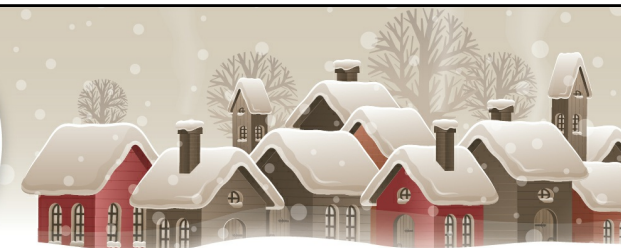


# January 2019

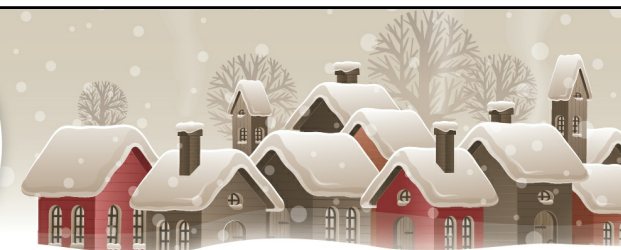
Prairie Lakes Health Campus  
Assisted Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>A</b> - Artisans <b>CC</b> - Creative Cooking <b>GF</b> - Gathering of Friends <b>G</b> - Generations <b>GC</b> - Group Games <b>I</b> - Inspirations <b>JG</b> - Just the Guys <b>K</b> - Keeping it Sharp/Reminisce <b>L</b> - Lifelong Learning <b>MN</b> - Mindful Moments <b>M</b> - Music to My Ears</p>	<p>Legend: 1: AL Activity Room 2: AL Dining Room 3: AL Fire Place 4: AL Sitting Room 5: Town Square 6: Mudsock Café 7: Pioneer 8-AL Courtyard</p>	<p><b>1</b> <b>New Year's Day</b> <b>V</b> TrilogyFit - 1 <b>A</b> New Year's Wishing Tree - 1 <b>M</b> Name That Croon - 5 <b>I</b> Catholic Communion - 1</p>	<p><b>2</b> <b>V</b> TrilogyFit - 1 <b>V</b> Tai Ji with Chris - 5 <b>M</b> Music with Dr. Caldwell <b>GG</b> Pokeno - 5 <b>K</b> LifeShare Games - 1</p>	<p><b>3</b> <b>V</b> TrilogyFit - 1 <b>A</b> Complete the Picture with Tempe - 1 <b>M</b> Prairie Lakes Choir - 5 <b>K</b> Trivia - 1 <b>K</b> Game Night - 1</p>	<p><b>4</b> <b>V</b> TrilogyFit - 1 <b>GG</b> BINGO - 5 <b>I</b> Bible Study with Jan Merkel - 6 <b>S</b> Happy Hour with Tom Wright - 5</p>	<p><b>5</b> <b>A</b> Coffee and Coloring - 1 <b>GF</b> Movie &amp; Popcorn - 1 <b>GC</b> Activities on Wheels <b>K</b> Lifeshare Games - 1</p>
<p><b>6</b> <b>V</b> Trilogy Fit - 1 <b>A</b> Coffee &amp; Coloring - 1 <b>I</b> Church - 5 <b>L</b> Trivia - 1</p>	<p><b>7</b> <b>I</b> Meditation Monday - 1 <b>O</b> Stone Creek Lunch Outing <b>M</b> SingFit - 7 <b>GG</b> BINGO - 2 <b>S</b> Inspired Living Committee - 1 <b>I</b> Bible Study with Valinda</p>	<p><b>8</b> <b>V</b> TrilogyFit - 1 <b>S</b> Chef's Circle - 1 <b>A</b> Winter Canvas Painting - 1 <b>I</b> Catholic Mass - 1 <b>M</b> Bongo Drums - 5</p>	<p><b>9</b> <b>V</b> TrilogyFit - 1 <b>K</b> Crazy Casino - 5 <b>M</b> Music with Dr. Caldwell <b>GG</b> Pokeno - 5 <b>K</b> LifeShare Games - 1</p>	<p><b>10</b> <b>V</b> TrilogyFit - 1 <b>A</b> Flower Arrangements with Tempe - 1 <b>M</b> Prairie Lakes Choir - 5 <b>K</b> Trivia - 1 <b>K</b> Game Night - 1</p>	<p><b>11</b> <b>V</b> TrilogyFit - 1 <b>GG</b> BINGO - 5 <b>I</b> Bible Study with Jan Merkel - 6 <b>S</b> Happy Hour with Jen Johnson - 5</p>	<p><b>12</b> <b>A</b> Art Class with Cindy - 1 <b>GF</b> Movie &amp; Popcorn - 1 <b>GC</b> Activities on Wheels <b>K</b> Lifeshare Games - 1</p>
