

Independence Village of Grand Ledge

Independent Living | Enhanced Living

January 2025

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*= you need to sign-up for the activity outside of the Main Activity Room</p> <p>** = you need to sign-up for the activity at the Shuttle Station</p>	<p>Blood Pressure Clinic occurs each Thursday at 11:00am in the Main Activity Room</p> <p>Exercise w/ PB = Powerback</p>			<p>New Years Day 1</p> <p>10:00am Fresh Juice Bar (MAR)</p> <p>10:30am Fresh Start Planting Party (MAR)</p>	<p>2</p> <p>9:30am Cardio Drumming (MAR)</p> <p>Wii Bowling (MAR)</p> <p>Team 1: 10:00am</p> <p>Team 2: 10:45am</p> <p>Team 3: 11:30am</p> <p>1:30pm Quarter Card (MAR)</p> <p>2:15pm Movie & Popcorn: As Good as it Gets (G)</p>	<p>3</p> <p>10:00am Bingo (MAR)</p> <p>11:00am Chair Volleyball (MAR)</p> <p>Wii Bowling (MAR)</p> <p>Team 4: 1:00pm</p> <p>2:30pm Crafting Corner: Fridge Magnets (MAR)</p>
<p>4</p> <p>10:00am Church Shuttle**</p> <p>3:00pm Hymn Sing (G)</p> <p>6:00pm Resident Run Quarter Bingo (MAR)</p>	<p>5</p> <p>9:00am Veteran’s Breakfast (MD)</p> <p>10:30am Senior Stretch (MAR)</p> <p>1:00pm Let's Play Dice (G)</p> <p>2:00pm Zumba (MAR)</p> <p>2:30pm Bingo Store (MAR)</p>	<p>6</p> <p>8:30am Meijer**</p> <p>11:00am Weightlifting (MAR)</p> <p>11:30am Anna’s House Outing**</p> <p>1:30pm Community Q&A (MAR)</p> <p>2:00pm Culinary Q&A (MAR)</p> <p>6:15pm Bingo (MAR)</p>	<p>7</p> <p>10:00am Crossword (MAR)</p> <p>11:00am Balance Clinic w/ PB (MAR)</p> <p>1:00pm Book Club (USR)</p> <p>2:30pm Happy Hour (MAR)</p> <p>3:00pm Music w/ Ricky Nalett (MAR)</p>	<p>8</p> <p>9:00am Manicures & Mimosas (G)</p> <p>1:15pm Bingo (MAR)</p> <p>2:30pm Exercise w/ PB (MAR)</p> <p>3:15pm Dominos & Checkers (MAR)</p> <p>6:15pm Pokeno (MAR)</p>	<p>9</p> <p>9:30am Cardio Drumming (MAR)</p> <p>Wii Bowling (MAR)</p> <p>Team 1: 10:00am</p> <p>Team 2: 10:45am</p> <p>Team 3: 11:30am</p> <p>1:30pm Quarter Card (MAR)</p> <p>2:30pm Popcorn Bar (MAR)</p>	<p>10</p> <p>10:00am Bingo (MAR)</p> <p>11:00am Chair Volleyball (MAR)</p> <p>Wii Bowling (MAR)</p> <p>Team 4: 1:00pm</p> <p>2:30pm Euchre Club (MAR)*</p>
<p>11</p> <p>10:00am Church Shuttle**</p> <p>3:00pm Hymn Sing (MAR)</p> <p>6:00pm Resident Run Quarter Bingo (MAR)</p>	<p>12</p> <p>9:00am Ladies Breakfast (MD)</p> <p>10:30am Senior Stretch (MAR)</p> <p>11:00am Bible Study (G)</p> <p>1:00pm Let's Play Dice (G)</p> <p>2:00pm Zumba (MAR)</p> <p>2:30pm Tea & Treats w/ Jen (MAR)</p>	<p>13</p> <p>11:00am Weightlifting (MAR)</p> <p>12:00pm Fork n’ Film: Ratatouille (MAR)</p> <p>2:00pm Corn Hole Tournament (MAR)*</p> <p>6:30pm Grand Ledge Girls Basketball Game Outing**</p>	<p>14</p> <p>10:00am Crossword (MAR)</p> <p>11:00am Balance Clinic w/ PB (MAR)</p> <p>1:00pm Book Club (USR)</p> <p>2:30pm Happy Hour (MAR)</p> <p>3:00pm Music w/ Jonathan Stars (MAR)</p>	<p>15</p> <p>9:00am Manicures & Mimosas (G)</p> <p>1:15pm Bingo (MAR)</p> <p>2:30pm Exercise w/ PB (MAR)</p> <p>3:30pm Resident Memorial Service (MAR)</p> <p>6:15pm Pokeno (MAR)</p>	<p>16</p> <p>9:30am Cardio Drumming (MAR)</p> <p>Wii Bowling (MAR)</p> <p>Team 1: 10:00am</p> <p>Team 2: 10:45am</p> <p>Team 3: 11:30am</p> <p>1:30pm Quarter Card (MAR)</p> <p>2:15pm Movie & Popcorn: Book Club (G)</p>	<p>17</p> <p>10:00am Bingo (MAR)</p> <p>11:00am Chair Volleyball (MAR)</p> <p>2:30pm Crafting Corner: Whipped Body Butter (MAR)</p>
