

# January 2025 Calendar

Independent Living - Life Enrichment & Wellness

This Month we Celebrate **China**

## January Birthdays



Janice Gardner 1/1  
 Brenda Dillingham 1/16  
 Don Schaaf 1/19  
 Dot Modla 1/21  
 Frank Kiser 1/25  
 Betty Walters 1/27

Ron Weisburg 1/27  
 Chick Williams 1/27  
 Janice Huffman 1/29  
 Barb Ingelse 1/29  
 Jerry Lopez 1/30  
 Pat Wickham 1/31



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Helpful Reminders:</b></p> <p>The 4th Wednesday of every month at 9:00 am, we will provide transportation to B&amp;K Nails for a toenail cut for \$10.00. <i>Sign up at the bulletin board.</i> If you are interested in a full pedicure or manicure, you must make an appointment for either Monday, Tuesday or Thursday.</p> <p>The Towers bus can only accomodate 14 passengers. When signing up for outings, each line represents one seat; please only one name per line. If someone marks their name off, that seat will be filled with the first alternate. Writing your name below the driver's name does not create nor guarantee a seat on the bus.</p> <p>All activites on the calendar are subject to change.                      Check your weekly Highlights and the bulletin board for additions, updates, changes and cancelations, as well as a listing of movies for the week and programs airing on CH 99.</p>			<p><b>1 Happy New Year!</b>  <b>FoodLion &amp; Publix moved to Tuesday this week!</b>                      9:30 Healthy Upper Body - HH  <i>No exercise with Robin</i>                      2:00 Coloring with Alice - AS  <b>5:00 Dinner at Ruby Tuesday</b>                      6:00 Bible Reading - L                      6:00 Card Games - CR</p>	<p><b>2</b>                      9:30 Healthy Lower Body - HH  <b>10:00 Appreciation Cards - AS</b>                      11:15 Neurobics - MT                      1:30 Exercise with Robin - CR                      1:30 Harris Teeter  <b>3:45 Winthrop V. USC Upstate</b>                      6:00 Bible Reading - L                      6:00 Dominoes - CR</p>	<p><b>3</b>                      10:00 Water walking - P  <b>10:30 Columbia, SC Outing</b>  <b>11:30 California Dreamin' Luncheon</b>  <b>12:30 Columbia Museum of Art</b>                      6:00 Bible Reading - L                      6:00 Stroll w/ a neighbor</p>	<p><b>4</b>                      1:30 Rummy - CR                      2:00 Rummikub - CR                      6:00 Bible Reading - L                      6:30 Bingo - HH</p>
<p><b>5</b>                      9:00 WPC Service on CH98                      2:00 Board Games - CR                      4:00 Vespers - HH                      6:00 Bible Reading - L                      6:00 Friendly Game of Pool - BR</p>	<p><b>6 Nat'l Shortbread Day</b>                      9:30 Healthy Upper Body - HH  <b>10:00 Cookie Social - CR</b>                      1:30 Cardio Drumming - CR                      2:30 Aqua Move and Groove - P                      3:00 Newport Walmart  <b>3:00 Carolina CopyCats - HH</b>                      6:00 Bible Reading - L</p>	<p><b>7</b>                      9:30 Healthy Lower Body - HH  <b>10:00 Appreciation Cards-AS</b>                      1:30 Exercise with Robin - HH                      3:00 Bingo - HH  <b>3:45 Library Bookmobile</b>                      6:00 Bible Reading - L                      6:30 Hymn Sing - CR</p>	<p><b>8</b>  <b>9:00 - 1:00 Blood Drive - HH</b>                      9:00 Food Lion &amp; Publix                      9:30 Healthy Upper Body - CR  <b>11:30 Old Town Kitchen/Tour</b>                      1:00 Exercise with Robin - CR                      2:00 Coloring with Alice - AS  <b>2:30 Freddy Tripp - Lobby</b>                      3:00 Church Service - HH                      6:00 Bible Reading - L                      6:00 Card Games - CR</p>	<p><b>9 Law Enforcement Appreciation Day</b>                      9:30 Healthy Lower Body - HH                      11:15 Neurobics - MT                      1:30 Exercise with Robin - CR                      1:30 Harris Teeter  <b>2:00 FirstARP Bible Study-CR</b>                      6:00 Bible Reading - L                      6:00 Dominoes - CR</p>	<p><b>10</b>                      10:00 Water walking - P  <b>11:30 Captain Steve's</b>                      3:00 Cornhole - HH                      6:00 Bible Reading - L                      6:00 Stroll w/ a neighbor</p>	<p><b>11</b>                      1:30 Rummy - CR  <b>1:30 Winthrop V. Longwood</b>                      2:00 Rummikub - CR                      6:00 Bible Reading - L                      6:30 Bingo - HH</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>12</b> 9:00 WPC Service on CH98 2:00 Board Games - CR 4:00 Vespers - HH 6:00 Bible Reading - L 6:00 Friendly Game of Pool - BR	<b>13 Nat'l Peach Melba Day</b> 9:30 Healthy Upper Body - HH <b>10:00 Wellness Clinic-Agape-CR</b> 1:30 Cardio Drumming - CR <b>2:00 Activity Comm Mtg - 4L</b> 2:30 Aqua Move and Groove - P 3:00 CVS/Walgreens/DollarTree 6:00 Bible Reading - L  <i>Newsletter Articles Due!