<p><b>13</b> <b>V</b> TrilogyFit - 1 <b>K</b> Trivia - 1 <b>I</b> Church: Andy &amp; Andrea White - 5 <b>V</b> Wii Bowling - 5</p>	<p><b>14</b> <b>I</b> Meditation Monday - 1 <b>O</b> Kohls Outing <b>M</b> SingFit - 7 <b>GG</b> BINGO - 2 <b>S</b> Resident Council - 1 <b>I</b> Bible Study with Valinda</p>	<p><b>15</b> <b>V</b> TrilogyFit - 1 <b>L</b> Senior Health Jeopardy with Peggy - 1 <b>MN</b> Mindful Moments - 7 <b>A</b> Art with Elizabeth - 1 <b>I</b> Catholic Communion - 1 <b>M</b> Name That Croon - 5</p>	<p><b>16</b> <b>V</b> TrilogyFit - 1 <b>L</b> Super Bowl History Class with Debbie - 1 <b>K</b> Crazy Casino - 5 <b>M</b> Music with Dr. Caldwell <b>GG</b> Pokeno - 5 <b>K</b> LifeShare Games - 1</p>	<p><b>17</b> <b>V</b> TrilogyFit - 1 <b>G</b> Primrose Adopt A Grandparent Program - 5 <b>MN</b> Mindful Moments - 7 <b>M</b> Prairie Lakes Choir - 5 <b>K</b> Martin Luther King Jr. Trivia - 1 <b>K</b> Game Night - 1</p>	<p><b>18</b> <b>V</b> TrilogyFit - 1 <b>GG</b> BINGO - 5 <b>I</b> Bible Study with Jan Merkel - 6 <b>S</b> Happy Hour with Skipp Moore - 5</p>	<p><b>19</b> <b>GC</b> Art Class with Cindy - 1 <b>GF</b> Movie &amp; Popcorn - 1 <b>GC</b> Activities on Wheels</p>
<p><b>20</b> <b>I</b> Church with Randy Carson - 5 <b>S</b> Sunday Brunch <b>V</b> TrilogyFit - 1</p>	<p><b>21</b> <b>Martin Luther King Day</b> <b>M</b> SingFit - 5 <b>GG</b> BINGO - 2 <b>I</b> Bible Study with Valinda - 6</p>	<p><b>22</b> <b>V</b> TrilogyFit - 1 <b>S</b> Chef's Circle - 1 <b>A</b> I Have A Dream Poetry - 1 <b>I</b> Catholic Communion - 1 <b>M</b> Bongo Drums - 5</p>	<p><b>23</b> <b>V</b> TrilogyFit - 1 <b>K</b> Crazy Casino - 5 <b>M</b> Music with Dr. Caldwell <b>GG</b> Pokeno - 5 <b>K</b> LifeShare Games - 1</p>	<p><b>24</b> <b>V</b> TrilogyFit - 1 <b>A</b> Jewelry Making with Tempe - 1 <b>M</b> Prairie Lakes Choir - 5 <b>JG</b> Just the Guys - 3 <b>K</b> Game Night - 1</p>	<p><b>25</b> <b>V</b> TrilogyFit - 1 <b>GG</b> BINGO - 5 <b>I</b> Bible Study with Jan Merkel - 6 <b>S</b> Taste of Town Happy Hour with Dave Posey - 5</p>	<p><b>26</b> <b>A</b> Coffee and Coloring - 1 <b>GF</b> Movie &amp; Popcorn - 1 <b>GC</b> Activities on Wheels <b>K</b> Lifeshare Games - 1</p>
<p><b>27</b> <b>I</b> Church with Fall Creek Wesleyan - 5 <b>V</b> TrilogyFit - 1 <b>L</b> Trivia - 1 <b>CC</b> Culinary Club - 1</p>	<p><b>28</b> <b>I</b> Meditation Monday - 1 <b>O</b> Movie Outing <b>M</b> SingFit - 7 <b>GG</b> BINGO - 2 <b>I</b> Bible Study with Valinda - 6</p>	<p><b>29</b> <b>V</b> TrilogyFit - 1 <b>A</b> Flower Arrangements - 1 <b>I</b> Catholic Communion - 1 <b>M</b> Name That Croon - 5</p>	<p><b>30</b> <b>V</b> TrilogyFit - 1 <b>K</b> Crazy Casino - 5 <b>M</b> Music with Dr. Caldwell <b>GG</b> Pokeno - 5 <b>K</b> LifeShare Games - 1 <b>GG</b> Bonus BINGO with Becky</p>	<p><b>31</b> <b>V</b> TrilogyFit - 1 <b>A</b> Nutter Butter Snowmen with Tempe - 1 <b>M</b> Prairie Lakes Choir - 5 <b>S</b> Bingo Store - 1 <b>K</b> Game Night - 1</p>	<p>Thank you to the Prairie Lakes volunteers, you make a difference! We are asking our family members to consider volunteering 1 hour per month at our campus.