


# Drake Terrace Independent and Assisted Living Calendar

# JANUARY 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>8:45 Churches 10:15 Communion</p> <p><b>1</b></p> <p><b>New Year's Day Buffet</b> 11:30 &amp; 2:00 seating's</p> 	<p>9:00 CVS, Library &amp; Banks <b>9:45 *Stretch</b> 10:00 Tai Chi 10:15 Drake's Walk <b>10:40 *Movie Star Biography</b> 1:00 Bridge 2:00 Movie Afternoon in the game room <b>2:00*Pretty Nails</b> 6:15 Bingo</p> <p><b>2</b></p>	<p>8:00 Doctor's Day <b>9:45 *Stretch</b> 10:00 Balance Class 10:15 Drake's Walk 11:00 Knitting Group 1:00 Writing Class 1:30 Computer Class <b>2:30 Entertainment:</b> <b>Linda Wiggins-Pianist &amp; Vocalist</b> <b>2:00* One-on-One</b> 4:00 Strength Training 6:15 Movie Night</p> <p><b>3</b></p>	<p>9:00 Doctor's Day 9:30 Exercise to Music <b>9:45 *Stretch</b> 10:15 Drake's Walk 10:30 Meditation with Laurie <b>12:15 Art Talk Outing</b> 12:15 Birthdays! 1:00 Bridge 1:00 Cookie Class <b>2:00*Dancing</b> 1:00 Foot Doctor 4:00 Program Critiques 6:15 Bingo</p> <p><b>4</b></p>	<p><b>9:45 *Stretch</b> 10:00 Balance Class 10:15 Drake's Walk 10:45 Balance Assessment <b>11:30 Scenic Drive Lunch</b> <b>The Union Hotel</b> 1:00 Special Interest Film <b>2:00*Balloon-V-Ball</b> 4:00 Strength Training 6:15 Poker Night</p> <p><b>5</b></p>	<p><b>9:45 *Stretch</b> 10:00 Tai Chi 10:00 First Friday Mass 10:15 Drake's Walk 10:45 Scenic Drive 1:00 Bridge <b>1:15 Heritage Food &amp; Share</b> 1:30 Shopping Trip Northgate/Safeway <b>2:00 *Bagger!</b> 3:30 Music with Stan 6:15 Shabbat Service 6:15 Biography Movie</p> <p><b>6</b></p>	<p>9:30 Exercise to Music 10:30 Dominoes 1:00 Scrabble 2:00 New Release Movie <b>2:00 *Bingo</b> <b>2:30 Travel Talk</b> <b>4:00 Special Happy Hour</b> 6:15 Special Bingo 6:30 New Release Movie</p> <p><b>7</b></p>
<p>8:45 Churches 10:15 Communion <b>10:30 *Brandels Hillel Day</b> <b>School Reading Group</b> <b>1:00 *Daria &amp; Angelina-Young Pianists</b> (game room) <b>2:00* Hot Potato with Music</b> 2:00 Classic Movie 6:30 Classic Movie</p> <p><b>8</b></p>	<p>9:00 CVS, Library &amp; Banks <b>9:45 *Stretch</b> 10:00 Tai Chi 10:15 Drake's Walk <b>10:40 *Fantastic Facts</b> 1:00 Bridge <b>2:00*Pretty Nails</b> 3:30 Tea &amp; Talk 6:15 Bingo</p> <p><b>9</b></p>	<p>8:00 Doctor's Day <b>9:45 * Stretch</b> 10:00 Balance Class 10:15 Drake's Walk 11:00 Knitting Group 1:00 Writing Class <b>2:00* Sing-Along!