



JANUARY



LIBERTY COMMONS ACTIVITIES CALENDAR 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>9:00 Early Birds AR 10:00 Sittercise OP 10:30 Exercise 11:00 Current Events 11:30 Trivia 1:00 Visits 2:30 OP Active Games 2:00 <i>Chatham First Night Music Celebration</i> LOB 3:30 Movie</p>	<p>31</p> <p>9:00 Early Birds AR 10:00 Sittercise OP 10:30 Exercise 11:00 Current Events 11:30 Trivia SH 11:30 Daily Chronicle 2:30 SH Bingo 2:30 OP Basketball 3:30 Music Favorites Movie 3:30 OP Puzzles</p>	<p>1</p> <p>9:00 Early Birds AR 10:00 Sittercise OP 10:30 Current Events OP 10:30 Exercise Class SH 11:00 Trivia SH 11:30 Daily Chronicle 2:30 SH Bingo 2:30 OP Basketball 3:30 Music Favorites Movie 3:30 OP Puzzles</p>	<p>2</p> <p>9:00 Early Birds AR 10:00 Sittercise OP 10:30 Trivia OPN 10:30 Worship Service w/Robin Rank SH 11:20 Daily News SH 1:00 Personal Visits 2:30 Winter Concert with <i>Dave Cuddy</i> 3:40 Old TV Show 3:40 Movie OPN</p>	<p>3</p> <p>9:00 Early Birds AR 10:00 Sittercise OP 10:00 Exercise Class 11:00 Coffee Social 11:30 Word Game 1:00 Personal Visits 2:30 SH Bingo 2:30 OP Active Games 3:30 Movie Matinee 3:30 OP Music Relax</p>	<p>4</p> <p>9:00 Early Birds AR 10:00 Sittercise OP 10:30 Exercise Class 10:30 In the News OP 11:00 Anagrams SH 1:00 Personal Visits 2:30 Hot Chocolate and Art Therapy 3:30 Residents Choice Movie</p>	<p>5</p> <p>9:00 Early Birds AR 10:00 Exercise Class 10:30 Coffee Social 11:00 Spelling Bee 1:00 Personal Visits 2:30 OP Art Class Snow Men Making 2:30 SH—Word Game "New Year" 3:30 Movie Matinee</p>
<p>6</p> <p>9:00 Early Birds AR 10:00 Sunday Devotional 10:30 Fellowship 10:30 PB Catholic Service 11:00 Sunday Paper 1:00 Personal Visits 2:30 Crafts Social 3:30 Movie Matinee</p>	<p>7</p> <p>9:00 Early Birds AR 10:00 Sittercise OP 10:30 Exercise Class SH 10:30 Current Events OP 11:00 Daily Chronicle SH 11:30 Trivia 1:00 Room Visits 2:30 OP Active Games 2:30 SH Bingo 3:30 Movie 3:30 OP Puzzles</p>	<p>8</p> <p>9:00 Early Birds AR 10:00 Sittercise OP 10:30 Current Events OP 10:30 Exercise Class SH 11:00 Trivia SH 11:30 Daily Chronicle 2:30 SH Bingo 2:30 OP Noodleball 3:30 Musical SH Movie 3:30 OP Puzzles</p>	<p>9</p> <p>9:00 Early Birds AR 10:00 Sittercise OP 10:30 Current Events OP 10:30 Worship Service w/Todd Cashdollar 11:30 Trivia 1:00 Personal Visits 3:40 Old TV Show SH 3:40 Movie OPN</p>	<p>10</p> <p>9:00 Early Birds AR 10:00 Sittercise OP 10:30 Exercise SH 10:30 Current Events OP 11:00 In the news SH 11:30 Cape Cod Trivia 1:00 Personal Visits 2:30 OP Ring Toss 2:30 SH Bingo 3:30 Movie Matinee 3:30 OP Musical</p>	<p>11</p> <p>9:00 Early Birds AR 10:00 Sittercise OP 10:30 Exercise Group SH 10:30 <i>400 East Lunch Outing</i> 11:30 Cape Cod Trivia 1:00 Personal Visits 2:30 Snow Flakes 2:30 Art Therapy 3:30 Residents Choice Movie 3:30 OP Puzzles</p>	<p>12</p> <p>9:00 Early Birds AR 10:00 Sittercise OP 10:30 Exercise SH 11:00 Trivia 1:00 Personal Visits 2:30 OP Tea Party 2:30 SH Word Game OO-words 3:30 Movie Matinee</p>
<p>13</p> <p>9:00 Early Birds AR 10:00 Sunday Devotional 10:30 Fellowship 10:30 PB Catholic Service 11:00 Sunday Paper 1:00 Personal Visits 1:30 Football Playoffs 2:30 Sunday Social 3:30 Movie Matinee</p>	<p>14</p> <p>9:00 Early Birds AR 10:00 Sittercise OP 10:30 Exercise Class SH 10:30 Current Events OP 11:00 Daily Chronicle SH 2:00 Companion Animals 2:00 Catholic Mass 2:30 OP Active Games 2:30 SH Bingo 3:30 Movie 3:30 OP Puzzles</p>	<p>15</p> <p>9:00 Early Birds AR 10:00 Sittercise OP 10:30 Exercise Class 10:30 Coffee Social 10:30 Art Conversation w/ Cape Cod Museum of Art Group 11:30 Cape Cod Trivia 2:30 SH Bingo 2:30 OP Basketball 3:30 Music Favorites 3:30 OP Puzzles</p>	<p>16</p> <p>9:00 Early Birds AR 10:00 Sittercise OP 10:30 Worship