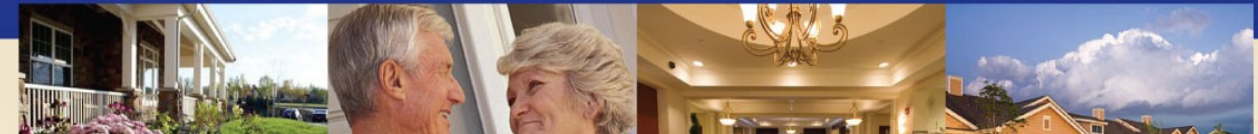


January 2012 Assisted Living

MorningStar Senior Living — Applewood



MorningStar

SENIOR LIVING

Pure Colorado

January Events

*Theme of the Month:
Live Well!*

As we enter into a new year, we celebrate all that we have, and look for ways to learn, grow, and experience life to the fullest, Living Well!

Resident Council
1/2 3:00pm in the Activity Room

Food Council
1/18 2:00pm in the Activity Room

Please sign up at the Front Desk for activities in RED.

Sunday	Monday	Tuesday Medical Appointments	Wednesday	Thursday Medical Appointments	Friday	Saturday
1 New Year's Day 9:15 MorningStar Walk-AR 10:30 Sunday Service-AR 2:15 Broncos vs. Chiefs—TH 6:45 Penny Poker—LB	2 Bowl Me Over Day Football, Popcorn, Pop and Beer in the Theater! 9:15 Yoga-AR 10:00 Silent Prayer 10:30 Knitting Circle-LB 1:30 Penny Poker-LB 3:00 Games Gallery—BS 6:00 Puzzle Work—AR	3 8:30-12:00 Dr. Appointments 9:15 Live Well Series: Yoga and Relaxation Class with Lora Cheadle 1:00 Bridge—AR 1:30 Kristi's Crafts: Feather Fascinators—AR 3:00 Wine & Appetizers-BS 6:30 Jenga — BS	4 9:15 Catholic Communion Service-CH 9:15 Yoga-AR 9:45 Blood Pressure Clinic 10:00 Alley Art and Lunch at 730 South 1-2 FREE Chair Massages with Paul 1:30 Book Club—"Have a Little Faith" - LB 3:00 Ambassador Meeting—AR 7:00 PBS Nature: Birds of the Gods—	5 8:30-12:00 Dr. Appointments 9:15 Balance Training-AR 10:00 Chapel Devotions-CH 1:00 Bridge-AR 2:00 Flower Arranging-BS 3:00 Afternoon Matinee—TH 2-4:30 Errands 6:00 Crossword Puzzles—BS	6 9:00 Wii Bowling-TH 9:15 Circuit Training—AR 10:30 Trivia Bingo—AR 1:00 Christmas Clean-Up! 3:30 Happy Hour-BS 6:30 Movie:"The King's Speech"-TH	7 9:15 Fitness 101-AR 10:30 Armchair Travel - TH 1:00 Bridge-AR 3:00 Ice Cream Social—BS 6:00 Lawrence Welk—TH 6:30 Mud Hut Ceramics-AR
8 9:15 MorningStar Walk-AR 10:30 Sunday Service-AR 3:00 Board Games—AR 6:45 Penny Poker—LB	9 9:15 Yoga-AR 10:00 Silent Prayer 10:30 Knitting Circle-LB 1:30 Penny Poker-LB 3:00 Resident Council-AR 3:00 Painting Class—AR 6:00 Game Night—AR	10 8:30-12:00 Dr. Appointments 9:15 Balance Training-AR 10:00 Live Well Series: Eating Well - Fruit Smoothies - AR 1:00 Bridge—AR 1:30 What's In A Word? 3:00 Wine & Appetizers-BS 6:30 Penny Bingo—AR	11 9:15 Catholic Communion Service-CH 9:15 Yoga-AR 10:00 Cheese Importers Tour and Lunch 1-2 FREE Chair Massages with Paul 1:30 Book Club—"Have a Little Faith" - LB 3:00 Program Planning with Donuts! - AR 7:00 PBS Nature: Kangaroo Mob—TH	12 8:30-12:00 Dr. Appointments 9:15 Balance Training-AR 10:00 Chapel Devotions-CH 11:30 Men's Lunch—AR 1:00 Bridge-AR 2:00 Flower Arranging-BS 2:00-4:30 Errands 3:00 Afternoon Matinee—TH 6:00 Dominos with Jeri —BS	13 9:00 Wii Bowling-TH 9:15 Circuit Training-AR 10:30 Trivia Bingo-AR 1:30 Current Events—LB 3:00 Blues and Blahs Happy Hour—BS 6:30 Movie: "The Last of the Mohicans"-TH	14 AFC Wildcard or Divisional Playoffs 9:15 Fitness 101-AR 10:30 Armchair Travel—TH 1:00 Bridge-AR 3:00 Ice Cream Social-BS 6:00 Lawrence Welk—TH
