



# Independent Living Activities

## January 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p><b>On the back</b> - Community Chapel Services, Wellness Schedule, Life Center Cinema Schedule.  <b>Haven Today</b> – Menno Haven weekly show. New episodes air on Tuesdays. Tune in Tuesday-Friday at 2PM or 8PM on Ch. 956, or watch any time on the Resident Portal.</p>						<p><b>1</b> 3:00 Ping Pong (RC)</p>	
<p><b>2</b> 3:00 Ping Pong (RC) 6:30 Game Night (MPR)</p>	<p><b>3</b> 9:00 Hazel's Alterations (OL) 10:30 Hazel's Alterations (CB) 1:00 Pinochle (CL) 1:00 Bridge (Ren Apt 44) 1:00 Hand &amp; Foot Card Game (RAC) 3:00 Ping Pong (RC)</p>	<p><b>4</b> 9:30 Coffee Hour (CB) 10:00 Coffee &amp; Conversation (RDR) 10:30 Bingo (MPR) 1:00 Coffee &amp; Conversation (EC) 1:00 Mah Jong (CB) 1:00 Knit Wits (LOB) 1:00 Shuffleboard (SR) 1:30 Book Club (CON) 2:30 Corn hole (WPR) 3:00 Ping Pong (RC) 3:30 New Horizons Band (EC)</p>	<p><b>5</b> 8:00 Wood Carving Class (IAS) 2:00 Ping Pong (WPR) 3:00 Ping Pong (RC) 6:00 Rummikub (RDR)</p>	<p><b>6</b> 1:00 Bridge (MPR) 2:00 PA Trivia Lecture (EC) 3:00 Ping Pong (RC)</p>	<p><b>7</b> 10:00 Water Volleyball (Pool) 1:00 500 Bid (CL) 1:00 Hand &amp; Foot Card Game (OL) 2:30 Book Club (RDR) 3:00 Ping Pong (RC) 6:30 Movie Night: Pay it Forward (RDR)</p>	<p><b>8</b> 3:00 Ping Pong (RC)</p>	
<p><b>9</b> 3:00 Ping Pong (RC) 6:30 Game Night (MPR)</p>	<p><b>10</b> 10:30 Brain Boosters (Ren Apt 44) 1:00 Pinochle (CL) 1:00 Bridge (Ren Apt 44) 1:00 Hand &amp; Foot Card Game (RAC) 2:00 Philosophical Enquiry (CL) 3:00 Ping Pong (RC)</p>	<p><b>11</b> 9:30 Coffee Hour (CB) 1:00 Mah Jong (CB) 1:00 Knit Wits (LOB) 1:00 Shuffleboard (SR) 1:30 Monopoly (CL) 2:30 Corn hole (WPR) 3:00 Ping Pong (RC) 5:00 Pizza &amp; Ladies Movie Night (Cinema)</p>	<p><b>12</b> 3:00 Ping Pong (RC) 3:00 Bible Study (MPR) 3:00 Bible Study (RDR) 6:00 Rummikub (RDR)</p>	<p><b>13</b> 1:00 Bridge (MPR) 3:00 Ping Pong (RC) 6:00 Bingo Night (RDR)</p>	<p><b>14</b> 10:00 Water Volleyball (Pool) 1:00 500 Bid (CL) 2:00 Model Sailboat Class (MEC) 2:00 Moses DVD (EC) 3:00 Ping Pong (RC)</p>	<p><b>15</b> 3:00 Ping Pong (RC)</p>	
