



RCAC - JANUARY 2019



Sunday	MENU	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Week 5		1 HAPPY NEW YEAR 12:45 Cards 1:00 Movie NO EXERCISE TODAY NO BINGO TONIGHT	2 9:15 Divine Mercy 9:30 Rosary 10:00 BIBLE STUDY 12:45 Resident Meeting 3:00 Exercise	3 PET VISITS– ZEUS 12:45 UNO 3:00 Exercise	4 10:30 First Friday Mass 12:45 Trivia/ Sing Along 1:30 Bingo 3:00 Exercise	5 12:45 Pokeno 1:00 Movie
6 9:00 Devotions 12:45 Ship, Capt, Crew 1:00 Movie 6:30 Hymn Sing	Week 6	7 9:30 KMS Kids Visit 10:45 Kountry Store 12:45 Shut the Box 3:00 Exercise	8 12:45 Banga 12:45 Wal Mart Trip 3:00 Exercise 6:30 Bingo	9 9:15 Divine Mercy 9:30 Rosary 10:00 BIBLE STUDY 12:45 Square Shooters 2:45 Lutheran Services NO EXERCISE TODAY	10 XMAS TAKE DOWN PET VISITS– ZEUS 12:45 Take down Christmas Decorations NO EXERCISE TODAY	11 XMAS TAKE DOWN 12:45 Pick your number 1:30 Bingo NO EXERCISE TODAY	12 12:45 Do You Have? 1:00 Movie
13 9:00 Devotions 12:45 Golf 1:00 Movie 6:30 Hymn Sing	Week 1	14 10:45 Kountry Store 12:45 Roll and Cover 12:45 Watercolor Art 3:00 Exercise	15 12:45 Pokeno 2:00 Birthday Bash/ JERRY ECKERT NO EXERCISE TODAY 6:30 Bingo	16 9:15 Divine Mercy 9:30 Rosary NO BIBLE STUDY 12:45 Garbage 3:00 Exercise	17 11:00 Out to Eat– Anita’s Log Cabin 12:45 Shut the Box 3:00 Exercise	18 12:45 Buzz Word 1:30 Bingo NO EXERCISE TODAY	19 12:45 Kings Corners 1:00 Movie
20 9:00 Devotions 12:45 Bunco 1:00 Movie 6:30 Hymn Sing	Week 2	21 10:45 Kountry Store 1:30 ARMCHAIR TRAVELS– DUBAI/ INDIA	22 12:45 Cards 3:00 Exercise 6:30 Bingo	23 9:15 Divine Mercy 9:30 Rosary 10:00 BIBLE STUDY 12:45 LCR 2:45 Lutheran Services NO EXERCISE TODAY	24 PET VISITS– ZEUS 1:00 Tenzi Teams– CBRF DR 3:00 Exercise	25 12:45 UNO 1:30 Bingo 3:00 Exercise	26 12:45 LCR 1:00 Movie
27 9:00 Devotions 12:45 Pick your number 1:00 Movie 6:30 Hymn Sing	Week 3	28 9:45 Kountry Store 10:30 Library Outreach 12:45 Down the Line 3:00 RCAC SPA DAY NO EXERCISE TODAY	29 12:45 Rummy 12:45 Watercolor Art 3:00 Exercise 6:30 Bingo	30 9:15 Divine Mercy 9:30 Rosary 10:00 BIBLE STUDY 12:30 Toss Up 3:00 Exercise	31 PET VISITS– ZEUS 9:15 Community Project– Plastic Bag Mats 12:45 Bowling Dice 3:00 Exercise		
ACTIVITIES & MENU ITEMS SUBJECT TO CHANGE							