

# RESIDENTIAL LIVING LIFE ENRICHMENT CALENDAR

# JANUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10:30 Sunday Service (CH)	2 8:45 Walk-In Clinic Hours (WC) 9:00 Lab Services (By Appt) 9:00 UNIVEST BANK (near DG Library) 10:15 Water Volleyball (P) 11:00 Ladies Bible Study (DMCR) 1:00 Stitches of Love (CC Lobby) 7:00 Monday Night Bible Study (CH)	3 7:30 Lab Services (By Appt) 8:45 Walk-In Clinic Hours (WC) 9:30 Art Class (RR) 10:00 Balance Screenings (FC) 10:00 BALANCE SCREENS (FC) 1:00 Qigong (RR) \$ 2:00 Social Services Drop-In Time 2:30 AQUA FALL PREVENTION (P) 3:00 Sunday Service - Rebroadcast (CH2)	4 8:45 Walk-In Clinic Hours (WC) 9:00 Bookmobile/Van (FA Entrance) <b>9:00 Giant</b> 🏏 9:30 Stretch Flow & Relaxation (RR) 10:00 DEVOTIONAL (CH2) 10:15 Water Volleyball (P) 3:00 Care Giver Support Group (RR) 7:00 Wii/Wii Bowling (OCB)	5 7:30 Lab Services (By Appt) 8:45 Walk-In Clinic Hours (WC) 9:30 Fit for Life w/ Kristin (RR) \$ 2:30 Making Waves (P)	6 2:00 Bingo with Gloria (DMCR) 6:00 Ping Pong (RR)	7 10:00 Rosary (CH) 10:00 Virtual Rosary (Channel 2) <b>6:00 Lansdale Community Concert (Trip)</b>
8 10:30 Sunday Service (CH) <b>2:30 Amici Opera Co Donizetti's "Lucia DiLammermoor" (CH)</b>	9 8:45 Walk-In Clinic Hours (WC) 9:00 Lab Services (By Appt) 9:00 UNIVEST BANK (near DG Library) 9:30 ABC's Balance Class (FA) 10:00 Faith Walk (OC2) 10:15 Water Volleyball (P) 1:00 Stitches of Love (CC Lobby) <b>2:00 New Year Chair Bingo (RR)</b> 7:00 Monday Night Bible Study (CH)	10 7:30 Lab Services (By Appt) 8:45 Walk-In Clinic Hours (WC) <b>9:00 Hennings Market</b> 🏏 9:30 Art Class (RR) 1:00 Qigong (RR) \$ <b>2:00 Resident Quarterly Meeting (CH)(Shuttle)</b> 2:00 Social Services Drop-In Time 2:30 AQUA FALL PREVENTION (P) 3:00 Sunday Service – Rebroadcast (CH2)	11 8:45 Walk-In Clinic Hours (WC) 9:30 Stretch Flow & Relaxation (RR) 10:00 DEVOTIONAL (CH2) 10:15 Water Volleyball (P) <b>2:00 RL Birthday Celebration (Shuttle)</b> 7:00 Wii/Wii Bowling (OCB)	12 7:30 Lab Services (By Appt) 8:45 Walk-In Clinic Hours (WC) 9:30 Fit for Life w/ Kristin (RR) \$ 10:00 Prayer Together (CH) <b>2:00 Grief Share Group (RR)</b> <b>2:00 Montgomery Co Assoc. for the Blind Presentation (Shuttle)</b> 2:30 Making Waves (P)	13 <b>8:00 Men's Breakfast (FA)</b> <b>9:00 Hilltown Walmart</b> 🏏 1:30 Walk-In Clinic Hours (WC) 2:00 Bingo with Gloria (DMCR) <b>2:00 Music to Warm the Spirit w/ Seth (DG N)</b> 2:30 Cornhole (DG RR) 6:00 Ping Pong (RR)	14
15 10:30 Sunday Service (CH)	16 8:45 Walk-In Clinic Hours (WC) 9:00 Lab Services (By Appt) 9:00 UNIVEST BANK (near DG Library) 9:30 ABC's Balance Class (FA) <b>9:30 Book Club (DMCR)</b> 10:15 Water Volleyball (P) 11:00 Ladies Bible Study (DMCR) 1:00 Stitches of Love (CC Lobby) <b>2:00 Martin Luther King Program (CH)(Shuttle)</b> 7:00 Monday Night Bible Study (CH)	17 7:30 Lab Services (By Appt) 8:45 Walk-In Clinic Hours (WC) 9:30 Art Class (RR) 10:00 Balance Screenings (FC) 10:00 BALANCE SCREENS (FC) 1:00 Qigong (RR) \$ 2:00 Social Services Drop-In Time 2:30 AQUA FALL PREVENTION (P) 3:00 Sunday Service – Rebroadcast (CH2) <b>7:00 Souderton Alumni Mens' Chorus (CH) (Shuttle)</b>	18 <b>8:30 Ladies' Breakfast (FA) (Shuttle)</b> 8:45 Walk-In Clinic Hours (WC) 9:30 Stretch Flow & Relaxation (RR) 10:00 DEVOTIONAL (CH2) 10:15 Water Volleyball (P) <b>1:30 Landis Market</b> 🏏 3:00 Care Giver Support Group (RR) 7:00 Wii/Wii Bowling (OCB)	19 7:30 Lab Services (By Appt) 8:45 Walk-In Clinic Hours (WC) 9:30 Fit for Life w/ Kristin (RR) \$ <b>10:00 Living U Kick-Off (FA)</b> <b>2:00 Grief Share Group (RR)</b> 2:30 Making Waves (P) <b>4:30 RL Dine Around - Broad St Italian Cuisine &amp; Pizzeria (Trip)</b>	20 <b>9:30 Aide to Rep Liz Hanbidge (CC Lobby)</b> 2:00 Bingo with Gloria (DMCR) 2:30 Cornhole (DG RR) 6:00 Ping Pong (RR)	21 <b>6:00 Lansdale Community Concert (Trip)</b>
22 10:30 Sunday Service (CH)	23 8:45 Walk-In Clinic Hours (WC) 9:00 Lab Services (By Appt) 9:00 UNIVEST BANK 9:30 ABC's Balance Class (FA) 10:00 Faith Walk (OC2) 10:15 Water Volleyball (P) 1:00 Stitches of Love (CC Lobby) <b>2:00 Jefferson Health Outreach Program-Secrets for a Happier Healthier Life (CH)</b> 7:00 Monday Night Bible Study (CH)	24 7:30 Lab Services (By Appt) 8:45 Walk-In Clinic Hours (WC) <b>9:00 ShopRite</b> 🏏 9:30 Art Class (RR) 1:00 Qigong (RR) \$ <b>2:00 Herb Kaufman Lecture (CH)(Shuttle)</b> 2:00 Social Services Drop-In Time 2:30 AQUA FALL PREVENTION (P) 3:00 Sunday Service - Rebroadcast (CH2)	25 8:45 Walk-In Clinic Hours (WC) 9:30 Stretch Flow & Relaxation (RR) 10:00 DEVOTIONAL (CH2) 10:15 Water Volleyball (P) 10:30 Catholic Mass (CH) <b>2:30 Fitness Check-up (FC)</b> 7:00 Wii/Wii Bowling (OCB)	26 7:30 Lab Services (By Appt) 8:45 Walk-In Clinic Hours (WC) 9:30 Fit for Life w/ Kristin (RR) \$ 10:00 Prayer Together (CH) <b>2:00 Grief Share Group (RR)</b> 2:30 Making Waves (P) <b>7:00 Brunner Bluegrass (CH)(Shuttle)</b>	27 <b>10:00 Kohl's</b> 🏏 1:30 Walk-In Clinic Hours (WC) 2:00 Bingo with Gloria (DMCR) 2:30 Cornhole (DG RR) 6:00 Ping Pong (RR)	28

