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| <b>ACTIVITIES IN THIS SECTION ARE REGULARLY SCHEDULED</b> | 8:30 - Total Fitness First - 3 ER<br>9:00 - Fountains Knitters - 3 L<br>9:20 - Healthy Back & Abs- 3 ER<br>9:45 - Intermediate Chair Exercise - 3 ER<br>10:00 - Wii Bowling - CTS<br>1:00 - Beginner Chair Exercise - 3 ER<br>1:00 - Pinochle - 2 L<br>1:00 - Mahjong - 2 L<br>6:00 - 8:00 - Mexican Train Dominoes - 3 L<br>6:30 - Poker Games - 2L | 8:00 - Walk For Life - L<br>9:00 - Balance Tai Chi - 3 ER<br>9:30 - Splash Class - OCP<br>1:00 - FUNdamental Movement - 3 ER<br>1:00 - Hand and Foot Card Game - 2 L<br>1:30 - WU Learn to Line Dance - L<br>1:30 - 3:30 - Mahjong - 3 L<br>2:00 - Exercise For Life - 3 ER<br>6:00 - Scrabble - 3 L<br>7:00 - Bingo - CR | 8:30 - Total Fitness First - 3 ER<br>9:20 - Healthy Back & Abs - 3 ER<br>9:45 - Intermediate Chair Exercise - 3 ER<br>10:00 - Bridge - 3 L<br>10:00 - Wii Bowling - CTS<br>1:00 - Bridge Games - CR<br>1:00 - Pinochle - 2 L<br>1:00 - Beginner Chair Exercise - 3 ER<br>7:00 - Bingo - CR | 8:00 - Walk For Life - L<br>9:00 - Bocce Ball - BBC<br>9:00 & 3:00 - Balance Tai Chi - 3 ER<br>9:30 - Splash Class - OCP<br>10:00 - Bible Study - KR<br>1:00 - Pinochle - 2 L<br>1:00 - FUNdamental Movement - 3 ER<br>2:00 - Exercise For Life - 3 ER<br>6:00 - Scrabble - 3 L<br>7:00 - Bingo - CR | 8:30 - Total Fitness First - 3 ER<br>9:00 - Fountains Knitters - 3 L<br>9:20 - Healthy Back & Abs- 3 ER<br>9:45 - Intermediate Chair Exercise - 3 ER<br>10:00 - Duplicate Bridge - OC<br>1:00 - Beginner Chair Exercise - 3 ER<br>1:00 - Mahjong - 2 L<br>5:30 - Hand and Foot Card Game - 2 L<br>6:30 - Poker Games - 2 L | 9:00 - Fry's Shopping<br>2:00 - Chess Games - 3 L<br>1:00 - Ballroom Dancing Instruction - L<br>2:00 - Learn to Crochet with Plastic Bags - CR<br>6:00 - 8:00 - Mexican Train Dominoes - 3 L<br>7:00 - Bingo - CR |
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| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
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| <b>Health &amp; Well-Being Resource</b><br><b>Rebecca LaMarche</b><br>available for your questions - 3L<br>Mon, Wed, Thurs, Fri.<br>10:00am - 12:00pm<br>By appointment only on Tuesdays<br>10:00am - 12:00pm                  | Transportation Schedule<br><b>Medical Appointments</b><br><i>Monday - Thursday 8:00am-3:00pm</i><br><i>Reserve a minimum of 24 hrs in advance at the Transportation Hub in the lobby or call 239-4125</i>   | <b>Happy New Year!!</b><br><b>Casita Transportation Only!</b><br><b>Regular Dining Schedule</b><br>2:00 - Special Holiday Movie - CTS   | 9:00 - 11:00 - Writing Group - KR<br><b>10:00 - Bashes</b><br>11:00 - Chair Yoga - L<br>2:00 - Great Courses Educational DVD Series - CTS<br>3:00 - Social Hour - Amber Norgaard - L  | 10:00 - Mindful Relaxation Practice - CTS<br>10:00 - WU: Weaving Class - AR<br>10:30 - TED Talks - CTS<br><b>10:30 - Trader Joe's/Sprouts</b><br><b>1:00 - Walmart</b><br>1:30 - Fountains Sing A Long - CTS<br>2:00 - WU: The Art of Beading - AR<br>3:00 - Open Door with Fran - CTS   | 10:30 - Catholic Mass - CTS<br>3:00 - WU Memoir Writing - KR   | 9:00 - WU Watercolor Painting Class - AR<br>10:00 - Mindful Relaxation Practice - CTS<br>10:30 - Chair Yoga - L<br><b>11:00 - Depart - Nanini Library</b><br>12:45 - Fountains Events - KR<br>1:00 - WU Woodcrafting with Anita - AR<br><b>1:30 - Ride Out</b><br>3:00 - Alterations with Jin - AR |
