

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>January 2025 CWP Activities</h1>						
			<b>New Year's Day</b> <b>Staff Holiday</b>			
5 1pm Music with Beth (ML) 6pm Sunday Vespers (CH)	6 <b>Epiphany– Undeck the Halls Day</b> 10am Advanced Fitness (AUD) 11am Seated Fitness (AUD) 11am Women's Bible Study (FR) 1pm Advanced Fitness (Chn 1981) 1pm Knitters and Stitchers (FR) 2pm Ping Pong (AUD) <b>2pm Mind Matters (CR)</b> 6:30pm Card Games (CC-DI) 7pm Rummikub (FR-F)	7 <b>Name Tag Day</b> 9am Shopping Bus (Fred Meyer) 10am Advanced Fitness (AUD) 11am Seated Fitness (AUD) 11am Better Balance (AUD) 11am Choir Practice (CH) 12pm Art Group (ART) 1pm Bal. & Brain Health (Chn 1981) <b>1pm Resident Council (AUD)</b> 3:15pm Orchestra Ensemble (CH) 6:30pm Pinochle (ML-F)	8 1pm Wii Bowling (AUD) 6:30pm Card Games (CC-DI)	9 10am Shopping Bus (Aurora Market) 10am Brain Health Fitness (AUD) 11am Better Balance (AUD) 1pm Jesus Always (CH) 1pm Christian Book Study (FR) 2pm Ping Pong (AUD) <b>2pm Genealogy Group (ART)</b> 6pm Bridge Night (FR-F)	10 9:15am Shopping Bus (QFC etc.) <b>9:15 Men's Breakfast (CR)</b> 10am Advanced Fitness (AUD) 11am Seated Fitness (AUD) 1pm Advanced Fitness (Chn 1981) <b>3:30pm Pray the Rosary (CH)</b> 7pm Movie Night: (CH)	4 6:30pm Rummikub (CC)
12 6pm Sunday Vespers (CH)	13 9am Men's Prayer Fellowship (CH) 10am Advanced Fitness (AUD) 11am Seated Fitness (AUD) 11am Women's Bible Study (FR) <b>12pm Praise &amp; Worship w/Marty (WD)</b> 1pm Advanced Fitness (Chn 1981) 1pm Knitters and Stitchers (FR) 2pm Ping Pong (AUD) 6:30pm Card Games (CC-DI) 7pm Rummikub (FR-F)	14 9am Shopping Bus (Fred Meyer) 10am Advanced Fitness (AUD) 11am Better Balance (AUD) 11am Choir Practice (CH) 12pm Art Group (ART) <b>1pm Low Vision Support Group (CH)</b> <b>2pm Writing Group (FR)</b> <b>2pm Missionary Commission (ACL)</b> 3:15pm Orchestra Ensemble (CH) 6:30pm Pinochle (ML-F)	15 9am Mind Matters (CR) 10am Advanced Fitness (AUD) 11am Seated Fitness (AUD) <b>12pm Cabin Fever: Spiros (BP)</b> 1pm Advanced Fitness (Chn 1981) 1pm Wii Bowling (AUD) 6:30pm Card Games (CC-DI)	16 9:30am Prayer Time w/Brian (CH) 10am Shopping Bus (Aurora Market) 10am Brain Health Fitness (AUD) 11am Better Balance (AUD) 1pm Jesus Always (CH) 1pm Christian Book Study (FR) 2pm Ping Pong (AUD) <b>2pm Genealogy Group (ART)</b> 6pm Bridge Night (FR-F)	17 <b>HS History Projects Day (AC)</b> 9:15am Shopping Bus (QFC, Trader Joe's, Banks, Drug Stores) 10am Advanced Fitness (AUD) 11am Seated Fitness (AUD) 1pm Advanced Fitness (Chn 1981) <b>2pm Mark on Piano (ML)</b> 7pm Movie Night: (CH)	18 10am CWA Prayer Group (CH) 6:30pm Rummikub (CC) 7pm Poetry Night (FR)
19 6pm Sunday Vespers (CH)	20 <b>Martin Luther King Jr. Day</b> <b>Staff Holiday</b> 11am Women's Bible Study (FR) 1pm Knitters and Stitchers (FR) 2pm Ping Pong (AUD) 6:30pm Card Games (CC-DI) 7pm Rummikub (FR-F)	21 9am Shopping Bus (Fred Meyer) 10am Advanced Fitness (AUD) 11am Better Balance (AUD) 11am Choir Practice (CH) 12pm Art Group (ART) 1pm Bal. & Brain Health (Chn 1981) 3:15pm Orchestra Ensemble (CH) 6:30pm Pinochle (ML-F) <b>7pm Hymn Sing (AUD)</b>	22 9am Mind Matters (CR) 10am Advanced Fitness (AUD) 11am Seated Fitness (AUD) 1pm Advanced Fitness (Chn 1981) 1pm Wii Bowling (AUD) <b>1pm Scenic Drive: Richmond Beach Dr. &amp; Coffee Shop (BP)</b> 6:30pm Card Games (CC-DI) <b>6:30pm Chess Club (FR-DI)</b>	23 9:30am Prayer Time w/Brian (CH) 10am Shopping Bus (Fred Meyer) 10am Brain Health Fitness (AUD) 11am Better Balance (AUD) <b>12:50pm Wellness Walk: Terrace Creek Park (BP)</b> 1pm Christian Book Study (FR) Jesus Always (CH) 2pm Ping Pong (AUD) <b>2pm Caregivers Support Group (FR)</b> 6pm Bridge Night (FR)	24 9:15am Shopping Bus (QFC, Trader Joe's, Banks, Drug Stores) 10am Advanced Fitness (AUD) 11am Seated Fitness (AUD) 1pm Advanced Fitness (Chn 1981) <b>1pm New Resident Meet &amp; Greet (ML)</b> 7pm Movie Night: (CH)	25 8:45am Aida (BP) 6:30pm Rummikub (CC)
26 6pm Communion Sunday at Vespers (CH)	27 <b>Lobby Communion: 8:30am &amp; 10:30am (CH)</b> <b>9am Men's Prayer Fellowship (CH)</b> 10am Advanced Fitness (AUD) 11am Seated Fitness (AUD) 11am Women's Bible Study (FR) 1pm Advanced Fitness (Chn 1981) 1pm Knitters and Stitchers (FR) <b>2pm Grief Support Group (AUD)</b> 6:30/7pm Games (CC-DI & FR-F)	28 9am Shopping Bus (Fred Meyer) 10am Advanced Fitness (AUD) 11am Better Balance (AUD) 11am Choir Practice (CH) 12pm Art Group (ART) 1pm Bal. & Brain Health (Chn 1981) <b>2pm Writing Group (FR)</b> 3:15pm Orchestra Ensemble (CH) 6:30pm Pinochle (ML-F)	29 9am Mind Matters (CR) 10am Advanced Fitness (AUD) 11am Seated Fitness (AUD) <b>12pm Day Trip: Alderwood Mall (BP)</b> 1pm Advanced Fitness (Chn 1981) 1pm Wii Bowling (AUD) 6:30pm Card Games (CC-DI)	30 9:30am Prayer Time w/Brian (CH) <b>10am Shopping Bus Hobby Lobby &amp; Target (BP)</b> 10am Brain Health Fitness (AUD) 11am Better Balance (AUD) 1pm Jesus Always (CH) 1pm Christian Book Study (FR) 2pm Ping Pong (AUD) 6pm Bridge Night (FR-F)	31 9:15am Shopping Bus (QFC, Trader Joe's, Banks, Drug Stores) 10am Advanced Fitness (AUD) 11am Seated Fitness (AUD) 1pm Advanced Fitness (Chn 1981) <b>1pm Secret Pals Party (CR)</b> <b>2pm Mark on Piano (ML)</b> 7pm Movie Night: (CH)	Decorative snowflakes

