

Residential Living Life Enrichment Calendar

JANUARY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 10:00 Rosary (CH) 10:00 Virtual Rosary (CH2) 12:00 New Year's Buffet (FA/Bistro)
2 11:00 Sunday Service (CH)	3 8:45 WALK-IN CLINIC HOURS (WC) 9:00 Lab Services (By Appt) 9:00 Open Swim (P) 9:00 UNIVEST BANK (near DG Library) 9:30 Healthy Steps in Motion (RR) 10:30 Water Volleyball (P) 11:00 Ladies Bible Study (DMCR) 1:30 Ilcken Knitting Club (B) 3:00 Sunday Service - Rebroadcast (CH2) 7:00 Monday Night Bible Study (CH)	4 7:30 Lab Services (By Appt) 8:45 WALK-IN CLINIC HOURS (WC) 9:00 Open Swim (P) 9:30 Art Class (RR) 10:15 Virtual Chair Exercise with Kristin (CH2) 1:00 EVERENCE (Univest Bank Office on-site) 1:00 Tai Chi (RR) \$ 2:00 Social Services Drop-In Time (Satellite Office) 3:15 Virtual Chair Exercise with Kristin (CH2)	5 8:45 WALK-IN CLINIC HOURS (WC) 9:00 Bookmobile/Van (FA Entrance) 9:00 Open Swim (P) 10:00 Devotional (CH2) 10:30 Water Volleyball (P) 1:30 Giant Market 🛒 2:00 Gold of the Pharaohs Part II w/ Dr Steve (CH) 7:00 Wii (OCB)	6 7:30 Lab Services (By Appt) 8:45 WALK-IN CLINIC HOURS (WC) 9:00 Open Swim (P) 9:30 Forever Young with Kristin (RR) 10:15 Virtual Chair Exercise with Kristin (CH2) 1:00 Dock Stewards (RR) 3:15 Virtual Chair Exercise with Kristin (CH2)	7 9:00 Open Swim (P) 10:30 Water Volleyball (P) 2:00 Bingo with Gloria (DMCR)	8 6:00 Lansdale Community Concert-NPHS (Trip)
9 11:00 Sunday Service (CH) 7:00 Old Fashion Hymn Sing (CH)	10 8:45 WALK-IN CLINIC HOURS (WC) 9:00 Lab Services (By Appt) 9:00 Open Swim (P) 9:00 UNIVEST BANK (near DG Library) 9:30 Healthy Steps in Motion (RR) 10:00 Faith Walk (OC2) 10:30 Water Volleyball (P) 1:30 Ilcken Knitting Club (B) 3:00 Sunday Service - Rebroadcast (CH2) 7:00 Monday Night Bible Study (CH)	11 7:30 Lab Services (By Appt) 8:45 WALK-IN CLINIC HOURS (WC) 9:00 Hennings Market 🛒 9:00 Open Swim (P) 9:30 Art Class (RR) 10:15 Virtual Chair Exercise with Kristin (CH2) 1:00 EVERENCE (Univest Bank Office on-site) 1:00 Tai Chi (RR) \$ 2:00 Social Services Drop-In Time (Satellite Office) 2:00 Resident Meeting CH2(Virtual) 3:15 Virtual Chair Exercise with Kristin (CH2)	12 8:45 WALK-IN CLINIC HOURS (WC) 9:00 Open Swim (P) 10:00 Devotional (CH2) 10:30 Water Volleyball (P) 2:00 RL January Birthday Celebration (FA) 🎉 7:00 Wii (OCB)	13 7:30 Lab Services (By Appt) 8:45 WALK-IN CLINIC HOURS (WC) 9:00 Open Swim (P) 9:30 Forever Young with Kristin (RR) 10:00 Prayer Together (CH) 10:15 Virtual Chair Exercise with Kristin (CH2) 3:15 Virtual Chair Exercise with Kristin (CH2)	14 8:00 Men's Breakfast (FA) 9:00 Hilltown Walmart 🛒 9:00 Open Swim (P) 10:30 Water Volleyball (P) 1:30 WALK-IN CLINIC HOURS (WC) 2:00 Bingo with Gloria (DMCR)	15
16 11:00 Sunday Service (CH)	17 8:30 WALK-IN CLINIC HOURS (WC) 9:00 Lab Services (By Appt) 9:00 Open Swim (P) 9:00 UNIVEST BANK (near DG Library) 9:30 Book Club (RR) 10:30 Water Volleyball (P) 11:00 Ladies Bible Study (DMCR) 1:30 Ilcken Knitting Club (B) 1:30 Wegmans 🛒 2:00 Martin Luther King Program (CH) 🎉 3:00 Sunday Service - Rebroadcast (CH2) 7:00 Monday Night Bible Study (CH)	18 7:30 Lab Services (By Appt) 8:45 WALK-IN CLINIC HOURS (WC) 9:00 Open Swim (P) 9:30 Art Class (RR) 10:00 Living U Kick-Off (CH) 10:15 Virtual Chair Exercise with Kristin (CH2) 1:00 EVERENCE (Univest Bank Office on-site) 1:00 Tai Chi (RR) \$ 2:00 Social Services Drop-In Time (Satellite Office) 3:15 Virtual Chair Exercise with Kristin (CH2)	19 8:30 Ladies' Breakfast (FA) 🎉 8:45 WALK-IN CLINIC HOURS (WC) 9:00 Bookmobile/Van (FA Entrance) 9:00 Open Swim (P) 9:00 Landis Market 🛒 10:00 Devotional (CH2) 10:30 Water Volleyball (P) 7:00 Wii (OCB)	20 7:30 Lab Services (By Appt) 8:45 WALK-IN CLINIC HOURS (WC) 9:00 Open Swim (P) 9:30 Forever Young with Kristin (RR) 10:15 Virtual Chair Exercise with Kristin (CH2) 2:00 Cornhole Tournament (FA) 2:00 Grief Support (RR) 3:15 Virtual Chair Exercise with Kristin (CH2)	21 9:00 Open Swim (P) 9:30 State Rep Hanbidge Aide (CCLobby) 1.5 hrs 10:30 Water Volleyball (P) 2:00 Bingo with Gloria (DMCR)	22

