


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>109 North Keene Street Columbia, MO 65201 573-443-2007</p>	<p>Location Keys</p> <p>Activity Room AR Atrium AT Chapel CH Dining Area DN Game Room GR TV Room TV</p>	<p>New Year's Day</p> <p>9:30 ♥ Yoga [AR] 10:30 🚗 Ambassador Meeting [AR] 11:00 🚶 Walking Club 11:00 🍴 Your Life Your Legacy Lunch [AR] 2:00 🌳 Dollar Tree Outing 3:00 🎲 Dominoes 4:00 🕒 Social Hour [AR] 6:30 ⭐ Bible Study/ Redeemer Presb. [CH] 7:00 🚶 On the Go Word Search Fun [AR]</p>	<p>9:30 ♥ Exercise w/ Bands [AR] 9:30-4 🚗 Solstice Shuttle [AR] 10:00 🚶 Washers [AR] 11:00 🚶 Walking Club 2:00 🎲 Bingo [AR] 7:00 ⭐ Bible Study :The Purpose Driven Life w/ Mr. Lamar [CH] 7:00 🚶 Poker Night [GR]</p>	<p>9:30 ♥ Cardio Drumming 11:00 🚶 Billiard Play [GR] 2:00 🗣️ Resolutions and Remembrance [AR] 3:00 🚶 Adult Coloring [AR] 7:00 🚶 Late Night Bingo [TV]</p>	<p>Happy Birthday Mary Stanfield!</p> <p>9:30 ♥ Sit and Dance [AR] 10:00 🗣️ Donuts and Coffee [AR] 11:00 🚶 Walking Club 2:00 🚶 Music w/ Joe Fedl [AT] 3:00 🚶 Quiddler [AR] 7:00 🎬 Let's go to the Movie [TV]</p>
<p>One Year Anniversary Sing Along Carl Glover</p> <p>9:30 ♥ Exercise Video [AR] 10:00 🚗 Bus to Methodist 11:00 🗣️ On the Go Trivia 2:00 ⭐ Gospel Sing Along w/ Mr. Carl Glover [AR] 3:30 🚶 Cookies and Cocoa [AR] 6:45 ⭐ Church Service [CH]</p>	<p>9:30 ♥ Exercise Video [AR] 9:30-4 🚗 Solstice Shuttle [AR] 11:00 🚶 Walking Club 12:30 🚶 Sit Somewhere New Meet Someone New [DN] 2:00 🚶 Bingo [AR] 6:30 🚶 Puzzle Fun</p>	<p>9:30-4 🚗 Solstice Shuttle [AR] 9:30 ♥ Strength Training w/ Legacy [AR] 10:00 🚶 Washers [AR] 11:00 🚶 Walking Club 2:00 🚶 Farkle Party [AR] 2:00 🚶 Quiddler [AR] 2:00 🗣️ Sunshine Singers 4:00 🚶 On the Go Crosswords [AR] 7:00 🗣️ Let's go to the Movie [TV]</p>	<p>9:30 ♥ Yoga [AR] 10:00 ♥ Blood Pressure Checks [AR] 10:30 ⭐ Catholic Service [CH] 11:00 🚶 Walking Club 11:30 🗣️ Music w/ MUMC [AT] 2:00 🗣️ Resident Meeting [AR] 3:00 🎲 Dominoes 4:00 🕒 Social Hour [AR] 7:00 🗣️ Mennonite Singers 7:00 🚶 On the Go Word Search Fun [AR]</p>	<p>9:30 ♥ Exercise w/ Bands [AR] 9:30-4 🚗 Solstice Shuttle [AR] 10:00 🚶 Washers [AR] 11:00 🚶 Walking Club 2:00 🎲 Bingo [AR] 7:00 ⭐ Bible Study :The Purpose Driven Life w/ Mr. Lamar [CH] 7:00 🚶 Poker Night [GR]</p>	<p>9:30 ♥ Cardio Drumming 11:00 🚶 Billiard Play [GR] 2:00 🚶 Hangman [AR] 3:00 🚶 Adult Coloring [AR] 7:00 🚶 Late Night Bingo [TV]</p>	<p>9:30 ♥ Sit and Dance [AR] 10:00 🗣️ Donuts and Coffee [AR] 11:00 🚶 Walking Club 2:00 🚶 Music w/ Jessica [AT] 3:00 🚶 Quiddler [AR] 7:00 🎬 Let's go to the Movie [TV]</p>
