


JANUARY VALLEY HEIGHTS ACTIVITY CALENDAR

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Note: Activities and events subject to change. Please read flyers and bulletins for details.</p>  <p>HAPPY NEW YEAR FROM VALLEY HEIGHTS!</p>		<p>1</p> <p>1:00 pm <i>Music with Bob Hughes</i> 2-5 pm OPEN SEATING 7:30 pm Movie HAPPY NEW YEAR!</p>	<p>2</p> <p>9:00 am Tai Chi 10:00 am DVD Lecture 10:00 am Shopping 11:30 am Lunch at Happy Garden 1:00 pm Bridge 7:30 pm Movie 7:30 pm Poker Night POPCORN DAY!</p>	<p>3</p> <p>9:00 am Exercise 9:30 am Exercise 11:00 am Blood pressure 12:00 pm Lunch in 1:30 pm BINGO 7:30 pm Movie</p>	<p>4</p> <p>9 am Exercise 9:30 am Exercise 10:00 am Shopping 11:00 am Food Committee 3:30 pm Social hour 3:30 pm Richard Stauff 7:30 pm Movie</p>	<p>5</p> <p>9:30 am Capitola 12:00 pm Food, Fun & BINGO 1:00 pm Movie 7:30 pm Movie</p>
<p>6</p> <p>9:30 am - 12:30 pm Church Transportation 1:00 pm Scenic Drive: Rio Del Mar & Aptos 1:00 pm Movie 7:30 pm Movie</p>	<p>7</p> <p>9:00 am Tai Chi 10:00 am Shopping 11:00 am Current Events 1:30 pm BINGO 2:30 pm Coffee break 7:30 pm Movie</p>	<p>8</p> <p>9-12 pm Santa Cruz 9:00 am Exercise 9:30 am Exercise 11:00 am Bible Study 11:00 am Communion 1:30 pm BINGO 3:30 pm Social hour 3:30 pm Young at Heart 7:30 pm Movie</p>	<p>9</p> <p>9:00 am Tai Chi 10:00 am DVD Lecture 12:00 pm Welcome Lunch 10:00 am Shopping 7:30 pm Movie 7:30 pm Poker Night POPCORN DAY!</p>	<p>10</p> <p>9:00 am Exercise 9:30 am Exercise 11:00 am Blood pressure 12:00 pm Lunch in 1:30 pm BINGO 7:30 pm Movie</p>	<p>11</p> <p>9 am Exercise 9:30 am Exercise 10:00 am Shopping 3:30 pm Social hour 3:30 pm Jasmine String Quartet 7:30 pm Movie</p>	<p>12</p> <p>11:00 am Lunch at Severino's (Aptos) 2:00 pm Ice Cream Social 1:00 pm Movie 7:30 pm Movie</p>
<p>13</p> <p>9:30 am - 12:30 pm Church Transportation 1:00 pm Trader Joe's 1:00 pm Movie 7:30 pm Movie</p>	<p>14</p> <p>9:00 am Tai Chi 10:00 am Shopping 11:00 am Current Events 1:30 pm BINGO 2:30 pm Coffee break 7:30 pm Movie</p>	<p>15</p> <p>9-12 pm Santa Cruz 9:00 am Exercise 9:30 am Exercise 11:00 am Bible Study with Kim & Carla 11:00 am Communion 1:30 pm BINGO 3:30 pm Social hour 3:30 pm Danceland</p>	<p>16</p> <p>9 am Tai Chi 10:00 am DVD Lecture 10:00 am Shopping 11:00 am Resident Council 1:00 pm Bridge 7:30 pm Movie 7:30 pm Poker Night POPCORN DAY!</p>	<p>17</p> <p>9:00 am Exercise 9:30 am Exercise 11:00 am Blood pressure 12:00 pm Lunch in 1:30 pm BINGO 7:30 pm Movie</p>	<p>18</p> <p>9 am Exercise 9:30 am Exercise 10:00 am Shopping 10:30 am Book Club 1:00 pm Creative Writing 3:30 pm Social hour 3:30 pm Mike Noonan 7:30 pm Movie</p>	<p>19</p> <p>11:00 am Lunch at Mimi's (Gilroy) 2:00 pm Ice Cream Social 1:00 pm Movie 7:30 pm Movie</p>