29 10:30 Sunday Service (CH)	30 8:45 Walk-In Clinic Hours (WC) 9:00 Lab Services (By Appt) 9:00 UNIVEST BANK (near DG Library) 9:30 ABC's Balance Class (FA) <b>10:00 Wegmans</b> 🛒 1:00 Stitches of Love (CC Lobby outside the Bistro) <b>2:00 Dock Players #4 "Reunion" (CH)(Shuttle)</b> 7:00 Monday Night Bible Study (CH)	31 7:30 Lab Services (By Appt) 8:45 Walk-In Clinic Hours (WC) 9:30 Art Class (RR) <b>10:30 Easy/Slow Tai Chi Demo (FA)</b> <b>1:15 I.V. Library Movie (Trip)</b> <b>2:00 Seated Chair Volleyball (FA)</b> 2:00 Social Services Drop-In Time 2:30 AQUA FALL PREVENTION (P) 3:00 Sunday Service - Rebroadcast (CH2)	<b>Life Enrichment: Eileen Burks 215-368-4438, Extension 44121</b> <b>Hearthside Bistro: 215-565-2407, Extension 52407</b> <b>Pastoral Care: 215-368-4438, Extension 44227 Or 44171</b> <b>Wellness Nurse Maria Popp 215-368-4438, Extension 44158</b> <b>Fitness &amp; Aquatics: Mike Hertzler, 215-368-4438, Extension 44153</b> <b>Fitness and Aquatics Hotline, Info and Cancellations: Extension 50236 or dial 215-565-0236</b> <b>Transportation items: Patti Wright at 215-723-9881, Extension 42237</b>
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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, (DGGR) = Dock Gardens Game 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.**

**EVERENCE (Univest Bank site near the DG Library) is on site every Tuesday at 1:00 p.m.**

**FITNESS CENTER HOURS 5:00 a.m. to 11:00 p.m. EVERY DAY**

**POOL HOURS 9:00 a.m. to 4:00 p.m. MONDAY THRU FRIDAY - OPEN SWIM/WATER WALKING/LAP SWIMMING ANY TIME OUTSIDE OF SCHEDULES PROGRAMS**