</p>	<p>Please RSVP for our Sunday Brunch. Up to 2 guests eat free and tickets are just \$7 for each additional meal.</p>

# January 2019

Prairie Lakes Health Campus  
Health Care



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>A</b> - Artisans <b>CC</b> - Creative Cooking <b>GF</b> - Gathering of Friends <b>G</b> - Generations <b>GC</b> - Group Games <b>I</b> - Inspirations <b>JG</b> - Just the Guys <b>K</b> - Keeping it Sharp/Reminisce <b>L</b> - Lifelong Learning <b>MN</b> - Mindful Moments <b>M</b> - Music to My Ears</p>	<p>Legend: 1: AL Activity Room 2: AL Dining Room 3: AL Fire Place 4: AL Sitting Room 5: Town Square 6: Mudsock Café 7: Pioneer 8:AL Courtyard</p>	<p><b>1</b> <b>New Year's Day</b> <b>V</b> 10:00 TrilogyFit - 1 <b>A</b> 10:30 New Year's Wishing Tree - 1 <b>M</b> 1:30 Name That Croon - 5 <b>I</b> 3:00 Catholic Communion - 1</p>	<p><b>2</b> <b>V</b> 9:30 TrilogyFit - 1 <b>V</b> 11:00 Tai Ji with Chris - 5 <b>MN</b> 11:15 Seasonal Sensory - 7 <b>M</b> 12:00 Music with Dr. Caldwell <b>GG</b> 1:30 Pokeno - 5 <b>K</b> 3:15 LifeShare Games - 1</p>	<p><b>3</b> <b>V</b> 9:30 TrilogyFit - 1 <b>MN</b> 10:00 Mindful Moments - 7 <b>A</b> 10:30 Complete the Picture with Tempe - 1 <b>M</b> 2:00 Prairie Lakes Choir - 5 <b>K</b> 3:15 Trivia - 1 <b>K</b> 6:15 Game Night - 1</p>	<p><b>4</b> <b>V</b> 9:00 TrilogyFit - 1 <b>MN</b> 9:30 Friday Fun - 7 <b>GG</b> 10:00 BINGO - 5 <b>I</b> 1:30 Bible Study with Jan Merkel - 6 <b>S</b> 3:00 Happy Hour with Tom Wright - 5</p>	<p><b>5</b> <b>V</b> 9:45 Weekend Workout - 7 <b>A</b> 10:30 Coffee and Coloring - 1 <b>GF</b> 1:30 Movie &amp; Popcorn - 1 <b>MN</b> 2:00 Saturday Sensations - 7 <b>GC</b> 2:30 Activities on Wheels <b>K</b> 3:30 Lifeshare Games - 1</p>
<p><b>6</b> <b>V</b> 10:00 Trilogy Fit - 1 <b>A</b> 10:45 Coffee &amp; Coloring - 1 <b>I</b> 1:30 Church - 5 <b>L</b> 2:30 Trivia - 1 <b>MN</b> 3:45 Sunday Sensory - 7</p>	<p><b>7</b> <b>I</b> 9:30 Meditation Monday - 1 <b>O</b> 10:00 Stone Creek Lunch Outing <b>M</b> 10:30 SingFit - 7 <b>GG</b> 2:00 BINGO - 2 <b>S</b> 3:15 Inspired Living Committee - 1 <b>MN</b> 3:30 Monday Moments - 7 <b>I</b> 6:30 Bible Study with</p>	<p><b>8</b> <b>V</b> 9:00 TrilogyFit - 1 <b>A</b> 10:30 Winter Canvas Painting - 1 <b>I</b> 