

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

January 2020

Ocean Hills Senior Living

<p>10:00 Coffee & Friends (T) 5 11:30 Frank Sinatra Sing A Long (AR2) 12:30 NBA: Clippers vs Knicks (GR) 1:00 Afternoon Movie: "The Pelican Brief" PG-13 (MT) 2:30 Ice Cream Sundaes (ICP) 3:30 Picture Frame Craft (AR2) 6:30 Movie Night: "The Pelican Brief" PG-13 (MT)</p>	<p>10:00 Daily Morning Walk 6 10:30 Balance Exercises – Fall Prevention Video (AR2) 1:00 Cinopolis - Vista Movie Theater Outing (L) 1:30 Afternoon Games (AR2) 3:00 Round Table Discussion ((AR2) 6:30 Evening Movie: "Now and Then" PG-13 (MT)</p>	<p>Doctor Drives 7 10:00 Daily Morning Walk 10:30 Energizing Chair Yoga w/ Sherry Zak Morris – Video (AR2) 1:30 BINGO (AR2) 3:00 Travel Log w/ (AR2) 6:30 Musical Movie: "Sparkle" PG-13 (MT) 7:30 NBA: Lakers vs Knicks (GR)</p>	<p>Happy New Year! 1 10:00 Daily Morning Walk 11:00 Chair Tai Chi w/ Instructor Patrick (AR2) 1:30 New Year Resolutions (AR2) 3:00 Resident Birthday Social w/ Music Station (AR2) 6:30 Evening Movie: "Something's Gotta Give" PG-13 (MT) 7:30 NBA: Lakers vs Suns (GR)</p>	<p>Doctor Drives 2 9:15 Catholic Communion (MT) 10:00 Daily Morning Walk 10:30 Low Impact Cardio Workout w/ Dena Yates – Video (AR2) 3:00 Happy Hour Social (T) 6:30 BINGO Night (AR2) 6:30 Evening Movie: "Doctor Zhivago" PG-13 (MT)</p>	<p>10:00 Daily Morning Walk 3 10:30 Energizing Exercises (AR2) 1:30 Rummikub (AR2) 3:00 Happy Hour w/ Pianist & Vocalist Vincent (T) 4:00 Armchair Astronomy w/ Astronomer Ken (MT) 6:30 Friday Night Movie: "Burlesque" PG-13 (MT) 7:30 NBA: Lakers vs Pelicans (GR)</p>	<p>10:00 Daily Morning Walk 4 10:30 Documentary - Our Planet: "One Planet" (MT) 1:30 Saturday BINGO (AR2) 2:30 Ice Cream Social (ICP) 3:30 Piano Concert: "Contemporary Mega Hits" (AR2) 6:30 Movie Night: "Leap Year" PG-13 (MT) 7:00 NBA: Pelicans vs Kings (GR)</p>
<p>10:00 Coffee & Donuts (T) 12 11:30 Country Hits Sing A Long (AR2) 1:00 Afternoon Movie: "LaLa Land" PG-13 (MT) 2:30 Ice Cream Sundaes (ICP) 3:30 Dessert Recipe Cookbook (AR2) 6:30 Movie Night: "LaLa Land" PG-13 (MT)</p>	<p>10:00 Morning Daily Walk 13 10:30 Balance Exercises – Fall Prevention Video (AR2) 1:00 Shopping – Kohls & Walmart (L) 1:30 Afternoon Games (AR2) 3:00 Ted Talk w/ AJ (AR2) 6:30 Evening Movie: "Judy" PG-13 (MT) 7:30 NBA: Lakers vs Cavaliers (GR)</p>	<p>Doctor Drives 14 10:00 Daily Morning Walk 10:30 Energizing Chair Yoga w/ Sherry Zak Morris – Video (AR2) 1:30 Candy BINGO (AR2) 3:00 Sing A Long w/ Pianist Rosemarie Kubes (AR2) 6:30 Movie Night: "Forever My Girl" PG-13 (MT)</p>	<p>10:00 Daily Morning Walk 8 11:00 Chair Tai Chi w/ Instructor Patrick (AR2) 2:00 Resident Council (AR2) 3:15 Shopping – Walmart & Target (L) 3:30 Wonderful Wednesdays – Double Scoop Day (ICP) 6:30 Movie Night: "Rebel Without a Cause" PG-13 (MT)</p>	<p>Doctor Drives 9 9:15 Catholic Communion (MT) 10:00 Daily Morning Walk 10:30 Low Impact Cardio Workout w/ Dena Yates – Video (AR2) 1:30 BINGO (AR2) 3:00 Happy Hour Social (T) 6:30 Evening Movie: "Casablanca" G (MT)</p>	<p>10:00 Daily Morning Walk 10 10:30 Energizing Exercises (AR2) 11:00 Healthy Bladder, Healthy Living Presentation by Dr. Sayabaliain (AR2) 1:30 Rummikub (AR2) 3:00 Happy Hour w/ Pianist & Vocalist Taylor Bassett (AR2) 5:30 NBA: Lakers vs Mavericks 6:30 Friday Night Movie: "Safe</p>	<p>10:00 Daily Morning Walk 11 10:30 Documentary - Our Planet: "Frozen Worlds" (MT) 1:30 Saturday BINGO (AR2) 2:30 Ice Cream Social (ICP) 3:30 "Piano Concert: Phantom of the Opera" (AR2) 5:00 NBA: Lakers vs Thunder (GR) 6:30 Silent Film: "The Kid" (MT)</p>