</i>	<b>14 Granola Bar Day</b> 9:30 Healthy Lower Body - HH <b>10:15 Lou Ardrey Bible Study-HH</b> 1:30 Exercise with Robin - CR <b>2:00 Granola Social - L</b> 3:00 Bingo - HH 6:00 Bible Reading - L 6:30 Hymn Sing - CR	<b>15</b> 9:00 Food Lion & Publix 9:30 Healthy Upper Body - HH 1:00 Exercise with Robin - CR 2:00 Coloring with Alice - AS 3:00 Church Service - HH <b>5:00 Richie's Italian for Dinner</b> 6:00 Bible Reading - L 6:00 Card Games - CR <b>6:00 Winthrop vs. Charleston Southern</b>	<b>16</b> 9:30 Healthy Lower Body - HH 11:15 Neurobics - MT 1:30 Exercise with Robin - CR 1:30 Harris Teeter <b>3:00 Chinese Dragon - AS</b> 6:00 Bible Reading - L 6:00 Dominoes - CR	<b>17</b> 10:00 Water walking - P <b>10:30 Road Trip: White House, in Heath Springs; Lunch out</b> 3:00 Cornhole - HH 6:00 Bible Reading - L 6:00 Stroll w/ a neighbor	<b>18</b> 1:30 Rummy - CR 2:00 Rummikub - CR 6:00 Bible Reading - L 6:30 Bingo - HH
<b>19</b> 9:00 WPC Service on CH98 2:00 Board Games - CR 4:00 Vespers - HH 6:00 Bible Reading - L 6:00 Friendly Game of Pool - BR	<b>20 MLK Day</b> 9:30 Healthy Upper Body - HH 1:30 Cardio Drumming - CR 2:30 Aqua Move and Groove - P <b>3:00 Newsletter Comm. Mtg - 2L</b> <b>3:00 Emily Roland Piano - L</b> 3:00 Newport Walmart 6:00 Bible Reading - L	<b>21</b> 9:30 Healthy Lower Body - HH <b>10:15 Lou Ardrey Bible Study-HH</b> 1:30 Exercise with Robin - CR 3:00 Bingo - HH <b>3:45 Library Bookmobile</b> 6:00 Bible Reading - L 6:30 Hymn Sing - CR	<b>22</b> 9:00 Food Lion & Publix 9:30 Healthy Upper Body - HH <b>11:30 Napa @ Kingsley</b> 1:00 Exercise with Robin - CR 2:00 Coloring with Alice - AS 3:00 Church Service - HH 6:00 Bible Reading - L 6:00 Card Games - CR	<b>23</b> 9:30 Healthy Lower Body - HH 11:15 Neurobics - MT 1:30 Exercise with Robin - CR 1:30 Harris Teeter <b>3:00 Chinese Dragon - AS</b> 6:00 Bible Reading - L 6:00 Dominoes - CR	<b>24</b> 10:00 Water walking - P <b>11:00 Le Peep, Indian Trail with Shopping or Ride Around</b> 3:00 Cornhole - HH 6:00 Bible Reading - L 6:00 Stroll w/ a neighbor	<b>25</b> 1:30 Rummy - CR 2:00 Rummikub - CR 6:00 Bible Reading - L 6:30 Bingo - HH
<b>26</b> 9:00 WPC Service on CH98 2:00 Board Games - CR 4:00 Vespers - HH 6:00 Bible Reading - L 6:00 Friendly Game of Pool - BR	<b>27</b> 9:30 Healthy Upper Body - HH 1:30 Cardio Drumming - CR <b>2:30 Year of the Snake - CR</b> 2:30 Aqua Move and Groove - P 3:00 CVS/Walgreens/Dollar Tree 6:00 Bible Reading - L	<b>28</b> 9:30 Healthy Lower Body - HH <b>10:15 Lou Ardrey Bible Study-HH</b> 1:30 Exercise with Robin - CR 3:00 Bingo - HH 6:00 Bible Reading - L 6:30 Hymn Sing - CR	<b>29 Chinese New Year</b> 9:00 Food Lion & Publix 9:30 Healthy Upper Body - HH <b>11:30 Spice Asian Kitchen</b> 1:00 Exercise with Robin - CR 2:00 Coloring with Alice - AS 3:00 Church Service - HH 6:00 Bible Reading - L 6:00 Card Games - CR <b>5:45 Hamilton @ Blumenthal uptown Charlotte</b> <b>6:00 Winthrop V. Presbyterian</b>	<b>30</b> 9:30 Healthy Lower Body - HH <b>10:00 Card Making w/ Deborah</b> 11:15 Neurobics - MT 1:30 Exercise with Robin - CR 1:30 Harris Teeter 6:00 Bible Reading - L 6:00 Dominoes - CR	<b>31</b> 10:00 Water walking - P <b>11:30 Mr.Rayo Mexico Grill</b> 3:00 Cornhole - HH 6:00 Bible Reading - L 6:00 Stroll w/ a neighbor	<i># + L - # Floor Lounge            AS- Art Studio in the Lower Level            BR - Billiards Room - 5th floor            CB - Coffee Bar in the Dining Room            CH99 - Channel 99            CR - Community Room            CY - Courtyard            DR - Dining Room            FR - Fitness Room (Gym)            GR - Garden Room in Health Center            HH - Heritage Hall            L - Lobby            LL - Lower Level            MT - Movie Theater            WS - Woodshop in Lower Level</i>