

SUN	MON	TUE	WED	THUR	FRI	SAT
		<b>New Year's Day</b> 1:00 Texas Hold 'Em (GR) <b>1</b> 1:00 Snowshoe Hike "Englewood Trailhead" (Mickelson Trail) (Theatre) 2:00 Matinee "South Pacific" (Theatre) 2:30 Trinity Lutheran Communion Service (HC) 4:00 Water Volleyball (SP) 7:00 Hand & Foot (Aspen Room)	8:00 Total Body Fitness (RR) <b>2</b> 8:45 Cardio Core Fusion (SP) 9:30 Weights, Bands & More (RR) 10:00 Caregivers & Grief Support Group (Aspen) 10:15 Total Body Fitness (RR) 1:00 Play 500 (GR) 1:00 Painter's Group (Ponderosa Room) 7:00 Bridge (Aspen Room)	8:00 Christmas Goes Down (Health Care) <b>3</b> 8:30 Meditation Practice (RR) 8:45 Weights N' Water (SP) 9:00 Mt. Plains Audiology Clinic (WHV Clinic- CDE Wing 3rd Level) 9:30 *Water Walking (SP) 9:30 Balance & Agility (RR) 10:00 Deadwood Trip (The Lodge) 10:15 Chair Yoga Plus (RR) 11:15 Power 10 (RR) 1:00 WHV Stitches (Ponderosa Room) 1:00 Poker Invitational (GR) 2:00 Episcopal Church Communion (Aspen Room) 2:30 Syncro Basics (SP) 3:00 Swim Lessons (SP) 4:30 Cardio Kickboxing (RR) 7:00 Wii Bowling (RR) 7:30 Table Tennis (GR)	8:00 Circuit (RR) <b>4</b> 8:45 Aqua Dance (SP) 9:30 Gentle Moves (RR) (Aspen Room) 10:15 Line Dancing with Janece (RR) 1:00 Pinochle (single deck) (GR) 1:30 Bingo! (RR) 1:30 Writer's Club (Ponderosa Room) (Theatre) 3:00 Friday Movie "Beatriz at Dinner" (Theatre) 7:00 Friday Movie "Beatriz at Dinner" (Theatre)	8:00 Open Swim (SP) <b>5</b> 1:00 "Wizard" (Aspen Room) 6:30 Wii Bowling (RR)
2:00 Matinee "The Awful Truth" (Theatre) <b>6</b> 5:00 Wii Bowling (RR)	8:00 Total Body Fitness (RR) <b>7</b> 8:45 Aqua 402 (SP) 9:00 Christmas Goes Down (Upper Commons) 9:30 Weights, Bands & More (RR) 10:15 Total Body Fitness (RR) 1:00 Single-deck Pinochle (GR) 1:00 Safeway Shopping (RR) 2:00 Line Dancing with Janece (RR) 4:30 PiYo (RR) 5:00 Floor Yoga (RR)	9:00 Greeting Card Recycling (Ponderosa Room) <b>8</b> 9:00 Christmas Goes Down (Courtyard) 9:30 *Water Walking (SP) 9:30 Balance & Agility (RR) 10:15 Chair Yoga Plus (RR) 11:15 Body Challenge (RR) 1:00 Texas Hold 'Em (GR) 1:00 Mah Jongg (Aspen Room) 2:30 Great Courses "The Science of Natural Healing" (Theatre) 3:30 Village Voices (RR) 4:00 Water Volleyball (SP) 7:00 Hand & Foot (Aspen Room)	8:00 Total Body Fitness (RR) <b>9</b> 8:45 Cardio Core Fusion (SP) 9:00 Clinic Open House (Theatre) 9:30 Weights, Bands & More (RR) 9:30 Resident Council Meeting (Aspen Room) 10:15 Total Body Fitness (RR) 1:00 Play 500 (GR) 1:00 Painter's Group (Ponderosa Room) 1:15 Catholic Study Group (Aspen) 2:30 Catholic Communion Service (Aspen Room) 3:00 Game Day "Sequence" (LC) 6:00 Darton Geological Society Meeting (RR) 7:00 Bridge (Aspen Room)	8:30 Meditation Practice (RR) <b>10</b> 8:45 Weights N' Water (SP) 9:15 Unused/Outdated Prescription Pill Pickup (Upper Commons) 9:15 Lion's Club Unwanted Eyeglasses & Hearing Aid Pickup (Upper Commons) 9:30 *Water Walking (SP) 9:30 Balance & Agility (RR) 10:15 Chair Yoga Plus (RR) 11:15 Power 10 (RR) 1:00 WHV Stitches (Ponderosa Room) 1:00 Wellness Committee Meeting (FC) 1:00 Poker Invitational (GR) 1:30 Visit at the Courtyard (Assisted Living Complex) 2:30 