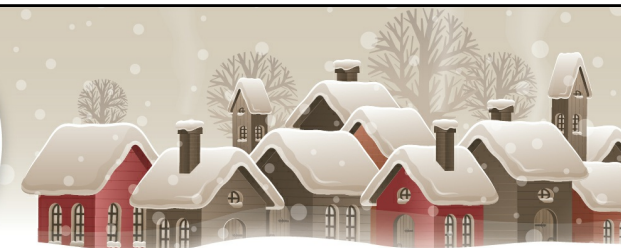


January 2019

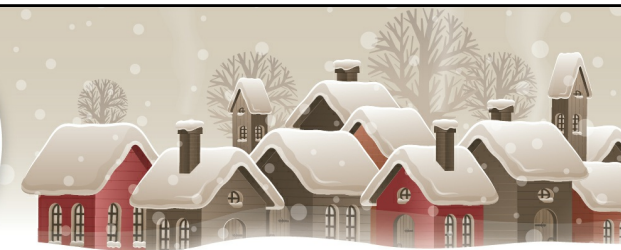
Meadows of Ottawa
Assisted Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>A - Artisans CD - Clinical Distinction CC - Creative Cooking GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning M - Music to My Ears O - Out & About S - Signature Events V - Vitality</p>	<p>Activities are subject to change and or cancellation when unavoidable, you will be informed via lifeshare</p> <p>Outings are weather permitting</p>	<p>1 New Year's Day</p> <p>I 11:00 Rosary K 1:00 Puzzle Time 2:00 Church -Columbus Grove</p>	<p>2</p> <p>8:30 Nifty Nails O 8:30 Henry's K 10:00 Word Games with Deb I 11:00 Rosary K 1:00 Puzzle Time 2:00 Bingo- K 6:00 Dominoes with Rose</p>	<p>3</p> <p>A 9:00 Creative Crafts I 11:00 Rosary CC 11:20 Chef's Circle K 1:00 Puzzle Time I 2:00 Mass-MC/NC V 2:30 Walking Club & Exercise K 6:00 Cards & games M 7:00 Glandorf Choir</p>	<p>4</p> <p>CC 9:00 Creative cooking V 10:00 Trilogy Fit I 11:00 Rosary K 1:00 Puzzle Time S 2:45 Happy Hour-Alan Siebert K 6:00 Checkers</p>	<p>5</p> <p>K 1:00 Puzzle Time K 1:30 Bingo A 3:00 Coloring Club K 6:00 Euchre</p>
<p>6</p> <p>I 9:00 Catholic Communion I 10:30 Rosary K 1:00 Puzzle Time L 1:30 Movie</p>	<p>7</p> <p>K 9:00 Life Share Games V 10:00 Trilogy Fit I 11:00 Rosary L 11:20 Resident Council L 11:45 Inspired Living K 1:00 Puzzle Time M 6:30 Lauren Smith</p>	<p>8</p> <p>V 10:00 Trilogy Fit I 11:00 Rosary K 1:00 Puzzle Time 2:00 Church -Ottawa 1st Presbyterian V 2:30 Walking Club and Exercise M 5:30 St Marys Choir</p>	<p>9</p> <p>8:30 Nifty Nails K 10:00 Word Games with Deb I 11:00 Rosary K 1:00 Puzzle Time 2:00 Bingo- K 6:00 Dominoes with Rose</p>	<p>10</p> <p>A 9:00 Creative Crafts I 11:00 Rosary CC 11:20 Chef's Circle K 1:00 Puzzle Time I 2:00 Mass-Columbus Grove V 2:30 Walking Club & Exercise K 6:00 Cards & games</p>	<p>11</p> <p>CC 9:00 Creative cooking V 10:00 Trilogy Fit I 11:00 Rosary K 1:00 Puzzle Time S 2:30 Happy Hour-Texas T K 6:00 Checkers</p>	<p>12</p> <p>K 1:00 Puzzle Time K 1:30 Bingo A 3:00 Coloring Club K 6:00 Euchre</p>
<p>13</p> <p>I 9:00 Catholic Communion I 10:30 Rosary 11:00 11:00-1:00 Sunday Brunch K 1:00 Puzzle Time L 1:30 Movie</p>	<p>14</p> <p>K 9:00 Life Share Games V 10:00 Trilogy Fit I 11:00 Rosary K 1:00 Puzzle Time</p>	<p>15</p> <p>V 10:00 Trilogy Fit I 11:00 Rosary K 1:00 Puzzle Time 2:00 Church -Continental UM Church V 2:30 Walking Club and Exercise</p>	<p>16</p> <p>8:30 Nifty Nails O 8:30 Henry's K 10:00 Word Games with