

THE ARBORS OF BEDFORD

JANUARY 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>10:00 Refreshment 10:30 Exercise 11:00 Daily Discussion 11:30 Lunch 1:00 Games 3:00 Refreshment 2:30 Who Am I 3:00 Game Show Network 4:00 Relaxation 5:00 Supper</p>	<p>2</p> <p>10:00 Judy's Aerobics 11:00 Daily Discussion 11:30 Lunch 1:00 Trivia 2:00 Refreshment 2:30 Crafts 4:00 Manicures 5:00 Supper 6:00 Movie Night</p>	<p>3</p> <p>10:00 Chair Dancing 10:30 Refreshments 11:00 Daily Discussion 11:30 Lunch 11:30 Activity Grill Lunch 1:00 Wheel Of Fortune 2:00 Refreshment 3:00 Monthly Gazette 3:30 Its Trivial 4:00 Relaxation 5:00 Supper</p>	<p>4</p> <p>10:00 Judy Aerobics 11:00 Daily Discussion 11:30 Lunch 1:00 Boggle 2:00 Refreshment 2:30 Trivia 3:00 Rosary 3:30 Short Stories 4:00 Hand Massage 5:00 Supper 6:00 Movie</p>	<p>5</p> <p>10:00 Refreshment 10:30 Movie 11:30 Lunch 1:15 Ice Cream Social 2:00 Daily Discussion 2:30 Trivia 3:00 Music with Billie 5:00 Supper</p>
<p>6</p> <p>10:00 Refreshment 10:30 Lawrence Welk Videos 11:30 Lunch 1:00 Daily Discussion 1:30 Exercise 2:00 Refreshment 2:30 Letter List Game 3:00 Monthly Trivia 3:30 Manicures 4:30 Relaxation 5:00 Supper</p>	<p>7</p> <p>10:00 Judy's Aerobics 11:00 Daily Discussion 11:30 Lunch 1:00 Resident Council 2:00 Refreshment 2:30 Wheel Of Fortune 3:00 Manicures 5:00 Supper 6:00 Game Night (BINGO)</p>	<p>8</p> <p>10:00 Refreshment 10:30 Exercise with Sue 11:00 Daily Discussion 11:30 Lunch 1:00 Trivia 1:30 You Be the Judge 2:00 Refreshment 2:30 Arts & Crafts 3:30 Manicures 5:00 Supper</p>	<p>9</p> <p>10:00 Judy's Aerobics 11:00 Daily Discussion 11:30 Lunch 1:00 Trivia 2:00 Catholic Mass 2:30 Refreshment 3:00 What Am I 4:00 Relaxation 5:00 Supper 6:00 Movie Night</p>	<p>10</p> <p>10:00 Refreshment 10:30 Chair Dancing 11:00 Daily Discussion 11:30 Lunch 1:00 Baking Group 2:00 Refreshment 2:30 Sing-a-Long 3:00 Manicures 4:30 Relaxation 5:00 Supper</p>	<p>11</p> <p>10:00 Judy's Aerobics 11:30 Lunch/Outing 1:00 Shirley Temple Movie 2:00 Refreshment 3:00 Rosary 3:30 Front Porch 5:00 Supper 6:00 Movie Night</p>	<p>12</p> <p>10:00 Refreshment 10:30 Movie 11:30 Lunch 1:15 Ice Cream Social 2:30 Daily Discussion 3:00 Stretches with Daneen 4:00 Sing-a-Long 5:00 Supper</p>
<p>13</p> <p>10:00 Refreshment 10:30 Movie 11:30 Lunch 1:00 Daily Discussion 1:30 Trivia 2:00 Refreshment 2:30 Exercise 3:30 Short Stories 4:30 Hand Massage 5:00 Supper</p>	<p>14</p> <p>10:00 Judy's Aerobics 11:00 Daily Discussion 11:30 Lunch 1:00 Sing-a-Long 2:00 Float Day 2:30 Trivia 3:00 Manicures 4:30 Relaxation 5:00 Supper 6:00 Game Night (Pokeno)</p>	<p>15</p> <p>10:00 Refreshment 10:30 Exercise 11:00 Daily Discussion 