<p>20</p> <p>9:30 am - 12:30 pm Church Transportation 1:00 pm Drinks at Applebee's 1:00 pm Movie 7:30 pm Movie</p>	<p>21</p> <p>9:00 am Tai Chi 10:00 am Shopping 11:00 am Current Events 1:30 pm BINGO 2:30 pm Coffee break 7:30 pm Movie MLK Jr. Holdiay</p>	<p>22</p> <p>9-12 pm Santa Cruz 9:00 am Exercise 9:30 am Exercise 11:00 am Bible Study with Kim & Carla 11:00 am Communion 1:30 pm BINGO 3:30 pm Social hour 3:30 pm Liz Fischer</p>	<p>23</p> <p>9 am Tai Chi 10:00 am DVD Lecture 10:00 am Shopping 1:00 pm Bridge 7:30 pm Movie 7:30 pm Poker Night POPCORN DAY!</p>	<p>24</p> <p>9:00 am Exercise 9:30 am Exercise 11:00 am Blood pressure 12:00 pm Lunch in 1:30 pm BINGO 7:30 pm Movie</p>	<p>25</p> <p>10:00 am Shopping 10:00 am DVD Lecture 10:30 am Book Club 12:00 pm Men's Lunch 1:00 pm Creative Writing 3:30 pm Social hour 3:30 pm Bob Hughes 7:30 pm Movie</p>	<p>26</p> <p>11:00 am Lunch at Red Lobster (Salinas) 2:00 pm Ice Cream Social 1:00 pm Movie 7:30 pm Movie</p>
<p>27</p> <p>9:30 am - 12:30 pm Church Transportation 1:00 pm Scenic Drive: Davenport 1:00 pm Movie 7:30 pm Movie</p>	<p>28</p> <p>9:00 am Tai Chi 10:00 am Shopping 11:00 am Current Events 1:30 pm BINGO 2:30 pm Coffee break 7:30 pm Movie</p>	<p>29</p> <p>9-12 pm Santa Cruz 9:00 am Exercise 9:30 am Exercise 11:00 am Bible Study with Kim & Carla 11:00 am Communion 1:30 pm BINGO 3:30 pm Social hour 3:30 pm Danceland 7:30 pm Movie</p>	<p>30</p> <p>9:00 am Tai Chi 10:00 am DVD Lecture 10:00 am Shopping 12:00 pm Ladies Social 1:00 pm Bridge 7:30 pm Movie 7:30 pm Poker Night POPCORN DAY!</p>	<p>31</p> <p>9:00 am Exercise 9:30 am Exercise 11:00 am Blood pressure 12:00 pm Lunch in 1:30 pm BINGO 7:30 pm Movie</p>	<p>Spring Semester begins this month for our Creative Writing and Book Clubs, both lead by teacher Jane Reyes with the Santa Cruz County Adult Education. These free classes are offered at Valley Heights for your convenience in attending. Hope to see you there!</p>	

Residents will have "Open Seating" for dinner on Tuesday, January 1. Enjoy a delicious meal expertly prepared by our amazing kitchen staff on New Year's Day between 2-5 PM. Dinner slips should be returned to the Front Desk immediately announcing your dining plans for this day.

Happy Birthday!

Nadine Hansen	1/3
Larry Warns	1/5
Donald Wickham	1/8
Lucy Kovacich	1/9
Lupe Burgstrom	1/11
Doris Kessell	1/14
Bob Munroe	1/15
Mary Allen	1/25
Herman Graham	1/29

On Friday, 1/11 we will welcome for the first time **Jasmine String Quartet** (featuring two members of resident Alta Day's family) to perform for us at Social Hour. They will be spreading their gift of music at 3:30 PM in the. Come early to get a great seat for this special event!

Our insightful Bible Study with Kim and Carla will begin Tuesday, January 15, at 11 AM!

WELCOME TO VALLEY HEIGHTS

Veronica Corbett

HAPPY ANNIVERSARY Elaine Castle & Jim Thompson January 25, 2014