| 1:30 - Nondenominational Services - CTS  | 9:00 - Safeway/Walgreens/Chase<br>9:30 - Catholic Bible Study NEW! - KR<br>10:00 - Widowed to Widowed Group - CR<br>10:00 - 2:00 - Charm jewelry Sale - L<br>11:00 - Chair Yoga - L<br><b>1:00 - Walmart</b><br>1:00 - Building #8 with Fran - CTS<br>2:30 - Books R Us - CR<br>6:30 - Rhythm Gang - L                        | <b>10:00 - Tucson Mall</b><br>10:00 - WU Supreme Court Landmark Decisions - CTS<br>10:30 - Wisdom Circle - CR<br>1:30 - Albertsons/Walgreens/ BOA<br>2:00 - Parkinson's Support Group - KR<br>2:00 - Getting to know You CL - CR<br>2:00 - WU Nikki's Art Class - AR          | 9:00 - 11:00 - Writing Group - KR<br>9:45 - Trusting in Christ Bible Study - CR<br>10:00 - Free Walker/ Wheelchair Repair - L<br><b>10:00 - Bashes</b><br>11:00 - Chair Yoga - L<br>2:00 - Great Courses Educational DVD Series - CTS<br>3:00 - Social Hour - Wild Bill - L | 10:00 - Mindful Relaxation Practice - CTS<br>10:00 - WU: Weaving Class - AR<br>10:30 - TED Talks - CTS<br>10:30 - Alzheimer's Support Group - TIC<br><b>11:15 - Depart - Casino</b><br><b>12:15 - Depart for Jewish History Museum</b><br><b>1:00 - Target</b><br>1:30 - Fountains Sing A Long - CTS<br>2:00 - WU: The Art of Beading - AR | 7:30 - Depart Romeo's Breakfast Out<br>10:30 - Catholic Mass - CTS<br>11:30 - WU: Remembering MLK: History of the Civil rights Movement - CTS<br>1:30 - Pima County Bookmobile - BLDG 5<br>1:30 - 99 Cents Store<br>2:00 - WU Astronomy - CTS<br>3:00 - WU: Memoir Writing - KR          | 9:00 - WU Watercolor Painting Class - AR<br>10:00 - Mindful Relaxation Practice - CTS<br>10:30 - Chair Yoga - L<br>12:45 - Fountains Events - KR<br><b>1:00 - Walmart</b>  |
| 10:00 - Episcopal Services - TIC<br>1:15 - Depart TSO: Masterworks: Mendelssohn Violin<br>1:30 - Nondenominational Services - CTS<br>2:00 - Sunday Afternoon Music with Mark Willis - L<br>3:00 - WU Monthly Documentary - CTS | 9:00 - Safeway/Walgreens/Chase<br>9:30 - Catholic Bible Study NEW! - KR<br>10:00 - Widowed to Widowed Group - CR<br>11:00 - Chair Yoga - L<br><b>1:00 - Walmart</b><br>1:30 - Safety/ Security/ Grounds/Com - CR<br>2:00 - Food Service Committee - KR<br>2:00 - WU: Art Talks: Harry Hakanson: The Hudson River School - CTS | 10:00 - Foothills Mall<br>10:00 - WU Supreme Court Landmark Decisions - CTS<br><b>11:00 - Lunch Out - Five Guys</b><br><b>1:30 - Albertsons/Walgreens/ BOA</b><br>2:00 - Welcome Committee - CR<br>2:00 - WU Nikki's Art Class - AR<br>4:30 - Ocotillo Clubhouse Social - OC  | 9:00 - 11:00 - Writing Group - KR<br><b>10:00 - Bashes</b><br>11:00 - Chair Yoga - L<br>1:15 - Protestant Communion - CTS<br>2:00 - Great Courses Educational DVD Series - CTS<br>3:00 - Social Hour - David Prouty - L   | 10:00 - Mindful Relaxation Practice - CTS<br>10:00 - WU: Weaving Class - AR<br>10:30 - TED Talks - CTS<br><b>10:30 - Depart Juliet's Brunch Out - Blue Willow</b><br>1:00 - Walmart<br>1:30 - Fountains Sing A Long - CTS<br>2:00 - WU: The Art of Beading - AR<br>3:00 - Resident Town Hall - CTS   | 10:30 - Catholic Mass - CTS<br>2:00 - Dr.Wahl Hearing Aid Cleaning - CR<br>2:45 - WU: Beer Tasting - GC<br>3:00 - WU Memoir Writing - KR<br>4:00 - Shabbat Services - CR   | 9:00 - WU Watercolor Painting Class - AR<br>10:00 - Mindful Relaxation Practice - CTS<br>10:30 - Chair Yoga - L<br>11:00 - Depart - Nanini Library<br>12:45 - Fountains Events - KR<br>1:00 - WU Woodcrafting with Anita - AR<br><b>1:30 - Ride Out</b>  |
