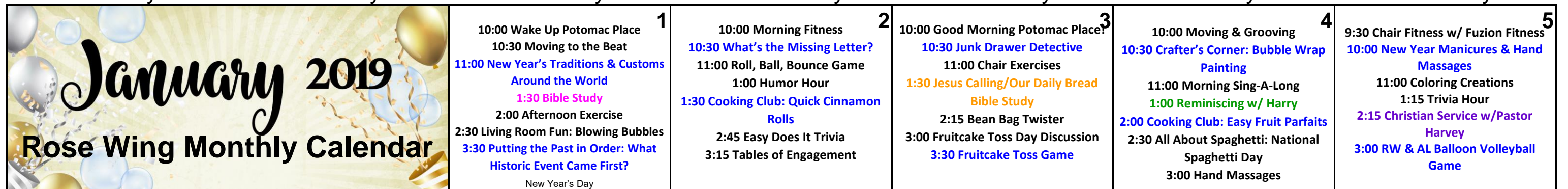
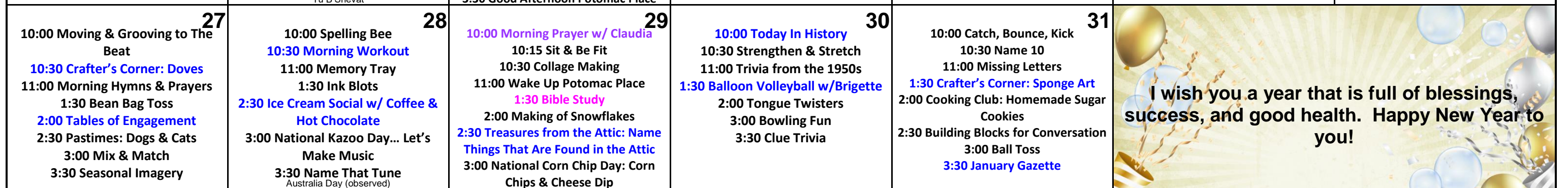


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="text-align: center;">January 2019</h1> <h2 style="text-align: center;">Rose Wing Monthly Calendar</h2>						
		<p>10:00 Wake Up Potomac Place <b>1</b></p> <p>10:30 Moving to the Beat</p> <p>11:00 New Year's Traditions &amp; Customs Around the World</p> <p>1:30 Bible Study</p> <p>2:00 Afternoon Exercise</p> <p>2:30 Living Room Fun: Blowing Bubbles</p> <p>3:30 Putting the Past in Order: What Historic Event Came First?</p> <p style="text-align: center;"><small>New Year's Day</small></p>	<p>10:00 Morning Fitness <b>2</b></p> <p>10:30 What's the Missing Letter?</p> <p>11:00 Roll, Ball, Bounce Game</p> <p>1:00 Humor Hour</p> <p>1:30 Cooking Club: Quick Cinnamon Rolls</p> <p>2:45 Easy Does It Trivia</p> <p>3:15 Tables of Engagement</p>	<p>10:00 Good Morning Potomac Place? <b>3</b></p> <p>10:30 Junk Drawer Detective</p> <p>11:00 Chair Exercises</p> <p>1:30 Jesus Calling/Our Daily Bread Bible Study</p> <p>2:15 Bean Bag Twister</p> <p>3:00 Fruitcake Toss Day Discussion</p> <p>3:30 Fruitcake Toss Game</p>	<p>10:00 Moving &amp; Grooving <b>4</b></p> <p>10:30 Crafter's Corner: Bubble Wrap Painting</p> <p>11:00 Morning Sing-A-Long</p> <p>1:00 Reminiscing w/ Harry</p> <p>2:00 Cooking Club: Easy Fruit Parfaits</p> <p>2:30 All About Spaghetti: National Spaghetti Day</p> <p>3:00 Hand Massages</p>	<p>9:30 Chair Fitness w/ Fuzion Fitness <b>5</b></p> <p>10:00 New Year Manicures &amp; Hand Massages</p> <p>11:00 Coloring Creations</p> <p>1:15 Trivia Hour</p> <p>2:15 Christian Service w/Pastor Harvey</p> <p>3:00 RW &amp; AL Balloon Volleyball Game</p>
<p>9:30 Morning Zumba Gold <b>6</b></p> <p>10:00 Art Club: Snow Flakes</p> <p>11:00 Group Tic-Tac-Toe</p> <p>1:00 Quad Matching</p> <p>2:00 Sunday Hymn Sing-A-Long</p> <p>3:00 Water Bottle Relay</p> <p>4:00 Finish That 50's Song</p>	<p>10:00 Morning Greetings &amp; Salutations <b>7</b></p> <p>10:30 Dance It Up!</p> <p>11:00 Color Creations: Beautiful Winter Scenes</p> <p>1:30 Afternoon Fitness</p> <p>2:00 Match It Up</p> <p>2:30 Interesting Facts About January</p> <p>3:00 Rhymes with...</p>	<p>10:00 Morning Prayer w/ Claudia <b>8</b></p> <p>10:15 Wake Up Potomac Place</p> <p>10:30 Early Morning Fitness</p> <p>11:00 Starts w/ "B"</p> <p>1:30 Bible Study</p> <p>2:00 1, 2, 3....Go. How Fast Can You Throw?