

Address:  
Arapaho Gardens  
1121 Rockingham Dr.  
Richardson TX 75080  
972-379-9904



# PLAN @ 1121 ROCK

People Living Active Now



"The beginning is always today."  
- Mary Wollstonecraft

January Birthdays: Katie S. 1/1, Ethan C. 1/2, Robin K. 1/2, Cris V. 1/2, Chris H. 1/9, Kim M. 1/14, Margaret N. 1/21

~ January 2024 ~						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1 Happy New Year</b> Clubhouse Closed	<b>2</b> Morning Mtg 10a Lunch 12:30p HOUSE CALL 1p* Afternoon Meeting 1:45p	<b>3</b> Morning Mtg 10a Train Theme at 1121 Lunch 12:30p Afternoon Unit Mtgs 1:30p Janssen Neuroscience 2p	<b>4</b> Morning Mtg 10a Media Arts Comm. 11a Lunch 12:30p Afternoon Unit Mtgs 1:30p Food Pantry Sunshine & Shadows 2p	<b>5</b> Morning Mtg 10a Meal Planning 10:15a Lunch 12:30p Afternoon Unit Mtgs 1:30p Gardening Comm. 2p	<b>6</b> 
<b>7</b>	<b>8</b> Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:30p	<b>9</b> Morning Mtg 10a Lunch 12:30p HOUSE CALL 1p* Afternoon Meeting 1:45p	<b>10</b> Morning Mtg 10a Member Spotlight Meal: <i>Nadine X.</i> Chili and Cornbread New Member Comm. 2p	<b>11</b> Morning Mtg 10a Media Arts Comm. 11a Lunch 12:30p Afternoon Unit Mtgs 1:30p Advocacy Comm. 2p Movie and A Meal - 4:30p	<b>12</b> Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:30p Events Comm. 2p	<b>13</b> 
<b>14</b> 	<b>15 MLK DAY</b> Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:30p <b>VOLUNTEER DAY</b>	<b>16</b> Morning Mtg 10a Lunch 12:30p HOUSE CALL 1p* Afternoon Meeting 1:45p	<b>17</b> Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:30p Newsletter Comm. 2p	<b>18</b> Morning Mtg 10a Media Arts Comm. 11a Lunch 12:30p Afternoon Unit Mtgs 1:30p Food Pantry Sunshine & Shadows 2p	<b>19</b> Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:30p Gardening Comm. 2p	<b>20</b> Coffee House Jam: The Nifty Fifties - 5p 
<b>21</b>	<b>22</b> Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:30p	<b>23</b> Morning Mtg 10a Lunch 12:30p HOUSE CALL 1p* Afternoon Meeting 1:45p	<b>24 Planning Day 2024</b> Lunch Provided	<b>25</b> Morning Mtg 10a Media Arts Comm. 11a Lunch 12:30p YOUR VOICE Beraki Afternoon Unit Mtgs 1:30p Advocacy Comm. 2p	<b>26</b> Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:30p Events Comm. 2p	<b>27</b> Supper Club: El Fenix 5p 810 N. Central Expy
<b>28</b>	<b>29</b> Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:30p	<b>30</b> Morning Mtg 10a Birthday Bash (12:30p) HOUSE CALL 1p* Afternoon Unit Mtgs 1:45p	<b>31</b> Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:30p Newsletter Comm. 2p	<b>Start where you are, use what you have, do what you can."</b> <b>-Arthur Ashe</b>		

Key Special Events and Dates in January  
 -New Year's Day - 1/1 (Clubhouse Closed)  
 -Train Day at 1121- 1/3  
 -Janssen Neuroscience Presentation - 1/3 @ 2p  
 -Movie and a Meal: Life of Pi - 1/11 @ 4:30p  
 -Coffee House Jam: The Nifty Fifties - 1/20 @ 5p

-Planning Day 2024 - 1/24 (lunch provided)  
 -Supper Club @ El Fenix - 1/27 @ 5p  
 -Birthday Bash - 1/30 @ 12:30p

**\*PLAN @ 1121 ROCK**  
**Conference Call Access**  
**214-380-0303 code 1234**