<p>23 11:00 Sunday Service (CH)</p>	<p>24 8:45 WALK-IN CLINIC HOURS (WC) 9:00 Lab Services (By Appt) 9:00 Open Swim (P) 9:00 UNIVEST BANK (near DG Library) 10:00 Faith Walk (OC2) 10:30 Water Volleyball (P) 1:30 Ilcken Knitting Club (B) 3:00 Sunday Service - Rebroadcast (CH2) 7:00 Monday Night Bible Study (CH)</p>	<p>25 7:30 Lab Services (By Appt) 8:45 WALK-IN CLINIC HOURS (WC) 9:00 Open Swim (P) 9:00 ShopRite Market 🛒 9:30 Art Class (RR) 10:15 Virtual Chair Exercise with Kristin (CH2) 1:00 EVERENCE (Univest Bank Office on-site) 1:00 Tai Chi (RR) \$ 2:00 DW Play "What Day is This??" (CH) 🚌 2:00 Social Services Drop-In Time (Satellite Office) 3:15 Virtual Chair Exercise with Kristin (CH2)</p>	<p>26 8:45 WALK-IN CLINIC HOURS (WC) 9:00 Open Swim (P) 10:00 Devotional (CH2) 10:30 Catholic Mass (CH) 10:30 Water Volleyball (P) 7:00 Wii (OCB)</p>	<p>27 7:30 Lab Services (By Appt) 8:45 WALK-IN CLINIC HOURS (WC) 9:00 Open Swim (P) 9:30 Forever Young with Kristin (RR) 10:00 Prayer Together (CH) 10:15 Virtual Chair Exercise with Kristin (CH2) 2:00 Telling Our Stories (RR) 3:15 Virtual Chair Exercise with Kristin (CH2) 4:30 RL Dine Around - The Metropolitan (Trip)</p>	<p>28 9:00 Open Swim (P) 10:30 Water Volleyball (P) 1:30 WALK-IN CLINIC HOURS (WC) 2:00 Bingo with Gloria (DMCR)</p>	<p>29</p>
<p>30 11:00 Sunday Service (CH)</p>	<p>31 8:45 WALK-IN CLINIC HOURS (WC) 9:00 Lab Services (By Appt) 9:00 Open Swim (P) 9:00 UNIVEST BANK (near DG Library) 10:30 Water Volleyball (P) 1:30 Ilcken Knitting Club (B) 2:00 January Blues Chair Bingo (RR) 3:00 Sunday Service - Rebroadcast (CH2) 7:00 Monday Night Bible Study (CH)</p>	<p>Life Enrichment: Eileen Burks 215-368-4438, Extension 44121 Fitness: Brent Daubenspeck 215-368-4438, Extension 44153 Hearthside Bistro: 215-565-2407, Extension 52407 Pastoral Care: 215-368-4438, Extension 44227 Or 44171 Wellness Nurse Maria Popp 215-368-4438, Extension 44158</p>				

Location Key: (By Appt/WC) = By Appointment/Wellness Center, (B) = Bistro, (CC) = Community Center, (CDR) = Community Dining Room, (CH) = Chapel, (CR) = Conference Rooms A & B, (DMCL) = Dock Manor Computer Lab, (DMCR) = Dock Manor Community Room, (RR) = Dock Gardens Recreation Room, (EC) = Education Center, (FA) = Fisher Auditorium, (FC) = Fitness Center, (FDO) = Fund Development Office, (HH) = Harmony House, (LB) = Library, (OC1)= Oakwood Court 1st Floor Great Room, (OC2) = Oakwood Court 2nd Floor Great Room, (OC3) = Oakwood Court 3rd Floor Great Room, (OCB) = Oakwood Court Basement, (OCDR) = Oakwood Court Dining Room, (P) = Pool, (CH2) = Broadcasting on Channel 2 (in-house cable), (WC) = Wellness Center. 🚌 The bus icon indicates there will be shuttle service for an event. Shuttle service for on-campus events begins 40 minutes before the event, and includes two rounds at each entity. 🛒 Indicates shopping trips. \$ Indicates additional fee. **ACTIVITIES ARE SUBJECT TO CHANGE BASED ON RESIDENT NEED AND SCHEDULING.**

VIRTUAL CHAIR EXERCISE W/ BRENT Available Wednesdays on Channel 2 at 10:15 a.m. and 3:15 p.m.

CROQUET will be available every day at 1:30 p.m. in the afternoons provided the temperature is over 50° degrees and weather permitting.



HOTLINE INFORMATION

Bistro: *extension 44145*

Dining Reservations: *215-565-2407 or extension 52407*

Fitness & Aquatics: *215-565-0236 or extension 50236*

Information Technology: *215-412-5511 or extension 25511*