

**Lake Howard Heights**  
ASSISTED LIVING

**January 2025**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Residents' January Birthdays</b> 01/07 Judy H. 01/08 Jim C. 01/09 Betty A. 01/11 Louie R. 01/15 Sue W. 01/16 Jim W. 01/17 Art H. 01/27 Gay W. 01/27 Larry U/	<b>Staff January Birthdays</b> 01/13 Lorraine G./Dining Services 01/19 Carine T./Concierge Desk 01/20 Rajai H./Dining Services	<b>Brazil</b> Join us as we explore the city and culture of Brazil. We will offer documentaries, crafts, and open discussion about this beautiful country. Check out 'Today's Programs' for times and locations.	<b>New Year's Day</b> 1 9:00 Sittercise w/ Lou-MPR 10:15 Write Your New Year's Resolutions-MPR 1:30 Bingo- MPR 2:45 Wine & Cheese - Lobby	2 9:00 Sittercise w/ Lou-MPR 10:00 Nails By Lou- Beauty Shop- Must Sign Up In Lobby 11:30 IL Lunch Out "Sonny's BBQ"-Must Sign Up In Lobby 1:30 Bingo- MPR 2:45 Mandela Art-Lanai 6:00 Movie Night-Club Room	3 8:30 Shop at Publix-Must Sign Up In Lobby 9:00 Sittercise w/ Lou-MPR 10:15 General Trivia "Know Your Stuff" 1:30 Pokeno- MPR 2:45 Happy Hour w/ Eddy Rivers-Dining Room	4 10:00 Paint w/ Reed-MPR 10:30 Bible Study w/ Mary - Club Room 2:00 Movie Matinee - CR <b>3:00 Resident-Hosted Bingo - MPR</b>
5 2:00 Movie Matinee - CR <b>3:00 Resident-Hosted Bingo - MPR</b>	6 8:30 Shop at Walmart-Must Sign Up In Lobby 9:00 Sittersize w/ Lou-MPR <b>10:15 Men's Coffee &amp; Donuts-MPR</b> 1:30 Bingo-MPR <b>2:45 Introduction to Brazil-MPR</b> 6:00 Musical Movie Night-Club Room	7 9:00 Sittercise w/ Lou-MPR 10:00 Blood Pressure Check w/ Betsy-Lanai <b>10:00 Resident Council Meeting-MPR</b> <b>10:00 Update Your Voting Information-Lobby</b> 1:30 Pokeno-MPR <b>2:45 Brazilian Rainforest-Club Room</b> 6:00 Movie Night-Club Room	8 9:00 Sittercise w/ Lou-MPR <b>10:00 LHH town Hall Meeting w/ Glenda, Executive Director</b> <b>11:00 AL Lunch Out 'Sonny's BBQ'</b> 1:30 Bingo- MPR <b>2:45 Wine and Cheese with Gary Sattersahn - DR</b>	9 9:00 Sittercise w/ Lou-MPR 10:00 Nails By Lou- Beauty Shop- Must Sign Up In Lobby <b>10:00 The Book Shelter-Must Sign Up In Lobby</b> 1:30 Bingo- MPR 2:45 Mandela Art-Lanai 6:00 Movie Night-Club Room	10 8:30 Shop at Publix-Must Sign Up In Lobby 9:00 Sittercise w/ Lou-MPR 10:15 General Trivia "Know Your Stuff" 1:30 Pokeno- MPR 2:45 Happy Hour w/ Deborah Mims-Dining Room	11 10:00 Paint w/ Reed-MPR 10:30 Bible Study w/ Mary - Club Room 2:00 Movie Matinee - CR <b>3:00 Resident-Hosted Bingo - MPR</b>
