



TimberCrest January 2022 Activity Calendar

Activities Subject to Change
Check the Blackboard in the
Mail Room for any updates!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Refer a New Resident and if they move in receive \$500 off your next month's Rent - Ask Kim for details!</p>	 <p>shutterstock.com · 755342926</p>			<p>KEY</p> <p>THEATER – TR COMMUNITY ROOM - CR GYM – GYM FITNESS CENTER – FC SILVER PINES CLUB ROOM – SP Atrium - Atrium</p>		<p>1</p> <p>9a – Walking Club – meet in lobby</p> <p>Pool Closed</p>
<p>2</p> <p>Fitness Center Open 24/7 for Residents</p> <p>Happy Birthday Myrna</p>	<p>3</p> <p>9a – Walking Club – meet in lobby 9a-1p – Pickleball - Gym 9a-11a – Coffee Chat – Community Room at TC</p>	<p>4</p> <p>9a – Walking Club – meet in lobby 1p – Grow Young Fitness - FC 1p-3p – Billiards and Fellowship – SP</p> <p>Happy Anniversary Gene and Anne</p>	<p>5</p> <p>9a – Walking Club – meet in lobby. 9a-1p – Pickleball - Gym 1p – 3p – Cards/Board Games - CR</p>	<p>6</p> <p>9 AM – BIBLE STUDY</p> <p>9a – Walking Club – meet in lobby. 10a – Grow Young Fitness - FC</p>	<p>7</p> <p>9a – Walking Club – meet in lobby. 9a-1p – Pickleball – Gym 1p – Free Throw Friday - Gym 2:00 Get to know your Neighbor – CR (Anne bring snack)</p> <p>Hot Tub Closed for Cleaning</p>	<p>8</p> <p>Physical, Occupational and Speech Therapy starts in the Fitness Center on Monday 1/17 provided by Northern Iowa Therapy</p>
<p>9</p> <p>NEW EVENT</p> <p>12 – 2 PM Kayak in Pool</p>	<p>10</p> <p>9a – Walking Club – meet in lobby 9a-1p Pickleball - Gym 9a-11a – Coffee Chat – Community Room at TC 2p – Hand and Foot Card Game – CR (Larry to instruct)</p>	<p>11</p> <p>9a – Walking Club – meet in lobby 1p – Grow Young Fitness - FC 1p-3p – Billiards and Fellowship – SP 2p Movie – Dancing Queens (Inspiring/Emotional) – Theater</p> <p>Happy Birthday Marilyn</p>	<p>12</p> <p>9a – Walking Club – meet in lobby.</p> <p>9a-1p – Open Pickleball – Gym</p> <p>1p – 3p – Cards/Board Games - CR</p>	<p>13</p> <p>9 AM – BIBLE STUDY 9a – Walking Club – meet in lobby. 10a – Grow Young Fitness – FC 12p – Lunch and Learn – Northern Iowa Therapy (discussion on starting Therapy 1/17) pizza will be served – Come get your questions answered!!!</p>	<p>14</p> <p>9a – Walking Club – meet in lobby. 9a-1p – Open Pickleball – Gym 2:00 Get to know your Neighbor – CR (Dorothy Evans bring snack)</p> <p>Happy Birthday Chris</p>	<p>15</p> <p>9a – Walking Club – meet in lobby</p> <p>Pool Open Swim 1p – 5p</p>
<p>16</p> <p>THEATER – TR COMMUNITY ROOM - CR GYM – GYM FITNESS CENTER – FC SILVER PINES CLUB ROOM – SP</p> <p>Happy Birthday Sally</p>	<p>17</p> <p>9a – Walking Club – meet in lobby 9a-11a – Coffee Chat – Community Room at TC 2p – Hot Buttered Rum – CR</p> <p>Therapy Starts Today</p>	<p>18</p> <p>9a – Walking Club</p> <p>1p-3p – Billiards and Fellowship – SP 1p – Grow Young Fitness – FC 2p – Dominoes - CR</p>	<p>19</p> <p>9a – Walking Club – meet in lobby.</p> <p>1p – 3p – Cards/Board Games - CR 2p – Celebrate National Popcorn Day - CR</p>	<p>20</p> <p>9 AM – BIBLE STUDY 9a – Walking Club – meet in lobby. 10a – Grow Young Fitness – FC 2p – Celebrate National Cheese Lovers Day – CR</p> <p>Happy Birthday Donna</p>	<p>21</p> <p>9a – Walking Club – meet in lobby. 2:00 Get to know your Neighbor – CR. (Kim bring snack)</p> <p>Celebrate January Birthdays and Anniversaries</p> <p>Hot Tub Closed for Cleaning</p>	<p>22</p> <p>9a – Walking Club – meet in lobby</p> <p>Pool Open Swim 1p – 5p</p>
<p>23</p> <p>12 – 2 PM Kayak in Pool</p>	<p>24</p> <p>9a – Walking Club – meet in lobby 9a-1p – Open Pickleball 9a-11a – Coffee Chat – Community Room at TC 2p – BINGO - CR</p>	<p>25</p> <p>9a – Walking Club 1p – Grow Young Fitness – FC 1p-3p – Billiards and Fellowship – SP</p>	<p>26</p> <p>9a – Walking Club – meet in lobby. 9a-1p – Pickleball – Gym 1p – 3p – Cards/Board Games - CR</p>	<p>27</p> <p>9 AM – BIBLE STUDY 9a – Walking Club – meet in lobby. 10a – Grow Young Fitness – FC 2p Movie – Texas Rangers (Western) - TR</p>	<p>28</p> <p>9a – Walking Club – meet in lobby. 9a-1p Pickleball – Gym 1p – Free Throw Friday 2:00 Get to know your Neighbor – CR. (Jackie Bring snack)</p>	<p>29</p> <p>9a – Walking Club – meet in lobby</p> <p>POOL CLOSED</p>
<p>30</p> <p>Gym Open 24/7 for Residents</p>	<p>31</p> <p>9a – Walking Club – meet in lobby 9a-1p – Open Pickleball – Gym 9a-11a – Coffee Chat – Community Room at TC 2p – Celebrate Hot Chocolate Day - CR</p>	<p>Unless otherwise noted pool is open Monday – Friday 6a-2p and 1-5p on Saturday. Closed on Sunday</p>	<p>Hot Tub Monday – Friday 6a – 6p Saturday 1p – 7p Closed 12/3 and 12/17 for maintenance</p>	<p>Make sure and look at Wellness Calendar for additional events</p>	<p>Physical, Occupational and Speech Therapy starts in the Fitness Center on Monday 1/17 provided by Northern Iowa Therapy</p>	<p>POOL HOURS Monday – Friday 6a – 8a Lap Swim 8a – 9a Water exercise 9a – 2p Open Swim</p>