

# JANUARY 2022



Janice Gardner 1/1  
Nancy Davidson 1/2  
Lorraine Hernandez 1/13  
Mieke Van De Nobelen 1/16  
Dot Modla 1/21  
Frank Kiser 1/25  
Polly Schuerg 1/25

Betty Walters 1/27  
Ron Weisburg 1/27  
Chick Williams 1/27  
Barb Ingelse 1/29  
Jerry Lopez 1/30  
Frances Workman 1/31

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 <b>Wear Your Name Tag Day</b> - HAPPY NEW YEAR - <b>2022</b> 4:00 Table Games - CR
2 4:00 Vespers - HH	3 10:00 Healthy Bones and Strong Muscles - HH 2:00 Muscle Stretch - CR 2:00 Bingo - HH 3:00 Cardio Fitness - CR 3:00 CVS, Walgreens & Dollar Tree 6:00 Movie - MT	4 Health Clinic 9:00 am - 1:00 pm 8:30 Publix on Herlong 10:00 Balance in Motion - HH 10:00 Food Lion 11:00 Neurobics - CR 11:00 Water Aerobics - P 2:00 Muscle Stretch - HH 3:00 Table Games - CR <b>4:00 Musical Performance - HH</b> Caroline Smoak & Emily Urbanek 7:00 Hymn Sing - HH	5 10:00 Healthy Bones and Strong Muscles - HH <b>11:30 Lunch at Chicken Salad Chick</b> 12:30 Balloon Volleyball - HH 2:00 Muscle Stretch - HH 3:00 Church Service - HH 4:00 Cardio Fitness - HH	6 Health Clinic 9:00 am - 1:00 pm 8:30 Publix on Cherry Rd 10:00 Balance in Motion - HH 10:00 Harris Teeter 11:00 Neurobics - HH 2:00 Muscle Stretch - HH <b>3:30 New Year's Res. Social - HH</b> 4:00 Water Aerobics - P	7 10:00 Healthy Bones and Strong Muscles - HH 11:00 Tai Chi - HH <b>11:30 Lunch at Red Bowl</b> 2:00 Muscle Stretch - HH 3:00 Cardio Fitness - CR 3:30 Movie - MT	8 10:30 Choir Practice - HH <b>1:15 Winthrop Basketball</b> 4:00 Table Games - CR
9 3:30 Catholic Church Service - HH 4:00 Vespers - HH	10 10:00 Healthy Bones and Strong Muscles - HH <b>11:00 YC Library in Rock Hill</b> 2:00 Muscle Stretch - CR 2:00 Bingo - HH 3:00 Cardio Fitness - CR 3:00 CVS, Walgreens & Dollar Tree 3:00 Walking Club - L 4:00 TED Talk - CR 6:00 Movie - MT	11 Health Clinic 9:00 am - 1:00 pm 8:30 Publix on Herlong 10:00 Balance in Motion - CR 10:00 Food Lion <b>10:00 Lou Ardrey's Bible Study - HH</b> 11:00 Neurobics - CR 11:00 Water Aerobics - P 2:00 Muscle Stretch - HH <b>3:00 Functional Fitness - HH</b> 3:00 Table Games - CR 7:00 Hymn Sing - HH	12 10:00 Healthy Bones and Strong Muscles - HH 12:30 Balloon Volleyball - HH <b>2:00 Walmart Newport</b> 3:00 Church Service - HH 4:00 Cardio Fitness - HH <b>6:15 Winthrop Basketball</b>	13 Health Clinic 9:00 am - 1:00 pm 8:30 Publix on Cherry Rd 10:00 Balance in Motion - HH 10:00 Harris Teeter 11:00 Neurobics - HH 2:00 Muscle Stretch - HH <b>3:00 The Big Puzzle Competition HH</b> 4:00 Water Aerobics - P	14 10:00 Healthy Bones and Strong Muscles - HH 11:00 Tai Chi - HH <b>11:30 Lunch at Brixz Pizza</b> 2:00 Muscle Stretch - HH 3:00 Cardio Fitness - CR 3:30 Movie - MT	15 10:30 Choir Practice - HH 4:00 Table Games - CR
16 4:00 Vespers - HH	17 <b>ACTIVITIES PROFESSIONAL'S WEEK</b> Martin Luther King Jr. Day 10:00 Healthy Bones and Strong Muscles - HH 2:00 Muscle Stretch - CR 2:00 Bingo - HH 3:00 Cardio Fitness - CR 3:00 CVS, Walgreens & Dollar Tree <b>3:30 Martin Luther King Jr. Presentation - HH</b> 6:00 Movie - MT <b>Thank your Activities Professional</b>	18 Health Clinic 9:00 am - 1:00 pm 8:30 Publix on Herlong 10:00 Balance in Motion - CR 10:00 Food Lion <b>10:00 Lou Ardrey's Bible Study - HH</b> 11:00 Neurobics - CR 11:00 Water Aerobics - P 2:00 Muscle Stretch - HH <b>3:00 Functional Fitness - HH</b> 3:00 Table Games - CR 7:00 Hymn Sing - HH	19 10:00 Healthy Bones and Strong Muscles - HH 12:30 Balloon Volleyball - HH 2:00 Muscle Stretch - HH 3:00 Church Service - HH 4:00 Cardio Fitness - HH <b>5:00 Dinner at Trio</b>  <b>Send your Activities Professional a Thank you Note</b>	20 Health Clinic 9:00 am - 1:00 pm 8:30 Publix on Cherry Rd 10:00 Balance in Motion - HH 10:00 Harris Teeter 11:00 Neurobics - HH 2:00 Muscle Stretch - HH <b>3:00 Lower Level Open House</b> 4:00 Water Aerobics - P	21 <b>9:30 Donuts &amp; Coffee - CR</b> 10:00 Healthy Bones and Strong Muscles - HH 11:00 Tai Chi - HH <b>2:00 Musical Performance - HH</b> <b>David Domingo</b> 2:30 Muscle Stretch - CR 3:00 Cardio Fitness - CR 3:30 Movie - MT	22 10:30 Choir Practice - HH <b>1:15 Winthrop Basketball</b> 4:00 Table Games - CR
23 4:00 Vespers - HH	24 10:00 Healthy Bones and Strong Muscles - HH <b>11:00 YC Library in Rock Hill</b> 2:00 Muscle Stretch - CR 2:00 Bingo - HH 3:00 Cardio Fitness - CR 3:00 CVS, Walgreens & Dollar Tree 3:00 Walking Club - L 4:00 TED Talk - CR 6:00 Movie - MT	25 Health Clinic 9:00 am - 1:00 pm 8:30 Publix on Herlong 10:00 Balance in Motion - CR 10:00 Food Lion <b>10:00 Lou Ardrey's Bible Study - HH</b> 11:00 Neurobics - CR 11:00 Water Aerobics - P 2:00 Muscle Stretch - HH <b>3:00 New Resident Orientation HH</b> 3:30 Table Games - CR 7:00 Hymn Sing - HH	26 <b>9:00 Gentle Care Nails - CR</b> 10:00 Healthy Bones and Strong Muscles - HH 12:30 Balloon Volleyball - HH 2:00 Muscle Stretch - HH <b>2:00 Walmart Newport</b> 3:00 Church Service - HH 4:00 Cardio Fitness - HH	27 Health Clinic 9:00 am - 1:00 pm 8:30 Publix on Cherry Rd 10:00 Balance in Motion - HH 10:00 Harris Teeter 11:00 Neurobics - HH 2:00 Muscle Stretch - HH <b>2:00 January Birthday Celebration - CR</b> 4:00 Water Aerobics - P <b>4:30 Happy Hour - L</b>	28 10:00 Healthy Bones and Strong Muscles - HH 11:00 Tai Chi - HH <b>1:30 Bowling at Strikers</b> 2:00 Muscle Stretch - HH 3:00 Cardio Fitness - CR 3:30 Movie - MT	29 10:00 Exercise - CR 10:30 Choir Practice - HH 11:00 Cornhold & Other Games - CR 2:00 Bingo 4:00 Table Games - CR
30 4:00 Vespers - HH	31 10:00 Healthy Bones and Strong Muscles - HH 2:00 Muscle Stretch - CR 2:00 Bingo - HH 3:00 Cardio Fitness - CR 3:00 CVS, Walgreens & Dollar Tree 4:00 TED Talk - CR <b>5:00 Dinner at Longhorn</b> 6:00 Movie - MT	# + L - #Floor Lounge. MT - Movie Theater CR - Community Room HH - Heritage Hall L - Lobby DR - Dining Room LL - Lower Level MDR - Manor Dining Room AS - Art Studio GR - Garden Room CH 99 - Channel 99	 Carolina Medical PARTNERS Health Clinic AT The Towers NEW OFFICE HOURS Tuesdays and Thursdays from 9:00 am - 1:00 pm You must have an appointment to be seen at the clinic due to limited space. Call 803-328-9355. Leave a message on the office answering machine. Please Bring: • All Medications • Insurance Cards • Photo ID • And fill out paperwork (in the envelope outside the office door)	<b>Helpful Reminders:</b> All activities on the calendar are subject to change.  Check your weekly activities newsletter and the bulletin board for changes to dates, times and locations, cancellations and additions.  Gentle Care Nails is here the 4th Wednesday of the month at 9:00 am in the Community Room. They do not take appointments; <b>first come first served.</b>  The Tower's bus can only accommodate 14 passengers. When signing up for outings each line represents one seat; please only <b>one name per line</b> . If someone marks their name off that seat will be filled with the first alternate. If the bus is full and you wish to drive yourself, please inform Sara, or Cami to ensure you are included in any plans or reservations that must be made.		