<p>10:00 Coffee & Friends (T) 19 11:30 Tony Bennett Sing A Long (AR2) 1:00 Afternoon Movie: "Moonstruck" PG-13 (MT) 2:30 Ice Cream Sundaes (ICP) 3:30 Paper Mache Valentine Craft – Part 1 (AR2) 6:30 Movie Night: "Moonstruck" PG-13 (MT)</p>	<p>10:00 Morning Daily Walk 20 10:30 Balance Exercises – Fall Prevention Video (AR2) 1:00 Shopping @ Walmart & Target (L) 1:30 Afternoon Games (AR2) 2:00 Book Club w/ Richard (AR2) 3:30 Round Table Discussion ((AR2) 6:30 Evening Movie: "Ocean's Eleven" (MT)</p>	<p>Doctor Drives 21 10:00 Daily Morning Walk 10:30 Energizing Chair Yoga w/ Sherry Zak Morris – Video (AR2) 1:30 Candy BINGO (AR2) 3:00 Chef's Meeting (AR2) 5:30 NBA: Clippers vs Mavericks (GR) 6:30 Movie Night: "Stripes" (MT)</p>	<p>10:00 Daily Morning Walk 15 11:00 Chair Tai Chi w/ Instructor Patrick (AR2) 2:00 Town Hall (AR2) 3:30 Wonderful Wednesdays – Double Scoop Day (ICP) 6:30 Evening Movie: "Neverland" PG-13 (MT) 7:30 NBA: Lakers vs Magic (GR)</p>	<p>Doctor Drives 16 9:15 Catholic Communion (MT) 10:00 Art For All Ages with Peggy (AR2) 11:30 Daily Morning Walk 1:30 BINGO (AR2) 3:00 Happy Hour Social (T) Mo 6:30 Movie Night: "Footloose" (1984) PG-13 (MT)</p>	<p>10:00 Daily Morning Walk 17 10:30 Energizing Exercises (AR2) 1:30 Rummikub (AR2) 3:00 Happy Hour w/ Jazz Group – Mellow Melodies (T) 6:30 Karaoke Night (AR2) 6:30 Friday Night Movie: "Crazy Rich Asians" PG-13 (MT)</p>	<p>10:00 Daily Morning Walk 18 10:30 Documentary - Our Planet: "Jungles" (MT) 12:30 NBA: Clippers vs Pelicans (MT) <i>1:30 Music with Lefty & Rich (T)</i> 2:30 Ice Cream Social (ICP) 3:00 Saturday BINGO (AR2) 6:30 Movie Night: "Book Club" PG-13 (MT)</p>
<p>10:00 Coffee & Donuts (T) 26 11:30 John Denver Sing A Long (AR2) 1:00 Afternoon Movie: "The Secret Life of Walter Mitty" (MT) 2:30 Ice Cream Sundaes (ICP) 3:30 Paper Mache Valentine Craft – Part 2 (AR2) 6:30 Movie Night: "The Secret Life of Walter Mitty" PG-13 (MT)</p>	<p>10:00 Morning Daily Walk 27 10:30 Balance Exercises – Fall Prevention Video (AR2) 1:00 Shopping @ Albertsons (L) 1:30 Afternoon Games (AR2) 3:00 Activity Meeting (AR2) 6:30 Evening Movie: "Milo" PG (MT)</p>	<p>Doctor Drives 28 10:00 Daily Morning Walk 10:30 Energizing Chair Yoga w/ Sherry Zak Morris – Video (AR2) 1:30 Chocolate BINGO (AR2) 3:00 Sing A Long w/ Rosemarie Kubes (AR2) 6:30 Movie Night: "Breath" PG-13 (MT) 7:00 NBA: Lakers vs Clippers (GR)</p>	<p>10:00 Daily Morning Walk 22 11:00 Chair Tai Chi w/ Instructor Patrick (AR2) 11:45 Carlsbad Outlets 1:30 Lunch Outing -Miguel's Cocina 2:00 Wii Bowling (ICP) 3:30 Wonderful Wednesdays – Double Scoop Day (ICP) 6:30 Book club Showing of "Olive Kitteridge Part One" (MT)</p>	<p>Doctor Drives 23 9:15 Catholic Communion (MT) 10:00 Daily Morning Walk 10:30 Low Impact Cardio Workout w/ Dena Yates – Video (AR2) 1:30 BINGO (AR2) 3:00 Happy Hour Social (T) 5:00 NBA: Lakers vs Nets (GR) 6:30 Movie Night: "Freedom Writers" PG-13 (MT)</p>	<p>10:00 Daily Morning Walk 24 10:30 Energizing Exercises (AR2) 1:30 Rummikub (AR2) 3:00 Happy Hour w/ Rain Water - Jazz Trio (T) 5:00 NBA: Clippers vs Heat (GR) 6:30 Movie Night Movie: "Failure to Launch" PG-13 (MT)</p>	<p>10:00 Daily Morning Walk 25 10:30 Documentary - Our Planet: "Coastal Seas" (MT) 1:30 Saturday BINGO (AR2) 2:30 Ice Cream Social (ICP) 3:30 Piano Concert: "Two Sides of the 50's" (AR2) 5:30 NBA: Lakers vs 76ers (GR) 6:30 Movie Night: "Dr. No" PG (MT)</p>
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AR2 – Activity Room. MT – Movie Theater. T – Tavern. ICP – Ice Cream Parlor. GR – Game Room. D – Dining Room. L – Lobby

LIC# 374604143

