

January 2025

Friendship Towers Daily Activities

<p>●10:00 Southland Christian Church Televised ABC 36</p> <p>●1:30 Church Service with Tom Cruze-EC</p> <p>●2:15 Chess & Checkers-BB</p> <p>●3:00 Scrabble-LL</p> <p>●3:00 Ping Pong Games-LL</p>	<p>●10:00 Fit, Fun & Fab-EC</p> <p>●10:30 Morning News-EC</p> <p>●1:00 Hymn Sing with Barbara-EC</p> <p>●2:15 2024 Wrap Up-EC</p> <p>●3:30 Shortbread and Stories-FL</p>	<p>●9:30 Coffee & Donuts-EC</p> <p>●9:30 Dale/Craig Music-3rd FL</p> <p>●10:00 Chair Drumming-EC</p> <p>●1:15 Health Awareness with Wesley-EC</p> <p>●2:45 Taste & Create: Teriyaki Tofu Casserole-EC</p> <p>●6:00 Music with Millie-EC</p> <p>●7:00 UK vs Georgia-LL</p>	<p>●10:00 Puzzle Packet Pick Up outside of Activity Office</p> <p><small>New Year's Day</small></p>	<p>●9:30 Coffee Time-EC</p> <p>●10:30 Bible Study-EC</p> <p>●10:30 Lunch Outing to Cheddars-OC</p> <p>●1:45 Leisure Lounge Games-LL</p> <p>●3:00 Celebration of Life for Connie Hurt – EC</p> <p>●4:30 Savor the Night: Dinner Music by Frank Sax-DR</p>	<p>●10:00 Fit, Fun & Fab-EC</p> <p>●10:30 Morning News-EC</p> <p>●1:00 Bingo-EC</p> <p>●2:30 Expressions in Color: Coloring our World-EC</p> <p>●2:30 Kroger Mobile Market-FT</p> <p>●6:00 Music with Bobby-EC</p>	<p>●11:00 Catholic Communion-LL</p> <p>●11:00 UK vs Florida-LL</p> <p>●2:30 Game Table -EC</p> <p>●5:30 Saturday Cinema-LL</p> <p>●6:00 Ping Pong Games-LL</p>
<p>●10:00 Southland Christian Church Televised ABC 36</p> <p>●1:30 Church Service with Chaplain Dale-EC</p> <p>●2:15 Chess & Checkers-BB</p> <p>●3:00 Scrabble-LL</p> <p>●3:00 Ping Pong Games-LL</p>	<p>●10:00 Fit, Fun & Fab-EC</p> <p>●10:30 Morning News-EC</p> <p>●2:00 Afternoon Tea Social – EC</p> <p>●3:30 Wellness Trivia-EC</p>	<p>●9:30 Coffee & Donuts-EC</p> <p>●9:30 Dale/Craig Music-3rd FL</p> <p>●10:00 Chair Dancing with Kathy-EC</p> <p>●1:30 Senior Center Update with Christy – EC</p> <p>●2:45 Taste & Create: Chickpea Chocolate Chip Cookies-EC</p> <p>●7:00 UK vs Texas A&M-LL</p>	<p>●10:00 Tai Chi-EC</p> <p>●10:00 Book Van-2nd FL</p> <p>●10:30 Morning News-EC</p> <p>●1:00 Bingo-EC</p> <p>●2:30 Friendship 101-EC</p> <p>●2:30 Scrabble-LL</p> <p>●4:00 Midweek Devotion-LL</p> <p>●6:00 Music with Bob Allen-EC</p>	<p>●9:30 Coffee Time-EC</p> <p>●10:30 Bible Study-EC</p> <p>●10:30 Lunch Outing to The Cellar-OC</p> <p>●1:45 Cornhole Fun-EC</p> <p>●4:30 Savor the Night: Dinner Music by Frank Sax-DR</p>	<p>●10:00 Fit, Fun & Fab-EC</p> <p>●10:30 Morning News-EC</p> <p>●1:00 Bingo-EC</p> <p>●2:30 Kroger Mobile Market-FT</p> <p>●3:00 Happier Hour-LL</p> <p>●6:00 Music with Bobby-EC</p>	<p>●11:00 Catholic Communion-LL</p> <p>●12:00 UK vs Alabama-LL</p> <p>●2:30 Game Table -EC</p> <p>●5:30 Saturday Cinema-LL</p> <p>●6:00 Ping Pong Games-LL</p>