15 9:15 MorningStar Walk-AR 10:30 Sunday Service-AR 3:00 Crossword Puzzles—BS 6:45 Penny Poker—LB	16 MLK Day 9:15 Yoga-AR 10:00 Silent Prayer-CH 10:30 Knitting Circle-LB 11:30 Westernaires—Nat'l Western Stock Show 1:30 Penny Poker-LB 3:00 Remembering MLK—LB 6:00 Puzzle Work—AR	17 Library Day 8:30-12:00 Dr. Appointments 9:15 Balance Training-AR 10:00 Live Well Series: "Grieving Well" - AR 1:00 Bridge—AR 3:00 Wine & Appetizers-BS 6:30 Preethi Burkholder—"Ghost Towns of the Rockies" - TH	18 9:15 Catholic Communion Service-CH 9:15 Yoga-AR 10:00 IMAX Film—"Born to be Wild" 1-2 FREE Chair Massages with Paul 1:30 Culinary Class—AR 2:00 Food Council—AR 7:00 PBS Nature: A Tiger's Last Journey -TH	19 8:30-12:00 Dr. Appointments 9:15 Balance Training-AR 10:00 Chapel Devotions-CH 1:00 Bridge-AR 2:00 Flower Arranging 3:00 Afternoon Matinee 2-4:30 Errands 6:00 Word Games—BS	20 Donation Day! 9:00 Wii Bowling-TH 9:15 Circuit Training-AR 10:30 Trivia Bingo-AR 1:30 Good Will Drop-Off 3:00 Happy Hour-BS 6:30 Movie: "The Help"	21 AFC Championship 9:15 Fitness 101-AR 10:30 Armchair Travel—TH 1:30 St. Cecilia Sing-A-Long—BS 2:30 Rosary-CH 3:00 Ice Cream Social—BS 6:00 Music with Rod Taylor—DR 6:30 Mud Hut Ceramics—AR
22 9:15 MorningStar Walk-AR 10:30 Sunday Service-AR 3:00 Board Games—AR 6:45 Penny Poker-LB	23 Chinese New Year 9:15 Yoga-AR 10:00 Silent Prayer-CH 10:30 Knitting Circle-LB 1:30 Penny Poker-LB 3:00 Chinese New Year Party—LB 6:00 Game Night—AR	24 8:30-12:00 Dr. Appointments 9:15 Balance Training-AR 10:00 Memorial Service—LB 1:00 Bridge 2:00 Sing-Along with Kim-BS 3:00 Wine & Appetizers—BS 6:30 Famous Quotes —BS	25 9:15 Catholic Communion Service-CH 9:15 Yoga-AR 8:30 Wheatridge Recreation Center 1-2 FREE Chair Massages with Paul 1:30 Book Club -"Have a Little Faith" - LB 3:00 Gluten Free Baking—AR 6:30 Crossword Puzzles—BS	26 8:30-12:00 Dr. Appointments 9:15 Balance Training-AR 10:00 Chapel Devotions-CH 1:00 Bridge-AR 2:00 Flower Arranging-BS 3:00 Afternoon Matinee—TH 2-4:30 Errands 6:00 Yahtzee with Jeri —BS	27 9:00 Wii Bowling-TH 9:15 Circuit Training-AR 10:30 Trivia Bingo—AR 1:30 Current Events—LB 3:00 Happy Hour—BS 6:30 Movie: "Daddy Day Care" - TH	28 9:15 Fitness 101-AR 10:30 Armchair Travel-TH 1:00 Bridge-AR 3:00 Jan's Happy Tappers-Birthday Party/Ice Cream Social—BS 6:00 Lawrence Welk —TH
29 9:15 MorningStar Walk—AR 10:30 Sunday Service—AR 3:00 Word Find Puzzles—BS 6:45 Penny Poker—LB	30 9:15 Yoga-AR 10:00 Silent Prayer-CH 10:30 Knitting Circle-LB 11:30 Ladies Lunch 1:30 Penny Poker-LB 3:00 Drawing Class—AR 6:00 Puzzle Work—AR	31 8:30-12:00 Dr. Appointments 9:15 Balance Training-AR 10:00 Live Well Series: "Standing Tall—Preventing Falls" 1:00 Bridge 2:00 What's In A Word? - TH 3:00 Wine & Appetizers-BS 6:30 Name That Tune—BS	Check Calendars for North & South Reflections for more things to do!	CH- Chapel LB- Library BS- Bistro AR- Activity Room TH- Theater PL-Parlor DR-Dining Room	Post Office Services Available on the 4th Wednesday Monthly 11:00am to 11:30am in the Lobby	