Syncro Basics (SP) 3:00 Swim Lessons (SP) 4:30 Cardio Kickboxing (RR) 7:00 Scrabble (Aspen Room) 7:00 Wii Bowling (RR) 7:30 Table Tennis (GR)	8:00 Circuit (RR) <b>11</b> 8:45 Aqua Dance (SP) 9:30 Gentle Moves (RR) (Aspen Room) 10:00 WHV Gavel Club (Aspen Room) 10:15 Line Dancing with Janece (RR) 1:00 Pinochle (single deck) (GR) 1:30 Bingo! (RR) 3:00 Friday Movie "The Whole Truth" (Theatre) 4:00 Presbyterian Women's Bible Study (Aspen Room) 7:00 Friday Movie "The Whole Truth" (Theatre)	10:00 Snowshoe Hike "State Game Lodge" (Custer State Park) <b>12</b> 1:00 Parkinson's Support Group (RR) 1:00 "Wizard" (Aspen Room) 1:00 Snowshoe Hike "Rochford Trailhead" (Mickelson Trail) 1:30 Kid's Day Matinee "Herbie the Love Bug" (Theatre) 6:30 Wii Bowling (RR)
5:00 Wii Bowling (RR) <b>13</b>	8:00 Total Body Fitness (RR) <b>14</b> 8:45 Aqua 402 (SP) 9:30 Weights, Bands & More (RR) 10:15 Total Body Fitness (RR) 1:00 Walmart Shopping (Walmart) 1:00 Single-deck Pinochle (GR) 1:15 Gentle Hand Massage at the Courtyard (Westhills Assisted Living) 1:30 Interdenominational Bible Study (Aspen) 2:00 Line Dancing with Janece (RR) 4:30 PiYo (RR) 5:00 Floor Yoga (RR)	9:30 *Water Walking (SP) <b>15</b> 9:30 Balance & Agility (RR) 10:15 Chair Yoga Plus (RR) 11:15 Body Challenge (RR) 1:00 Texas Hold 'Em (GR) 1:00 Mah Jongg (Aspen Room) 2:00 Matinee "The Sting" (Theatre) 3:30 Catholic Mass (HC) 3:30 Village Voices (RR) 4:00 Water Volleyball (SP) 7:00 Hand & Foot (Aspen Room)	8:00 Total Body Fitness (RR) <b>16</b> 8:45 Cardio Core Fusion (SP) 9:30 Weights, Bands & More (RR) 10:15 Total Body Fitness (RR) 1:00 Play 500 (GR) 1:00 Painter's Group (Ponderosa Room) 1:15 Catholic Study Group (Aspen) 2:30 Catholic Communion Service (Aspen Room) 3:00 Cooking Demonstration (RR) 7:00 Bridge (Aspen Room)	8:30 Meditation Practice (RR) <b>17</b> 8:45 Weights N' Water (SP) 9:30 *Water Walking (SP) 9:30 Balance & Agility (RR) 9:30 First Presbyterian Church Service (Aspen Room) 10:15 Chair Yoga Plus (RR) 11:15 Power 10 (RR) 1:00 WHV Stitches (Ponderosa Room) 1:00 Poker Invitational (GR) 2:30 Syncro Basics (SP) 2:30 January Birthday/Anniversary Party (RR) 3:00 Swim Lessons (SP) 4:30 Cardio Kickboxing (RR) 7:00 Scrabble (Aspen Room) 7:00 Wii Bowling (RR) 7:30 Table Tennis (GR)	8:00 Circuit (RR) <b>18</b> 8:45 Aqua Dance (SP) 9:30 Gentle Moves (RR) (Aspen Room) 10:00 WHV Gavel Club (Aspen Room) 10:15 Line Dancing with Janece (RR) 1:00 Pinochle (single deck) (GR) 1:30 Bingo! (RR) 1:30 Writer's Club (Ponderosa Room) 3:00 Friday Movie "This is Bob Hope" (Theatre) 7:00 Friday Movie "This is Bob Hope" (Theatre)	8:00 Open Swim (SP) <b>19</b> 1:00 "Wizard" (Aspen Room) 2:30 Janece Rieman's Birthday Bash (RR) 6:30 Wii Bowling (RR)
