

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<p>January 2019</p> <p>Rehab Event Calendar</p>		<p>1 Happy New Year!</p> <p>10:30 Resolution Trivia ~NC Lobby~</p>	<p>2 2:30 New Year Concert by The Starvation Army Band TLC</p>	<p>3 10:30 Hospitality Cart ~Door to door~</p> <p>2:30 Mindfulness Meditation for Pain Management</p>	<p>4 12:30 First Fridays Live with Rich Whiting</p> <p>2:00 Movie Matinee "Rebel in the Rye" ~Gathering Rm~</p>	<p>5 Amenities Basket~ Saturday Paper, games, and puzzles available in the Dining room Den</p>		
		<p>6 Visiting Volunteers by St. Peters Church for Communion</p>	<p>7 10:30 Hospitality Cart ~Door to door~ Books, Magazines, Crosswords and more</p>	<p>8 10:30 Leisure World Interfaith Service ~TLC~</p> <p>1:30-4pm Home Transition Support</p> <p>2:30 Mindfulness Meditation</p>	<p>9 10-3pm Salon Services available by Appointment ~Please see receptionist~</p> <p>6:30 Wellness Tea Cart ~Door to Door~</p>	<p>10 10:30 Hospitality Cart ~Door to door~</p> <p>2:30 Mindfulness Meditation for Pain Management</p>	<p>11 11:00 Shabbat Services ~TLC~</p> <p>1:00-4pm Massage Therapy by Appointment</p>	<p>12 Amenities Basket~ Saturday Paper, games, and puzzles available in the Dining room Den</p>
		<p>13 Visiting Volunteers by St. Peters Church for Communion</p>	<p>14 10:30 Hospitality Cart ~Door to door~</p> <p>6:30 Fidos for Freedom Pet Visits ~NC Lobby~</p>	<p>15 1:30-4pm Home Transition Support</p> <p>2:30 Mindfulness Meditation</p>	<p>16 10-3pm Salon Services available by Appointment ~Please see receptionist~</p> <p>6:30 Wellness Tea Cart ~Door to Door~</p>	<p>17 10:30 Hospitality Cart ~Door to door~</p> <p>2:30 Mindfulness Meditation for Pain Management</p>	<p>18 1:00-4pm Massage Therapy by Appointment</p> <p>3:00 Dale Mangum's Nature Photography ~Gathering Rm~</p>	<p>19 Amenities Basket~ Saturday Paper, games, and puzzles available in the Dining room Den</p>
		<p>20 Visiting Volunteers by St. Peters Church for Communion</p>	<p>21 10:30 Hospitality Cart ~Door to door~ Books, Magazines, Crosswords and more</p>	<p>22 1:30-4pm Home Transition Support</p> <p>2:30 Mindfulness Meditation</p>	<p>23 10-3pm Salon Services available by Appointment ~Please see receptionist~</p> <p>6:30 Wellness Tea Cart ~Door to Door~</p>	<p>24 10:30 Hospitality Cart ~Door to door~</p> <p>2:30 Mindfulness Meditation for Pain Management</p>	<p>25 1:00-4pm Massage Therapy by Appointment ~Please see receptionist~</p>	<p>26 Amenities Basket~ Saturday Paper, games, and puzzles available in the Dining room Den</p>
		<p>27 Visiting Volunteers by St. Peters Church for Communion</p>	<p>28 10:30 Hospitality Cart ~Door to door~</p> <p>10:45 Catholic Mass ~TLC~</p>	<p>29 1:30-4pm Home Transition Support</p> <p>2:30 Mindfulness Meditation</p>	<p>30 2:30 New Zealand Travels With Nancy & Glen</p> <p>6:30 Wellness Tea Cart ~Door to Door~</p>	<p>31 10:30 Hospitality Cart ~Door to door~</p> <p>2:30 Mindfulness Meditation for Pain Management</p>	<p>Please sign up in the Rehab Event Book located by the coffee bar, or contact Juliet Moody, Rehab Enrichment Coordinator at 301.388.7174</p>	

Welcome to Brooke Grove Rehab Center, Healing begins here!