



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <h1>January 2019</h1> <p>WEST HAVEN AT OMNI WEST.</p>		9:00 adult coloring and coffee 1 10:00 flashcard fitnesss 1:00 remember when 3:00 bingo Music and snacks <small>New Year's Day</small>	9:00 education hour 2 10:00 exercise class 1:00 manicures and beauty shop visits 3:00 bingo 6:00 movie night	<small>National chocolate cherry day</small> 3 9:00 arts and crafts 10:15 stretching to music 1:00 chocolate cherry ice cream social 3:00 bingo 6:00 flashcard fitness <small>Happy birthday Cindy M</small>	9:00 coffee and current events 4 10:00 exercise 1:00 trivia time 3:00 bingo 6:00 music hour and snacks	10:00 coffee and reminiscing 5 1:00 manicures and nail care 3:00 bingo 6:00 word find games	
	9:00 board and table games 6 10:00 communion Coffee and fellowship 1:00 games in sunroom 3:00 bingo 6:00 thinking games	9:00 creative hour with coffee 7 10:00 exercise class 1:00 balloon volleyball 3:00 bingo 6:00 eraser board games and snacks	9:00 adult coloring and coffee 8 10:00 flashcard fitnesss 1:00 aromatherapy and skin hydration w/scented lotions(<small>national winter skin relief day</small>) 3:00 bingo Music and snacks	9:00 education hour 9 10:00 exercise class 1:00 manicures and beauty shop visits 3:00 bingo 6:00 movie night	9:00 arts and crafts 10 10:15 stretching to music 1:00 memory games 3:00 bingo 6:00 flashcard fitness	9:00 coffee and current events 11 10:00 exercise 1:00 trivia time 3:00 bingo 6:00 music hour and snacks	9:00 arts and crafts with Hailey 12 10:00 coffee and reminiscing 1:00 manicures and nail care 3:00 bingo 6:00 word find games
	9:00 board and table games 13 10:00 communion Coffee and fellowship 1:00 games in sunroom 3:00 bingo 6:00 thinking games	9:00 creative hour with coffee 14 10:00 exercise class 1:00 ball toss trivia 3:00 bingo 6:00 eraser board games and snacks	9:00 adult coloring and coffee 15 10:00 flashcard fitnesss 1:00 remember when 3:00 bingo Music and snacks	9:00 education hour 16 10:00 exercise class 1:00 manicures and beauty shop visits 3:00 bingo 6:00 movie night	9:00 arts and crafts 17 10:15 stretching to music 1:00 monthly birthday party in activities upstairs 3:00 bingo 6:00 flashcard fitness	9:00 coffee and current events 18 10:00 exercise 1:00 <small>National soup month festivities in activities upstairs</small> 3:00 bingo 6:00 music hour and snacks	10:00 coffee and reminiscing 19 1:00 sing along with Joyce Bowser 3:00 bingo 6:00 word find games
	9:00 board and table games 20 10:00 communion Coffee and fellowship 1:00 games in sunroom 3:00 bingo 6:00 thinking games	9:00 creative hour with coffee 21 10:00 exercise class 1:00 facts about Martin Luther king JR. 3:00 bingo 6:00 eraser board games and snacks <small>Martin Luther King Day Tu B'Shevat</small>	9:00 adult coloring and coffee 22 10:00 flashcard fitnesss 1:00 bible study with Major Joe (upstairs) 3:00 bingo Music and snacks	9:00 education hour 23 10:00 exercise class 1:00 manicures and beauty shop visits 3:00 bingo 6:00 movie night	9:00 do you want to build a snowman? 24 10:15 stretching to music 1:00 memory games 3:00 bingo 6:00 flashcard fitness	9:00 coffee and current events 25 10:00 exercise 1:00 trivia time 3:00 bingo 6:00 music hour and snacks	10:00 coffee and reminiscing 26 1:00 music with Vinnie in activities upstairs 3:00 bingo 6:00 word find games
	9:00 board and table games 27 10:00 communion Coffee and fellowship 1:00 games in sunroom 3:00 bingo 6:00 thinking games	9:00 creative hour with coffee 28 10:00 exercise class 1:00 rubber ducky day party 3:00 bingo 6:00 eraser board games and snacks <small>national rubber duckie day Australia Day (observed)</small>	9:00 adult coloring and coffee 29 10:00 flashcard fitnesss 1:00 remember when 3:00 bingo Music and snacks	9:00 education hour 30 10:00 exercise class 1:00 manicures and beauty shop visits 3:00 bingo 6:00 movie night	9:00 arts and crafts 31 10:15 stretching to music 1:00 paint and sip in activities upstairs 3:00 bingo 6:00 flashcard fitness <small>Inspire your heart with art day</small>	 <p>Omni West Assisted Living 3259 Vestal rd Youngstown, Ohio 44509 330-793-4404 www.OWAL.com</p>	