

Plaza Towers January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Manager Shemekka Ludd (661) 832-3206	Site Assistant Emily Burnheart Mon-Thurs 8:00-12:00pm	1 Office Closed!!! 	2	3 Sit & Stretch 10:00am	4	5 
6 	7 Paint Night- 4:00pm (Pre sign up required) Resident Bingo-5:30 Coffee Social-9:00-10	8 CAPK 9am-11am Salvation Army trip- 11:00am	9 Coffee Social 9:00-10:30am Craft Day-11:00- 12:30	10 Sit & Stretch 10:00am Nutrition- 10:20am (Aging And Adult) Health Education Workshop 1:00-2:00	11	12
13	14 Resident Bingo-5:30 Coffee Social 9:00-10:00	15 Senior Outreach (Assistance from Emily) 8:00am-1:00pm	16 Coffee Social 9:00-10:30am Coloring-11:00- 12:00	17 Sit & Stretch 10:00am (Aging And Adult) Health Education Workshop 1:00-2:00	18	19
20	21 Resident Bingo-5:30 Coffee Social 9:00-10:00am	22 Salvation Army trip- 11:00am	23 Coffee Social 9:00-10:30am Craft Day-11:00- 12:30	24 Sit & Stretch 10:00am Nutrition- 10:20am (Aging And Adult) Health Education Workshop 1:00-2:00	25	26
	28 Resident Bingo-5:30 Coffee Social 9:00-10:00am	29 Senior outreach- (Assistance from Emily) 8:00am-1:00pm	30 Coffee Social 9:00-10:30am Bingo-11:00am	31 Sit & Stretch 10:00am (Aging And Adult) Health Education Workshop 1:00-2:00	Transportation Christien (661)496-0789	