

# January 2019

The Willows at Howell  
Assisted Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>A</b> - Artisans <b>CC</b> - Community Connections <b>CC</b> - Creative Cooking <b>GF</b> - Gathering of Friends <b>GC</b> - Group Games <b>I</b> - Inspirations <b>K</b> - Keeping it Sharp/Reminisce <b>L</b> - Lifelong Learning <b>MM</b> - Mindful Moments <b>M</b> - Music to My Ears <b>O</b> - Out &amp; About</p>	<p>Location Key ML - McPherson Lane RR - Recreation Room HS - Honey Sweet Café GP - Griffith Parkway TS - Town Square CC - Cantelope Café SR - Sun Room CY - Courtyard</p>	<p><b>1</b> <b>New Year's Day</b> <b>K</b> 8:30 Daily Chronicle <b>V</b> 10:00 Trilogy Fit Exercise- ML <b>I</b> 10:30 Catholic Prayer service from LifeShare- TS <b>K</b> 1:30 Game Group- RR <b>GF</b> 3:30 Movie Afternoon: Some Like It Hot- ML</p>	<p><b>2</b> <b>K</b> 8:30 Daily Chronicle <b>K</b> 10:00 Wheel of Fortune- TS <b>A</b> 1:00 Artisans: Paper Roll Snowflakes- RR <b>O</b> 1:00 Outing: Scenic Drive <b>I</b> 2:00 Bible Study with Deacon Dale HOTS Lutheran Church- TS <b>V</b> 3:30 Balloon Volleyball- TS</p>	<p><b>3</b> <b>K</b> 8:30 Daily Chronicle <b>V</b> 10:00 Cardio Drumming- ML <b>K</b> 10:45 Bingo- RR <b>O</b> 1:00 Outing: Walmart \$\$ <b>M</b> 3:30 Dumbing and Rhythm Lesson- ML <b>S</b> 6:30 Game Night- TS</p>	<p><b>4</b> <b>K</b> 8:30 Daily Chronicle <b>MM</b> 9:00 Activity Cart <b>V</b> 10:00 Yoga Studio- ML <b>I</b> 11:00 Emotion Sorting- RR <b>CC</b> 1:00 Cooking Class: Pigs in a blanket- RR <b>S</b> 3:00 Happy Hour- CC <b>M</b> 3:30 Live Music: Laura Rathbun- TS</p>	<p><b>5</b> <b>K</b> 9:30 Daily Chronicle <b>GG</b> 10:00 Inspired Living- TS <b>K</b> 11:00 Word in a Word- TS <b>K</b> 1:30 Bingo- RR <b>GF</b> 5:30 Weekend Movie: The Breakfast Club- ML</p>
<p><b>6</b> <b>K</b> 9:30 Daily Chronicle <b>GF</b> 10:00 Current Events &amp; Coffee- RR <b>K</b> 10:30 Game Group- RR <b>CC</b> 10:30 Games and Snacks with Andrew- HS <b>L</b> 1:00 Learn about Italy- RR <b>I</b> 3:00 Bible Trivia- RR</p>	<p><b>7</b> <b>K</b> 8:30 Daily Chronicle <b>V</b> 10:00 Noodle Exercises- ML <b>CC</b> 10:30 Coffee with Diane- RR <b>K</b> 1:00 Game Group- RR <b>S</b> 2:00 Chef's Circle-RR <b>A</b> 3:00 Artisans- Potpourri Making- RR <b>M</b> 3:30 Swing Music- RR</p>	<p><b>8</b> <b>K</b> 8:30 Daily Chronicle <b>V</b> 10:00 Trilogy Fit Exercise- ML <b>I</b> 10:30 Catholic Prayer service- TS <b>O</b> 11:30 Outing: Lunch at Culver's \$\$ <b>M</b> 3:30 A Wonderful World Activity- RR <b>K</b> 6:30 Bingo Night- TS</p>	<p><b>9</b> <b>K</b> 8:30 Daily Chronicle <b>K</b> 10:00 Wheel of Fortune- TS <b>A</b> 1:00 Artisans: Group Painting- RR <b>M</b> 1:30 Classical Music- RR <b>I</b> 2:30 Spa Day: Hand Massages