2:00 Matinee "The Devil's Arithmetic" (Theatre) <b>20</b> 5:00 Wii Bowling (RR)	<b>Martin Luther King Day</b> 8:00 Total Body Fitness (RR) <b>21</b> 8:45 Aqua 402 (SP) 9:30 Weights, Bands & More (RR) 10:15 Total Body Fitness (RR) 1:00 Single-deck Pinochle (GR) 1:00 Safeway Shopping (RR) 2:00 Line Dancing with Janece (RR) 2:30 Cooking with Mr. Good Looking (Courtyard) 3:30 Activity Committee Meeting (Aspen Room) 4:30 PiYo (RR) 5:00 Floor Yoga (RR)	9:30 *Water Walking (SP) <b>22</b> 9:30 Balance & Agility (RR) 10:15 Chair Yoga Plus (RR) 11:15 Body Challenge (RR) 1:00 Texas Hold 'Em (GR) 1:00 First United Methodist Church Devotion (Aspen Room) 1:00 Mah Jongg (Aspen Room) 2:00 Mah Jongg (Aspen Room) 2:30 Great Courses "The Science of Natural Healing" (Theatre) 3:30 Village Voices (RR) 4:00 Water Volleyball (SP) 7:00 Hand & Foot (Aspen Room)	8:00 Total Body Fitness (RR) <b>23</b> 8:45 Cardio Core Fusion (SP) 9:30 Weights, Bands & More (RR) 10:15 Total Body Fitness (RR) 1:00 Play 500 (GR) 1:00 Painter's Group (Ponderosa Room) 1:15 Catholic Study Group (Aspen) 2:30 Catholic Communion Service (Aspen Room) 3:00 January Social (RR) 7:00 Bridge (Aspen Room)	8:30 Meditation Practice (RR) <b>24</b> 8:45 Weights N' Water (SP) 9:30 *Water Walking (SP) 9:30 Balance & Agility (RR) 10:15 Chair Yoga Plus (RR) 11:15 Power 10 (RR) 1:00 WHV Stitches (Ponderosa Room) 1:00 Poker Invitational (GR) 2:30 Syncro Basics (SP) 3:00 Swim Lessons (SP) 4:30 Cardio Kickboxing (RR) 7:00 Scrabble (Aspen Room) 7:00 Wii Bowling (RR) 7:30 Table Tennis (GR)	8:00 Circuit (RR) <b>25</b> 8:45 Aqua Dance (SP) 9:30 Gentle Moves (RR) (Aspen Room) 10:00 WHV Gavel Club (Aspen Room) 10:15 Line Dancing with Janece (RR) 1:00 Pinochle (single deck) (GR) 1:30 Bingo! (RR) 3:00 Friday Movie "Nostalgia" (Theatre) 7:00 Friday Movie "Nostalgia" (Theatre)	1:00 "Wizard" (Aspen Room) <b>26</b> 1:00 Snowshoe Hike "Englewood Trailhead" (Mickelson Trail) 6:30 Wii Bowling (RR)
1:30 BH Community Theatre "Crimes of the Heart" (Performing Arts Center) <b>27</b> 5:00 Wii Bowling (RR)	8:00 Total Body Fitness (RR) <b>28</b> 8:45 Aqua 402 (SP) 9:30 Weights, Bands & More (RR) 10:15 Total Body Fitness (RR) 1:00 Walmart Shopping (Walmart) 1:00 Single-deck Pinochle (GR) 1:30 Interdenominational Bible Study (Aspen) 2:00 Line Dancing with Janece (RR) 3:00 WHV Book Club (Aspen Room) 4:30 PiYo (RR) 5:00 Floor Yoga (RR)	9:30 *Water Walking (SP) <b>29</b> 9:30 Balance & Agility (RR) 10:15 Chair Yoga Plus (RR) 11:15 Body Challenge (RR) 1:00 Texas Hold 'Em (GR) 1:00 Mah Jongg (Aspen Room) 2:30 Mini-Concert "Vern Guran" (Theatre) 3:30 Village Voices (RR) 4:00 Water Volleyball (SP) 7:00 Hand & Foot (Aspen Room)	8:00 Total Body Fitness (RR) <b>30</b> 8:45 Cardio Core Fusion (SP) 9:30 Weights, Bands & More (RR) 10:15 Total Body Fitness (RR) 1:00 Play 500 (GR) 1:00 Painter's Group (Ponderosa Room) 1:15 Catholic Study Group (Aspen) 2:30 Catholic Communion Service (Aspen Room) 3:00 Wellness Program "Don't Worry, Be Happy, Be Healthy" (Theatre) 7:00 Bridge (Aspen Room)	8:30 Meditation Practice (RR) <b>31</b> 8:45 Weights N' Water (SP) 9:30 *Water Walking (SP) 9:30 Balance & Agility (RR) 10:15 Chair Yoga Plus (RR) 11:15 Power 10 (RR) 1:00 WHV Stitches (Ponderosa Room) 1:00 Poker Invitational (GR) 2:30 Syncro Basics (SP) 3:00 Swim Lessons (SP) 4:30 Cardio Kickboxing (RR) 7:00 Scrabble (Aspen Room) 7:00 Wii Bowling (RR) 7:30 Table Tennis (GR)	<b>ROOM KEY</b> Aspen - Aspen FC - Fitness Center GR - Game Room HC - Health Care Activities Room	LC - Lower Commons RR - Rimrock Room SP - Swimming Pool