2:00 Catholic Mass - 1 <b>MN</b> 2:30 Mindful Moments - 7 <b>M</b> 3:30 Bongo Drums - 5</p>	<p><b>9</b> <b>V</b> 9:30 TrilogyFit - 1 <b>K</b> 11:00 Crazy Casino - 5 <b>MN</b> 11:15 Seasonal Sensory - 7 <b>M</b> 12:00 Music with Dr. Caldwell <b>GG</b> 1:30 Pokeno - 5 <b>K</b> 3:15 LifeShare Games - 1</p>	<p><b>10</b> <b>V</b> 9:30 TrilogyFit - 1 <b>MN</b> 10:00 Mindful Moments - 7 <b>A</b> 10:30 Flower Arrangements with Tempe - 1 <b>M</b> 2:00 Prairie Lakes Choir - 5 <b>K</b> 3:15 Trivia - 1 <b>K</b> 6:15 Game Night - 1</p>	<p><b>11</b> <b>V</b> 9:00 TrilogyFit - 1 <b>MN</b> 9:30 Friday Fun - 7 <b>GG</b> 10:00 BINGO - 5 <b>I</b> 1:30 Bible Study with Jan Merkel - 6 <b>S</b> 3:00 Happy Hour with Jen Johnson - 5</p>	<p><b>12</b> <b>V</b> 9:45 Weekend Workout - 7 <b>A</b> 10:30 Art Class with Cindy - 1 <b>GF</b> 1:30 Movie &amp; Popcorn - 1 <b>MN</b> 2:00 Saturday Sensations - 7 <b>GC</b> 2:30 Activities on Wheels <b>K</b> 3:30 Lifeshare Games - 1</p>
<p><b>13</b> <b>V</b> 10:00 TrilogyFit - 1 <b>K</b> 11:00 Trivia - 1 <b>I</b> 2:00 Church: Andy &amp; Andrea White - 5 <b>V</b> 3:00 Wii Bowling - 5 <b>MN</b> 3:45 Sunday Sensory - 7</p>	<p><b>14</b> <b>I</b> 9:30 Meditation Monday - 1 <b>O</b> 10:00 Kohls Outing <b>M</b> 10:30 SingFit - 7 <b>GG</b> 2:00 BINGO - 2 <b>MN</b> 3:00 Monday Moments - 7 <b>I</b> 6:30 Bible Study with Valinda</p>	<p><b>15</b> <b>V</b> 9:00 TrilogyFit - 1 <b>S</b> 10:00 Chef's Circle - 1 <b>L</b> 10:30 Senior Health Jeopardy with Peggy -1 <b>MN</b> 1:00 Mindful Moments - 7 <b>A</b> 2:00 Art with Elizabeth - 1 <b>I</b> 3:00 Catholic Communion - 1 <b>M</b> 3:30 Name That Croon - 5</p>	<p><b>16</b> <b>V</b> 9:30 TrilogyFit - 1 <b>L</b> 10:00 Super Bowl History Class with Debbie - 1 <b>K</b> 11:00 Crazy Casino - 5 <b>M</b> 12:00 Music with Dr. Caldwell <b>GG</b> 1:30 Pokeno - 5 <b>K</b> 3:15 LifeShare Games - 1</p>	<p><b>17</b> <b>V</b> 9:00 TrilogyFit - 1 <b>G</b> 10:00 Primrose Adopt A Grandparent Program - 5 <b>MN</b> 1:00 Mindful Moments - 7 <b>M</b> 2:00 Prairie Lakes Choir - 5 <b>K</b> 3:15 Martin Luther King Jr. Trivia - 1 <b>K</b> 6:15 Game Night - 1</p>	<p><b>18</b> <b>V</b> 9:00 TrilogyFit - 1 <b>MN</b> 9:30 Friday Fun - 7 <b>GG</b> 10:00 BINGO - 5 <b>I</b> 1:30 Bible Study with Jan Merkel - 6 <b>S</b> 3:00 Happy Hour with Skipp Moore - 5</p>	<p><b>19</b> <b>V</b> 9:45 Weekend Workout - 7 <b>GG</b> 10:30 Art Class with Cindy - 1 <b>GF</b> 1:30 Movie &amp; Popcorn - 1 <b>GC</b> 2:30 Activities on Wheels</p>