Deb I 11:00 Rosary K 1:00 Puzzle Time 2:00 Bingo- K 6:00 Dominoes with Rose</p>	<p>17</p> <p>A 9:00 Creative Crafts I 11:00 Rosary CC 11:20 Chef's Circle K 1:00 Puzzle Time I 2:00 Mass-Ottoville V 2:30 Walking Club & Exercise K 6:00 Cards & games M 7:00 Country Gentlemen</p>	<p>18</p> <p>CC 9:00 Creative cooking V 10:00 Trilogy Fit I 11:00 Rosary K 1:00 Puzzle Time S 2:30 Happy Hour-Chuck Summers K 6:00 Checkers</p>	<p>19</p> <p>K 1:00 Puzzle Time K 1:30 Bingo A 3:00 Coloring Club K 6:00 Euchre</p>
<p>20</p> <p>I 9:00 Catholic Communion I 10:30 Rosary K 1:00 Puzzle Time L 1:30 Movie</p>	<p>21 Martin Luther King Day</p> <p>K 9:00 Life Share Games V 10:00 Trilogy Fit I 11:00 Rosary K 1:00 Puzzle Time</p>	<p>22</p> <p>V 10:00 Trilogy Fit I 11:00 Rosary K 1:00 Puzzle Time 2:00 Church -Ottawa Missionary V 2:30 Walking Club and Exercise CD 6:00 Bingo- Col. Grove VFW Aux</p>	<p>23</p> <p>8:30 Nifty Nails K 10:00 Word Games with Deb I 11:00 Rosary GG 11:30 Taste of the Town K 1:00 Puzzle Time 2:00 Bingo- K 6:00 Dominoes with Rose</p>	<p>24</p> <p>A 9:00 Creative Crafts I 11:00 Rosary CC 11:20 Chef's Circle K 1:00 Puzzle Time I 2:00 Mass-Ottawa SSP V 2:30 Walking Club & Exercise K 6:00 Cards & games</p>	<p>25</p> <p>CC 9:00 Creative cooking V 10:00 Trilogy Fit I 11:00 Rosary K 1:00 Puzzle Time S 2:30 Happy Hour-Don Smithey K 6:00 Checkers</p>	<p>26</p> <p>K 1:00 Puzzle Time K 1:30 Bingo A 3:00 Coloring Club K 6:00 Euchre</p>
<p>27</p> <p>I 9:00 Catholic Communion I 10:30 Rosary K 1:00 Puzzle Time L 1:30 Movie</p>	<p>28</p> <p>K 9:00 Life Share Games V 10:00 Trilogy Fit I 11:00 Rosary K 1:00 Puzzle Time</p>	<p>29</p> <p>V 10:00 Trilogy Fit I 11:00 Rosary K 1:00 Puzzle Time 2:00 Church -New Creation Lutheran V 2:30 Walking Club and Exercise</p>	<p>30</p> <p>8:30 Nifty Nails K 10:00 Word Games with Deb I 11:00 Rosary K 1:00 Puzzle Time 2:00 Bingo- K 6:00 Dominoes with Rose</p>	<p>31</p> <p>A 9:00 Creative Crafts I 11:00 Rosary CC 11:20 Chef's Circle K 1:00 Puzzle Time I 2:00 Mass-Kalida V 2:30 Walking Club & Exercise K 6:00 Cards & games</p>	<p>Happy Hour takes place in the Main Dining Room</p>	<p>Crafts and creative cooking take place in AL Activity Room</p>

January 2019

Meadows of Ottawa
Life Enrichment- Health Center



