



Arbor House of Marble Falls



January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Nina B...1/20</p>		<p>1. New Year's Day 9:00 Silver Sneakers 10:00 Devotionals 10:15 Exercise 11:00 Lunch Out: Doc's in MFalls 11:00 Dominoes 2:00 Bible Study 3:00 Bingo 4:00 Helping Hands: Dining Room</p>	<p>2. 9:00 Silver Sneakers 10:00 Devotionals 10:15 Exercise/w Cindy 11:00 Game On 12:30 Food Council 2:30 Matinee Movie 3:30 Color Your World 4:00 Helping Hands: Dining Room</p>	<p>3. 9:00 Silver Sneakers 10:00 Devotionals 10:15 Exercise 11:00 MF Senior Center 11:00 Dominoes 2:00 Game-On 3:30 Happy Hour 4:00 Helping Hands: Dining Room</p>	<p>4. 9:00 Silver Sneakers 10:00 Devotionals 10:15 Exercise 11:00 Yahtzee 2:00 Helping Hands: Set up for Bingo 3:00 Bingo 4:00 Helping Hands: Dining Room</p>
<p>5. 9:00 Silver Sneakers 10:00 Devotionals 10:15 Exercise 11:00 Spinners 2:30 Arena of Peace Cowboy Church Service 6:00 Sunday Night Movie in the Theater</p>	<p>6. Epiphany 9:00 Silver Sneakers 10:00 Devotionals 10:15 Exercise w/Terri 11:00 MF Senior Center 11:00 Dominoes 1:30 Shopping @ HEB 2:00 Game On 3:00 Pie Happy Hour 4:00 Helping Hands: Dining Room</p>	<p>7. 9:00 Silver Sneakers 10:00 Devotionals 10:15 Exercise 11:00 Dominoes 2:30 Cooking: Molasses Ginger Bars 3:30 Spill-N-Spell 4:00 Helping Hands: Dining Room</p>	<p>8. 9:00 Silver Sneakers 10:00 Devotionals 10:15 Exercise 11:00 Lunch Out: Café 2300 in Burnet 11:00 Dominoes 2:00 Bible Study 3:00 Bingo w/ Jane 4:00 Helping Hands: Dining Room</p>	<p>9. 9:00 Silver Sneakers 10:00 Devotionals 10:15 Exercise/w Cindy 11:00 Game On 1:30 Helping Hands: Set up birthday party 3:00 January Birthday Party w/Luke Holmquist 6:00 Movie Night in the theater</p>	<p>10. 9:00 Silver Sneakers 10:00 Devotionals 10:15 Exercise 11:00 MF Senior Center 11:00 Dominoes 2:00 Game-On 3:30 LRC Happy Hour 4:00 Helping Hands: Dining Room</p>	<p>11. 9:00 Silver Sneakers 10:00 Devotionals 10:15 Exercise 11:00 Scrabble 2:00 Helping Hands: Set up for Bingo 3:00 Bingo 4:00 Helping Hands: Dining Room</p>
<p>12. 9:00 Silver Sneakers 10:00 Devotionals 10:15 Exercise 11:00 St. Peter's Lutheran Church Service 2:30 Sunday Matinee Movie in the theater</p>	<p>13. 9:00 Silver Sneakers 10:00 Devotionals 10:15 Exercise w/Terri 11:00 MF Senior Center 11:00 Dominoes 1:30 Shopping @ Wal 2:00 Game-On 3:30 Manicures 4:00 Helping Hands: Dining Room</p>	<p>14. 9:00 Silver Sneakers 10:00 Devotionals 10:15 Exercise 11:00 Dominoes 2:30 Craft Corner: Winter Wonderland Painting 3:30 Color Your World 4:00 Helping Hands: Dining Room</p>	<p>15. 9:00 Silver Sneakers 10:00 Devotionals 10:15 Exercise 11:00 Lunch Out: China Kitchen MFalls 11:00 Dominoes 2:00 Bible Study 3:00 Bingo w/ Jane 4:00 Helping Hands: Dining Room</p>	<p>16. 9:00 Silver Sneakers 10:00 Devotionals 10:15 Exercise/w Cindy 11:00 Game On 2:30 Matinee Movie in the theater 3:30 Color Your World 4:00 Helping Hands: Dining Room</p>	<p>17. 