

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2025

INDEPENDENT LIVING CALENDAR



Happy New Year To All


11:00 Inspirational TV (WLTX)



 2:00 Worship Service w/ Pastor John-MPR-Chapel



5 Nail Tech Services

 9:00 Morning Stretches-MPR
 10:00 Shopping Shuttle (Walmart)-GF
 2:00 IL Calendar Review-PDR

6 9:30 Arthritis Exercise Class-MPR
 10:00 Morning Meditation-MPR
 2:00 Bingo-MDR
3:15 Dining Committee Meeting-MDR

8 9:30 Morning Exercise-MPR
 10:00 New Year Resolutions Discussion-MPR
 12:00 Prayer at the Pole w/ Pastor John
2:00 Bible Study w/ Pastor John-MPR


9 **Beautician Services**

 9:30 Arthritis Exercise Class-MPR
10:30 Scripture, Prayer, & Song w/ Pastor John-MPR
2:00 Pianist Jim Koltuniak-MPR



10 9:30 Morning Exercise-MPR
 10-11 Blood Pressure & Weight Clinic-FR

 2:00 Movie on the Big Screen & Popcorn-MPR


Puzzle Table located on the 2nd floor
 Bird aviary located on the 2nd floor across from the MPR

2:00 Reflections of Bluegrass Band-MPR

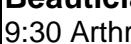

11:00 Inspirational TV (WLTX)

 2:00 Worship Service w/ Pastor John-MPR-Chapel


12 Nail Tech Services

 9:30 Morning Exercise-MPR
 10:30 Coffee & Danish Social-MPR
2:00 Art Class with Artist, Sharon Funderburk-MPR

13 Librarian Services Barber Services
 9:30 Arthritis Exercise Class-MPR
10:30 Music Entertainers, Paul & Karla Hughes-MPR
1:45 Bus Departs For Tuesday w/Friends at Beth Shalom Jewish Synagogue-GF

15 Podiatrist Services in Salon
 9:30 Morning Stretches-MPR
 10:30 Coffee & Tea Social-MPR
 12:00 Prayer at the Pole w/ Pastor John
2:00 Karen w/ Health Pro Heritage presents: Understanding a Stroke-MPR


16 **Beautician Services**

 9:30 Arthritis Exercise Class-MPR
10:30 Scripture, Prayer, & Song w/ Pastor John-MPR
2:00 IL Resident Meeting w/ Administrator Daniel-MPR followed by Pizza Making with Daniel in the Dining Room!

17 9:30 Morning Stretches-MPR
 10-11 Blood Pressure & Weight Clinic-FR
10:45 Bus Departs for the Lunch Bunch Outing @ Mr. Friendly's-GF
 2:00 Scrabble & Table Top Board Games-MPR
3:30 Photographer James Steamer slideshow on

Puzzle Table located on the 2nd floor
 Bird aviary located on the 2nd floor across from the MPR



11:00 Inspirational TV (WLTX)


 2:00 Worship Service w/ Pastor John-MPR-Chapel
 Activity Professionals Week

19 Nail Tech Services

 9:00 Morning Stretches-MPR
 10:00 Shopping Shuttle (Walmart)-GF
 2:00 Remembering MLK Jr. Conversation/Discussion-MPR
 Martin Luther King Jr. Day

20 (last day for Ticket Money to be turned into Life Enrichment for upcoming show on Feb. 9 at Town Theatre-Steel Magnolias)
 9:30 Arthritis Exercise Class-MPR
 10:00 Morning Encouragement-MPR
 2:00 Bingo-MDR

22 9:30 Morning Exercise-MPR
 10:00 Current Events Conversation-MPR
 12:00 Prayer at the Pole w/ Pastor John
2:00 Drumming Fitness Class-MPR

23 **Beautician Services**

 9:30 Arthritis Exercise Class-MPR
10:30 Scripture, Prayer, & Song w/ Pastor John-MPR
2:00 Crafty Creations Class w/ Debbie Bouknight-MPR
4:30 Happy Hour/Wine & Cheese Social-MDR


24 9:30 Morning Exercise-MPR
 10-11 Blood Pressure & Weight Clinic-FR

 2:00 Mystery Ride-GF


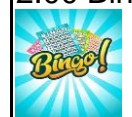
Puzzle Table located on the 2nd floor
2:00 Amick Junction Bluegrass Band-MPR

 Bird aviary located on the 2nd floor across from the MPR



11:00 Inspirational TV (WLTX)



 2:00 Worship Service w/ Pastor John-MPR-Chapel
 Australia Day (Observed)

26 Nail Tech Services
 9:30 Morning Exercise-MPR
 10:00 Shopping Shuttle Dollar Tree/Family Dollar-GF
2:00 Guitar Music w/ Doug Barker-MPR

3:00 Birthday Celebration-MPR

27 Barber Services

 9:30 Arthritis Exercise Class-MPR
 10:00 Morning Meditation-MPR
 2:00 Bingo-MDR


29 9:30 Morning Stretches-MPR
 10:00 Morning Motivation-MPR
***Chinese New Year Luncheon-MDR**
 12:00 Prayer w/ Pastor John
2:00 Bible Study w/ Pastor John-MPR

30 **Beautician Services**

 9:30 Arthritis Exercise Class-MPR
10:30 Scripture, Prayer, & Song w/ Pastor John-MPR
 2:00 Left, Right, Center Dice Game-PDR


31 9:30 Morning Stretches-MPR
 10-11 Blood Pressure & Weight Clinic-FR

 2:00 Movie on the Big Screen-MPR


ACTIVITY LOCATIONS:
 Multi-Purpose Room-MPR
 Main Dining Room-MDR
 Private Dining Room-PDR
 Garden Floor-GF
 Front Lobby-FL
 Front Porch-FP
 Court Yard-CY
 Fitness Room-FR

ALL ACTIVITIES ARE SUBJECT TO CHANGE. ANY CHANGES WILL BE POSTED. RICE ESTATE 100 FINLEY RD COLUMBIA, SC 29203