





BLUE GROUP | JANUARY 2020

 <p>Activity Domain Key Physical (P) Social (S) Cognitive (C) Expressive (E) Sensory (SE) Spiritual (SP)</p>	<p>Happy Birthday!</p>  <p>Preston (1/2) Kathie (1/10) Rene (1/11) Sutjiati (1/12) Thomas (1/20) Ben (1/28)</p>	<p>HAPPY NEW YEAR!</p> <p>IMCC IS CLOSED!</p> 	<p>8:00 Adult Coloring Group w/ Gordon (E) 8:30 Trivia Questions (C) 9:00 Word Games: <i>Fill in the Blank</i> (C) 10:00 Music w/ Peg (SE) 10:45 Meditative Movement (P) 11:30 New Years Around the World w/ Alan (S) (C) 12:00 Discussion w/ Beth: What's New in the New Year (S) 1:30 Surprising Stories Discussion (S) 1:30 Military Group w/ Cliff (S) 2:00 Brain Game: Who Am I (S) (C) 2:30 Dicebreakers w/ Sayed (S) 3:00 New Years Resolutions w/ Kathryn (S) 3:30 Afternoon Music and Snack Social (S) 4:00 Combined Composer's Club: George Gerschwin (C) 4:00 Walking Club (P) 4:30 Balloon Toss (P)</p>	<p>8:00 Puzzle Group w/ Fred (C) 8:30 Crossword Solvers w/ Ruth (C) 9:00 Music Enhancement: The Beatles (SE) 10:00 Music w/ Anthony (SE) (S) 11:30 Nature's Wonders: Lake Erie w/ Paul H. (S) (C) 12:00 Trivia w/ Paul H (C) 1:30 Surprising Stories Discussion (S) 1:30 Spiritual Group w/ Cora (S) (SP) 2:00 Famous Journalists w/ Diane (S) (C) 2:30 Tai-Chi w/ Cynthia (P) (SP) 3:00 Music Exploration: Renee Fleming w/ Paul F. (SE) 3:30 Snack and Music Social (S) 4:00 Bowling w/ Stuart (P) 4:00 Walking Club (P) 4:30 Combined Musical Hits w/ Mary Anna (SE)</p>
<p>8:00 Mandala Coloring Group w/ Marilu (E) 8:30 Puzzle Group w/ Fred (C) 9:00 Current Events (C) 10:00 Daily Chronicle Discussion (S) (C) 10:15 Chair Yoga w/ Susan (P) 10:30 Brain Game: Five Clues (C) 11:30 All About Argentina w/ Casey (C) 12:15 Dance Exploration: Argentine Tango (S) (SE) 1:30 Surprising Stories Discussion (S) 1:30 Men's Group w/ Tracy (S) 2:00 TV Spotlight w/ Connie: Bananza (S) (C) 2:45 Scattogories (C) 3:00 Roll & Rhyme w/ Diane (C) 3:30 Afternoon Snack & Music Social (S) 4:00 Music Exploration: Nat King Cole Guessing Game (C) (SE) 4:30 Susie Q Sing-Along w/ Paul (SE) (S)</p>	<p>8:00 Famous Faces Guessing Game w/ Marilu (C) 8:30 You Be the Judge w/ Reenu (S) 9:00 Coffee & Conversations (S) 10:00 Daily Chronicle Discussion (S) (C) 10:15 Use Your Noodle Exercise w/ Jim (P) 10:30 Famous Folks Born in January (S) (C) 11:30 Harp w/ Judith (SE) 12:00 Brain Fitness w/ Sharron: Forbidden Descriptions (C) 1:30 Surprising Stories Discussion (S) 1:30 Ladies Social Group w/ Susan (S) 2:00 Reminiscing w/ Jaqueline: Wonders of Winter (S) 2:30 Music Exploration w/ Madeleine: History of the Mandolin (C) (SE) 3:00 Charades (E) 3:30 Afternoon Music Social (SE) 4:00 Walking Club (P) 4:00 