

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Room Location Codes

QAR Queen Anne Room
 AR Activity Rooms (I=Inn; P=Pines)
 MNDR Mount Nittany Dining Room
 FDR Fireside Dining Room
 FIT Willows Fitness Room
 WDR Willows Dining Room
 WCR Willows Conference Room
 ML Main Lobby (I=Inn; P=Pines)
 BR Inn/Pines Bridge
 2FL 2nd Floor
 BRK Brookline Skilled Care
 PV Pavilion
 PIANO Pines Piano Lounge
 SOL Inn Solarium
 VISTA Pines Vista View
 C Inn/Willows Café

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>7</p> <p>9:30 Daily Chronicle (IAR) 9:30 Listen to Mass 1450 AM 10:30 Sunday Stretches (IAR) 11:15 Shuffle Schuffle Brain Game (PAR) 1:30 Indian Mandala Art Therapy (IAR) 2:30 Worship Service (QAR) 4:00 Swiss Wine & Cheese Tasting (BR) 6:00 Reminisce: Favorite Songs (PAR)</p>	<p>1</p> <p>New Year's Day!</p> <p>9:30 News & Views (C) 10:30 Morning Moves Chair Dancing with Sue (IAR) 10:30 Stretch & Flex (FIT) 1:15 Willows Bridge Club (WDR) 1:30 More Than Kraut: New Years Traditions Around The World (PAR) 3:00 Spin N' Solve (IAR) 4:00 New Year Happy Hour: Champagne Cocktail (BR) 6:00 Poker Night (PAR)</p>	<p>2</p> <p>9:30 Grocery Shuttle (x2041) (WEIS) 10:00 Refresh Body, Mind & Spirit (VISTA) 10:30 Sit N' Fit (IAR) 2:00 TV Series: Anne With An E (FDR) 3:30 Music Makers w/ Judy* (QAR) 4:00 Rummikub (WDR) 6:00 Pet Therapy Visits w/ Ginger (PIANO)</p>	<p>3</p> <p>9:00 Men's Poker (PAR) 9:30 News & Views (C) 10:00 Refresh Body, Mind & Spirit (FDR) 10:30 Mindful Moves w/ Amy (IAR) 10:30 Breathe & Balance (FIT) 1:30 Manicures (IAR) 3:00 Bingo for the Brain (FDR) 4:00 Cultural Cocktail: White Russians Happy Hour (BR) 6:00 Name That Classical Tune (IAR)</p>	<p>4</p> <p>10:00 Quilting Guild (MNDR) 10:00 Refresh Body, Mind & Spirit (VISTA) 10:00 Catholic Communion (QAR) 10:30 Resistance Bands (IAR) 1:30 Documentary Film: Pentatonix-On My Way Home in Concert (FDR) 2:00 Shopping Shuttle (x2041) (WALMART) 4:00 Blue Eyes: Hits & History of Frank Sinatra (PAR) 4:30 Dulcimer Gals Practice (QAR) 6:00 Travelogue: The Great Wall of China (IAR)</p>	<p>5</p> <p>9:00 Flower Arranging (IAR) 9:30 News & Views (C) 10:00 Refresh Body, Mind & Spirit (FDR) 10:30 Stretch & Flex (FIT) 1:00 Fly Fishermen Group (WCR) 1:45 Bingo (FDR) 3:00 Travel Slideshow w/ Jim Steamer (FDR) 4:00 Egg Nog Happy Hour (BR)</p>	<p>6</p> <p>PA Farm Show Begins</p> <p>9:30 History of the PA Farm Show (VISTA) 10:30 Breathe & Balance (IAR & PIANO) 11:30 Lunch Outing (x2041) (RED LOBSTER) 2:00 Crafty Kitchen: PB Brownie Mugs (IAR) 3:30 Name That Sound: Musical Instruments (PAR) 4:00 Winter Warm-Up Happy Hour: Cinn. Roll Cocktail (BR) 6:00 Life & History of the Andrews Sisters (IAR)</p>
