



MorningStar

SENIOR LIVING

Pure Colorado

January Events
Reflections South

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!

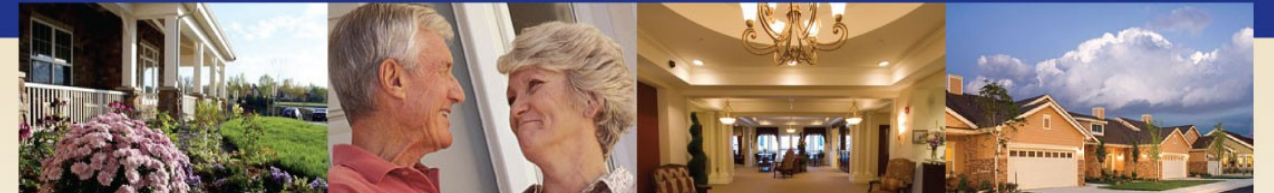
Tranquility Program
Scent of the Month:
Pinion Pine

Community Meetings
Daily After Breakfast

Communion
Wednesday Mornings

Scenic Rides
Wednesdays at 2:30pm

January 2012 in Reflections South



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:15 Moving to Music 10:45 Sunday Stroll 11:00 Gospel Music 1:45 Baking Snacks for the Game! 2:15—Broncos vs. Chiefs 3:00 The Gathering 6:30 Evening Meditations	2 10:15 Hymn Stories 10:45 Yoga 2:00 Movement with Sally 3:00 The Gathering 6:30 Gentlemen Only	3 10:15 Morning Stretch 10:30 John Romero 1:30 2012 Goals and Resolutions 3:00 The Gathering 6:30 Book Club— “It’s not about Me”	4 10:15 Church Service 11:00 Sing a long 2:30 Scenic Drive or Travel Series 3:00 The Gathering 7:00 PBS Nature: Birds of the Gods	5 10:15 Scarf Dancing 10:45 Flower Arranging 2:00 Laurie On Guitar 3:00 The Gathering 6:30 Music Listening	6 10:15 Friday Fun Facts 10:45 Therapeutic Movement 2:00 True or False? 3:00 The Gathering 6:30 Friday Night at the Movies	7 10:15 Exercise Class 10:45 Karaoke with Tyler 1:30 Saturday Stretch and Stroll 2:00 Games Gallery 3:00 The Gathering 6:00 Lawrence Welk
8 9:30 Music with Preethi 10:45 Sunday Stroll 11:00 Gospel Music 2:00 Make and Bake 3:00 The Gathering 6:30 Evening Meditations	9 10:15 Yoga 10:45 Lighten Up! 11:15 Who am I? 1:30 Wii Games 3:00 The Gathering 6:30 Gentlemen Only	10 Pajama Day! 10:15 Morning Stretch 10:30 Hot Chocolate & Marshmallow Social 11:00 Metro Music 1:30 Making Bead Necklaces 3:00 The Gathering 6:30 Book Club— All I need to know I learned in Kindergarten	11 10:15 Sing-A-Long 10:45 Yoga 1:30 Culinary Class 2:30 Scenic Drive or Travel Series 3:00 The Gathering 7:00 PBS Nature: Kangaroo Mob	12 10:15 I’m all Shook Up Elvis Music Exercise 10:45 Flower Arranging 1:45 Card Games 3:00 The Gathering 6:30 Aromatherapy / Pampered Hands	13 10:15 Friday Fun Facts 10:45 Therapeutic Movement 1:30 Afternoon Yoga 2:00 Apples to Apples 3:00 Patriotic Gathering 6:30 Friday Night at the Movies	14 10:15 Exercise Class 10:45 Karaoke with Tyler 1:30 Saturday Stretch and Stroll 2:00 Games Gallery 3:00 The Gathering 6:00 Lawrence Welk
15 10:15 Moving to Music 10:45 Sunday Stroll 11:00 Hymn Sing 2:00 Sunday Craft 3:00 The Gathering 6:30 Evening Meditations	16 10:15 Remember When? 10:45 Yoga 2:00 Movement with Sally 3:00 The Gathering 6:30 Gal’s Night In	17 10:15 Morning Stretch 10:30 Karaoke with Kim 1:30 Painting Class 3:00 Blues & Blahs Happy Hour 6:30 Chicken Soup Stories	18 10:15 Church Service 11:00 Sing a long 1:30 Bubbles and Big Band 2:30 Scenic Drive or Travel Series 3:00 The Gathering 7:00 PBS Nature: A Tiger’s Last Journey	19 10:15 Scarf Dancing 10:45 Flower Arranging 2:00 Bob Haworth 3:00 The Gathering 6:30 Music Listening	20 10:15 Friday Fun Facts 10:45 Therapeutic Movement 2:00 Charades 3:00 The Gathering 6:30 Friday Night at the Movies	21 10:15 Getting Spiffed Up! 10:45 Karaoke with Tyler 1:30 Saturday Stretch and Stroll 2:00 Games Gallery 3:00 The Gathering 6:00 Lawrence Welk
22 10:15 Moving to Music 10:45 Sunday Stroll 11:00 Gospel Music 2:00 Make-n-Bake 3:00 The Gathering 6:30 Evening Meditations	23 10:15 Hymn Stories 10:45 Yoga 1:30 Wii Games 3:00 The Gathering 6:30 Gentlemen Only	24 10:15 Morning Stretch 11:00 Metro Music 1:30 Working Hands 3:00 The Gathering 6:30 Book Club—Spiritual Chicken Soup Stories	25 10:15 Bible Study 11:15 Yoga 1:30 Coca Cola Social 2:30 Scenic Drive or Travel Series 3:00 The Gathering	26 10:15 Parachutes and Balls 10:45 Flower Arranging 1:30 Bowling 3:00 The Gathering 6:30 Aromatherapy / Pampered Hands	27 10:15 Friday Fun Facts 10:45 Therapeutic Movement 2:00 Puzzles 3:00 The Gathering 6:30 Friday Night at the Movies	28 10:15 Getting Spiffed Up! 10:45 Karaoke with Tyler 1:30 Saturday Stretch and Stroll 2:00 Games Gallery 3:00 The Gathering 6:00 Lawrence Welk
29 10:15 Moving to Music 10:45 Sunday Stroll 11:00 Hymn Sing 2:00 Sunday Craft 3:00 The Gathering	30 10:15 Guess who’s who (Baby Pictures) 10:45 Yoga 1:30 Wii Games 2:00 Movement with Sally 3:00 The Gathering 6:30 Gal’s Night In	31 10:15 Morning Stretch 10:30 Clarinet Music with Kim 1:30 New Year Goals 3:00 The Gathering 6:30 Book Club—All I need to know I learned in Kindergarten	Activities are subject to change according to Resident interest.	Check Calendars for North and Assisted Living for more things to do!		