and Aroma Therapy- RR <b>GF</b> 6:00 Movie Night: Thor:</p>	<p><b>10</b> <b>K</b> 8:30 Daily Chronicle <b>V</b> 10:00 Cardio Drumming- ML <b>K</b> 10:45 Bingo- RR <b>O</b> 1:00 Outing: Bowling a Bowl- E-Drome <b>M</b> 3:15 Sing Along with Vikki- TS <b>S</b> 6:30 Game Night- TS</p>	<p><b>11</b> <b>K</b> 8:30 Daily Chronicle <b>MM</b> 9:00 Activity Cart <b>V</b> 10:00 Yoga Studio- ML <b>I</b> 11:00 Relaxation Group- ML <b>S</b> 11:00 AL Resident Council- RR <b>CC</b> 1:00 Cooking Class: Fruit Pizzas- RR <b>S</b> 3:00 Happy Hour- CC</p>	<p><b>12</b> <b>K</b> 9:30 Daily Chronicle <b>CC</b> 10:30 Baking for Local Police Officers- RR <b>K</b> 1:30 Bingo- RR <b>GF</b> 5:30 Weekend Movie: Touched by an Angel- ML</p>
<p><b>13</b> <b>K</b> 9:30 Daily Chronicle <b>GF</b> 10:00 Current Events &amp; Coffee- RR <b>K</b> 10:30 Game Group- RR <b>S</b> 11:00 Sunday Brunch <b>M</b> 2:00 Music Scattergories- RR <b>I</b> 3:00 Church with Deacon Tim from SOTL- TS</p>	<p><b>14</b> <b>K</b> 8:30 Daily Chronicle <b>V</b> 10:00 Noodle Exercises- ML <b>CC</b> 10:30 Coffee with Diane- RR <b>K</b> 1:00 Game Group- RR <b>S</b> 2:00 Chef's Circle-RR <b>A</b> 3:00 Artisans- Card Making &amp; Writing to Voyager Elementary- RR <b>M</b> 3:30 50's Music- RR</p>	<p><b>15</b> <b>K</b> 8:30 Daily Chronicle <b>L</b> 10:00 Learn to use the Computer- HS <b>I</b> 10:30 Catholic Prayer service- TS <b>O</b> 1:00 Outing: Dollar Tree \$\$ <b>V</b> 3:30 Trilogy Fit Exercise- ML <b>K</b> 6:30 Bingo Night- TS</p>	<p><b>16</b> <b>K</b> 8:30 Daily Chronicle <b>K</b> 10:00 Wheel of Fortune- TS <b>A</b> 1:00 Artisans: Magazine Mosaic- RR <b>M</b> 1:30 Relaxing Music <b>M</b> 1:30 Relaxing Music- RR <b>I</b> 2:00 Bible Study with Deacon Dale- TS <b>V</b> 3:00 Tabletop Bowling- TS</p>	<p><b>17</b> <b>K</b> 8:30 Daily Chronicle <b>V</b> 10:00 Cardio Drumming- ML <b>K</b> 10:45 Bingo- RR <b>O</b> 1:00 Outing: Fowlerville Library <b>M</b> 3:15 Sing along with 1st Presbyterian- TS <b>S</b> 6:30 Game Night- TS</p>	<p><b>18</b> <b>K</b> 8:30 Daily Chronicle <b>MM</b> 9:00 Activity Cart <b>V</b> 10:00 Yoga Studio- ML <b>I</b> 11:00 Play Life Stories- RR <b>CC</b> 1:00 Cooking Class: Olive Penguins- RR <b>S</b> 3:00 Happy Hour- CC <b>M</b> 3:30 Live Music: Paul Marimba- TS</p>	<p><b>19</b> <b>K</b> 9:30 Daily Chronicle <b>K</b> 10:00 Stripes and Solids - CC <b>K</b> 1:30 Bingo- RR <b>GF</b> 5:30 Weekend Movie: Casablanca- ML</p>
