

JANUARY 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Carter Blood Drive - Garden Area 12:30 - 3:00	4	5	6 **Monthly meeting/Birthday celebrations and bingo Noon - SC Bring a dish	7
8	9 Yoga - 9:00a - SC **Sit & Tone 10:30a - SC **Texas Hold Em 1:00p - SC	10	11 **Lunch and Learn Terri Edwards - Audiology/Hearing Noon - SC Games Immediately following lunch and learn	12 **Coloring for relaxation 1:00p - SC **SC benefits class 1:00p - SC	13	14
15	16 Yoga - 9:00a - SC Sit & Tone 10:30a - SC **Bingo by First Light Home Care 1:00p - SC	17 **Ambassador Meeting 10:30a - SC	18 **Lunch and Learn Dr. Crawford - Retina Specialist Noon - SC Games Immediately following lunch and learn	19	20 SC Office Closed	21
22	23 Yoga - 9:00a - SC **Sit & Tone 10:30a - SC **Texas Hold Em 1:00p - SC	24 **Hospital Tour 10:00a - Meet at the front lobby of hospital 20 participants max	25 **Lunch and Learn Dr. Jessica Williams - Assist in completing advance directives forms Noon - SC Games Immediately following lunch and learn	26 **Coloring for relaxation 1:00p - SC **Thursday Night Fun 5:30p - 8:00p SC	27	28
29	30 Yoga - 9:00a - SC **Sit & Tone 10:30a - SC **Games including scrabble 1:00p - SC	31	RSVP's will be imperative. We will call if an event has been cancelled. Please be safe and don't attend in inclement weather.	If event has ** <u>Please RSVP to SC office 682-582-1751 for Senior Circle events so we can ensure enough space/food. Thank you.</u>	All events are subject to change due to unforeseen circumstances. Please RSVP so you can be contacted!	SC - Senior Circle 750 E. Anderson, Suite A

FEBRUARY 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 **Monthly meeting//Birthday celebrations and bingo – bingo gifts provided by Cigna Noon – SC Bring a dish	4
5	6 Yoga - 9:00a - SC **Sit & Tone 10:30a - SC **Games including scrabble 1:00p - SC	7 **Ambassador Meeting 1:00p - SC	8 **Lunch and Learn David Orcutt, CEO Hospital Updates Noon – SC Games Immediately following lunch and learn	9 **Coloring for relaxation 1:00p - SC **SC benefits class 1:00p - SC	10 **Valentine Cookie Contest 1:00p - SC Games Immediately following	11
12	13 Yoga - 9:00a - SC **Sit & Tone 10:30a - SC **Texas Hold Em 1:00p - SC	14 	15 **Lunch and Learn Dr. Mohammed - Cardiology Noon – SC Games Immediately following lunch and learn	16	17 **Lunch bunch 11:30a Antonio's (Dutch treat) **Bingo called by IntegraCare Home Health & Hospice 1p - SC	18
19	20 Yoga - 9:00a - SC Sit & Tone 10:30a - SC **Bingo by First Light Home Care 1:00p - SC	21 **Kiowa Casino 8:30a – 7:00p Albertson's (40 people must go) Weather permitting	22	23 **Coloring for relaxation 1:00p - SC **Thursday Night Fun 5:30p – 8:00p SC	24	25
26	27 Yoga - 9:00a - SC **Sit & Tone 10:30a - SC **Games including scrabble 1:00p - SC	28	<u>If event has ** Please RSVP to SC office 682-582-1751 for Senior Circle events so we can ensure enough space/food. Thank you.</u>	<i>All events are subject to change due to unforeseen circumstances. Please RSVP so you can be contacted!</i>	<i>SC – Senior Circle 750 E. Anderson, Suite A</i>	<i>RSVP's will be imperative. We will call if an event has been cancelled. Please be safe and don't attend in inclement weather.</i>

MARCH 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>If event has ** Please RSVP to SC office 682-582-1751 for Senior Circle events so we can ensure enough space/food. Thank you.</p>	<p>All events are subject to change due to unforeseen circumstances. Please RSVP so you can be contacted!</p>	<p>SC – Senior Circle 750 E. Anderson, Suite A</p>	1	2	3	4
5	6	7	8	9	10	11
	<p>Yoga - 9:00a - SC **Sit & Tone 10:30a - SC **Games including scrabble 1:00p - SC</p>	<p>**Ambassador Meeting 10:30a - SC</p>	<p>**Lunch and Learn Dr. Hal's – Cancer types and causes Noon – SC Games Immediately following lunch and learn</p>	<p>**SC benefits class 1:00p - SC **Coloring for relaxation 1:00p - SC</p>		
12	13	14	15	16	17	18
	<p>Yoga - 9:00a - SC **Sit & Tone 10:30a - SC **Texas Hold Em 1:00p - SC</p>			<p>**Coloring for relaxation 1:00p - SC **Thursday Night Fun 5:30p – 8:00p SC</p>		
19	20	21	22	23	24	25
	<p>Yoga - 9:00a - SC Sit & Tone 10:30a - SC **Bingo by First Light Home Care 1:00p - SC</p>	<p>**Kiowa Casino 8:30a – 7:00p Albertson's (40 people must go) Weather permitting</p>			<p>SC 10th Anniversary Celebration – see flyer for full details! Space is limited so get your tickets now!</p>	
26	27	28	29	30	31	
	<p>Yoga - 9:00a - SC **Sit & Tone 10:30a - SC **Games including scrabble 1:00p - SC</p>		<p>**Lunch and Learn Maria Guerrero – Infection Control – “Super Bugs” Noon – SC Games Immediately following lunch and learn</p>			<p>RSVP's will be imperative. We will call if an event has been cancelled. Please be safe and don't attend in inclement weather.</p>