

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

 January						
Click here to learn more about Bethesda Terrace!					 1	2
4 9:30 AM FITNESS CLASS (AR) 2:00 PM – 3:00 PM MONEY BINGO (DR)	5 9:00 AM SHOPPING	6 9:15 AM CHAIR YOGA (AR) 11:00 AM OUTING TO LOCAL HOUSE RESTAURANT 7:00 PM BOWLING (AR)	7 9:30 AM FITNESS CLASS (AR) 1:00 PM – 2:00 PM BIBLE STUDY (AR) 2:30 PM CRAFTY WEDNESDAY (DR)	8 9:15 AM CHAIR YOGA (AR) 2:00 PM – 3:00 PM MONEY BINGO (DR)	9 9:30 AM BALANCE BARRE FITNESS CLASS (AR) 2:00 PM – 3:00 PM HAPPY HOUR W/ LAWRENCE MEYER & RICHARD GROSSMAN DUO (DR) 7:00 PM BOWLING (AR)	10 2:00 PM CATHOLIC MASS (AR) 6:30 PM MOVIE (AR) “THE CHRISTMAS CHRONICLES 2”
11 9:00 AM NON – DENOMINATIONAL CHURCH SERVICES (AR)	12 9:30 AM FITNESS CLASS (AR) 11:00 AM – 11:30 AM STL LIBRARY (AR) 2:00 PM – 3:00 PM CANDY BINGO (DR)	13 9:00 AM SHOPPING	9:15 AM CHAIR YOGA (AR) 9:30 AM CROWN VISION (L) 2:00 PM – 2:30 PM BUILD YOUR OWN HOT CHOCOLATE SOCIAL (DR) 7:00 PM BOWLING (AR)	14 9:30 AM FITNESS CLASS (AR) 1:00 PM – 2:00 PM BIBLE STUDY (AR) 12:00 PM VETERANS LUNCHEON (DR) 2:30 PM CRAFTY WEDNESDAY (DR)	15 9:15 AM CHAIR YOGA (AR) 2:00 PM – 3:00 PM CANDY BINGO (DR) <u>NATIONAL BAGEL DAY!</u>	16 9:30 AM BALANCE BARRE FITNESS CLASS (AR) 2:00 PM – 3:00 PM NEW YEARS MAGIC SHOW W/ JEFF LEFTON (DR) 7:00 PM BOWLING (AR)
18 9:00 AM NON – DENOMINATIONAL CHURCH SERVICES (AR)	 19	20 9:00 AM SHOPPING	9:15 AM CHAIR YOGA (AR) 2:00 PM – 2:30 PM BUILD YOUR OWN BLOODY MARY SOCIAL (DR) 7:00 PM BOWLING (AR)	21 9:30 AM FITNESS CLASS (AR) 1:00 PM – 2:00 PM BIBLE STUDY (AR) 2:30 PM CRAFTY WEDNESDAY (DR)	22 9:15 AM CHAIR YOGA (AR) 2:00 PM – 3:00 PM MYSTERY BINGO (DR)	23 9:30 AM BALANCE BARRE FITNESS CLASS (AR) 2:00 PM – 3:00 PM HAPPY HOUR W/ TOM KELLY (DR) 7:00 PM BOWLING (AR) <u>NATIONAL PIE DAY!</u>
25 9:00 AM NON – DENOMINATIONAL CHURCH SERVICES (AR) <u>NATIONAL IRISH COFFEE DAY!</u>	26 9:30 AM FITNESS CLASS (AR) 2:00 PM – 3:00 PM MONEY BINGO (DR)	27 9:00 AM SHOPPING	9:15 AM CHAIR YOGA (AR) 11:00 AM OUTING TO THREE KINGS RESTAURANT 7:00 PM BOWLING (AR) <u>NATIONAL CHOCOLATE CAKE DAY!</u>	9:30 AM FITNESS CLASS (AR) 12:00 PM BIRTHDAY LUNCH (DR) 1:00 PM – 2:00 PM BIBLE STUDY (AR) 2:00 PM – 3:00 PM HAPPY HOUR W/ BRYAN FOGGS (DR)	28 9:15 AM CHAIR YOGA (AR) 2:00 PM – 3:00 PM MONEY BINGO (DR)	29 9:30 AM BALANCE BARRE FITNESS CLASS (AR) 2:00 PM FOOD CLUB (DR) <u>YOU MUST SIGN UP FOR THIS</u> 7:00 PM BOWLING (AR)
						31 <u>NATIONAL HOT CHOCOLATE DAY!</u>