<p>14</p> <p>9:30 Chicken Soup for the Soul Readings (C) 9:30 Listen to Mass 1450 AM 10:30 Sit N' Fit (IAR) 10:30 HealthBEAT Fitness w/ Nettie (PIANO) 11:15 Daily Chronicle (IAR) 1:30 Life & Hits of Glenn Miller (PAR) 2:30 Worship Service (QAR) 4:00 Left Center Right Dice Game (PAR)</p>	<p>8</p> <p>9:30 News & Views (C) 9:30 Wellness Therapist Seminar (IAR) 10:30 Sit N' Fit (FIT) 10:30 Smooth Stretches Chair Yoga w/ Sue (IAR) 11:00 BRUNCH Outing (x2041) (WAFFLE SHOP) 1:15 Willows Bridge Club (WDR) 2:00 Resident Town Hall (WDR) 4:00 Coffee Cocktail Happy Hour (BR) 6:00 Poker Night (PAR)</p>	<p>9</p> <p>9:30 Grocery Shuttle (x2041) (WEIS) 10:00 Refresh Body, Mind & Spirit (VISTA) 10:30 Sit N' Fit (IAR) 1:10 Reading w/ Mt. Nittany Elementary (QAR) 2:00 TV Series: Anne With An E (FDR) 3:15 PEER Meeting (MNDR) 3:30 Walk & Talk Indoor Stroll (IAR) 4:00 Baking Bash: Baked Apple Chips (PAR) 6:00 Watercolor Painting for Beginners w/ Fran (IAR)</p>	<p>10</p> <p>9:00 Men's Poker (PAR) 9:30 News & Views (C) 10:00 Refresh Body, Mind & Spirit (FDR) 10:30 Stretch & Flex (FIT) 1:30 Dave's Discussion Hour (QAR) 2:30 Bingo for the Brain (FDR) 3:30 Crafting W/ Pinterest: Winter Music Canvas Art (IAR) 4:00 Rummikub (WDR) 6:00 Mindful Music w/ Amy Timan* (PIANO)</p>	<p>11</p> <p>10:00 Refresh Body, Mind & Spirit (VISTA) 10:00 Quilting Guild (MNDR) 10:00 Catholic Communion (QAR) 10:30 Breathe & Balance (IAR) 1:30 Musical Movie Matinee: Footloose (FDR) 4:00 Indian Chai Tea Latte Tasting (BR) 4:00 Knitting For A Cause (MNDR) 4:30 Dulcimer Gals Practice (QAR) 6:00 Broadway Piano Bar w/ Rich & Heidi Biever (PIANO)</p>	<p>12</p> <p>9:00 Flower Arranging (IAR) 9:30 News & Views (C) 10:00 Refresh Body, Mind & Spirit (FDR) 10:30 Strength Training (FIT) 12:00 Dining Committee Meeting (IAR) 1:00 Fly Fishermen Group (WCR) 1:45 Bingo (FDR) 3:00 Historical Guest Speaker: Dr. Ferro (PIANO) 4:00 Toasted Almond Cocktail Happy Hour (BR) 6:00 Skip-Bo Hour (IAR)</p>	<p>13</p> <p>9:30 Weekend News Update (VISTA) 10:30 Weekend Workout (PIANO) 10:30 Movement Therapy w/ Nettie (IAR) 11:15 Inspirational Jazz Heroes (PAR) 1:30 Movie Matinee: Newsies (FDR) 2:00 Musical Instrument Word Find (PAR) 4:00 Sippin' Saturday Happy Hour: Hard Apple Cider (BR)</p>
<p>21</p> <p>9:30 Daily Chronicle (IAR) 9:30 Listen to Mass 1450 AM 10:30 Sunday Stretches (IAR & PIANO) 11:15 Name That Tune: Big Band Hits (PAR) 1:30 Giant Ring Toss (IAR) 2:30 Worship Service (QAR) 4:00 Sunday Sundae Social (BR)</p>	<p>15</p> <p>Martin Luther King Jr. Day</p> <p>9:30 News & Views (C) 10:30 Toning to Tunes (FIT) 1:15 Willows Bridge Club (WDR) 2:00 MLK Remembrance (PAR) 3:00 Manicures (IAR) 4:00 