<p>18</p> <p>10:00am Church Shuttle**</p> <p>11am & 1pm January Brunch Buffet (DR)</p> <p>3:00pm Hymn Sing (MAR)</p> <p>6:00pm Resident Run Quarter Bingo (MAR)</p>	<p>MLK Day</p> <p>19</p> <p>1:00pm MLK Trivia (MAR)</p> <p>2:00pm Zumba (MAR)</p> <p>2:30pm MLK Movie: Selma (MAR)</p>	<p>20</p> <p>8:30am Meijer**</p> <p>11:00am Weightlifting (MAR)</p> <p>11:30am Cheddars Outing**</p> <p>1:30pm Wellness Education (MAR)</p> <p>2:30pm Winter Culinary Showcase (MAR)</p> <p>6:15pm Bingo (MAR)</p>	<p>21</p> <p>10:00am Crossword (MAR)</p> <p>11:00am Balance Clinic w/ PB (MAR)</p> <p>1:00pm Book Club (USR)</p> <p>2:30pm Happy Hour (MAR)</p> <p>3:00pm Music w/ Billy McAllister (MAR)</p>	<p>22</p> <p>9:00am Manicures & Mimosas (G)</p> <p>1:00pm Catholic Mass (MAR)</p> <p>2:30pm Exercise w/ PB (MAR)</p> <p>3:15pm Dominos & Checkers (MAR)</p> <p>6:15pm Pokeno (MAR)</p>	<p>23</p> <p>9:30am Cardio Drumming (MAR)</p> <p>Wii Bowling (MAR)</p> <p>Team 1: 10:00am</p> <p>Team 2: 10:45am</p> <p>Team 3: 11:30am</p> <p>1:30pm Quarter Card (MAR)</p> <p>2:15pm Trivia & Cocktail Clean Out (MAR)</p>	<p>24</p> <p>10:00am Bingo (MAR)</p> <p>11:00am Chair Volleyball (MAR)</p> <p>Wii Bowling (MAR)</p> <p>Team 4: 1:00pm</p> <p>2:30pm Euchre Club (MAR)*</p>
<p>25</p> <p>10:00am Church Shuttle**</p> <p>3:00pm Hymn Sing (MAR)</p> <p>6:00pm Resident Run Quarter Bingo (MAR)</p>	<p>26</p> <p>9:00am Men’s Breakfast (MD)</p> <p>10:30am Senior Stretch (MAR)</p> <p>11:00am Bible Study (G)</p> <p>1:00pm Let's Play Dice (G)</p> <p>2:00pm Zumba (MAR)</p> <p>3:00pm Activity Q&A (MAR)</p>	<p>27</p> <p>8:30am Meijer**</p> <p>10:30am Toads Coffee Outing**</p> <p>11:00am Weightlifting (MAR)</p> <p>1:00pm Culinary Q&A (MAR)</p> <p>2:30pm Wood Carving Presentation (MAR)</p> <p>6:15pm Bingo (MAR)</p>	<p>28</p> <p>10:00am Crossword (MAR)</p> <p>11:00am Balance Clinic w/ PB (MAR)</p> <p>1:00pm Book Club (USR)</p> <p>2:30pm Happy Hour (MAR)</p> <p>3:00pm Music w/ Jim Herman (MAR)</p>	<p>29</p> <p>9:00am Manicures & Mimosas (G)</p> <p>1:15pm Bingo (MAR)</p> <p>2:30pm Exercise w/ PB (MAR)</p> <p>3:15pm Dominos & Checkers (MAR)</p> <p>3:15pm Grief Group (PDR)</p> <p>6:15pm Pokeno (MAR)</p>	<p>30</p> <p>9:30am Cardio Drumming (MAR)</p> <p>Wii Bowling (MAR)</p> <p>Team 1: 10:00am</p> <p>Team 2: 10:45am</p> <p>Team 3: 11:30am</p> <p>1:30pm Quarter Card (MAR)</p> <p>2:15pm Movie & Popcorn: Grumpy Old Men(G)</p>	<p>31</p> <p>10:00am Bingo (MAR)</p> <p>11:00am Chair Volleyball (MAR)</p> <p>Wii Bowling (MAR)</p> <p>Team 4: 1:00pm</p> <p>2:30pm Crafting Corner: Vase Painting (MAR)</p>