<p>9:30 ♥ Exercise Video [AR] 10:00 🚗 Bus to Methodist 11:00 🗣️ On the Go Trivia 2:00 ⭐ Gospel Sing Along w/ Mr. Carl Glover [AR] 3:30 🚶 Cookies and Cocoa [AR] 6:45 ⭐ Church Service [CH]</p>	<p>9:30 ♥ Exercise Video [AR] 9:30-4 🚗 Solstice Shuttle [AR] 10:30 ♥ Nail Bar [AR] 11:00 🚶 Walking Club 12:30 🚶 Sit Somewhere New Meet Someone New [DN] 2:00 🚶 Bingo [AR] 3:00 ♥ Nail Bar [AR] 6:30 🚶 Puzzle Fun</p>	<p>Happy Birthday Linda Calhoun!</p> <p>9:30-4 🚗 Solstice Shuttle [AR] 9:30 ♥ Strength Training w/ Legacy [AR] 10:00 🚶 Washers [AR] 11:00 🚶 Walking Club 2:00 🚶 Farkle Party [AR] 2:00 🚶 Quiddler [AR] 3:00 🗣️ Food Committee Meeting 4:00 🚶 On the Go Crosswords [AR] 7:00 🗣️ Let's go to the Movie [TV]</p>	<p>Happy Birthday George Chapman!</p> <p>National Hat Day</p> <p>9:30 ♥ Yoga [AR] 10:30 🚶 Mens Coffee [AR] 11:00 🚶 Walking Club 2:00 🚶 Karaoke w/ Wine and Cheese [AR] 3:00 🎲 Dominoes 4:00 🕒 Social Hour [AR] 7:00 🚶 On the Go Word Search Fun [AR]</p>	<p>9:30 ♥ Exercise w/ Bands [AR] 9:30-4 🚗 Solstice Shuttle [AR] 10:00 🚶 Washers [AR] 11:00 🚶 Walking Club 2:00 🎲 Bingo [AR] 7:00 ⭐ Bible Study :The Purpose Driven Life w/ Mr. Lamar [CH] 7:00 🚶 Poker Night [GR]</p>	<p>Happy Birthday Linda Ingram!</p> <p>9:30 ♥ Cardio Drumming 11:00 🚶 Billiard Play [GR] 2:00 ⭐ Veterans Meet Story Telling [AR] 3:00 🚶 Adult Coloring [AR] 7:00 🚶 Late Night Bingo [TV]</p>	<p>9:30 ♥ Sit and Dance [AR] 10:00 🗣️ Donuts and Coffee [AR] 11:00 🚶 Walking Club 2:00 🚶 Music w/ BJ Davis [AT] 3:00 🚶 Quiddler [AR] 7:00 🎬 Let's go to the Movie [TV]</p>
<p>Happy Birthday Jack Grace!</p> <p>9:30 ♥ Exercise Video [AR] 10:00 🚗 Bus to Methodist 11:00 🗣️ On the Go Trivia 2:00 ⭐ Gospel Sing Along w/ Mr. Carl Glover [AR] 3:30 🚶 Cookies and Cocoa [AR] 6:45 ⭐ Church Service [CH]</p>	<p>Martin Luther King, Jr. Day</p> <p>9:30 ♥ Exercise Video [AR] 9:30-4 🚗 Solstice Shuttle [AR] 11:00 🚶 Walking Club 12:30 🚶 Sit Somewhere New Meet Someone New [DN] 2:00 🚶 Bingo [AR] 6:30 🚶 Puzzle Fun</p>	<p>National Hugging Day</p> <p>9:30-4 🚗 Solstice Shuttle [AR] 9:30 ♥ Strength Training w/ Legacy [AR] 10:00 🚶 Washers [AR] 11:00 🚶 Walking Club 2:00 🚶 Music w/ the Joy Boys [AT] 2:00 🚶 Quiddler [AR] 4:00 🚶 On the Go Crosswords [AR] 7:00 🗣️ Let's go to the Movie [TV]</p>	<p>Happy Birthday Joanne Millbery!