



# JANUARY 2020

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**Meeting Places**

**LC** Lifestyle Center  
**FL** Front Lobby  
**DR** Dining Room  
**CY** Courtyard  
**LB** Library  
**LR** Living Room

*Assisted Living at  
 Cadence at Mt. Zion  
 7493 Mt. Zion BLVD  
 Jonesboro, Georgia 30236  
 (70) 210-6433*

**New Year's Day 01**

10:00 Activity Meeting LC  
 11:30 Front Porch Chat CY  
 11:30 Wednesday Wellness CY  
 01:00 BINGO LC  
 02:00 Happy Hour LC  
 03:30 Classic Tv Series LC  
 07:00 Wednesday Westerns LB

**02**

10:00 Resistance Training LC  
 10:30 Silver Sneakers LC  
 11:30 Hangman LC  
 01:00 Baker's Corner LC  
 03:30 Movie & Snacks LC  
 06:00 Let's Chat!! LC  
 06:00 Life Lessons LC

**03**

10:00 Rev. Hastings Message LB  
 11:30 Moving to the Music LC  
 01:00 BINGO LC  
 01:00 Nail Spa LC  
 02:01 Shannon's Social LC  
 03:00 Friday Delicacy LC  
 05:30 Musical Memories FL  
 06:30 Viewer's Choice Movie LB

**04**

09:30 Morning News LB  
 10:00 Artistic Expressions LC  
 11:30 Saturday Crossword LC  
 01:30 My Cadence FL  
 02:30 Zion Hill Baptist Church Visit DR  
 03:00 Vanessa Chapman Gospel Blessings LR  
 05:30 Musical Stroll FL  
 06:30 Feel Good Evening Movie LB

**05**

10:00 Sunday Bible Chat LC  
 10:45 Sunday Crossword LC  
 01:00 World Travelers' Challenge FL  
 02:30 Riverdale Christian Church LC  
 04:00 Televised Church Service LB  
 06:00 Music & Memories DR  
 06:30 Classic Christian Movie LB

**06**

10:30 Stretch It Out LC  
 11:00 Choir Practice FL  
 12:45 BINGO LC  
 02:00 Canvas Art LB  
 02:30 Painting to the rhythm LC  
 04:00 Laugh Block LC  
 06:00 Chick Flick LB

**07**

10:00 Cardio Training LC  
 10:30 Radio Remembrance LC  
 11:00 Lunch Bunch FL  
 11:00 Musical Memories LC  
 01:00 Snapshot Sneakers FL  
 01:30 Word In A Word LC  
 02:00 Shopping Trip FL  
 02:30 Crafter's Corner LC  
 03:30 Sip & Suds LC  
 06:00 CNA's Checker Challenge LC

**08**

10:30 Chair Tai Chi LC  
 10:30 Resident Council Meeting LC  
 11:30 Front Porch Chat CY  
 01:00 BINGO LC  
 02:00 Happy Hour LC  
 02:00 Chicken Soup For The Soul LC  
 03:30 Classic Tv Series LC  
 07:00 Wednesday Westerns LB

**09**

10:00 Resistance Training LC  
 10:30 Silver Sneakers LC  
 11:30 Hangman LC  
 01:00 Trivial Pursuits! LC  
 02:00 Table Talking LC  
 03:30 Movie & Snacks LC  
 06:00 Let's Chat!! LC

**10**

10:00 Ceramic Painting LC  
 10:00 Rev. Hastings Message LB  
 11:30 Moving to the Music LC  
 01:00 BINGO LC  
 01:00 Nail Spa LC  
 03:00 Friday Delicacy LC  
 05:30 Musical Memories FL  
 06:30 Viewer's Choice Movie LB

**11**

09:30 Morning News LB  
 10:00 Apostolic Tabernacle Bible Study LC  
 11:30 Saturday Crossword LC  
 01:30 Love Culture Church Visit LB  
 05:30 Musical Stroll FL  
 06:00 Life Lessons LC  
 06:30 Feel Good Evening Movie LB

**12**

10:00 Sunday Bible Chat LC  
 10:45 Sunday Crossword LC  
 01:00 World Travelers' Challenge FL  
 02:00 Room to Room World Changers LC  
 04:00 Televised Church Service LB  
 06:00 Music & Memories DR  
 06:30 Classic Christian Movie LB

**13**

10:30 Stretch It Out LC  
 11:00 Silver Tones Performance FL  
 11:30 Word In A Word LC  
 12:45 BINGO LC  
 02:00 Canvas Art LB  
 02:30 Painting to the rhythm LC  
 04:00 Laugh Block LC  
 06:00 Chick Flick LB

**14**

10:00 Cardio Training LC  
 10:30 Radio Remembrance LC  
 11:00 Lunch Bunch FL  
 11:00 Musical Memories LC  
 01:00 Snapshot Sneakers FL  
 02:00 Shopping Trip FL  
 02:30 Crafter's Corner LC  
 06:00 Alzheimer's Support Group Meeting LB  
 06:00 CNA's Checker Challenge LC

**15**

10:30 Chair Dancing LC  
 11:30 Front Porch Chat CY  
 01:00 BINGO LC  
 02:00 Happy Hour LC  
 02:00 Humor For The Heart LC  
 02:30 The Color Red LC  
 03:00 Romeo Meeting LC  
 03:30 Classic Tv Series LC  
 07:00 Wednesday Westerns LB