Combined Composer's Club w/ Carol: Judy Garland (C) 4:30 Wizard of Oz Musical Exploration (S)</p>	<p>8:00 Puzzle Group w/ Fred (C) 8:30 Crossword Solvers w/ Ruth (C) 9:00 Music Enhancement: Michael Jackson (SE) 10:00 Daily Chronicle Discussion (S) (C) 10:15 Chair Exercise w/ Muoi (P) 10:30 The Price Is Right: Price It to Win It w/ Tracy (C) 11:30 Cities Then vs Now w/ Michael (S) 11:30 Art w/ Crista (E) 12:15 MadLibs (C) 1:30 Surprising Stories Discussion (S) 1:30 Poetry Club w/ Ruth (S) (E) 2:00 Brain Fitness: A to Z (C) 2:30 Music w/ April (SE) (S) 3:30 Combined Snack and Music Social (S) 4:00 Combined Geography Group: Exploring the Eiffel Tower w/ Ed (S) (C) 4:00 Walking Club (P) 4:30 French Accordion Music Exploration (SE)</p>	<p>8:00 Adult Coloring Group w/ Gordon (E) 8:30 Trivia Questions (C) 9:00 Word Games: <i>Fill in the Blank</i> (C) 10:00 Music w/ Peg (SE) 10:45 Meditative Movement (P) 11:30 Star of the Month: Dolly Parton (C) 11:30 Art w/ Sally (S) (E) 12:00 Cranium Crunch: Texas Tunes (S) (C) 1:30 Surprising Stories Discussion (S) 1:30 Military Group w/ Rich (S) 2:00 Healthy Humming Discussion (S) 2:30 Picture This (S) (E) 3:00 Guess the Rock n Roll Song w/ Rich H (C) 3:30 Afternoon Music and Snack Social (S) 4:00 Combined Karaoke Hour (S) 4:00 Walking Club (P) 4:30 70's Hit Singles w/ Connie (SE)</p>	<p>8:00 Puzzle Group w/ Fred (C) 8:30 Crossword Solvers w/ Ruth (C) 9:00 Music Enhancement: Doris Day (SE) 10:00 Dancing w/ Garrey (P) 11:30 Breaking Down Famous Movie Scenes w/ Ruth (S) 12:00 Sonia Sotomayor & The Supreme Court w/ Andy & Diane (C) 1:30 Surprising Stories Discussion (S) 1:30 Spiritual Group w/ Bob (S) (SP) 2:00 Louisa May Alcott w/ Kathryn (C) 2:30 Tai Chi w/ Cynthia (P) (SP) 3:00 Discussion w/ Michael: Famous Boxers (C) 3:30 Afternoon Music and Snack Social (S) 4:00 Net Balloon Volleyball (P) 4:00 Walking Club (P) 4:30 Combined Patriotic Sing-Along w/ Arnie (S) (C)</p>
<p>8:00 Puzzle Group w/ Fred (C) 8:30 Crossword Solvers w/ Ruth (C) 9:00 Music Enhancement: Classic 40's w/ Ruth (SE) 10:00 Daily Chronicle Discussion (S) (C) 10:15 Use Your Noodle Exercises w/ Pam (P) 10:45 Conversation Starters (S) 11:30 Animals that Will Make You Smile w/ Shirl & Susan (S) 12:00 Reminiscing w/ Chet: Apollo 11 (S) 1:30 Surprising Stories Discussion (S) 1:30 Men's Group w/ Tracy (S) 2:00 Discussion w/ Beth: Sleeping (S) 2:30 Brain Game: That Starts With (C) 3:00 January Birthday Party! (S) 3:30 Afternoon Snack and Music Social (S) 4:00 Triple Treat Trivia (C) 4:30 Combined Music Exploration: Edith Piaf w/ Guli (SE)</p>	<p>8:00 Famous Faces Guessing Game w/ Marilu (C) 8:30 Current News Stories (S) 9:00 Adult