<p><b>16</b> 2:00 Cumberland Valley Chorus (EC) 3:00 Ping Pong (RC) 6:30 Game Night (MPR)</p>	<p><b>17</b> 9:00 Hazel's Alterations (OL) 10:30 Hazel's Alterations (CB) 10:30 Brain Boosters (Ren Apt 44) 1:00 Pinochle (CL) 1:00 Bridge (Ren Apt 44) 2:00 Tales by Henry Hopper (CH) 1:00 Hand &amp; Foot Card Game (RAC) 3:00 Ping Pong (RC)</p>	<p><b>18</b> 9:30 Coffee Hour (CB) 1:00 Mah Jong (CB) 1:00 Knit Wits (LOB) 1:00 Shuffleboard (SR) 1:00 AED Class (MPR) 2:00 Bingo Afternoon (RDR) 2:30 Corn hole (WPR) 3:00 Ping Pong (RC) 4:00 Kerensa Grey (Lobby)</p>	<p><b>19</b> 10:45 Coffee &amp; More for the Howdy-Do's (HUB) 2:00 JCM Band (EC) 3:00 Ping Pong (RC) 6:00 Rummikub (RDR)</p>	<p><b>20</b> 1:00 Bridge (MPR) 3:00 Ping Pong (RC)</p>	<p><b>21</b> 10:00 Water Volleyball (Pool) 1:00 500 Bid (CL) 1:00 Hand &amp; Foot Card Game (OL) 2:00 Model Sailboat Class (MEC) 3:00 Ping Pong (RC)</p>	<p><b>22</b> 3:00 Ping Pong (RC)</p>	
<p><b>23</b> 3:00 Ping Pong (RC) 6:30 Game Night (MPR)</p>	<p><b>24</b> 10:30 Brain Boosters (Ren Apt 44) 11:00 Bookmobile (front of Village Square) 1:00 Pinochle (CL) 1:00 Bridge (Ren Apt 44) 1:00 Hand &amp; Foot Card Game (RAC) 2:00 Hymn Sing (EC) 2:30 Bookmobile (front of Renaissance) 3:00 Ping Pong (RC)</p>	<p><b>25</b> 9:30 Coffee Hour (CB) 11:00 January Birthday Lunch *RSVP only* (EC) 1:00 Mah Jong (CB) 1:00 Knit Wits (LOB) 1:00 Shuffleboard (SR) 2:00 Roaring 20's Lecture (CH) 2:30 Corn hole (WPR) 3:00 Ping Pong (RC) 4:00 Wine &amp; Cheese Social (Lobby)</p>	<p><b>26</b> 3:00 Ping Pong (RC) 3:00 Bible Study (MPR) 3:00 Bible Study (RDR) 6:00 Rummikub (RDR)</p>	<p><b>27</b> 10:00 Stamped-up Card Making (IAS) 1:00 Bridge (MPR) 1:30 Mexican Train Dominoes (CL) 3:00 Ping Pong (RC)</p>	<p><b>28</b> 10:00 Water Volleyball (Pool) 1:00 500 Bid (CL) 2:00 Model Sailboat Class (MEC) 3:00 Ping Pong (RC) 6:30 Movie Night: Julie &amp; Julia (RDR)</p>	<p><b>29</b> 3:00 Ping Pong (RC)</p>	
<p><b>30</b> 3:00 Ping Pong (RC) 6:30 Game Night (MPR)</p>	<p><b>31</b> 10:30 Brain Boosters (Ren Apt 44) 1:00 Pinochle (CL) 1:00 Bridge (Ren Apt 44) 1:00 Hand &amp; Foot Card Game (RAC) 3:00 Ping Pong (RC)</p>	<p><b>LOCATION KEY</b>            CB – Club Room            CL – Champions Lounge            CON – Conference Room            EC – Event Center            HUB – Hub            IAS – Imagine Arts Studio            LOB – Lobby            LR – Laurel Room            MPR – Multipurpose Room            OL – Overlook            RAC – Renaissance Activity Room            RDR – Renaissance Dining Room            RSR – Renaissance Social Room            RC – Rec Room            SR – Social Room</p>				<p><b>COLOR KEY</b></p> <p>Life Center (Green)            Renaissance (Yellow)            Northgate (Black)            Village Square (Cyan)</p>	