| 1:15 - Depart: TSO Super Pops; Pink Martini<br>1:30 - Nondenominational Services - CTS<br>2:00 - Tucson Classic Outreach Concert - L   | 9:00 - Safeway/Walgreens/Chase<br>9:30 - Catholic Bible Study NEW! - KR<br>10:00 - Widowed to Widowed Group - CR<br>10:00 - 2:00 - AVON - L<br>11:00 - Chair Yoga - L<br><b>1:00 - Walmart</b><br>6:30 - Rhythm Gang - L  | 10:00 - 2:00 - Mary Kay - L<br>10:00 - 2:00 - Mia Jewelry - L<br>11:00 - Community Life Committee - CTS<br>1:00 - Executive Council Meeting - CR<br><b>1:30 - Albertsons/Walgreens/ BOA</b><br>2:00 - WU Nikki's Art Class - AR<br><b>3:00 - WU Bayada Healthy Tips - CTS</b> | 9:00 - 11:00 - Writing Group - KR<br>9:45 - Trusting in Christ Bible Study - CR<br><b>10:00 - Bashes</b><br>11:00 - Chair Yoga - L<br>2:00 - Great Courses Educational DVD Series - CTS<br>3:00 - Social Hour - Chuck Moses - L   | 10:00 - Mindful Relaxation Practice - CTS<br>10:00 - WU: Weaving Class - AR<br>10:30 - TED Talks - CTS<br>10:30 - Alzheimer's Support Group - TIC<br><b>11:15 - Depart - Casino</b><br><b>1:00 - Target</b><br>1:30 - Fountains Sing A Long - CTS<br>2:00 - WU: The Art of Beading - AR<br>2:00 - Fountains Memorial Service - L           | 10:00 - 3:00 - Louise Jewelry Sale - L<br>10:30 - Catholic Mass - CTS<br>10:30 - Trader Joe's/Sprouts<br>10:45 - Depart Brown Bag Opera : La Traviata<br>11:30 - Garden Club - CTS<br>1:30 - Depart Ace/DollarTree/Bookman's<br>2:00 - WU: Astronomy - CTS<br>3:00 - Memoir Writing - KR | 9:00 - WU Watercolor Painting Class - AR<br>10:00 - Mindful Relaxation Practice - CTS<br>10:30 - Chair Yoga - L<br>11:30 - Carol's Therapy Dogs Visit - L<br>12:45 - Fountains Events - KR<br><b>1:30 - Petsmart/ Sprouts</b>  |
| 10:00 - Episcopal Services - TIC<br>1:00 - Depart: TSO Classic: Fresh Music Copland & More<br>1:30 - Nondenominational Services - CTS  | 9:00 - Safeway/Walgreens/Chase<br>9:30 - Catholic Bible Study NEW! - KR<br>10:00 - Widowed to Widowed Group - CR<br>11:00 - Chair Yoga - L<br><b>1:00 - Walmart</b>   | 1:30 - Sue Ward; Great Decisions - CTS<br><b>1:30 - Albertsons/Walgreens/ BOA</b><br>2:00 - WU Nikki's Art Class - AR<br><b>4:00 - Dining Out - The Olive Garden</b>  | 9:00 - 11:00 - Writing Group - KR<br><b>10:00 - Bashes</b><br>11:00 - Chair Yoga - L<br>1:00 - Depart ATC: Two Trains Running<br>2:00 - Great Courses Educational DVD Series - CTS<br>3:00 - Social Hour January Birthday Rob Resetar - L                                   | 10:00 - Mindful Relaxation Practice - CTS<br>10:00 - Chef's Demo - CDR<br>10:00 - WU: Weaving Class - AR<br>10:30 - TED Talks - CTS<br>1:30 - Fountains Sing A Long - CTS<br>2:00 - WU: The Art of Beading - AR  | Shopping Excursions<br>Ace/DollarTree/Bookman's - 2nd Fri. 1/25, 1:30<br>Albertsons/Bashes/Walgreens/ BOA - Every Tues. 1:30<br>Bashes - Every Wednesday, 10:00<br>Fry's Grocery - Every Sat. 9:00<br>Foothills Mall - Tues. 1/15 at 10:00   | Shopping Excursions Continued<br>Petsmart/Sprouts - 3rd Sat. 1/19, 1:30<br>Safeway/Walgreens/Chase - Every Mon. 9:00<br>Target - 2nd & 4th Thurs. 1/10 & 1/24, 1:00<br>99 Cents Store - Fri. 1/11, 1:30  |