Coloring Group w/ Sayed (E) 10:00 Dancing w/ Garrey (P) 11:30 Fashion Through the Ages (S) 12:00 Exploring Broadway w/ Muoi (S) (SE) 1:30 Surprising Stories Discussion (S) 1:30 Ladies Social Group w/ Connie (S) 2:00 Outreach Project w/ Candy (SP) 2:45 Grammy Winners Trivia (C) 3:15 Discussion: Famous Couples (S) 3:30 Afternoon Snack and Music Social (SE) 4:00 Combined Composer's Club: Tony Bennett w/ Fred (S) (SE) 4:00 Walking Club (P) 4:30 Top 60's Tracks w/ Nancy (SE)</p>	<p>8:00 Puzzle Group w/ Fred (C) 8:30 Crossword Solvers w/ Ruth (C) 9:00 Music Enhancement: Classic 40's w/ Ruth (SE) 10:00 Opera Improv w/ Fairouz (SE) (S) 11:30 Brain Fitness w/ Cal: A to Z Foods (C) 11:30 World Language Club (S) (C) 12:00 Discuss & Recall w/ Kathryn: Friends (S) 1:30 Surprising Stories Discussion (S) 1:45 Friendship Support Group w/ Ellie (SP) 2:00 Composer's Club: Bach (S) (SE) 2:30 Side by Side w/ Casey (C) 3:00 Ice Cream & Personality Discussion (S) 3:30 National Strawberry Ice Cream Day Social & Snack (S) 4:00 Corn Hole w/ Gordon & Paul F (P) 4:00 Walking Club (P) 4:30 Elvis Singalong w/ Ruth (SE)</p>	<p>8:00 Adult Coloring Group w/ Gordon (E) 8:30 Trivia Questions (C) 9:00 Word Games: Crosswords w/ Marilu (C) INSIGHT IN ACTION! 9:45 Daily Chronicle Discussion (C) 10:00 Music w/ Peg (SE) 10:45 Meditative Movement (P) 11:30 Art Class w/ Elba (E) or 11:30 Travelogue w/ Tracy: Texas (S) (C) 12:15 Short Story Group w/ Kaye (S) 1:30 Surprising Stories Discussion (S) 1:30 Military Group w/ Chet (S) 2:00 Texas Trivia (C) 2:30 Reading Circle: Mysteries w/ Alan (S) (P) 3:00 Humorous Skits w/ Reenu (E) 3:30 Afternoon Snack and Music Social (SE) 4:00 Combined Geography Group: England (C) 4:00 Walking Club (P) 4:30 Country Western Oldies w/ Arnie (SE)</p>	<p>8:00 Puzzle Group w/ Fred (C) 8:30 Crossword Solvers w/ Ruth (C) 9:00 Music Enhancement: The Shirelles w/ Lucille (SE) 10:00 Music w/ Jessica (S) 10:45 Daily Chronicle (C) 11:30 Reminiscing w/ Connie: Working (S) 12:00 MLK Day Discussion (S) (C) 1:30 Surprising Stories Discussion (S) 1:30 Spiritual Group w/ Dave (SP) 2:00 Chemistry 101 w/ Paul H (C) 2:30 Tai Chi w/ Cynthia (P) (SP) 3:00 Famous Cathedrals & Organ Classics w/ Michael (C) (SE) 3:30 Afternoon Snack & Music Social (S) 4:00 Dicebreakers (S) 4:00 Walking Club (P) 4:30 Combined Piano Sing-Along (SE)</p>