11:30 Lunch 1:00 Boggle 2:00 Refreshment 3:00 Trivia 4:00 Grinder Prep 5:00 Grinder Night</p>	<p>16</p> <p>10:00 Judy's Aerobics 11:00 Daily Discussion 11:30 Lunch 1:00 Trivia 2:00 Katie Hanson 2:30 Refreshments 3:00 Manicures 5:00 Supper 6:00 Movie Night</p>	<p>17</p> <p>10:00 Refreshment 10:30 Chair Dancing 11:00 Daily Discussion 11:30 Lunch 1:00 Cooking Group 2:00 Refreshment 3:00 Name That Memory 4:00 Relaxation 5:00 Supper Club</p>	<p>18</p> <p>10:00 Judy's Aerobics 11:00 Daily Discussion 11:30 Lunch 1:00 Trivia 2:00 Happy Hour 3:00 Rosary 3:30 Manicures 5:00 Supper 6:00 Movie Night</p>	<p>19</p> <p>10:00 Refreshment 10:30 Music Videos 11:30 Lunch 1:15 Ice Cream Social 2:00 Daily Discussion 2:30 Trivia 3:00 Music with Billie 5:00 Supper</p>
<p>20</p> <p>10:00 Refreshment 10:30 Movie 11:30 Lunch 1:00 Daily Discussion 1:30 Make em Laugh 2:00 Peter Ole 3:00 Short Stories 4:00 Relaxation 5:00 Supper</p>	<p>21</p> <p>10:00 Judy's Aerobics 11:00 Daily Discussion 11:30 Lunch 1:30 Knitting Group 2:00 Refreshment 3:00 Front Porch 3:30 Manicures 5:00 Supper 6:00 Game Night (UNO)</p>	<p>22</p> <p>10:00 Refreshment 10:30 Chair Dancing 11:00 Daily Discussion 11:30 Lunch 1:00 Trivia 2:00 Refreshment 2:30 Letter List Game 4:00 Relaxation 5:00 Supper</p>	<p>23</p> <p>10:00 Aerobics with Judy 11:00 Daily Discussion 11:30 Lunch 1:00 Sing-a-Long 2:00 Refreshment 2:30 Painting 3:30 Manicures 4:30 Relaxation 5:00 Supper 6:00 Movie Night</p>	<p>24</p> <p>10:00 Exercise with Sue 10:30 Refreshment 11:00 Daily Discussion 11:30 Lunch 1:00 Cooking Club 2:00 Eskimo Pie Day 3:00 Manicures 5:00 Supper</p>	<p>25</p> <p>10:00 Aerobics with Judy's 11:30 Lunch/Outing 1:00 Love Lucy 2:00 Refreshment 3:00 Rosary 3:30 Manicures 5:00 Supper 6:00 Ladies Movie Night</p>	<p>26</p> <p>10:00 Refreshment 10:30 Religious Services 11:00 Television 11:30 Lunch 1:15 Ice Cream Social 2:00 Daily Discussion 2:30 Letter List Game 3:30 Exercise 5:00 Supper</p>
<p>27</p> <p>10:00 Refreshment 10:30 Movie 11:30 Lunch 1:00 Daily Discussion 1:30 Make em Laugh 2:00 Refreshment 2:30 Monthly Trivia 3:00 Short Stories 4:00 Relaxation 5:00 Supper</p>	<p>28</p> <p>10:00 Aerobic's with Judy 11:00 Daily Discussion 11:30 Lunch 1:00 Boggle 2:00 Refreshment 2:30 Trivia 3:00 Flora Flauna 3:30 Manicures 5:00 Supper 6:00 Game Night (BINGO)</p>	<p>29</p> <p>10:00 Refreshment 10:30 Chair Dancing 11:00 Daily Discussion 11:30 Lunch 1:00 Trivia 2:00 Refreshment 2:30 Letter List Game 4:00 Grinder Prep 4:45 Grinder Night</p>	<p>30</p> <p>10:00 Aerobics with Judy 11:00 Daily Discussion 11:30 Lunch 1:00 Sing-a-Long 2:30 Birthday Party 3:00 Manicures 4:00 Relaxation 5:00 Supper</p>	<p>31</p>		