</p> <p>2:30 Happy Birthday Elvis! All About Elvis</p> <p>3:00 Dance Session: Elvis' Greatest Hits</p>	<p>10:00 Morning Exercise <b>9</b></p> <p>10:30 Flower Arranging</p> <p>11:00 Brain Fitness Group</p> <p>1:30 Noodle Ball w/ Brigitte</p> <p>2:30 Sink or Float?</p> <p>3:00 Finish the Phrase</p>	<p>10:00 Rise &amp; Shine Fitness <b>10</b></p> <p>10:30 Bottle Cap Snowmen</p> <p>11:00 This Day in History</p> <p>1:30 Jesus Calling/ Our Daily Bread</p> <p>2:00 Winter Social: Coffee/Donuts</p> <p>2:30 National Take the Stairs Day</p> <p>3:00 Beautiful Winter Scenery Slideshow</p>	<p>10:00 Sequencing Fun <b>11</b></p> <p>10:30 Strengthen &amp; Stretch</p> <p>11:00 Where's the Marble?</p> <p>1:00 Reminiscing w/Harry</p> <p>2:00 Fill The Tub</p> <p>2:30 Target Toss</p> <p>3:30 Andy Griffith Show</p>	<p>9:30 Chair Fitness w/ Fuzion Fitness <b>12</b></p> <p>10:30 Circle Soccer</p> <p>11:00 Morning Floor Walk</p> <p>1:00 Helping Hour</p> <p>1:30 Say It w/ Music</p> <p>2:15 Christian Service w/Pastor Harvey</p> <p>2:45 Get Up &amp; Get Moving</p> <p>3:15 Task Stations</p> <p>4:00 Winter iSpy</p>
<p>9:30 Chair Exercise <b>13</b></p> <p>10:00 Music &amp; Imagery</p> <p>10:30 Match The Scent</p> <p>11:00 What Rhymes With...?</p> <p>1:00 Scattegories</p> <p>1:30 Sunday Hymn Sing-A-Long</p> <p>2:30 Cooking Club: Crescent Rolls Snacks</p> <p>3:00 Dancing &amp; Singing Session w/ Staff</p> <p>3:30 What's My Profession</p> <p>4:00 Dean Martin Concert</p>	<p>10:00 Ribbon Dancing <b>14</b></p> <p>10:15 Good Morning Potomac Place</p> <p>10:30 International Kite Day...Kite Flying around the world</p> <p>11:00 Ends w/ "K"</p> <p>1:30 Afternoon Exercise</p> <p>2:00 Short Stories About Love</p> <p>2:45 Bean Bag Toss</p> <p>3:15 Funny Videos w/ Dressed Up Pets</p>	<p>10:00 Morning Prayer w/ Claudia <b>15</b></p> <p>10:15 Ring Toss Fun</p> <p>10:30 January Birthdays</p> <p>11:15 Big Word/Little Word</p> <p>1:30 Bible Study</p> <p>2:00 Afternoon Exercise</p> <p>2:30 National Bagel Day: Bagel &amp; Cream Cheese Social</p> <p>3:00 Good &amp; Inspiring News From Around the World</p>	<p>10:00 Word Unscramble <b>16</b></p> <p>10:30 In Between the Lines</p> <p>11:00 Relaxation &amp; Stretching</p> <p>1:30 Balloon Volleyball</p> <p>2:00 Cooking Club: Pigs in a Blanket</p> <p>2:45 Reminiscing: The Lawrence Welk Show</p> <p>3:15 Short Winter Stories &amp; Poems</p>	<p>10:00 Ready, Set, Roll Word Game <b>17</b></p> <p>10:30 Wake Up &amp; Workout</p> <p>11:00 All About Snowflakes</p> <p>1:30 Jesus Calling/Our Daily Bread</p> <p>2:00 Fast Pitch: Who's the Fastest?