<p>MLK DAY!</p> <p>IMCC IS CLOSED!</p> 	<p>8:00 Famous Faces Guessing Game w/ Marilu (C) 8:30 Current News Stories (S) 9:00 Adult Coloring Group w/ Sayed (E) 10:00 Daily Chronicle Discussion (S) (C) 10:15 Chair Yoga w/ Jacqueline (P) 10:30 The Beatles Singalong w/ Rich H (S) (C) 11:30 Discussion Group: Amusement Parks w/ Rich (S) (C) 11:30 Drama Club: Stories & Props (E) 12:15 Finish the Line (C) 1:30 Surprising Stories Discussion (S) 1:30 Ladies Social Group w/ Connie (S) 2:00 Pictionary w/ Candy (C) (E) 2:45 Bowling (P) 3:30 Afternoon Snack and Music Social (SE) 4:00 Combined Composer's Club: Bob Dylan w/ Rich H (C) 4:00 Walking Club (P) 4:30 Susie Q Sing-Along (SE)</p>	<p>8:00 Puzzle Group w/ Fred (C) 8:30 Crossword Solvers w/ Ruth (C) 9:00 Music Enhancement: Classic 40's w/ Ruth (SE) 10:00 Daily Chronicle Discussion (S) (C) 10:15 Workout with Joel (P) 10:35 Positive Thoughts w/ Reenu (SP) (S) 11:30 Celebrity Spotlight: Oprah (S) (C) 11:30 World Language Club (S) (C) 12:00 Famous Women Spotlight: Alice Paul w/ Kathryn (C) 1:30 Surprising Stories Discussion (S) 1:30 Poetry Club w/ Carol (S) (E) 2:00 Learn a Language: French w/ Ed & Madeleine (C) 2:30 Guitar w/ Steve (SE) 3:15 Finish the Lyric (C) 3:30 Combined Snack and Music Social (S) 4:00 Chair Dancing w/ Reenu (P) 4:30 Combined Musical Appreciation: Rock & Rollers w/ Wayne (SE)</p>	<p>8:00 Adult Coloring Group w/ Gordon (E) 8:30 Trivia Questions (C) 9:00 Word Games: <i>Fill in the Blank</i> (C) 10:00 Music w/ Peg (SE) 10:45 Racing Through the Decades (P) 11:30 Art w/ Sally (E) or 11:30 Portland & Oregon Hot Spots w/ Kaye (S) 12:00 Musical Hangman w/ Jaqueline (C) 1:30 Surprising Stories Discussion (S) 1:30 Military Group w/ Rich (S) 2:00 Discussion Group: Animal Rights w/ Reenu (C) 2:30 Racing & Formula 1 Cars w/ Jim O (C) 3:00 Rock & Roll Hall of Famers (S) (C) 3:30 Afternoon Snack and Music Social (S) 4:00 Combined Geography Group: Peru (C) 4:00 Walking Club (P) 4:30 Fiddle Music & Movement w/ Arnie (SE) (P)</p>	<p>8:00 Puzzle Group w/ Fred (C) 8:30 Crossword Solvers w/ Ruth (C) 9:00 Music Enhancement: The Beatles (SE) 10:00 Daily Chronicle Discussion (S) 10:15 60's Hits Dance Fitness w/ Connie (P) 10:30 Chinese New Year History (S) (C) 11:30 Art Exploration: Chinese Fans (E) 12:00 Chinese Tea Tasting (SE) (S) 1:30 Surprising Stories Discussion (S) 1:30 Spiritual Group w/ Ruth (S) (SP) 2:00 The Art of Origami (E) 2:30 Tai Chi w/ Cynthia (P) (SP) 3:00 Learning Circle w/ Cliff: Chinese New Year Trivia (C) 3:30 Snack and Music Social (S) (SE) 3:45 Bowling (P) 4:00 Walking Club (P) 4:30 Combined Composer's Club: Frank Sinatra Singalong w/ Carol (SE)</p>
