







January/ Enero 2025



REBEKAH HEALTH LINKS
LINKING YOUR HEALTH TO A BETTER LIFE

SUN	MON	TUE	WED	THU	FRI	SAT
				 Bingo (U4,U5,U6) 10:15AM ² Karaoke (RR) 2PM Independent activities (U4, U5, U6) 5:30PM	Mind-Body Wellness Day Social (RR) 10AM ³ Pokeno (RR) 2PM PM Movies (U4, U5, U6) 5:30 PM	Independent Activities (U4, U5, U6) 10AM ⁴ Bingo (U4, U5, U6) 2PM
St. Raymond's Church Visits (ALL UNITS) 10AM ⁵ Baptist Service (U5) 2PM	Music and Exercise (U4, U5, U6) 10AM ⁶ Coffee Club (U4, U5, U6) 2PM Evening Bingo (U4, U5, U6) 5:30 PM	Beauty Hour (U4, U5, U6) 10:15 AM ⁷ Deal or No Deal (RR) 2PM Social Club (RR) 5:30 PM	Variety Hour (U4, U5, U6) 10:15AM ⁸ Share the Warmth Program! (RR) 2 PM Bingo (U4, U5, U6) 5:30 PM	Beading Group (RR) 10:15AM ⁹ Thai Chi Class (RR) 2PM Independent activities (U4, U5, U6) 5:30 PM	Hot Topic Discussion Group! (RR) 10AM ¹⁰ Houseplant Appreciation Day! (RR) 2PM PM Movies (U4, U5, U6) 5:30 PM	Independent Activities (U4, U5, U6) 10AM ¹¹ Bingo (U4, U5, U6) 2PM
St. Raymond's Church Visits (ALL UNITS) 10AM ¹² Baptist Service (U5) 2PM	Rhythm & Movement (U4, U5, U6) 10AM ¹³ Coffee Club (U4, U5, U6) 2PM Evening Bingo! (U4, U5, U6) 5:30 PM	Beauty Hour (U4, U5, U6) 10AM ¹⁴ Table Topics (U4, U5, U6) 2PM Social Club (RR) 5:30 PM	Bingo (RR) 10:15AM ¹⁵ Bible Study (RR) 2PM Horseracing (U4, U5, U6) 5:30PM	Pastor Oswaldo's Religious Service (RR) 10:15 AM ¹⁶ Thai Chi Class (RR) 2PM Table top games/Music (RR) 5:30 PM	Benjamin Franklin Day Discussion Group! (RR) 10:15 AM ¹⁷ Pokeno (RR) 2PM Evening Movie (RR) 5:30 PM	Independent Activities (U4, U5, U6) 10AM ¹⁸ Bingo (U4, U5, U6) 2PM
St. Raymond's Church Visits (ALL UNITS) 10AM ¹⁹ Baptist Service (U5) 2PM	MLK POKENO (RR) 10:30 AM ²⁰ MLK TRIVIA COFFEE SOCIAL (RR) 2PM Evening Bingo! (U4, U5, U6) 5:30 PM	Catholic Mass (RR) 10:30 AM ²¹ Beauty Hour (U4, U5, U6) 2PM Arts & Crafts (RR) 5:30 PM	Table top games/Music (U4, U5, U6) 10:15 AM ²² Bible Study (RR) 2PM Independent activities (U4, U5, U6) 5:30PM	Variety Hour (U4, U5, U6) 10:15 AM ²³ Thai Chi Class (RR) 2PM PM Bingo (RR) 5:30PM	 Compliment Day Social! (RR) 10AM ²⁴ Birthday Party (RR) 2PM Horseracing (U4, U5, U6) 5:30 PM	Independent Activities (U4, U5, U6) 10AM ²⁵ Bingo (U4, U5, U6) 2PM
St. Raymond's Church Visits (ALL UNITS) 10AM ²⁶ Baptist Service (U5) 2PM	Music & Exercise (U4, U5, U6) 10AM ²⁷ Coffee Club (U4, U5, U6) 2PM Evening Bingo (U4, U5, U6) 5:30 PM	 Beauty Hour (U4, U5, U6) 10AM ²⁸ Resident Council (RR) 2PM National Daisy Day Arts & Crafts (RR) 5:30 PM	Bingo (RR) 10:15 AM ²⁹ Bible Study (RR) 2PM Bingo (U4, U5, U6) 5:30 PM	Table top games & music (U4, U5, U6) 10AM ³⁰ Travel Club to Philippines!!(RR) 2PM PM Horseracing (RR) 5PM 	National Hot Chocolate Day Social! (RR) 10AM ³¹ Pokeno (RR) 2PM Evening movie (RR) 5:30 PM	Vendors this month: Dollar Joe 1/2 Rose's Variety 1/17 Sybil's Variety 1/30

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All programs are subject to change!