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>A - Artisans CD - Clinical Distinction CC - Creative Cooking GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning MM - Mindful Moments M - Music to My Ears O - Out & About S - Signature Events</p>	<p>Activities are subject to change and or cancellation when unavoidable, you will be informed via Life share</p>	<p>1 New Year's Day</p> <p>K 9:00 Reminisce I 10:30 Rosary 2:00 Church -Columbus Grove L 3:00 War Movie with Tim</p>	<p>2</p> <p>8:30 Nifty Nails O 8:30 Henry's I 10:30 Rosary V 11:00 Boogie to the Beat MM 11:30 Mindful Moments 2:00 Bingo- K 6:00 Dominoes with Rose</p>	<p>3</p> <p>MR 8:45 Mindful Moments A 9:00 Crafts I 10:30 Rosary V 11:00 Sittercise MM 11:30 Mindful Moments MM 11:30 Mindful Moments I 2:00 Mass-MC/NC K 2:30 Cards with Joan K 6:00 Puzzles & Games</p>	<p>4</p> <p>MM 8:45 Mindful Moments CC 9:00 Baking K 9:30 Chef's Circle I 10:30 Rosary V 11:00 Morning Shape-up MM 11:30 Mindful Moments MM 11:30 Mindful Moments S 2:45 Happy Hour-Alan Siebert</p>	<p>5</p> <p>I 10:30 Rosary V 11:00 Exercise K 1:30 Bingo A 3:00 Coloring Club K 6:00 Euchre</p>
<p>6</p> <p>I 9:00 Catholic Communion I 10:30 Rosary V 11:00 Exercise A 1:00 Coloring Club L 1:30 Movie</p>	<p>7</p> <p>K 9:00 Life Share Games 9:30 Resident Council L 10:00 Inspired Living I 10:30 Rosary V 11:00 Polkarobics MM 11:30 Mindful Moments M 6:30 Lauren Smith</p>	<p>8</p> <p>MM 8:45 Mindful Moments K 9:00 Reminisce I 10:30 Rosary MM 11:30 Mindful Moments 2:00 Church -Ottawa 1st Presbyterian L 3:00 War Movie with Tim M 5:30 St Marys Choir</p>	<p>9</p> <p>8:30 Nifty Nails O 8:30 Men Only MR 8:45 Mindful Moments I 10:30 Rosary V 11:00 Boogie to the Beat MM 11:30 Mindful Moments 2:00 Bingo- K 6:00 Dominoes with Rose</p>	<p>10</p> <p>MR 8:45 Mindful Moments A 9:00 Crafts I 10:30 Rosary V 11:00 Sittercise MM 11:30 Mindful Moments MM 11:30 Mindful Moments I 2:00 Mass-Columbus Grove K 2:30 Cards with Joan K 6:00 Puzzles & Games</p>	<p>11</p> <p>MM 8:45 Mindful Moments CC 9:00 Baking K 9:30 Chef's Circle I 10:30 Rosary V 11:00 Morning Shape-up MM 11:30 Mindful Moments MM 11:30 Mindful Moments S 2:30 Happy Hour-Texas T K 6:00 Cards and Games</p>	<p>12</p> <p>I 10:30 Rosary V 11:00 Exercise K 1:30 Bingo A 3:00 Coloring Club K 6:00 Euchre</p>
<p>13</p> <p>I 9:00 Catholic Communion I 10:30 Rosary 11:00 11:00-1:00 Sunday Brunch V 11:00 Exercise A 1:00 Coloring Club L 1:30 Movie</p>	<p>14</p> <p>MM 8:45 Mindful Moments K 9:00 Life Share Games I 10:30 Rosary V 11:00 Polkarobics MM 11:30 Mindful Moments</p>	<p>15</p> <p>MM 8:45 Mindful Moments K 9:00 Reminisce I 10:30 Rosary MM 11:30 Mindful Moments 2:00 Church -Continental UM Church L 3:00 War Movie with Tim</p>	<p>16</p> <p>8:30 Nifty Nails O 8:30 Henry's MM 8:45 Mindful Moments I 10:30 Rosary V 11:00 Boogie to the Beat MM 11:30 Mindful