Creative Crafting: Water Bottle Penguins (IAR) 6:00 Evening Featured Film: Selma (IAR) 6:00 Poker Night (PAR) 7:00 Stitch & Sew Group (IAR)</p>	<p>16</p> <p>9:30 Grocery Shuttle (x2041) (WEIS) 10:00 Refresh Body, Mind & Spirit (VISTA) 10:30 Sit N' Fit (IAR) 1:30 Walk & Talk Group (PAR) 2:00 TV Series: Anne with An E (FDR) 3:30 Music Makers w/ Judy* (PIANO) 4:00 Rummikub (WDR) 6:00 Pet Therapy Visits w/ Ginger (QAR)</p>	<p>17</p> <p>9:00 Men's Poker (PAR) 9:30 News & Views (C) 10:00 Refresh Body, Mind & Spirit (FDR) 10:30 30min Total Fitness (FIT) 1:30 The First Lady of Jazz: Ella Fitzgerald History (PAR) 2:30 Bingo for the Brain (FDR) 4:00 Make Your Own Milkshake Social (BR) 4:00 BUNCO (WDR) 5:00 Dinner Club: Taco Night (x2041) (IAR)</p>	<p>18</p> <p>10:00 Refresh Body, Mind & Spirit (VISTA) 10:00 Quilting Guild (MNDR) 10:00 Catholic Mass (QAR) 11:00 Healthy Steps Walking Group (IAR) 1:30 Movie Matinee: Joyful Noise (FDR) 2:00 Shopping Shuttle (x20241) (ROSS & DRESS BARN) 4:00 Healthy Snacking: Avocado Dip (BR) 4:30 Dulcimer Gals Practice (QAR) 6:00 Travelogue: The Netherlands (IAR)</p>	<p>19</p> <p>9:00 Flower Arranging (IAR) 9:30 News & Views (C) 10:00 Refresh Body, Mind & Spirit (FDR) 10:30 Friday Fitness (IAR) 1:00 Fly Fishermen Group (WCR) 1:45 Bingo (FDR) 3:00 Red Hat Society (MNDR) 3:00 Conversations w/ Connie Smith CRNP (FDR) 4:00 Sea Breeze Happy Hour (BR) 6:00 Skip-Bo Hour (IAR)</p>	<p>20</p> <p>9:30 Weekend Update (C) 10:30 Music by the PSU Singing Lions* (PIANO) 1:30 Cultural Kitchen: Chinese Chicken Spring Rolls (IAR) 2:30 Rummikub (PAR) 3:30 Walk & Talk (IAR) 4:00 Walk The Line: Life & Hits of Johnny Cash (PAR)</p>
<p>28</p> <p>9:30 Coffee & Current Events (C) 9:30 Listen to Mass 1450 AM 10:30 Sunday Stroll Walking Group (PIANO) 10:30 HealthBEAT Fitness w/ Nettie (IAR) 11:15 Name That Tune: Classic Country (PAR) 1:30 500 Rummy for Beginners (IAR) 2:30 Worship Service (QAR) 4:00 Beer & Soft Pretzel Happy Hour (BR)</p>	<p>22</p> <p>9:30 News & Views (C) 10:30 Stretch & Flex (IAR) 11:15 Math Mania Brain Game (IAR) 1:15 Willows Bridge Club (WDR) 2:00 UNO Card Game (PAR) 4:00 Manhattan Monday Happy Hour (BR) 6:00 Poker Night (PAR)</p>	<p>23</p> <p>9:30 Grocery Shuttle (x2041) (WEIS) 10:00 Refresh Body, Mind & Spirit (VISTA) 10:30 Sit N' Fit (IAR) 1:10 Reading w/ Mt. Nittany Elementary (QAR) 2:00 TV Series: Anne with An E (FDR) 3:00 I Heart Winter Door Hanger Craft (IAR) 4:00 Winter Warm-Up Happy Hour: Blitzen 52 Coffee (BR) 6:00 Watercolor Painting for Beginners w/ Fran (IAR)</p>	<p>24</p> <p>9:00 Men's Poker (PAR) 9:30 News & Views (C) 10:00 Refresh Body, Mind & Spirit (FDR) 10:30 Seated Stretches Fitness (FIT) 1:30 