<p>●10:00 Southland Christian Church Televised ABC 36</p> <p>●1:30 Church Service with Chaplain Dale-EC</p> <p>●2:15 Chess & Checkers-BB</p> <p>●3:00 Scrabble-LL</p> <p>●3:00 Ping Pong Games-LL</p> <p>●3:00 Music with Thomas-EC</p> <p><small>Activity Professionals Week</small></p>	<p>●10:00 Fit, Fun & Fab-EC</p> <p>●10:30 Morning News-EC</p> <p>●12:00 Presidential Inauguration-LL</p> <p>●2:30 Minister Monday-EC</p> <p>●3:30 Tell Us About MLK, Jr - EC</p> <p>●6:00 Special Movie: SELMA - EC</p> <p><small>Martin Luther King Jr. Day</small></p>	<p>●9:30 Coffee & Donuts-EC</p> <p>●9:30 Dale/Craig Music-3rd FL</p> <p>●10:00 Chair Yoga-EC</p> <p>●1:00 Food Committee Mtg-EC</p> <p>●2:15 Cooking Demo with Chef Jennifer-EC</p> <p>●6:00 Music with Millie-EC</p>	<p>●10:00 Tai Chi-EC</p> <p>●10:30 Morning News-EC</p> <p>●1:00 Bingo-EC</p> <p>●2:30 Scrabble-LL</p> <p>●4:00 Midweek Devotion-LL</p>	<p>●9:30 Coffee Time-EC</p> <p>●10:30 Bible Study-EC</p> <p>●1:00 Variety Card and Board Games-EC</p> <p>●3:00 Fireside Chats and Snacks-LL</p> <p>●6:00 Music with Aaron-EC</p>	<p>●10:00 Fit, Fun & Fab-EC</p> <p>●10:30 Morning News-EC</p> <p>●1:00 Bingo-EC</p> <p>●2:30 Creative Cove: Chinese Lanterns-EC</p> <p>●6:00 Music with Bill-EC</p>	<p>●11:00 Catholic Communion-LL</p> <p>●2:30 Game Table -EC</p> <p>●2:30 UK vs Vandy-LL</p> <p>●5:30 Saturday Cinema-LL</p> <p>●6:00 Ping Pong Games-LL</p> <p>●9:00 UK vs Gonzaga-LL</p>
<p>●10:00 Southland Christian Church Televised ABC 36</p> <p>●1:30 Church Service with Chaplain Dale-EC</p> <p>●2:15 Chess & Checkers-BB</p> <p>●3:00 Scrabble-LL</p> <p>●3:00 Ping Pong Games-LL</p> <p><small>Australia Day (Observed)</small></p>	<p>●10:00 Fit, Fun & Fab-EC</p> <p>●10:30 Morning News-EC</p> <p>●1:30 Peppermint Milkshakes-EC</p> <p>●2:45 Balance and Beyond-EC</p> <p>●4:30 Savor the Night: Dinner Music by Mary-DR</p>	<p>●9:00 PODIATRY CLINIC – 3RD FL</p> <p>●9:30 Coffee & Donuts-EC</p> <p>●9:30 Dale/Craig Music-3rd FL</p> <p>●10:00 Chair Dancing with Kathy-EC</p> <p>●1:30 Cooking Demo with Jackie from Co-op Ext Office-EC</p> <p>●7:00 UK vs Tennessee-LL</p>	<p>●10:00 Tai Chi-EC</p> <p>●10:00 Book Van-2nd FL</p> <p>●10:30 Morning News-EC</p> <p>●1:00 Bingo-EC</p> <p>●2:30 Scrabble-LL</p> <p>●4:00 Midweek Devotion-LL</p> <p><small>Chinese New Year (Year of the Snake)</small></p>	<p>●9:30 Coffee Time-EC</p> <p>●10:30 Bible Study-EC</p> <p>●10:30 Lunch Outing to #1 Chinese Buffet-OC</p> <p>●1:45 Craft Corner: Snake Door Draft Dodger-EC</p> <p>●4:30 Savor the Night: Dinner Music by Frank Sax-DR</p>	<p>●10:00 Fit, Fun & Fab-EC</p> <p>●10:30 Morning News-EC</p> <p>●1:00 Bingo-EC</p> <p>●2:30 Kroger Mobile Market-FT</p> <p>●3:00 Happier Hour-EC</p> <p>●6:00 Evening at the Opry Special Video- EC</p>	<p><u>Dimensions of Wellness</u></p> <ul style="list-style-type: none"> ● Intellectual ● Emotional ● Physical ● Spiritual ● Social

****All Activities are subject to change. All changes will be posted ASAP. Thank you!**