Moments 2:00 Bingo- K 6:00 Dominoes with Rose</p>	<p>17</p> <p>MR 8:45 Mindful Moments A 9:00 Crafts I 10:30 Rosary V 11:00 Sittercise MM 11:30 Mindful Moments MM 11:30 Mindful Moments I 2:00 Mass-Ottoville K 2:30 Cards with Joan K 6:00 Puzzles & Games</p>	<p>18</p> <p>MM 8:45 Mindful Moments CC 9:00 Baking K 9:30 Chef's Circle I 10:30 Rosary V 11:00 Morning Shape-up MM 11:30 Mindful Moments MM 11:30 Mindful Moments S 2:30 Happy Hour-Chuck Summers</p>	<p>19</p> <p>I 10:30 Rosary V 11:00 Exercise K 1:30 Bingo A 3:00 Coloring Club K 6:00 Euchre</p>
<p>20</p> <p>I 9:00 Catholic Communion I 10:30 Rosary V 11:00 Exercise A 1:00 Coloring Club L 1:30 Movie</p>	<p>21 Martin Luther King Day</p> <p>MM 8:45 Mindful Moments K 9:00 Life Share Games I 10:30 Rosary V 11:00 Polkarobics MM 11:30 Mindful Moments</p>	<p>22</p> <p>MM 8:45 Mindful Moments K 9:00 Reminisce I 10:30 Rosary MM 11:30 Mindful Moments 2:00 Church -Ottawa Missionary L 3:00 War Movie with Tim CD 6:00 Bingo- Col. Grove VFW Aux</p>	<p>23</p> <p>8:30 Nifty Nails MM 8:45 Mindful Moments I 10:30 Rosary V 11:00 Boogie to the Beat GG 11:30 Taste of the Town MM 11:30 Mindful Moments 2:00 Bingo- K 6:00 Dominoes with Rose</p>	<p>24</p> <p>MR 8:45 Mindful Moments A 9:00 Crafts I 10:30 Rosary V 11:00 Sittercise MM 11:30 Mindful Moments MM 11:30 Mindful Moments I 2:00 Mass-Ottawa SSP K 2:30 Cards with Joan K 6:00 Puzzles & Games</p>	<p>25</p> <p>MM 8:45 Mindful Moments CC 9:00 Baking K 9:30 Chef's Circle I 10:30 Rosary V 11:00 Morning Shape-up MM 11:30 Mindful Moments MM 11:30 Mindful Moments S 2:30 Happy Hour-Don Smithey</p>	<p>26</p> <p>I 10:30 Rosary V 11:00 Exercise K 1:30 Bingo A 3:00 Coloring Club K 6:00 Euchre</p>
<p>27</p> <p>I 9:00 Catholic Communion I 10:30 Rosary V 11:00 Exercise A 1:00 Coloring Club L 1:30 Movie</p>	<p>28</p> <p>MM 8:45 Mindful Moments K 9:00 Life Share Games I 10:30 Rosary V 11:00 Polkarobics MM 11:30 Mindful Moments</p>	<p>29</p> <p>MM 8:45 Mindful Moments K 9:00 Reminisce I 10:30 Rosary MM 11:30 Mindful Moments 2:00 Church -New Creation Lutheran L 3:00 War Movie with Tim</p>	<p>30</p> <p>8:30 Nifty Nails MM 8:45 Mindful Moments I 10:30 Rosary V 11:00 Boogie to the Beat MM 11:30 Mindful Moments 2:00 Bingo- K 6:00 Dominoes with Rose</p>	<p>31</p> <p>MR 8:45 Mindful Moments A 9:00 Crafts I 10:30 Rosary V 11:00 Sittercise MM 11:30 Mindful Moments MM 11:30 Mindful Moments I 2:00 Mass-Kalida K 2:30 Cards with Joan K 6:00 Puzzles & Games</p>	<p>Happy Hour takes place in the main Dining Room.</p> <p>Outings are weather permitting</p>	