

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>January 2019 Retirement Center</h1>						
		<b>1 Happy New Year!</b>  1:00 Duplicate Bridge (MPR) 4-5:30 Arbor Afternoons (LR)	<b>2 Un-decorate!</b>  7:00 Vespers: Letting Go (PH)	<b>3 Un-decorate!</b> 9:30 Computer Lab with Paul (CL)  10:00 Town Hall (PH)  3:00 St. Paul's Episcopal Communion (AK) 3:00-4:00 Indoor Bocce (BR)	<b>4 Un-decorate!</b> 8:00-12:00 Final Weigh In Health Holiday Challenge (BR)  3:00 Cooking Demo w/ Alice & Daniel (PH) 4:00 Hymn Sing (Promenade, AP) 4-5:30 Arbor Afternoons (LR)  7:00 Movie w/ Jim (PH) The Lodger	<b>5</b> 1:00 Movie Matinee (PH) The Family Stone Diane Keaton, Craig T Nelson 2005, 103 min.  7:00 Great Courses (GP) Music & The Brain
<b>6</b> <i>RSVP Shopping</i> 9:30 Centenary Sunday School (FL) 10:30 Church/Centenary (FL) 11:00 Church Ser. Rev. B. Sanders (RH)  <u>2:15/3:00 WS Symphony. (FL)</u> <u>Transportation for Ticket Holders</u>  6:30 Vespers, Rev. Carl Manuel, Burkhead UMC (PH)	<b>7</b> <i>RSVP Ladies Chat</i>  1:30 Sharps & Flats Rehearsal (PH)  7:00 Movie w/ Jim (PH) The 39 Steps	<b>8</b> <i>RSVP Centenary Films, Civil Rights Museum</i>  11:00 Shepherd Singers (PH) <u>1:00 Shopping Thruway FL</u> 1:00 Chicago Bridge (MPR) 3:00-4:00 Indoor Bocce (BR)  4-5:30 Arbor Afternoons (LR) <u>6:45/7:30 WS Symphony. (FL)</u> <u>Transportation for Ticket Holders</u> <b>7:00 Keyboardist Keith Byrd (PH)</b>	<b>9</b> 10:30 Chat w/ Andrew (LR)  2:00 Sugar Shock 101/Registration (BR)  4:00-5:30 High Tea (LR)  7:00 1st Wednesday on 2nd Wednesday: Sheryl Wells, Spiritual Health (PH)	<b>10</b> <i>RSVP UNCSA Mozart Concert</i> 9:30 Computer Lab with Paul (CL) 12:00 Men's Club, Sandra Doran, President of Salem College & Academy (PH) 12:00 Ladies Chat, My Favorite Things (BR) 3:00-4:00 Indoor Bocce (BR) 3:00 Circle #2 (MPR)	<b>11</b> 4:00 Hymn Sing (Promenade, AP)  4-5:30 Arbor Afternoons (LR) w/Carolina Duo  7:00 Movie w/ Jim (PH) Sabotage	<b>12</b> 1:00 Movie Matinee (PH) Rocky Sylvester Stallone 1976, 120 min.  7:00 Great Courses (GP) Music & The Brain
<b>13</b> <i>RSVP Shopping</i> 9:30 Centenary Sunday School (FL) 10:30 Church/Centenary (FL) 11:00 Church Ser. Rev. B. Sanders (RH)  <u>3:30/4:00 Centenary Film Series</u> <u>Abundant Acreage Available FL</u> 6:30 Vespers, Rev. Wes McLeod, Hickory Ridge UMC Charge (PH)	<b>14</b> <i>RSVP Senior Games Kick Off</i>  <u>9:30 Civil Rights Museum (FL)</u>  1:30 Sharps & Flats Rehearsal (PH)  3:00 Caregivers & Coffee, What Does the New Year Hold? (CH)  7:00 Bingo (MPR) *Note New Location !	<b>15</b> 11:00 Shepherd Singers (PH)  1:30-2:30 Basic Croquet (BR) <u>1:00 Shopping Cloverdale (FL)</u>  1:00 Duplicate Bridge (MPR) 3:00-4:00 Indoor Bocce (BR)  4-5:30 Arbor Afternoons (LR)  7:00 UNCSA Strings (PH)	<b>16</b> <i>Sugar Shock Jan 16-25</i> 10:30 Chat w/ Andrew (LR) 1:30-2:30 Basic Croquet (BR)  4:00 Guest Speaker: Sherri Moore, Trellis/formerly Hospice-refreshments served (PH)  7:00 Vespers: Kelly Carpenter, God & Dreams (PH)	<b>17</b> <i>Sugar Shock Day 2</i> 9:30 Computer Lab with Paul (CL)  2:30 Dream Work (JSC) 3:00-4:00 Indoor Bocce (BR)  4:00 Live & Learn –Don Flow (PH)	<b>18</b> <i>Sugar Shock Day 3</i> <u>9:30/10-12 Senior Games Kick Off (FL)</u> 2:00 Helping Hands: Hang MLK Posters (LR) 4:00 Hymn Sing (Promenade, AP) 4-5:30 Arbor Afternoons (LR)  7:00 Movie w/ Jim (PH) Young and Innocent	<b>19</b> <i>Sugar Shock Day 4</i> 1:00 Movie Matinee (PH) Same Time, Next Year Alan Alda, Ellen Burstyn 1978, 119 min.  7:00 Great Courses (GP) Music & The Brain