9:00 Silver Sneakers 10:00 Devotionals 10:15 Exercise 11:00 MF Senior Center 11:00 Dominoes 2:00 Game-On 3:30 Happy Hour 4:00 Helping Hands: Dining Room</p>	<p>18. 9:00 Silver Sneakers 10:00 Devotionals 10:15 Exercise 11:00 Chinese Checkers 2:00 Helping Hands: Set up for Bingo 3:00 Bingo 4:00 Helping Hands: Dining Room</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>19. 9:00 Silver Sneakers 10:00 Devotionals 10:15 Exercise 11:00 Dominoes 3:00 First Baptist Church Service 6:00 Sunday Night Movie in the theater</p>	<p>20. Nina B. Birthday & M L K Jr. Day 9:00 Silver Sneakers 10:00 Devotionals 10:15 Exercise w/Terri 11:00 MF Senior Center 11:00 Dominoes 1:30 Shopping @ HEB 2:00 Game-On 3:30 Manicures 4:00 Helping Hands: Dining Room</p>	<p>21. 9:00 Silver Sneakers 10:00 Devotionals 10:15 Exercise 11:00 Dominoes 2:30 Encompass Home Health Talk: 3:30 Color Your World 4:00 Helping Hands: Dining Room</p>	<p>22. 9:00 Silver Sneakers 10:00 Devotionals 10:15 Exercise 11:00 Lunch Out: Hoover Valley Cafe 11:00 Dominoes 2:00 Bible Study 3:00 Bingo w/ Jane 4:00 Helping Hands: Dining Room</p>	<p>23. 9:00 Silver Sneakers 10:00 Devotionals 10:15 Exercise/w Cindy 11:00 Game On 2:30 Matinee Movie in the theater 3:30 Color Your World 4:00 Helping Hands: Dining Room</p>	<p>24. 9:00 Silver Sneakers 10:00 Devotionals 10:15 Exercise 11:00 MF Senior Center 11:00 Dominoes 2:00 Game-On 3:30 LRC Happy Hour 4:00 Helping Hands: Dining Room</p>	<p>25. Chinese New Year- Year of the Rat 9:00 Silver Sneakers 10:00 Devotionals 10:15 Exercise 11:00 Connect 4 2:00 Helping Hands: Set up for Bingo 3:00 Bingo 4:00 Helping Hands: Dining Room</p>
<p>26. Australia Day 9:00 Silver Sneakers 10:00 Devotionals 10:15 Exercise 11:00 Dominoes 2:30 First United Methodist Church Service 6:00 Sunday Night Movie in the theater</p>	<p>27. 9:00 Silver Sneakers 10:00 Devotionals 10:15 Exercise w/Terri 11:00 MF Senior Center 11:00 Dominoes 1:30 Shopping @ Wal 2:00 Game-On 3:30 Manicures 4:00 Helping Hands: Dining Room</p>	<p>28. 9:00 Silver Sneakers 10:00 Devotionals 10:15 Exercise 11:00 Dominoes 2:30 Cooking: Banana Oatmeal Muffins 4:00 Helping Hands: Dining Room</p>	<p>29. 9:00 Silver Sneakers 10:00 Devotionals 10:15 Exercise 11:00 Lunch Out: Wingman BBQ MFalls 11:00 Dominoes 2:00 Bible Study 3:00 Bingo w/ Jane 4:00 Helping Hands: Dining Room</p>	<p>30. 9:00 Silver Sneakers 10:00 Devotionals 10:15 Exercise/w Cindy 11:00 Game On 2:30 Matinee Movie in the theater 3:30 Color Your World 4:00 Helping Hands: Dining Room</p>	<p>31. 9:00 Silver Sneakers 10:00 Devotionals 10:15 Exercise 11:00 MF Senior Center 11:00 Dominoes 2:00 Game-On 3:30 Happy Hour 4:00 Helping Hands: Dining Room</p>	<p>Please note the schedule is subject to change to meet the needs of our residents.</p>