

Sunday

Monday

Tuesday

Wednesday

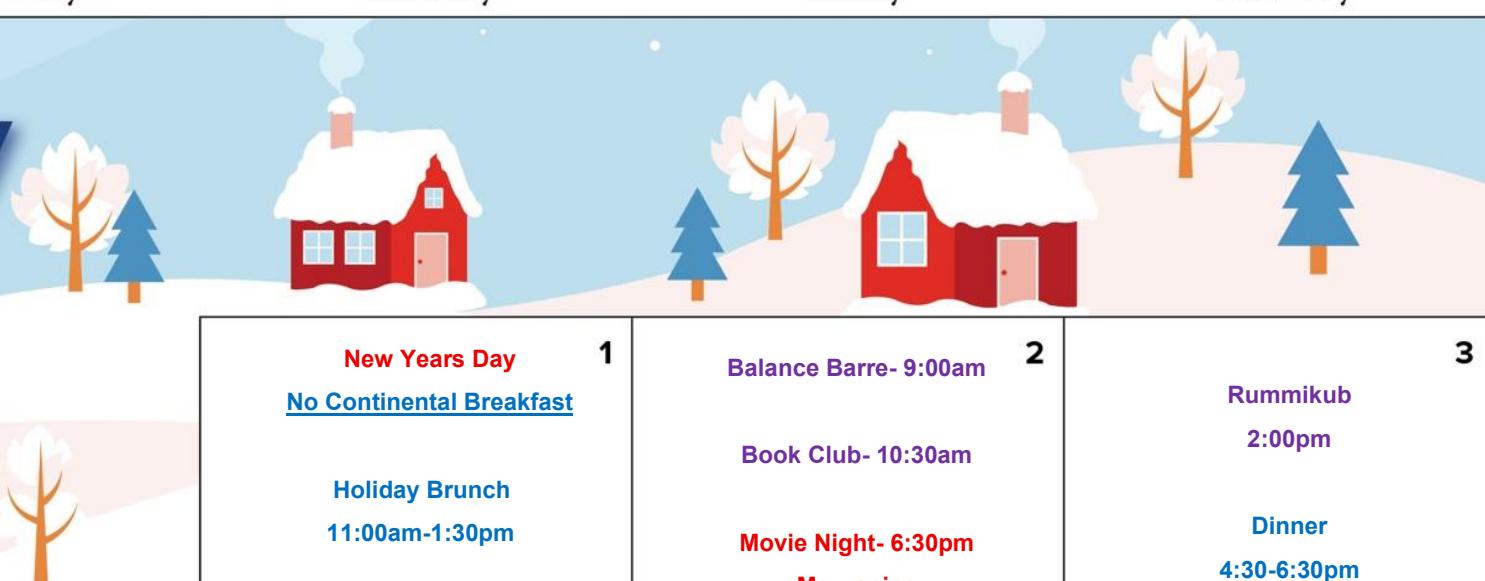
Thursday

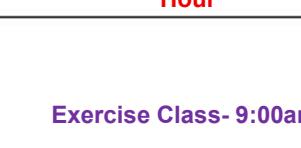
Friday

Saturday

January

[Click here to learn more about](#)
Bethesda Barclay House!



4 Sunday Brunch 11:00am-1:30pm	Exercise- 9:00am Non-Denominational Bible Study- 10:30-11:30am Art Class- 1:30pm	5 6 Yoga Class- 9:00am Bank- 10:00-11:00am 3:00pm- Multipurpose Room Library Speaker- Hillary Peppers <u>Odd Places and Roadside Attractions of Missouri</u>	7 Exercise Class- 9:00am Happy Hour 4:00-5:00pm	8 Yoga- 9:00am 11:30am- Mass	9 Balance Barre- 9:00am Movie Night- 6:30pm Mezzanine	10 Rummikub 2:00pm  Dinner 4:30-6:30pm
11 Sunday Brunch 11:00am-1:30pm	 Exercise- 9:00am Non-Denominational Bible Study- 10:30-11:30am Art Class- 1:30pm	12 13 Yoga Class- 9:00am Bank- 10:00-11:00am Healthy Hearing 10:30-11:30am	14 Exercise Class- 9:00am 12:30pm Birthday Lunch Happy Hour 4:00-5:00pm <u>Bryan Foggs Piano at Happy Hour</u>	15 Yoga- 9:00am Book Mobile- 10:30-11:00am	16 Balance Barre- 9:00am Movie Night- 6:30pm Mezzanine	17 Rummikub 2:00pm Dinner 4:30-6:30pm
18 Sunday Brunch 11:00am-1:30pm	19 Martin Luther King Jr. Day Exercise- 9:00am Non-Denominational Bible Study- 10:30-11:30am Art Class- 1:30pm	20 21 Yoga Class- 9:00am Bank- 10:00-11:00am Speaker Series- 3:00pm Multi Carol Gravens- Master <u>Plants that changed the course of History</u>	22 Exercise Class- 9:00am Happy Hour 4:00-5:00pm	23  Yoga- 9:00am Mass- 11:30am	24 Balance Barre- 9:00am Bus Tour- Eagles- 10:30am-2:30pm Audubon Center of the Riverlands and Fast Eddy's for Lunch Movie Night- 6:30pm Mezzanine	Rummikub 2:00pm Dinner 4:30-6:30pm
25 Sunday Brunch 11:00am-1:30pm	Exercise- 9:00am Non-Denominational Bible Study- 10:30-11:30am Art Class- 1:30pm	26 27 Yoga Class- 9:00am Bank- 10:00-11:00am	28 Exercise Class- 9:00am 3:00 RAB Meeting Multipurpose Room Happy Hour 4:00-5:00pm	29 Yoga- 9:00am Entertainment- 6:30pm Lobby Randy Mayfield	30 Balance Barre- 9:00am Movie Night- 6:30pm Mezzanine	31 Rummikub 2:00pm Dell Villa Piano 3:30-4:30pm Dinner 4:30-6:30pm

Key: Outing Special Meal Activity Happy Hour

Location: (FC) Fitness Center, (CH) Chapel, (AR) Activities Room, (HR) Hearth Room, (DR) Dining Room