Shopping Excursions Continued  
Trader Joe's/Sprouts - 1st Thurs. 1/3 & 4th Fri 1/25, 10:30  
Tucson Mall - 2nd Tues. 1/8 10:00  
Walmart - Every Mon. 1:00 , 1st & 3rd Thurs. at 1:00 1/3 & 1/17 & 2nd Sat. 1/12, 1:00

**Blood Pressure Readings**  
**Thursdays 9:30 - 10:30 am**  
**Second Floor Lobby**

# JANUARY 2019

Town Center

**ACTIVITY LOCATOR KEY**  
 AR = ART/CRAFT ROOM  
 BBC = Bocce Ball Courts  
 CDR = CATALINA DINING ROOM  
 CP = CATALINA PATIO  
 CR = CARD ROOM  
 CTS = CACTUS ROOM  
 CTYD = COURTYARD

FE = FRONT ENTRANCE  
 GC = GALLERY CAFE  
 KR = KACHINA ROOM  
 L = LOBBY  
 LIB = LIBRARY  
 LDD = LOADING DOCK DRIVEWAY  
 OC = OCOTILLO CLUBHOUSE  
 OCP = OCOTILLO CLUBHOUSE POOL  
 PG = PUTTING GREEN, BOCCÉ

TIC = THE INN CLASSROOM  
 TCP = TOWN CENTER POOL  
 1 MH = FIRST FLOOR MAIN HALLWAY  
 2 L = SECOND FLOOR LOBBY  
 3 L = THIRD FLOOR LOBBY  
 3 ER = THIRD FLOOR EXERCISE ROOM  
 3 WC = THIRD FLOOR WELLNESS CENTER