<p><b>20</b> <b>K</b> 9:30 Daily Chronicle <b>GF</b> 10:00 Current Events &amp; Coffee- RR <b>K</b> 10:30 Game Group- RR <b>L</b> 2:00 Learn About Van Gogh- RR <b>I</b> 3:00 Church with Tim Christonson from Bible Baptist- TS</p>	<p><b>21</b> <b>Martin Luther King Day</b> <b>K</b> 8:30 Daily Chronicle <b>V</b> 10:00 Noodle Exercises- ML <b>CC</b> 10:30 Coffee with Diane- RR <b>K</b> 1:00 Game Group- RR <b>S</b> 2:00 Chef's Circle-RR <b>A</b> 3:00 Artisans: Snow Globe- RR <b>M</b> 3:30 50's Music- RR</p>	<p><b>22</b> <b>K</b> 8:30 Daily Chronicle <b>V</b> 10:00 Trilogy Fit Exercise- ML <b>I</b> 10:30 Catholic Prayer service- TS <b>O</b> 1:00 Outing: Emagine Movie Theater in Hartland \$\$ <b>M</b> 3:30 "Wastin' time" Activity- RR <b>K</b> 6:30 Bingo Night- TS</p>	<p><b>23</b> <b>K</b> 8:30 Daily Chronicle <b>K</b> 10:00 Wheel of Fortune- TS <b>A</b> 1:00 Artisans: Paper Wreaths For Teachers of Voyager Elementary- RR <b>M</b> 1:30 Listening to Jazz Music- RR <b>M</b> 3:00 Music and Dancing- ML</p>	<p><b>24</b> <b>K</b> 8:30 Daily Chronicle <b>V</b> 10:00 Cardio Drumming- ML <b>K</b> 10:45 Bingo- RR <b>S</b> 11:30 Outing: Men's Luncheon From Jonna's Market <b>O</b> 1:30 Outing: Scenic Drive <b>I</b> 3:30 Relaxation Group- ML <b>S</b> 6:30 Game Night- TS</p>	<p><b>25</b> <b>K</b> 8:30 Daily Chronicle <b>MM</b> 9:00 Activity Cart <b>V</b> 10:00 Yoga Studio- ML <b>CC</b> 1:00 Cooking Class: Cake Pops- RR <b>S</b> 3:00 January Birthday Happy Hour- CC</p>	<p><b>26</b> <b>K</b> 9:30 Daily Chronicle <b>K</b> 10:30 White Board Games- TS <b>K</b> 1:30 Bingo- RR <b>GF</b> 5:30 Weekend Movie: A Roman Holiday- ML</p>
<p><b>27</b> <b>K</b> 9:30 Daily Chronicle <b>GF</b> 10:00 Current Events &amp; Coffee- RR <b>K</b> 10:30 Game Group- RR <b>I</b> 1:30 242 Community Church- TS <b>L</b> 3:00 Learn about Michigan's History- RR</p>	<p><b>28</b> <b>K</b> 8:30 Daily Chronicle <b>V</b> 10:00 Noodle Exercises- ML <b>CC</b> 10:30 Coffee with Diane- RR <b>K</b> 1:00 Game Group- RR <b>S</b> 2:00 Chef's Circle-RR <b>A</b> 3:00 Artisans: Winter Vases- RR <b>M</b> 3:30 Country Music- RR</p>	<p><b>29</b> <b>K</b> 8:30 Daily Chronicle <b>V</b> 10:00 Trilogy Fit Exercise- ML <b>I</b> 10:30 Catholic Prayer service- TS <b>O</b> 1:00 Outing: Mystery Outing <b>M</b> 3:30 Musical Hangman- RR <b>K</b> 6:30 Bingo Night- TS</p>	<p><b>30</b> <b>K</b> 8:30 Daily Chronicle <b>K</b> 10:00 Wheel of Fortune- TS <b>A</b> 1:00 Artisans: Beaded Snowflakes- RR <b>M</b> 1:30 Easy Listening Music- RR <b>I</b> 2:00 Bible Study with Deacon Dale HOTS- TS <b>V</b> 3:00 Balloon Volleyball- TS</p>	<p><b>31</b> <b>K</b> 8:30 Daily Chronicle <b>V</b> 10:00 Cardio Drumming- ML <b>K</b> 10:45 Bingo- RR <b>O</b> 1:00 Outing: Target \$\$ <b>I</b> 3:30 Funny Life Stories- TS <b>S</b> 6:30 Game Night- TS</p>	<p>Sign up for Out and About trips in advance in the Honey Sweet Café. Availability is on a first come, first served basis.</p>	<p>Nails are done by volunteers approximately every other week. Watch your daily schedules to see when they are coming!