</p> <p>9:30 ♥ Yoga [AR] 10:00 ♥ Blood Pressure Checks [AR] 10:30 ⭐ Catholic Service [CH] 11:00 🚶 Walking Club 1:45 🗣️ Big Lots Discount Store 3:00 🎲 Dominoes 4:00 🕒 Social Hour [AR] 7:00 🚶 On the Go Word Search Fun [AR]</p>	<p>National Pie Day</p> <p>9:30 ♥ Exercise w/ Bands [AR] 9:30-4 🚗 Solstice Shuttle [AR] 10:00 🚶 Washers [AR] 11:00 🚶 Walking Club 2:00 🎲 Bingo [AR] 7:00 ⭐ Bible Study :The Purpose Driven Life w/ Mr. Lamar [CH] 7:00 🚶 Poker Night [GR]</p>	<p>9:30 ♥ Cardio Drumming 11:00 🚶 Billiard Play [GR] 2:00 🗣️ Goodwill 3:00 🚶 Adult Coloring [AR] 7:00 🚶 Late Night Bingo [TV]</p>	<p>9:30 ♥ Sit and Dance [AR] 10:00 🗣️ Donuts and Coffee [AR] 11:00 🚶 Walking Club 2:00 🚶 Music w/ Bernard Ross [AT] 3:00 🚶 Quiddler [AR] 7:00 🎬 Let's go to the Movie [TV]</p>
<p>9:30 ♥ Exercise Video [AR] 10:00 🚗 Bus to Methodist 11:00 🗣️ On the Go Trivia 2:00 ⭐ Gospel Sing Along w/ Mr. Carl Glover [AR] 3:30 🚶 Cookies and Cocoa [AR] 6:45 ⭐ Church Service [CH]</p>	<p>9:30 ♥ Exercise Video [AR] 9:30-4 🚗 Solstice Shuttle [AR] 10:30 ♥ Nail Bar [AR] 11:00 🚶 Walking Club 12:30 🚶 Sit Somewhere New Meet Someone New [DN] 2:00 🚶 Bingo [AR] 3:00 ♥ Nail Bar [AR] 6:30 🚶 Puzzle Fun</p>	<p>9:30-4 🚗 Solstice Shuttle [AR] 9:30 ♥ Strength Training w/ Legacy [AR] 10:00 🚶 Washers [AR] 11:00 🚶 Walking Club 2:00 🗣️ Art Therapy w/ John [AR] 2:00 🚶 Quiddler [AR] 4:00 🚶 On the Go Crosswords [AR] 7:00 🗣️ Let's go to the Movie [TV]</p>	<p>9:30 ♥ Yoga [AR] 11:00 🚶 Walking Club 2:00 🚶 Crafts [AR] 3:00 🎲 Dominoes 4:00 🕒 Social Hour [AR] 7:00 🚶 On the Go Word Search Fun [AR]</p>	<p>9:30 ♥ Exercise w/ Bands [AR] 9:30-4 🚗 Solstice Shuttle [AR] 10:00 🚶 Washers [AR] 11:00 🚶 Walking Club 2:00 🎲 Bingo [AR] 7:00 ⭐ Bible Study :The Purpose Driven Life w/ Mr. Lamar [CH] 7:00 🚶 Poker Night [GR]</p>	<p>9:30 ♥ Cardio Drumming 11:00 🚶 Billiard Play [GR] 2:00 🗣️ Lucky Market 3:00 🚶 Adult Coloring [AR] 7:00 🚶 Late Night Bingo [TV]</p>	<p>📷 Be Adventurous 🚶 Be Challenged 🗣️ Be Connected 🗣️ Be Family ⭐ Be Inspired 🚶 Be Social ♥ Be Well</p>