# MOVIES AT LIFE CENTER CINEMA

## SCHEDULE

**Tuesday, December 28 - Sunday, January 9**

- 2PM - Downton Abbey, 2019 PG-13
- 6:30PM - Inglourious Basterds, 2009 R

**Tuesday, January 11- Sunday, January 23**

- 2PM - Downton Abbey, 2019 PG-13
- 6:30PM - POMS, 2019 PG-13

**Tuesday, January 25- Sunday, February 6**

- 2PM - POMS, 2019 PG-13
- 6:30PM - The Sound of Music, 1965 UR

## CLASSIC MOVIES

Tuesday - Thursday at 10AM

## FAMILY FRIENDLY MOVIES

Friday - Sunday at 10AM

**Schedule available on Ch. 956, the News Scroll on the Resident Portal, or on the screen outside of the Cinema.**

## DESCRIPTIONS

**Inglourious Basterds** - In Nazi-occupied France during World War II, a plan to assassinate Nazi leaders by a group of Jewish U.S. soldiers coincides with a theatre owner's vengeful plans for the same.

**Downton Abbey** - The beloved Crawleys and their intrepid staff prepare for the most important moment of their lives: A royal visit from the King and Queen of England

**POMS** - A woman moves into a retirement community and starts a cheerleading squad with her fellow residents.

**The Sound of Music** - In the years before the Second World War, a tomboyish postulant at an Austrian abbey becomes a governess in the home of a widowed naval captain with seven children, and brings a new love of life and music into the home.

# WELLNESS CLASSES

## Monday

9AM Resistance (NG Health Studio)  
9AM Water Aerobics (Chambers Pointe)  
10AM Strength & Balance (Life Center Event Center)  
10:30AM Resistance (Renaissance Dining Room)  
10:30AM Buddy Swim (NG Pool)

## Tuesday

8:15AM Pilates (Renaissance Social Room)  
9AM Water Aerobics (Northgate)  
9AM Circuit Training (VS Exercise Room)  
10:30AM Water Walking (VS Pool)  
1:30PM Balance (Chambers Pointe) 2PM Movin' Menno's (NG Patio)

## Wednesday

9AM Water Aerobics (Chambers Pointe)  
9:30AM Buddy Swim (Northgate)  
10AM Gentle Yoga (NG Health Studio)  
10AM Strength & Balance (Life Center Event Center)

10:30AM Backyard Games (Chambers Pointe Laurel Room)  
1-3 PM Buddy Swim (Chambers Pointe pool)  
2PM Better Balance (NG Health Studio)

## Thursday

8:15AM Pilates (Renaissance Social Room)  
9AM Tai Chi (Northgate Patio)  
9AM Circuit Training (VS Exercise room)  
9AM Walking Group (Meet by Renaissance front entrance)  
10:30AM Water Walking (VS Pool)  
2PM Movin' Menno's (Northgate Patio)

## Friday

9AM Water Volleyball (1<sup>st</sup>, 2<sup>nd</sup>, and 5<sup>th</sup> Fridays at NG. 3<sup>rd</sup> and 4<sup>th</sup> Fridays at Chambers Pointe)  
9AM Resistance (NG Health Studio)  
9AM Water Aerobics (Chambers Pointe)  
10AM Strength and Balance (Life Center Event Center)  
10:30AM Resistance (Renaissance Dining Room)

# STAY INFORMED

Check Menno Haven's in-house channel 956 for announcements, daily menu specials, and more.

or

View announcements on Ch. 956 quicker by going to the *News Scroll* on the Resident Portal! Instead of waiting for slides to pass, you can click through at your own pace.

[portal.mennohaven.org](https://portal.mennohaven.org)  
password: mennohaven2017

# COMMUNITY CHAPEL SERVICES

## COMMUNITY CHAPEL SERVICES

### January 2 and 9

- 8:30AM at Brookview Chapel
- 10:15AM at Brookview Chapel / Ch. 956 for Brookview and Chambers Pointe
- 3PM at Chambers Pointe Chapel (In-person only)

### Every Sunday, starting January 16

- 8:30AM in-person at Brookview Chapel and live on Ch. 956
- 10:15AM in-person at Chambers Pointe Chapel and live on Ch. 956
- 3PM in-person only at Brookview Chapel and rebroadcast of morning service on Ch.956
- 6:30PM rebroadcast on Ch. 956/121

**Wednesdays** at 6:30PM - Rebroadcast of Sunday Service