<b>20</b> <i>Sugar Shock Day 5</i> 9:30 Centenary Sunday School (FL) 10:30 Church/Centenary (FL) 11:00 Church Ser. Rev. B. Sanders (RH)  <u>3:30/4:00 Centenary Film Series</u> <u>June Bug (FL)</u> 6:30 Hymn Sing w/ Coffee & Homemade Cookies (PH)	<b>21</b> <i>Sugar Shock Day 6</i> <b>Martin Luther King Jr. Day!</b>  1:30 Sharps & Flats Rehearsal (PH)	<b>22</b> <i>Sugar Shock Day 7</i> 11:00 Shepherd Singers (PH) <u>1:00 Shopping Thruway FL</u> 1:00 Chicago Bridge (MPR) 1:30-2:30 Basic Croquet (BR) 3:00-4:00 Indoor Bocce (BR) 4-5:30 Arbor Afternoons (LR) 5:00 Take Down MKL Posters (LR) 7:00 Vocalist: Connor Graeber PH)	<b>23</b> <i>Sugar Shock Day 8</i> <i>RSVP Walmart Shopping</i> 10:30 Chat w/ Andrew (LR) 1:30-2:30 Basic Croquet (BR)  4:00-5:30 High Tea (LR) 5:00 Helping Hands: Take Down MLK Posters (LR Hallway)  7:00 Vespers: Prayer Service & Communion (PH)	<b>24</b> <i>Sugar Shock Day 9</i> <i>RSVP Salem Band Concert</i>  9:30 Computer Lab with Paul (CL) <u>1:00 Walmart Shopping (FL)</u> 2:30 Dream Work (JSC)  3:00-4:00 Indoor Bocce (BR)	<b>25</b> <i>Sugar Shock Day 10</i>  4:00 Hymn Sing (Promenade, AP)  4-5:30 Arbor Afternoons (LR)  7:00 Movie w/ Jim (PH) The Lady Vanishes	<b>26</b> 1:00 Movie Matinee (PH) Back to the Future Michael J. Fox 1985, 116 min.  7:00 Great Courses (GP) Music & The Brain
<b>27</b> <i>RSVP February Symphony</i> 9:30 Centenary Sunday School (FL) 10:30 Church/Centenary (FL) 11:00 Church Ser. Rev. B. Sanders (RH)  <u>2:15/3:00 UNCSA Mozart's Bday, Watson Hall (FL)</u>  6:30 Vespers, Rev. Glen Kinken, Centenary UMC & Shepherd Singers (PH)	<b>28</b> <i>RSVP SOUPER MEAL</i> 9:00 Forsyth Adult Outreach Books Due (Library)  1:30 Sharps & Flats Rehearsal (PH)  7:00 Bingo (MPR) *Note New Location !	<b>29</b> 11:00 Shepherd Singers (PH)  <u>1:00 Shopping Cloverdale (FL)</u>  1:30-2:30 Basic Croquet (BR) 3:00-4:00 Indoor Bocce (BR) 4-5:30 Arbor Afternoons (LR) 7:00 Arbor Acres Book Club Hosts: Author– Charlie Lovett (PH)	<b>30</b>  10:30 Chat w/ Andrew (LR)  1:30-2:30 Basic Croquet (BR)	<b>31</b> <i>RSVP Theater Alliance: Flash Dance</i> 9:30 Computer Lab with Paul (CL)  2:00 Self Defense Class w/ Ginger Gallagher (BR)  3:00-4:00 Indoor Bocce (BR)		Janice Lutz-Vanhoy, AD,CLL Coordinator Wellness Arts 1240 Arbor Rd. Winston-Salem, NC 27104 336-748-4646 jlutzvanhoy@arboracres.org

**KEY**

- AC Alibi Café (Asbury)
- AK Annie's Kitchen (Asbury)
- AR Arbor Room
- AP Asbury Place Assisted Living
- BR Ball Room (T. Wellness Center)
- BCR Board/Conf. Room
- CH Club House
- CL Computer Lab
- CT Corpening Terrace
- DR Dining Room
- FL Berrier Front Lobby
- GP Gathering Place (4th Corpening)
- JSC Jean Steelman Chapel
- L Library
- LR Living Room
- LGR Library/Game Room
- MPR Multi-Purpose Room (3 Corp)
- PDR Private Dining Room
- PH Piner Hall
- PTL Pool Table Lobby
- RH Robinson Hall (Asbury)
- TWC Tomlinson Wellness Center
- WT Womble Terrace
- WS Window Seat



Please refer to the Lamplighter & Wellzesta for event details.