# January 2019

Westhills Village Apartment & Villa Activities





**Tuesday, January 1, 2:00 p.m.- Theatre**  
Matinee “South Pacific”- This classic musical stars Mizzi Gaynor. Be prepared to wash that man right out of your hair. Everyone is welcome.

**Thursday, January 3, 10:00 a.m.- Deadwood**  
The Lodge at Deadwood- Please, sign up on the Events Bulletin Board for transportation. Everyone is welcome.

**Friday, January 4, 3:00 & 7:00 p.m.- Theatre**  
Friday Movie “Beatriz at Dinner”- Starting Selma Hayak and John Lithgow, this movie tells the tale of an unexpected dinner guest. Everyone is welcome.

**Sunday, January 6, 2:00 p.m.- Theatre**  
Matinee “The Awful Truth”- This classic movie stars Cary Grant and Irene Dunn. Everyone is welcome.

**Tuesday, January 8 & 22, 2:30 p.m.- Theatre**  
Great Courses “The Science of Natural Healing”- Dr. Mimi Guarneri, Founder of the Scripps Center for Integrative medicine, takes us the changing paradigms of holistic medicine. Everyone is welcome.

**Wednesday, January 9, 9:00 a.m.- Theatre**  
WHV Clinic Open House- Come and meet the newest representatives from Regional Health. Everyone is welcome.

**Wednesday, January 9, 3:00 p.m.- Lower Commons**  
Game Day “Sequence”- Let’s play a fun board game that challenges our brains. Everyone is welcome.