<p><b>20</b> <b>I</b> 10:00 Church with Randy Carson - 5 <b>S</b> 11:00 Sunday Brunch <b>V</b> 2:45 TrilogyFit - 1 <b>MN</b> 3:30 Sunday Sensory - 7</p>	<p><b>21</b> <b>Martin Luther King Day</b> <b>MN</b> 9:30 Monday Moments - 7 <b>M</b> 10:30 SingFit - 5 <b>GG</b> 2:00 BINGO - 2 <b>S</b> 3:15 Resident Council - 1 <b>I</b> 6:30 Bible Study with Valinda - 6</p>	<p><b>22</b> <b>V</b> 9:00 TrilogyFit - 1 <b>A</b> 10:30 I Have A Dream Poetry - 1 <b>I</b> 3:00 Catholic Communion - 1 <b>M</b> 3:30 Bongo Drums - 5</p>	<p><b>23</b> <b>V</b> 9:30 TrilogyFit - 1 <b>K</b> 11:00 Crazy Casino - 5 <b>MN</b> 11:15 Seasonal Sensory - 7 <b>M</b> 12:00 Music with Dr. Caldwell <b>GG</b> 1:30 Pokeno - 5 <b>K</b> 3:15 LifeShare Games - 1</p>	<p><b>24</b> <b>V</b> 9:30 TrilogyFit - 1 <b>MN</b> 10:00 Mindful Moments - 7 <b>A</b> 10:30 Jewelry Making with Tempe - 1 <b>M</b> 2:00 Prairie Lakes Choir - 5 <b>JG</b> 3:15 Just the Guys - 3 <b>K</b> 6:15 Game Night - 1</p>	<p><b>25</b> <b>V</b> 9:00 TrilogyFit - 1 <b>MN</b> 9:30 Friday Fun - 7 <b>GG</b> 10:00 BINGO - 5 <b>I</b> 1:30 Bible Study with Jan Merkel - 6 <b>S</b> 3:00 Taste of Town Happy Hour with Dave Posey - 5</p>	<p><b>26</b> <b>V</b> 9:45 Weekend Workout - 7 <b>A</b> 10:30 Coffee and Coloring - 1 <b>GF</b> 1:30 Movie &amp; Popcorn - 1 <b>MN</b> 2:00 Saturday Sensations - 7 <b>GC</b> 2:30 Activities on Wheels <b>K</b> 3:30 Lifeshare Games - 1</p>
<p><b>27</b> <b>I</b> 10:00 Church with Fall Creek Wesleyan - 5 <b>V</b> 11:15 TrilogyFit - 1 <b>L</b> 1:30 Trivia - 1 <b>CC</b> 2:30 Culinary Club - 1 <b>MN</b> 3:30 Sunday Sensory - 7</p>	<p><b>28</b> <b>I</b> 9:30 Meditation Monday - 1 <b>O</b> 10:00 Movie Outing <b>M</b> 10:30 SingFit - 7 <b>GG</b> 2:00 BINGO - 2 <b>MN</b> 3:30 Monday Moments - 7 <b>I</b> 6:30 Bible Study with Valinda - 6</p>	<p><b>29</b> <b>V</b> 9:00 TrilogyFit - 1 <b>S</b> 10:00 Chef's Circle - 1 <b>A</b> 10:30 Flower Arrangements - 1 <b>I</b> 3:00 Catholic Communion - 1 <b>M</b> 3:30 Name That Croon - 5</p>	<p><b>30</b> <b>V</b> 9:30 TrilogyFit - 1 <b>K</b> 11:00 Crazy Casino - 5 <b>MN</b> 11:15 Seasonal Sensory - 7 <b>M</b> 12:00 Music with Dr. Caldwell <b>GG</b> 1:30 Pokeno - 5 <b>K</b> 3:15 LifeShare Games - 1 <b>GG</b> 6:30 Bonus BINGO with Becky</p>	<p><b>31</b> <b>V</b> 9:30 TrilogyFit - 1 <b>MN</b> 10:00 Mindful Moments - 7 <b>A</b> 10:30 Nutter Butter Snowmen with Tempe - 1 <b>M</b> 2:00 Prairie Lakes Choir - 5 <b>S</b> 3:15 Bingo Store - 1 <b>K</b> 6:15 Game Night - 1</p>	<p>Please RSVP for our Sunday Brunch. Up to 2 guests eat free and tickets are just \$7 for each additional meal.</p>	<p>Thank you to the Prairie Lakes volunteers, you make a difference! We are asking our family members to consider volunteering 1 hour per month at our campus.</p>