30 Coffee & Chat-WCR 10:00 Exercise with Butch & Phyllis-WCR 1:00 Manicures-MCR 3:00 Card Bingo-MCR 7:00 Movie Night-TH	9:45 Daily Chronicles-WCR 10:00 Balance Exercises-WCR 10:30 New in the News-WCR 1:00 Movie Day-MCR 2:00 State Historical Museum Outing 5:30 Dominoes Club-MCR			All activities are subject to change. Community wide events are listed in red. Outings are listed in green.	
Contact Information Julia- Springs Community Life Associate (515-987-4107) Ashley- Community Life Director (515-478-6402)	Contact Information Cont'd. Colleen- Springs Beauty Salon (515-669-3593) Mary Mars- Indulge Salon (515-250-7140)	<h1>JANUARY 2018</h1> <p><i>The Springs-Skilled Nursing & Rehabilitation</i></p>			ACTIVITY LOCATOR KEY WCR- Springs West Community Room MCR- Springs Main Community Room ECR- Springs East Community Room	WDR- Springs West Dining Room EDR- Springs East Dining Room AL-Inn ME- Town Center Main Entrance TH- Town Center Theater	TC- Town Center Main Community Room ILDR- Town Center Dining Room 2IL- Town Center 2nd Floor 3IL- Town Center 3rd Floor