**Room Legend:**

AM—Aurora Market: Dollar Tree,  
Safeway & TJ Maxx  
ART—Art Room  
ACL—Activity Center Fireside Lounge  
AUD—Activity Center Auditorium  
BR—Billiards Room  
BP—Bus Provided  
CC—Cris Café  
CH—Chapel  
CR—Conference Room  
FD—Front Desk  
FR—Friendship Room-A Building  
GP—Grotto Patio  
GPL—Grotto Patio Lawn  
L—CWP Main Lobby  
LIB—Library  
ML—Main Lounge  
MLP—Main Lounge Patio  
MN—Movie Night  
Sch—Schirmer Auditorium  
UC—Upper Campus  
VL—Various Locations

**Other CWP Calendar Abbreviations & Notes:**

B—Binder (This games group requires signing up ahead in the games binder).  
BARD—Braille and Audio Reading Download (this is an app & program by the Talking Book Library)  
BP—Bus or Shuttle Provided  
Chn—Channel  
CWP—Cristwood Park  
DH—Check the Daily Happenings  
DI—Drop Ins are welcome at this games group (Please come on time and be willing to play by the group's set rules.)  
F—This games group is full and is not open to drop ins.  
LVP—Low Vision Support Group  
Name Tag Day—Pick up a name tag at resident council and wear it for the rest of the day to help out our new Residents.  
WD—Weather Dependent (Periodically we have an outdoor activity that may move indoors if the weather is too cold or rainy. Check the Daily Happenings that day to see location.)

**How to Navigate Board & Table Games at Cristwood Park:**

There are 3 categories of games listings on the calendar.

- 1) F= Full (These groups have reserved seats and are not open to drop-ins. However, if you would like to offer to be a sub, please list yourself on the "available to sub" page in the Games Binder.)
- 2) DI= Drop-ins Welcome! (Please come on time and willing to play by the House rules the group runs on.)
- 3) B= Sign up in the Games Binder for a spot at this game.

Please note: You can pick up the "How to Navigate Board & Table Games at Cristwood Park" sheet from Lynne Dayer or Sharon Lumsden. This will help you find your happy spot.