</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>A</b> - Artisans <b>CC</b> - Community Connections <b>CC</b> - Creative Cooking <b>GF</b> - Gathering of Friends <b>GC</b> - Group Games <b>I</b> - Inspirations <b>K</b> - Keeping it Sharp/Reminisce <b>L</b> - Lifelong Learning <b>MM</b> - Mindful Moments <b>M</b> - Music to My Ears <b>O</b> - Out & About	Location Key ML - McPherson Lane RR - Recreation Room HS - Honey Sweet Café GP - Griffith Parkway TS - Town Square CC - Cantelope Café SR - Sun Room CY - Courtyard	<b>1</b> <b>New Year's Day</b> <b>K</b> 8:30 Daily Chronicle <b>V</b> 10:00 Trilogy Fit Exercise- ML <b>I</b> 10:30 Catholic Prayer service from LifeShare- TS <b>MM</b> 11:00 Mindful Moments- GP <b>K</b> 1:30 Game Group- RR <b>GF</b> 3:30 Movie Afternoon: Some Like It Hot- ML	<b>2</b> <b>K</b> 8:30 Daily Chronicle <b>K</b> 10:00 Wheel of Fortune- TS <b>MM</b> 11:00 Mindful Moments <b>A</b> 1:00 Artisans: Paper Roll Snowflakes- RR <b>O</b> 1:00 Outing: Scenic Drive <b>I</b> 2:00 Bible Study with Deacon Dale HOTS Lutheran Church- TS	<b>3</b> <b>K</b> 8:30 Daily Chronicle <b>V</b> 10:00 Cardio Drumming- ML <b>MM</b> 10:30 Mindful Moments <b>K</b> 10:45 Bingo- RR <b>O</b> 1:00 Outing: Walmart \$\$ <b>M</b> 3:30 Dumbing and Rhythm Lesson- ML <b>S</b> 6:30 Game Night- TS	<b>4</b> <b>K</b> 8:30 Daily Chronicle <b>MM</b> 9:00 Activity Cart <b>V</b> 10:00 Yoga Studio- ML <b>I</b> 11:00 Emotion Sorting- RR <b>CC</b> 1:00 Cooking Class: Pigs in a blanket- RR <b>S</b> 3:00 Happy Hour- CC <b>M</b> 3:30 Live Music: Laura Rathbun- TS	<b>5</b> <b>K</b> 9:30 Daily Chronicle <b>GG</b> 10:00 Inspired Living- TS <b>K</b> 11:00 Word in a Word- TS <b>K</b> 1:30 Bingo- RR <b>MM</b> 3:30 Mindful Moments: Art <b>GF</b> 5:30 Weekend Movie: The Breakfast Club- ML
<b>6</b> <b>K</b> 9:30 Daily Chronicle <b>CC</b> 10:30 Games and Snacks with Andrew- HS <b>L</b> 1:00 Learn about Italy- RR <b>MM</b> 2:00 Mindful Moments <b>I</b> 3:00 Bible Trivia- RR	<b>7</b> <b>K</b> 8:30 Daily Chronicle <b>V</b> 10:00 Noodle Exercises- ML <b>CC</b> 10:30 Coffee with Diane- RR <b>MM</b> 11:00 Mindful Moments <b>S</b> 2:00 Chef's Circle-RR <b>A</b> 3:00 Artisans- Potpourri Making- RR <b>M</b> 3:30 Swing Music- RR	<b>8</b> <b>K</b> 8:30 Daily Chronicle <b>V</b> 10:00 Trilogy Fit Exercise- ML <b>I</b> 10:30 Catholic Prayer service- TS <b>O</b> 11:30 Outing: Lunch at Culver's \$\$ <b>MM</b> 2:00 Mindful Moments- GP <b>M</b> 3:30 A Wonderful World Activity- RR	<b>9</b> <b>K</b> 8:30 Daily Chronicle <b>K</b> 10:00 Wheel of Fortune- TS <b>MM</b> 11:00 Mindful Moments <b>A</b> 1:00 Artisans: Group Painting- RR <b>M</b> 1:30 Classical Music- RR <b>I</b> 2:30 Spa Day: Hand Massages and Aroma