<p>8:00 Mandala Group w/ Marilu (E) 8:30 Puzzle Group w/ Fred (C) 9:00 Current Events (C) 10:00 Morning Greetings & Daily Chronicle (S) (C) 10:15 Nifty Fifty Exercise w/ Ellie (P) 10:30 Reminiscing w/ Sayed: Musical Memories of the Past (S) 11:30 Art w/ Annette (E) 1:30 Surprising Stories Discussion (S) 1:30 Men's Group w/ Tracy (S) 2:00 Roll & Rhyme w/ Kathryn (S) (C) 2:30 Music w/ Chyp & Andrea (SE) 3:30 Combined Snack & Music Social (S) 4:00 Discuss & Recall w/ Diane: Jobs (S) 4:30 Combined Piano Sing-Along (SE)</p>	<p>8:00 Famous Faces Guessing Game w/ Marilu (C) 8:30 Daily Chronicle Discussion (S) 9:00 Adult Coloring Group w/ Sayed (E) 10:00 Music w/ Frank (S) (SE) 11:30 Simple Stretching w/ Susan (P) 11:45 Reminiscing: Snow Falls & Snow Days (S) 12:00 Jeopardy! (C) 1:30 Surprising Stories Discussion (S) 1:30 Ladies Social Group w/ Beth (S) 2:00 Russian Travelogue w/ Beth (S) 2:30 Star Spotlight: Alan Alda (S) (C) 3:00 Dicebreakers w/ Jim (S) 3:30 Afternoon Snack and Music Social (SE) 4:00 Combined Geography Group: Montana w/ Paul (C) 4:00 Walking Club (P) 4:30 60's Hits w/ Carole (SE)</p>	<p>8:00 Puzzle Group w/ Fred (C) 8:30 Crossword Solvers w/ Ruth (C) 9:00 Music Enhancement: Classic 40's w/ Ruth (SE) 10:00 Daily Chronicle Discussion (S) (C) 10:15 Chair Yoga w/ Reenu (P) 10:30 Kids Say the Darndest Things (S) 11:30 All About Chopin w/ Cal & Gordon (C) (SE) 11:30 World Language Club (S) (C) 12:00 World Trivia (C) 1:30 Surprising Stories Discussion (S) 1:30 Poetry Club w/ Carol (S) (E) 2:00 Chocolate Discussion & Tasting w/ Susan (S) (SE) 2:30 Art History: Pointillism w/ Gordon (C) 3:15 Toss & Talk (S) (P) 3:30 Snack and Music Social (S) 4:00 Combined Karaoke Hour w/ Reenu (S) 4:30 Music Exploration: Jimi Hendrix (SE)</p>	<p>8:00 Adult Coloring Group w/ Gordon (E) 8:30 Trivia Questions (C) 9:00 Word Games: <i>Fill in the Blank</i> (C) 10:00 Music w/ Peg (SE) 10:45 Racing Through the Decades (P) 11:30 All About FDR w/ Ed (S) 12:00 Winter Word Unscrambling w/ Jaqueline (C) 1:30 Surprising Stories Discussion (S) 1:30 Military Group w/ Rich (S) 2:00 Discussion Group: Cameras Through the Decades w/ Alan (S) 2:30 Team Trivia (C) (S) 3:00 All About Washington State w/ Andy (C) 3:30 Afternoon Snack and Music Social (S) 4:00 Combined Composer's Club: The Beatles (S) (SE) 4:00 Walking Club (P) 4:30 Fiddle Music & Movement w/ Arnie (SE) (P)</p>	<p>8:00 Puzzle Group w/ Fred (C) 8:30 Reading Circle w/ Reenu (S) 9:00 Music Exploration w/ Maria (SE) 10:00 Daily Chronicle Discussion (S) 10:15 Chair Exercise (P) 10:30 Frank Lloyd Wright w/ Gordon & Michael (C) 11:30 The Civil War w/ Howard (C) 12:15 Military Trivia (C) 1:30 Surprising Stories Discussion (S) 1:30 Spiritual Group w/ Ruth (S) (SP) 2:00 Participant Spotlight w/ Reenu (S) 2:30 Tai Chi w/ Cynthia (P) (SP) 3:00 History of Coca-Cola (C) 3:30 Snack and Music Social (S) (SE) 3:45 Jackie Robinson Biography (C) 4:00 Walking Club (P) 4:30 Combined Composer's Club: Louis Armstrong w/ Paul B (SE)</p>