



BHA Resident Center

807 West Avenue I



January 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 CTHC Closed 	2	3	4 4:00 p.m. STRIVE	5	6
7	8 2:00 p.m. 1st Atlantic B/P Checks - "UTIs/Personal Hygiene" 3:00 p.m. Bingo 5:30 p.m. Nutrition Class	9 4:00 p.m. STRIVE	10	11 4:00 p.m. STRIVE	12	13
14	15 CTHC Closed 	16 4:00 p.m. STRIVE	17 3:00 p.m. Eat Smart, Live Strong - "Eat Smart, Spend Less"	18 4:00 p.m. STRIVE	19	20
21	22 2:00 p.m. Kindred Hospice - Potassium Levels 3:00 p.m. Bingo with First Atlantic	23 4:00 p.m. STRIVE	24	25 4:00 p.m. STRIVE	26	27
28	29	30 4:00 p.m. STRIVE	31	Recurring Activities Mon, Wed 1:00 - 2:30 p.m. Computer Class Tues, Thurs 4:00 - 5:00 p.m. STRIVE Visit our website at www.cthc.org for all resident activities.		