**16**

10:00 Artistic Expressions LC  
 10:00 Resistance Training LC  
 10:30 Silver Sneakers LC  
 11:30 Hangman LC  
 01:00 Trivial Pursuits! LC  
 03:00 Sharon's Sophisticates LC  
 03:30 Movie & Snacks LC  
 06:00 Let's Chat!! LC

**17**

10:00 Ceramic Painting LC  
 10:00 Rev. Hastings Message LB  
 11:30 Moving to the Music LC  
 01:00 BINGO LC  
 01:00 Nail Spa LC  
 03:00 Friday Delicacy LC  
 05:30 Musical Memories FL  
 06:30 Viewer's Choice Movie LB

**18**

09:30 Morning News LB  
 11:30 Saturday Crossword LC  
 01:30 Faith Walk Ministries Visit LB  
 01:30 My Cadence FL  
 03:00 Vanessa Chapman Gospel Blessings LR  
 05:30 Musical Stroll FL  
 06:00 Life Lessons LC  
 06:30 Feel Good Evening Movie LB

**19**

10:00 Sunday Bible Chat LC  
 10:45 Sunday Crossword LC  
 01:00 World Travelers' Challenge FL  
 02:00 Divine Faith Ministries LR  
 04:00 Televised Church Service LB  
 06:00 Music & Memories DR  
 06:30 Classic Christian Movie LB

**20** Birthday of Martin Luther King, Jr.

10:30 Stretch It Out LC  
 11:00 Choir Practice FL  
 11:30 Word In A Word LC  
 12:00 Romeo Lunch Outting FL  
 12:45 BINGO LC  
 02:00 Canvas Art LB  
 02:30 Painting to the rhythm LC  
 04:00 Laugh Block LC  
 06:00 Chick Flick LB

**21**

10:00 Cardio Training LC  
 10:30 Radio Remembrance LC  
 11:00 Lunch Bunch FL  
 11:00 Sweating it With Sharon LC  
 01:00 Snapshot Sneakers FL  
 02:00 Shopping Trip FL  
 02:30 Crafter's Corner LC  
 06:00 CNA's Checker Challenge LC

**22**

10:30 Chair Tai Chi LC  
 11:30 Front Porch Chat CY  
 01:00 BINGO LC  
 02:00 Happy Hour LC  
 03:00 Juliette Meeting LC  
 03:30 Classic Tv Series LC  
 07:00 Wednesday Westerns LB

**23**

10:00 Resistance Training LC  
 10:30 Silver Sneakers LC  
 11:30 Hangman LC  
 01:00 Trivial Pursuits! LC  
 02:00 Table Talking LC  
 03:30 Movie & Snacks LC  
 05:00 Fire & Ice Family Fun Night DR

**24**

10:00 Ceramic Painting LC  
 10:00 Rev. Hastings Message LB  
 11:30 Moving to the Music LC  
 01:00 BINGO LC  
 01:00 Nail Spa LC  
 03:00 Sporting with Shwan LC  
 03:00 Friday Delicacy LC  
 05:30 Musical Memories FL  
 06:30 Viewer's Choice Movie LB

**25**

09:30 Morning News LB  
 10:00 Artistic Expressions LC  
 11:30 Saturday Crossword LC  
 01:30 Love Culture Church Visit LB  
 03:00 Guitar Ministries w/Vanessa Chapman (AL Side) DR  
 05:30 Musical Stroll FL  
 06:00 Life Lessons LC  
 06:30 Feel Good Evening Movie LB

**26**

10:00 Sunday Bible Chat LC  
 10:45 Sunday Crossword LC  
 01:00 World Travelers' Challenge FL  
 02:00 World Changers Bible Study LC  
 04:00 Televised Church Service LB  
 06:00 Music & Memories DR  
 06:30 Classic Christian Movie LB

**27**

10:15 Painting With Cindy LC  
 10:30 Stretch It Out LC  
 11:00 Choir Practice FL  
 11:30 Word In A Word LC  
 12:45 BINGO LC  
 02:00 Canvas Art LB  
 02:30 Painting to the rhythm LC  
 04:00 Laugh Block LC  
 06:00 Chick Flick LB

**28**

10:00 Cardio Training LC  
 10:30 Radio Remembrance LC  
 11:00 Lunch Bunch FL  
 11:00 Musical Memories LC  
 01:00 Snapshot Sneakers FL  
 02:00 Shopping Trip FL  
 02:30 Crafter's Corner LC  
 03:00 Vincent's Card!! LB  
 06:00 CNA's Checker Challenge LC

**29**

10:30 Chair Dancing LC  
 11:30 Front Porch Chat CY  
 01:00 BINGO LC  
 02:00 Happy Hour LC  
 02:00 Don't Sweat The Small Stuff LC  
 03:30 Classic Tv Series LC  
 07:00 Wednesday Westerns LB

**30**

10:00 Artistic Expressions LC  
 10:00 Resistance Training LC  
 10:30 Silver Sneakers LC  
 11:30 Hangman LC  
 01:00 Trivial Pursuits! LC  
 03:30 Movie & Snacks LC  
 06:00 Let's Chat!! LC

**31**

10:00 Ceramic Painting LC  
 10:00 Rev. Hastings Message LB  
 11:30 Moving to the Music LC  
 01:00 BINGO LC  
 01:00 Nail Spa LC  
 03:00 Friday Delicacy LC  
 05:30 Musical Memories FL  
 06:30 Viewer's Choice Movie LB

**Dimensions of Wellness**

- Physical
- Emotional
- Spiritual
- Environmental
- Vocational
- Social
- Intellectual