**Thursday, January 10, 9:15 a.m.- Upper Commons**  
Unused/Outdated Prescription Pill Pickup & Lion’s Club Unwanted Eyeglasses & Hearing Aid Pick up- Jan Rathbun and Ralph Galyen ensure the above items are recycled properly. Ends at 11:15 a.m. Everyone is welcome.

**Thursday, January 10, 1:30 p.m.- The Courtyard**  
Visit at the Courtyard- Let’s go visit our neighbors right next door. Everyone is welcome.

**Friday, January 11, 3:00 & 7:00 p.m.- Theatre**  
Friday Movie “The Whole Truth”- Starting Keanu Reeves as an attorney who suspects all is not right with his client. Everyone is welcome.

**Saturday, January 12, 1:30 p.m.- Theatre**  
Kid’s Day Matinee “Herbie the Love Bug”- This is a resident and staff event. Bring your kid’s, grands, & great grands to this fun event; treats and popcorn served. Everyone is welcome.

**Monday, January 14, 1:15 p.m.- The Courtyard-**  
Gentle Hand Massage at the Courtyard- Please, sign up on the Events Bulletin Board to volunteer giving a gentle hand massage. Everyone is welcome.

**Tuesday, January 15, 2:00 p.m.- Theatre**  
Matinee “The Sting”- This classic comedy stars Robert Redford and Paul Newman. Everyone is welcome.

**Wednesday, January 16, 3:00 p.m.- Rimrock Room**  
Cooking Demonstration – The Chefs at WHV are at it again. Join them as they demonstrate their skills and share the epicurious results. Everyone is welcome.

**Thursday, January 17, 2:30 p.m.- Rimrock Room**  
The January Birthday and Anniversary Party- Entertainment- Black Hills Blue Grass Band. Everyone’s invited to come and enjoy refreshments and entertainment.

**Friday, January 18, 3:00 & 7:00 p.m.- Theatre**  
Friday Movie “This is Bob Hope”- Brought to us by SD Public Broadcasting, this documentary explores the fascinating life of Bob Hope. Everyone is welcome.

**Saturday, January 19, 2:30 p.m.- Rimrock Room**  
Janece Riemann’s Birthday Bash- Come and celebrate with Janece, her family and friends. Everyone is invited.

**Sunday, January 20, 2:00 p.m.- Theatre**  
Matinee “The Devil’s Arithmetic”- A young woman’s whole life is changed in a blink of an eye. Everyone is welcome.

**Monday, January 21, 2:30 p.m.- The Courtyard**  
Cookin’ with Mr. Goodlookin’- Come over and help decorate cookies with our friends at the Courtyard. You might even be able to enjoy a few. Everyone is welcome.

**Wednesday, January 23, 3:00 p.m.- Rimrock Room**  
January Social- Hosted by Pioneer Bank. Hawaiian themed: feel free to wear your grass skirt and other tropical wear. Everyone is invited.

**Friday, January 25, 3:00 & 7:00 p.m.- Theatre**  
Friday Movie “Nostalgia”- A poignant look at people’s need to collect things. Everyone is welcome.

**Sunday, January 27, 1:30 p.m.- Performing Arts Center**  
RC Community Theatre “Crimes of the Heart- Please, sign up on the Events Bulletin Board for transportation. A minimum of 8 required. Cost- \$3.00.

**Monday, January 28, 3:00 p.m.- Aspen Room**  
WHV Book Club- This month’s book is The Unlikely Event by Judy Blume. Please, check out in Nedra’s office. Book lovers always welcome.

**Tuesday, January 29, 2:30 p.m.- Theatre**  
Mini-Concert “Vern Guran”- Head down to the Theatre and enjoy the mellow sounds of Vern’s vintage jazz guitar. Everyone is welcome.

**Wednesday, January 30, 3:00 p.m.- Theatre**  
Wellness Program “Don’t Worry, Be Happy, Be Healthy”- Erin Smith, Wellness Director, elaborates on the importance of a good attitude and humor on health. Everyone is welcome.