</b> <b>2:30 Art with Sonja</b> 4:00 Strength Training 6:15 Movie Night</p> <p><b>10</b></p>	<p>8:15 Men's Breakfast Club 9:00 Doctor's Day 9:30 Exercise to Music <b>9:45 *Stretch</b> 10:15 Drake's Walk <b>10:30 Dixie Kids</b> 1:00 Bridge 1:00 Cookie Class <b>2:00*Dancing</b> 4:00 Comments and Concerns 6:15 Bingo</p> <p><b>11</b></p>	<p><b>9:45 * Stretch</b> 10:00 Balance Class 10:15 Drake's Walk 10:30 Blood Pressure 1:00 Special Interest Film <b>2:00*Balloon-V-Ball</b> <b>2:30 Presentation: Making Your Final Wishes Known</b> 4:00 Strength Training 6:15 Poker Night</p> <p><b>12</b></p>	<p><b>9:45 *Stretch</b> 10:00 Tai Chi 10:15 Drake's Walk 10:45 Scenic Drive 1:00 Bridge 1:30 Shopping Trip Trader Joe's/Dollar Store <b>2:00 *Bagger!</b> 3:30 Music with Stan 6:15 Biography Movie</p> <p><b>13</b></p>	<p>9:30 Exercise to Music 10:30 Crossword Puzzles 1:00 Scrabble 2:00 New Release Movie <b>2:00 *Bingo</b> 4:00 Happy Hour 6:15 Special Bingo 6:30 New Release Movie</p> <p><b>14</b></p>
<p>8:45 Churches 10:15 Communion 11:00 Farmer's Market 1:30 Golf Putting <b>2:00* Hot Potato with Music</b> 2:00 Classic Movie 6:30 Classic Movie</p> <p><b>15</b></p>	<p>9:00 CVS, Library &amp; Banks <b>9:45 * Stretch</b> 10:00 Tai Chi 10:15 Drake's Walk <b>10:40 *Trivia Time</b> 11:00 Food Forum 1:00 Bridge <b>2:00*Pretty Nails</b> 3:30 Tea &amp; Talk 6:15 Bingo</p> <p><b>16</b></p>	<p>8:00 Doctor's Day <b>9:45 * Stretch</b> 11:00 Balance Class 10:15 Drake's Walk 11:00 Knitting Group <b>1:00 Presentation: Writing Class</b> <b>2:00 *Sing-Along!</b> 4:00 Strength Training 6:15 Movie Night</p> <p><b>17</b></p>	<p>9:00 Doctor's Day 9:30 Exercise to Music <b>9:45 *Stretch</b> 10:15 Drake's Walk 10:30 Meditation with Laurie 1:00 Bridge 1:00 Cookie Class 1:00 Foot Doctor <b>2:00*Dancing</b> <b>3:00 Resident Council Meeting</b> 6:15 Bingo</p> <p><b>18</b></p>	<p><b>9:45 * Stretch</b> 10:00 Balance Class 10:15 Drake's Walk 1:00 Special Interest Film <b>1:00 Charles Schultz Museum</b> <b>2:00*Balloon-V-Ball</b> 4:00 Strength Training 5:00 Dinner with Erik &amp; Jess 6:15 Poker Night</p> <p><b>19</b></p>	<p><b>9:45 *Stretch</b> 10:00 Tai Chi 10:15 Drake's Walk 10:45 Scenic Drive 1:00 Bridge <b>2:00 *Bagger!</b> 1:30 Shopping Trip Northgate/Safeway 3:30 Music with Stan 6:15 Special Interest Film</p> <p><b>20</b></p>	<p>9:30 Exercise to Music 10:30 Dominoes 1:00 Scrabble 2:00 New Release Movie <b>2:00 *Bingo</b> <b>4:00 Special Happy Hour</b> 6:15 Special Bingo 6:30 New Release Movie</p> <p><b>21</b></p>