</p> <p>2:30 Crafter's Corner: Painting by Numbers</p> <p>3:15 Song Titles w/States in Them</p>	<p>10:00 Good Morning Potomac Place <b>18</b></p> <p>10:30 Morning Exercise</p> <p>11:00 Fill in The Missing Letter</p> <p>1:00 Reminiscing w/Harry</p> <p>2:00 Afternoon Manicures</p> <p>2:15 Toss &amp; Talk</p> <p>2:30 Crafter's Corner: Snowflake Collage</p> <p>3:00pm Indoor Soccer</p> <p>3:30 Soothing Sounds of Frank Sinatra</p>	<p>10:00 Morning Exercise <b>19</b></p> <p>10:30 Good Morning Greetings</p> <p>11:00 Color Creations</p> <p>1:30 Ring Toss</p> <p>2:15 All Faith Christian Service w/ Pastor Harvey</p> <p>2:45 Math Facts</p> <p>3:15 Interactive Story: Is this Art?</p>
<p>10:00 Morning Hymns &amp; Prayers <b>20</b></p> <p>10:30 Challenging Worksheet Fun</p> <p>11:00 Morning Fitness</p> <p>1:30 Grab Bag: What's in the Bag?</p> <p>2:00 Afternoon Manicures</p> <p>2:30 Public Radio Broadcasting Day</p> <p>3:00 Identify the Movie Star</p>	<p>10:00 Good Morning Potomac Place <b>21</b></p> <p>10:30 Morning Exercise</p> <p>11:00 Happy Birthday Martin Luther King Jr.</p> <p>1:30 Fill in The Missing Letter</p> <p>2:00 National Day of Service</p> <p>2:15 Word Game: Service Careers</p> <p>2:30 Winter Reminiscing</p> <p>3:00 Indoor Soccer</p> <p>3:30 Soothing Sounds of Frank Sinatra</p> <p style="text-align: center;"><small>Martin Luther King Day Tu B'Shevat</small></p>	<p>10:00 Morning Prayer w/ Claudia <b>22</b></p> <p>10:15 Odd One Out</p> <p>10:30 Famous Places</p> <p>11:00 Name that Shape</p> <p>1:30 Bible Study</p> <p>2:00 Afternoon Exercise</p> <p>2:30 National Hugging Day &amp; Other Signs of Affection</p> <p>3:00 Words That Have "Q" in Them</p> <p>3:30 Good Afternoon Potomac Place</p>	<p>10:00 Rose Wing Mural <b>23</b></p> <p>10:30 Sit &amp; Be Fit</p> <p>11:00 Identify the Letter</p> <p>1:30 Name That Song</p> <p>2:00 National Blonde Brownie Day</p> <p>2:30 National Handwriting Day: Beautiful Famous Signatures</p> <p>3:15 What's the Next Line?</p> <p>3:30 Fred &amp; Ginger's Best Dances</p>	<p>10:00 Can You Picture This? <b>24</b></p> <p>10:30 Morning Fitness</p> <p>11:00 This Day in History</p> <p>1:30 Jesus Calling/Our Daily Bread</p> <p>2:00 Hard vs Soft</p> <p>2:30 Compliment Day: Let's Dish Out Some Compliments!