12 <b>10:00 Non-Denominational Church-MPR</b> 2:00 Movie Matinee - CR <b>3:00 Resident-Hosted Bingo - MPR</b>	13 8:30 Shop at Walmart-Must Sign Up In Lobby 9:00 Sittersize w/ Lou-MPR 1:30 Bingo-MPR <b>2:45 Sugarloaf Mountain &amp; Christ Redeemer-Club Room</b> 6:00 Musical Movie Night-Club Room	14 9:00 Sittercise w/ Lou-MPR <b>10:15 Brazil's Carnival Mask Making-MPR</b> 1:30 Pokeno-MPR <b>3:00 St. Joseph's Catholic Service &amp; Communion - MPR</b> 6:00 Movie Night-Club Room	15 9:00 Sittercise w/ Lou-MPR <b>10:15 Kennedy Documentary-Club Room</b> 1:30 Bingo- MPR <b>2:45 Birthday Bash w/ Bill Pascali - Dining Room</b>	16 9:00 Sittercise w/ Lou-MPR 10:00 Nails By Lou- Beauty Shop- Must Sign Up In Lobby 1:30 Bingo- MPR <b>2:45 Brazil's Snake Island-Club Room</b> 6:00 Movie Night-Club Room	17 8:30 Shop at Publix-Must Sign Up In Lobby 9:00 Sittercise w/ Lou-MPR 10:15 General Trivia "Know Your Stuff" 1:30 Pokeno- MPR 2:45 Happy Hour w/ Bill Pascali-Dining Room	18 10:00 Paint w/ Reed-MPR 10:30 Bible Study w/ Mary - Club Room 2:00 Movie Matinee - CR <b>3:00 Resident-Hosted Bingo - MPR</b>
19 2:00 Movie Matinee - CR <b>3:00 Resident-Hosted Bingo - MPR</b> <b>3:00 Sing Along w/ Joe Jones- L</b>	20 <b>Martin Luther King Jr. Day</b> 8:30 Shop at Walmart-Must Sign Up In Lobby 9:00 Sittersize w/ Lou-MPR <b>10:15 Men's Coffee &amp; Donuts-MPR</b> 1:30 Bingo-MPR <b>2:45 Dr. Martin Luther King Documentary-Club Room</b> 6:00 Musical Movie Night-Club Room	21 9:00 Sittercise w/ Lou-MPR 10:00 Blood Pressure Check w/ Betsy-Lanai <b>10:15 Facts about Brazil-Club Room</b> 1:30 Pokeno-MPR <b>2:45 Samba Dance-Club Room</b> 6:00 Movie Night-Club Room	22 9:00 Sittercise w/ Lou-MPR 10:15 Pearl Harbor Documentary-Club Room 1:30 Bingo- MPR 2:45 Wine & Cheese-Check Today's Programs for location	23 9:00 Sittercise w/ Lou-MPR 10:00 Nails By Lou- Beauty Shop- Must Sign Up In Lobby 1:30 Bingo- MPR 2:45 Mandela Art-Lanai 6:00 Movie Night-Club Room	24 8:30 Shop at Publix-Must Sign Up In Lobby 9:00 Sittercise w/ Lou-MPR 10:15 General Trivia "Know Your Stuff" 1:30 Pokeno- MPR 2:45 Happy Hour w/ Ella-Dining Room	25 10:00 Paint w/ Reed-MPR 10:30 Bible Study w/ Mary - Club Room 2:00 Movie Matinee - CR <b>3:00 Resident-Hosted Bingo - MPR</b>
26 <b>10:00 Non-Denominational Church-MPR</b> 2:00 Movie Matinee - CR <b>3:00 Resident-Hosted Bingo - MPR</b>	27 8:30 Shop at Walmart-Must Sign Up In Lobby 9:00 Sittersize w/ Lou-MPR 1:30 Bingo-MPR <b>2:45 Brazilian Butterfly Making-MPR</b> 6:00 Musical Movie Night-Club Room	28 9:00 Sittercise w/ Lou-MPR 10:15 You Be The Judge-MPR 1:30 Pokeno-MPR <b>3:00 St. Joseph's Catholic Service and Communion - MPR</b> 6:00 Movie Night-Club Room	29 <b>9:00 Seminole Hard Rock-Will Use The List We Had Before</b> 9:00 Sittercise w/ Lou-MPR 1:30 Bingo- MPR <b>2:45 Wine &amp; Cheese Brazilian Style-Lobby</b>	30 9:00 Sittercise w/ Lou-MPR 10:00 Nails By Lou- Beauty Shop- Must Sign Up In Lobby 1:30 Bingo- MPR 2:45 Mandela Art-Lanai 6:00 Movie Night-Club Room	31 8:30 Shop at Publix-Must Sign Up In Lobby 9:00 Sittercise w/ Lou-MPR 10:15 General Trivia "Know Your Stuff" 1:30 Pokeno- MPR 2:45 Happy Hour w/ Deborah Mims-Dining Room	<b>All Events Are Subject to Change</b>