<p>8:45 Churches 10:15 Communion <b>2:00 Kaiser Presentation: Calcium, Vitamin D and Fall Prevention</b> <b><u>2:00* Hot Potato with Music</u></b> 2:00 Classic Movie 6:30 Classic Movie</p> <p style="text-align: right;"><b>22</b></p>	<p>9:00 CVS, Library &amp; Banks <b><u>9:45 *Stretch</u></b> 10:00 Tai Chi 10:15 Drake's Walk <b><u>10:40 *Sing - Along!</u></b> 1:00 Bridge <b><u>2:00*Pretty Nails</u></b> 3:30 Tea &amp; Talk 6:15 Bingo</p> <p style="text-align: right;"><b>23</b></p>	<p>8:00 Doctor's Day <b><u>9:45 *Stretch</u></b> 10:00 Balance Class 10:15 Drake's Walk <b><u>10:30*Paws for Healing</u></b> 11:00 Knitting Group 1:30 Computer Class <b><u>2:00*One-on-One</u></b> <b>2:30 Entertainment: Marin Senior Entertainers</b> 4:00 Strength Training 6:15 Movie Night</p> <p style="text-align: right;"><b>24</b></p>	<p>9:00 Doctor's Day 9:30 Exercise to Music <b><u>9:45 *Stretch</u></b> 10:15 Drake's Walk 1:00 Bridge <b><u>2:00*Dancing</u></b> <b>4:00 Book Club Meeting</b> 6:15 Bingo</p> <p style="text-align: right;"><b>25</b></p>	<p><b><u>9:45 *Stretch</u></b> 10:00 Balance Class 10:15 Drake's Walk 1:00 Special Interest Film <b><u>2:00*Balloon-V-Ball</u></b> 4:00 Strength Training <b>4:30 Dinner Out-The Garden</b> 6:15 Poker Night</p> <p style="text-align: right;"><b>26</b></p>	<p><b><u>9:45 *Stretch</u></b> 10:00 Tai Chi 10:15 Drake's Walk 10:45 Scenic Drive 1:00 Bridge 1:30 Shopping Trip The Village/Town Center <b><u>2:00 *Baggo!</u></b> <b>3:30 Chat with Erik</b> <b>6:15 Entertainment: Irish Ceili Band</b></p> <p style="text-align: right;"><b>27</b></p>	<p>9:30 Exercise to Music 10:30 Crossword Puzzles 1:00 Scrabble 2:00 New Release Movie <b><u>2:00 *Bingo</u></b> 4:00 Happy Hour 6:15 Special Bingo 6:30 New Release Movie</p> <p style="text-align: right;"><b>28</b></p>
<p>8:45 Churches 10:15 Communion 11:00 Farmer's Market 1:30 Golf Putting <b>2:00 Goldenaire's Dance</b> <b><u>2:00* Hot Potato with Music</u></b> 2:00 Classic Movie 6:30 Classic Movie</p> <p style="text-align: right;"><b>29</b></p>	<p>9:00 CVS, Library &amp; Banks <b><u>9:45 *Stretch</u></b> 10:00 Tai Chi 10:15 Drake's Walk <b><u>10:40 *Movie Star Biography</u></b> 1:00 Bridge <b><u>2:00*Pretty Nails</u></b> 3:30 Tea &amp; Talk 6:15 Bingo</p> <p style="text-align: right;"><b>30</b></p>	<p>8:00 Doctor's Day <b><u>9:45 *Stretch</u></b> 10:00 Balance Class 10:15 Drake's Walk 11:00 Knitting Group 1:00 Writing Class <b><u>2:00*One-on-One</u></b> <b>2:00 New Resident Reception</b> 4:00 Strength Training 6:15 Movie Night</p> <p style="text-align: right;"><b>31</b></p>	<p><b><i>Resident Birthdays!</i></b> Clinton Jones 1/1 Kathy Bogenrief 1/19 Charles Nimovitz 1/13 Helen Rico 1/27 Eleanor Cohen 1/28 Margaret Hill 1/28 Bette Normandin 1/28 Stan Winston 1/29</p>			

Entertainment and most activities will be held in the game room.  
**New Release Movies** will be played in the library. **Biography Movies** (Friday evenings), **Special Interest Films** and **Tuesday Movie Night Films** will be played in the game room.  
The 2:00 **Classic Movie** on Sunday will be in the library and the 6:30 **Classic Movie** will be in the game room.  
**Balance Class, Strength Training, Exercise to Music** and **Tai Chi** are held in the game room.  
Locations for all classes and activities are subject to change so please continue to check flyers for the latest information.

**Assisted Living** (only) activities are underlined, in **bold** letter, the font is in *italics*, and an asterisk\* is present.