Therapy- RR	<b>10</b> <b>K</b> 8:30 Daily Chronicle <b>V</b> 10:00 Cardio Drumming- ML <b>MM</b> 10:30 Mindful Moments <b>K</b> 10:45 Bingo- RR <b>O</b> 1:00 Outing: Bowling a Bowl- E-Drome <b>M</b> 3:15 Sing Along with Vikki- TS <b>S</b> 6:30 Game Night- TS	<b>11</b> <b>K</b> 8:30 Daily Chronicle <b>MM</b> 9:00 Activity Cart <b>V</b> 10:00 Yoga Studio- ML <b>I</b> 11:00 Relaxation Group- ML <b>CC</b> 1:00 Cooking Class: Fruit Pizzas- RR <b>S</b> 3:00 Happy Hour- CC <b>M</b> 3:30 Live Music: Royce Hyatt- TS	<b>12</b> <b>K</b> 9:30 Daily Chronicle <b>CC</b> 10:30 Baking for Local Police Officers- RR <b>K</b> 1:30 Bingo- RR <b>MM</b> 3:30 Mindful Moments: Art <b>GF</b> 5:30 Weekend Movie: Touched by an Angel- ML
<b>13</b> <b>K</b> 9:30 Daily Chronicle <b>S</b> 11:00 Sunday Brunch <b>MM</b> 1:00 Mindful Moments <b>M</b> 2:00 Music Scattergories- RR <b>I</b> 3:00 Church with Deacon Tim from SOTL- TS	<b>14</b> <b>K</b> 8:30 Daily Chronicle <b>V</b> 10:00 Noodle Exercises- ML <b>CC</b> 10:30 Coffee with Diane- RR <b>MM</b> 11:00 Mindful Moments <b>S</b> 2:00 Chef's Circle-RR <b>A</b> 3:00 Artisans- Card Making & Writing to Voyager Elementary- RR <b>M</b> 3:30 50's Music- RR	<b>15</b> <b>K</b> 8:30 Daily Chronicle <b>L</b> 10:00 Learn to use the Computer- HS <b>I</b> 10:30 Catholic Prayer service- TS <b>MM</b> 11:00 Mindful Moments- GP <b>O</b> 1:00 Outing: Dollar Tree \$\$ <b>V</b> 3:30 Trilogy Fit Exercise- ML <b>K</b> 6:30 Bingo Night- TS	<b>16</b> <b>K</b> 8:30 Daily Chronicle <b>K</b> 10:00 Wheel of Fortune- TS <b>MM</b> 11:00 Mindful Moments <b>A</b> 1:00 Artisans: Magazine Mosaic- RR <b>M</b> 1:30 Relaxing Music <b>M</b> 1:30 Relaxing Music- RR <b>I</b> 2:00 Bible Study with Deacon Dale- TS	<b>17</b> <b>K</b> 8:30 Daily Chronicle <b>V</b> 10:00 Cardio Drumming- ML <b>MM</b> 10:30 Mindful Moments <b>K</b> 10:45 Bingo- RR <b>O</b> 1:00 Outing: Fowlerville Library <b>M</b> 3:15 Sing along with 1st Presbyterian- TS <b>S</b> 6:30 Game Night- TS	<b>18</b> <b>K</b> 8:30 Daily Chronicle <b>MM</b> 9:00 Activity Cart <b>V</b> 10:00 Yoga Studio- ML <b>I</b> 11:00 Play Life Stories- RR <b>CC</b> 1:00 Cooking Class: Olive Penguins- RR <b>S</b> 3:00 Happy Hour- CC <b>M</b> 3:30 Live Music: Paul Marimba- TS	<b>19</b> <b>K</b> 9:30 Daily Chronicle <b>K</b> 10:00 Stripes and Solids - CC <b>K</b> 1:30 Bingo- RR <b>MM</b> 3:30 Mindful Moments: Art <b>GF</b> 5:30 Weekend Movie: Casablanca- ML