</p> <p>3:00 Math Facts</p> <p>3:30 Where's the Marble?</p>	<p>10:00 Roll, Ball, Bounce <b>25</b></p> <p>10:30 Exercise Fun</p> <p>11:00 Mixed Up Word Fun</p> <p>1:00 Reminiscing w/ Harry</p> <p>2:00 Sensory Exercise: Identify The Smell</p> <p>2:30 Tea &amp; Cookies Among Friends</p> <p>3:00 Helping Hands</p> <p>3:30 EZ Does It Trivia</p>	<p>10:00 Get Fit <b>26</b></p> <p>10:30 Today in History</p> <p>11:00 Toss &amp; Talk</p> <p>1:30 Roll the Ball...Pick a letter</p> <p>2:15 All Faith Christian Service w/ Pastor Harvey</p> <p>2:30 State Capital Trivia</p> <p>3:00 Is This a Pet?</p> <p>3:30 Broadway Tunes</p>
<p>10:00 Moving &amp; Grooving to The Beat <b>27</b></p> <p>10:30 Crafter's Corner: Doves</p> <p>11:00 Morning Hymns &amp; Prayers</p> <p>1:30 Bean Bag Toss</p> <p>2:00 Tables of Engagement</p> <p>2:30 Pastimes: Dogs &amp; Cats</p> <p>3:00 Mix &amp; Match</p> <p>3:30 Seasonal Imagery</p>	<p>10:00 Spelling Bee <b>28</b></p> <p>10:30 Morning Workout</p> <p>11:00 Memory Tray</p> <p>1:30 Ink Blots</p> <p>2:30 Ice Cream Social w/ Coffee &amp; Hot Chocolate</p> <p>3:00 National Kazoo Day... Let's Make Music</p> <p>3:30 Name That Tune</p> <p style="text-align: center;"><small>Australia Day (observed)</small></p>	<p>10:00 Morning Prayer w/ Claudia <b>29</b></p> <p>10:15 Sit &amp; Be Fit</p> <p>10:30 Collage Making</p> <p>11:00 Wake Up Potomac Place</p> <p>1:30 Bible Study</p> <p>2:00 Making of Snowflakes</p> <p>2:30 Treasures from the Attic: Name Things That Are Found in the Attic</p> <p>3:00 National Corn Chip Day: Corn Chips &amp; Cheese Dip</p>	<p>10:00 Today In History <b>30</b></p> <p>10:30 Strengthen &amp; Stretch</p> <p>11:00 Trivia from the 1950s</p> <p>1:30 Balloon Volleyball w/Brigitte</p> <p>2:00 Tongue Twisters</p> <p>3:00 Bowling Fun</p> <p>3:30 Clue Trivia</p>	<p>10:00 Catch, Bounce, Kick <b>31</b></p> <p>10:30 Name 10</p> <p>11:00 Missing Letters</p> <p>1:30 Crafter's Corner: Sponge Art</p> <p>2:00 Cooking Club: Homemade Sugar Cookies</p> <p>2:30 Building Blocks for Conversation</p> <p>3:00 Ball Toss</p> <p>3:30 January Gazette</p>	 <p style="font-size: 24px; font-weight: bold;">I wish you a year that is full of blessings, success, and good health. Happy New Year to you!</p>	