Duplicate Bridge (WDR) 1:45 Mini THON Outing (X2041) (WELLSPRING) 2:30 Bingo for the Brain (FDR) 4:00 Happy Hour: Caramel Apple Sangria (BR) 6:00 January Birthday Party & Music w/ Amy Timan* (QAR)</p>	<p>25</p> <p>10:00 Refresh Body, Mind & Spirit (VISTA) 10:00 Quilting Guild (MNDR) 10:00 Catholic Communion (QAR) 10:30 Toning to Tunes (IAR) 1:30 Movie Matinee: Nat King Cole- Afraid of the Dark (FDR) 3:30 Ambassadors Meeting (MNDR) 4:00 Rock N' Roll: From Then to Now (PAR) 4:00 Knitting for A Cause (MNDR) 6:00 National Geography: The Truth Behind the Bermuda Triangle (IAR)</p>	<p>26</p> <p>9:00 Flower Arranging (IAR) 9:30 News & Views (C) 10:00 Refresh Body, Mind & Spirit (FDR) 10:30 Stretch & Flex (FIT) 1:00 Fly Fishermen Group (WCR) 1:45 Bingo (FDR) 3:00 Villager Meeting (MNDR) 4:00 Winter White Mojito Happy Hour (BR) 6:00 Skip-Bo Hour (IAR)</p>	<p>27</p> <p>9:30 Daily Chronicle (IAR) 10:30 Breathe & Balance (IAR) 10:30 Movement Therapy w/ Nettie (PIANO) 11:15 Latte of the Month Tasting (C) 1:30 Classic Film: The African Queen (FDR) 2:00 Chalk Board Words Brain Game (PAR) 4:00 Frozen Hot Chocolate Social (BR)</p>
<p>28</p> <p>9:30 Coffee & Current Events (C) 9:30 Listen to Mass 1450 AM 10:30 Sunday Stroll Walking Group (PIANO) 10:30 HealthBEAT Fitness w/ Nettie (IAR) 11:15 Name That Tune: Classic Country (PAR) 1:30 500 Rummy for Beginners (IAR) 2:30 Worship Service (QAR) 4:00 Beer & Soft Pretzel Happy Hour (BR)</p>	<p>29</p> <p>9:30 News & Views (C) 10:30 Move It Monday Fitness (FIT) 11:00 Blood Pressure Screenings w/ Connie Smith CRNP (WDR) 1:15 Willows Bridge Club (WDR) 2:00 Phase 10 Card Game (PAR) 3:00 Manicures (IAR) 4:00 Mudslide Monday Happy Hour (BR) 6:00 Piano Music by Carol Pharo* (PIANO) 6:00 Poker Night (PAR)</p>	<p>30</p> <p>9:30 Grocery Shuttle (x2041) (WEIS) 10:00 Refresh Body, Mind & Spirit (VISTA) 10:30 Sit N' Fit (IAR) 1:10 Reading w/ Mt. Nittany Elementary (QAR) 2:00 TV Series: When Calls The Heart (FDR) 3:00 Trivia Challenge (PAR) 3:30 Book Club Meeting (MNDR) 4:00 Taste Around The Word: Global Food Tasting (IAR) 6:00 Dinner Outing (x2041) (KELLYS STEAK & SEAFOOD)</p>	<p>31</p> <p>9:00 Men's Poker (PAR) 9:30 News & Views (C) 10:00 Refresh Body, Mind & Spirit (FDR) 10:30 Stretch & Flex (FIT) 1:30 Musical Instruments You've Never Heard Of (PAR) 2:30 Bingo for the Brain (FDR) 3:30 Kooking w/ Kris: A Demonstration (IAR) 6:00 Creative Crafting: Spiral Bracelet Stringing (IAR)</p>	<p>Quote of the Month</p> <p>And now we welcome the new year. Full of things that have never been. – Rainer Maria Rilke</p>		

*All musical features are provided for therapeutic purposes only to support memory and cognitive functioning.