Service w/ Reverend Joe D/R 11:15 Coffee Social and Current Events 11:30 Music Time OP 1:00 Personal Visits 2:30 <i>Elvis Presley Show w/ Kalifornia Karl</i> 3:40 Travel Video SH 3:40 Movie OPN</p>	<p>17</p> <p>9:00 Early Birds AR 10:00 Sittercise OP 10:30 Exercise SH 10:30 Remember When OP 11:00 Trivia SH 11:30 Name Five 1:00 Personal Visits 2:30 OP Card Making 2:30 SH Bingo 3:30 Movie Matinee</p>	<p>18</p> <p>9:00 Early Birds AR 10:00 Sittercise OP 10:30 Exercise SH 10:30 Current Events OP 11:00 Anagrams SH 11:30 Reminiscence 2:30 Geography OP 2:30 SH Women's Group 3:30 <i>ASMF Cape Cod Conservatory Concert</i> 3:30 Movie 3:30 OP Puzzles</p>	<p>19</p> <p>9:00 Early Birds AR 10:00 Sittercise OP 10:30 News Events 11:00 Nail Painting 1:15 Book Cart/ Personal Visits 2:30 Craft SH 2:30 OP Tea Party/ 3:30 Oldtime TV</p>
<p>20</p> <p>9:00 Early Birds AR 10:00 Sunday Devotional 10:30 Fellowship 10:30 PB Catholic Service 1:00 Personal Visits 1:30 Football Playoffs 2:30 Halftime Social 3:30 Movie Matinee</p>	<p>21</p> <p>9:00 Early Birds AR 10:00 Sittercise OP 10:30 Trivia 11:00 <i>ML King Day Group</i> 1:00 Visits 2:30 Bingo MLK Bingo 3:30 OP Puzzles 3:30 Movie Matinee 3:30 OP Puzzles</p>	<p>22</p> <p>9:00 Early Birds AR 10:00 Sittercise OP 10:30 Exercise SH 11:00 Daily Chronicles 11:30 In the News 11:30 Short Stories OP 1:00 Personal Visits 2:30 OP Basketball 2:30 SH Bingo 3:30 Musical Favorites 3:30 OP Puzzles</p>	<p>23</p> <p>9:00 Early Birds AR 10:00 Sittercise OP 10:30 Current Events OP 10:30 St. Christopher's Worship service D/R 11:30 Trivia 2:30 <i>DR Ken Leray Show</i> 3:30 Good Old Days 3:40 Movie OPN</p>	<p>24</p> <p>9:00 Early Birds AR 10:00 Sittercise OP 10:30 Exercise Class 11:00 Coffee Social 2:30 SH Bingo 2:30 OP Active Games 2:30 <i>Resident Council Meeting</i> 3:30 Movie Matinee 3:30 OP Music Relax</p>	<p>25</p> <p>9:00 Early Birds AR 10:00 Sittercise OP 10:30 Exercise Class SH 11:00 In the News SH 11:00 Name Five OP 11:30 Trivia 1:00 Personal Visits 2:30 Geography OP 2:30 Painting w/ Seth SH 3:30 Travel Video</p>	<p>26</p> <p>9:00 Early Birds AR 10:00 Sittercise OP 10:30 Exercise SH 11:00 Trivia 11:30 Today's News 1:00 Personal Visits 2:30 OP Art Class 2:30 SH Men's Group 3:30 Movie Matinee</p>
<p>27</p> <p>9:00 Early Birds AR 10:00 Sunday Devotional 10:30 Fellowship 11:00 Sunday Paper 1:00 Personal Visits 1:00 Heart Decorating 2:30 Hot Chocolate & Sunday Matinee 3:30 Travel Video</p>	<p>28</p> <p>9:00 Early Birds AR 10:00 Sittercise OP 10:30 Exercise Class SH 10:30 Current Events OP 11:00 Anagrams SH 11:30 Trivia OP 1:00 Room Visits 2:30 OP Active Games 2:30 SH Bingo 3:30 Movie 3:30 OP Puzzles</p>	<p>29</p> <p>9:00 Early Birds AR 10:00 Sittercise OP 10:30 Exercise SH 11:00 Daily Chronicles 11:30 In the News 11:30 Short Stories OP 1:00 Personal Visits 2:30 OP Volleyball 2:30 SH Bingo 3:30 Music favorites 3:30 OP Puzzles</p>	<p>30</p> <p>9:00 Early Birds AR 10:00 Sittercise OP 10:30 Worship Service w/ Reverend Mike D/R 11:20 Current Events SH 11:30 Trivia OP 1:00 Personal Visits 2:30 <i>Paul Ashley Birthday Party</i> 3:30 Travel Video 3:40 Movie OPN</p>	<p>31</p> <p>9:00 Early Birds AR 10:00 Sittercise OP 10:30 Exercise SH 10:30 Current Events OP 11:00 In the News SH 11:30 Cape Cod Trivia 1:00 Personal Visits 2:30 OP Ring Toss 2:30 SH Bingo 3:30 Movie Matinee 3:30 OP Musical</p>	<p></p> <p>* Catholic Worship Sunday at 10:30 first three Sundays of each month</p> <p>* Christian Services Wednesday 10:30 in the Main Dining Room</p>	<p>Key - PB - Pleasant Bay Dining Room DR- Dining Room AR- Activities Room SH-Stage Harbor Day Room OP-Oyster Pond North Day Room</p>

Activities Calendars are subject to change.



Happy New Year from the Residents & Staff of Liberty Commons