<b>20</b> <b>K</b> 9:30 Daily Chronicle <b>MM</b> 1:00 Mindful Moments <b>L</b> 2:00 Learn About Van Gogh- RR <b>I</b> 3:00 Church with Tim Christonson from Bible Baptist- TS	<b>21</b> <b>Martin Luther King Day</b> <b>K</b> 8:30 Daily Chronicle <b>V</b> 10:00 Noodle Exercises- ML <b>CC</b> 10:30 Coffee with Diane- RR <b>MM</b> 11:00 Mindful Moments <b>S</b> 2:00 Chef's Circle-RR <b>A</b> 3:00 Artisans: Snow Globe- RR <b>M</b> 3:30 50's Music- RR	<b>22</b> <b>K</b> 8:30 Daily Chronicle <b>V</b> 10:00 Trilogy Fit Exercise- ML <b>I</b> 10:30 Catholic Prayer service- TS <b>MM</b> 11:00 Mindful Moments- GP <b>O</b> 1:00 Outing: Emagine Movie Theater in Hartland \$\$ <b>M</b> 3:30 "Wastin' time" Activity- RR	<b>23</b> <b>K</b> 8:30 Daily Chronicle <b>K</b> 10:00 Wheel of Fortune- TS <b>MM</b> 11:00 Mindful Moments <b>A</b> 1:00 Artisans: Paper Wreaths For Teachers of Voyager Elementary- RR <b>M</b> 1:30 Listening to Jazz Music- RR	<b>24</b> <b>K</b> 8:30 Daily Chronicle <b>V</b> 10:00 Cardio Drumming- ML <b>MM</b> 10:30 Mindful Moments <b>K</b> 10:45 Bingo- RR <b>S</b> 11:30 Outing: Men's Luncheon From Jonna's Market <b>O</b> 1:30 Outing: Scenic Drive <b>I</b> 3:30 Relaxation Group- ML	<b>25</b> <b>K</b> 8:30 Daily Chronicle <b>MM</b> 9:00 Activity Cart <b>V</b> 10:00 Yoga Studio- ML <b>S</b> 11:00 HC Resident Council - SR <b>MM</b> 11:00 Mindful Moments <b>CC</b> 1:00 Cooking Class: Cake Pops- RR <b>S</b> 3:00 January Birthday Happy	<b>26</b> <b>K</b> 9:30 Daily Chronicle <b>K</b> 10:30 White Board Games- TS <b>K</b> 1:30 Bingo- RR <b>MM</b> 3:30 Mindful Moments: Art <b>GF</b> 5:30 Weekend Movie: A Roman Holiday- ML
<b>27</b> <b>K</b> 9:30 Daily Chronicle <b>I</b> 1:30 242 Community Church- TS <b>MM</b> 2:00 Mindful Moments <b>L</b> 3:00 Learn about Michigan's History- RR	<b>28</b> <b>K</b> 8:30 Daily Chronicle <b>V</b> 10:00 Noodle Exercises- ML <b>CC</b> 10:30 Coffee with Diane- RR <b>MM</b> 11:00 Mindful Moments <b>S</b> 2:00 Chef's Circle-RR <b>A</b> 3:00 Artisans: Winter Vases- RR <b>M</b> 3:30 Country Music- RR	<b>29</b> <b>K</b> 8:30 Daily Chronicle <b>V</b> 10:00 Trilogy Fit Exercise- ML <b>I</b> 10:30 Catholic Prayer service- TS <b>MM</b> 11:00 Mindful Moments- GP <b>O</b> 1:00 Outing: Mystery Outing <b>M</b> 3:30 Musical Hangman- RR <b>K</b> 6:30 Bingo Night- TS	<b>30</b> <b>K</b> 8:30 Daily Chronicle <b>K</b> 10:00 Wheel of Fortune- TS <b>MM</b> 11:00 Mindful Moments <b>A</b> 1:00 Artisans: Beaded Snowflakes- RR <b>M</b> 1:30 Easy Listening Music- RR <b>I</b> 2:00 Bible Study with Deacon Dale HOTS- TS	<b>31</b> <b>K</b> 8:30 Daily Chronicle <b>V</b> 10:00 Cardio Drumming- ML <b>MM</b> 10:30 Mindful Moments <b>K</b> 10:45 Bingo- RR <b>O</b> 1:00 Outing: Target \$\$ <b>I</b> 3:30 Funny Life Stories- TS <b>S</b> 6:30 Game Night- TS	Sign up for Out and About trips in advance in the Honey Sweet Café. Availability is on a first come, first served basis.	Nails are done by volunteers approximately every other week. Watch your daily schedules to see when they are coming!