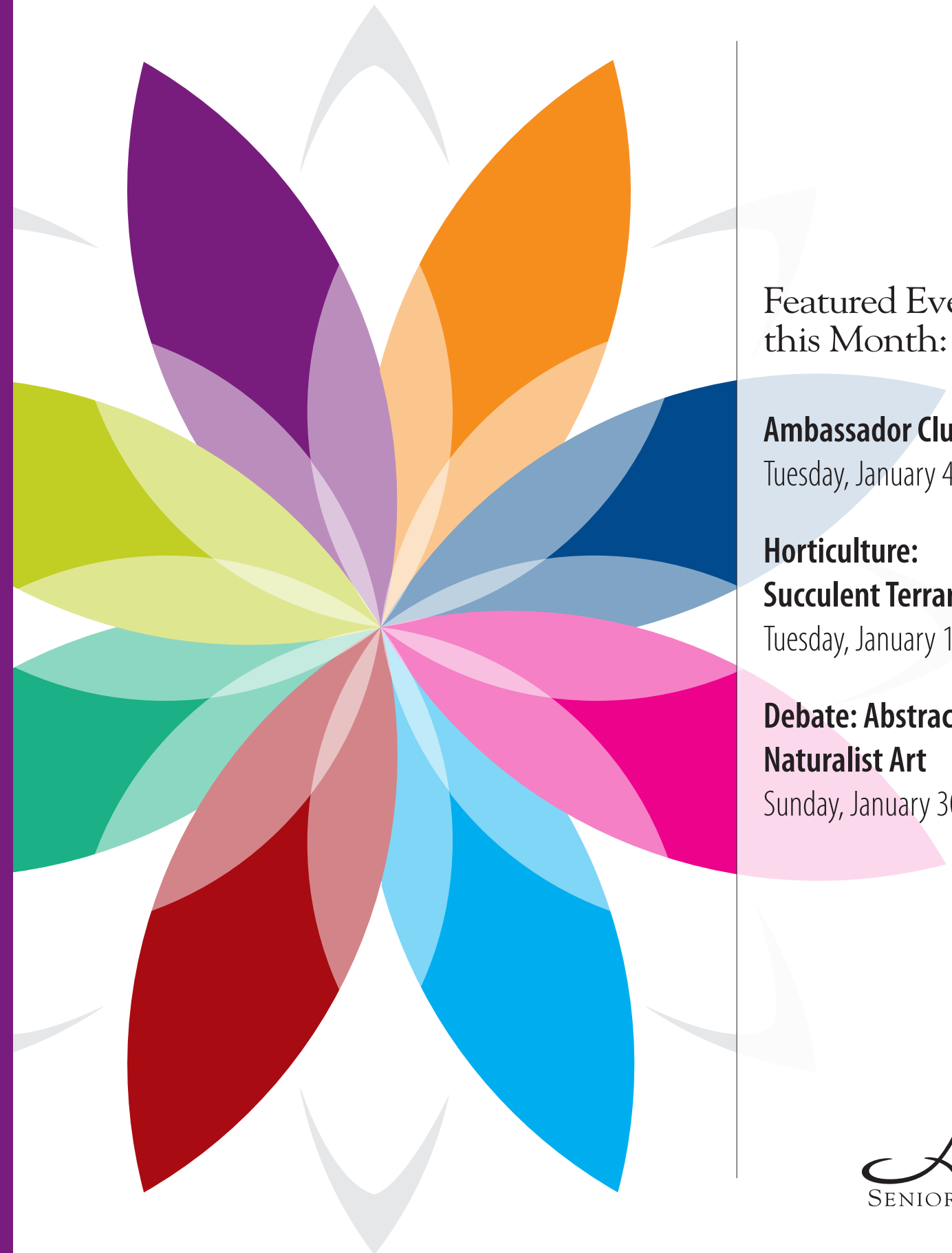


ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

Ambassador Club Meeting

Tuesday, January 4, 1:00 PM

**Horticulture:
Succulent Terrariums**

Tuesday, January 18, 1:00 PM

**Debate: Abstract vs.
Naturalist Art**

Sunday, January 30, 2:00 PM



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

30

10:00 **HPF** Tai Chi: Balance & Posture (AR) (ELP)
 10:30 **RSF** Bible Study Series: Part V (AR) (ELP)
 1:00 **CPI** Business Club: Walmart (AR) (ELP)
 2:00 **CEA** Debate: Abstract vs. Naturalist Art (AR) (ELP)
 4:00 **HPF** Posture & Stretch Fitness Class (AR) (ELP)
 4:30 **HPF** Dance & Movement: The Balance Dance (AR) (ELP)

31

10:00 **HPF** Moving for Memory: Walking Challenge (AR) (ELD)
 2:00 **LIS** ODU: Older Americans - In Our Prime (AR) (ELD)
 3:00 **SCE** Up for Discussion: Senior Citizenship (AR) (ELD)
 4:00 **HPF** Lower Body Conditioning (AR) (ELD)



- HEALTH AND PHYSICAL FITNESS
- LIFELONG LEARNING AND INTELLECTUAL STIMULATION
- CREATIVE EXPRESSION AND THE ARTS
- SOCIAL CONNECTION AND ENTERTAINMENT
- CIVIC AND PROFESSIONAL INVOLVEMENT
- RELIGIOUS AND SPIRITUAL FELLOWSHIP

ROOM LOCATION KEY:
 Dining Room DR
 Activity Room AR
 Meet in Lobby L

STAFF KEY:
 ELPI
 Resident Led DCS
 ELD

ELP
 RL
 DCS
 ELD

1

NEW YEAR'S DAY SOLEMNITY OF MARY
 9:00 **RSF** Newsletter Highlight: Solemnity of Mary (AR) (ELP)
 10:00 **HPF** Cardio Drumming Circle (AR) (ELD)
 10:30 **RSF** Bible Study (AR) (ELD)
 1:00 **SCE** New Year's Brain Challenge (AR) (ELD)
 2:00 Bingo with Haley (AR) (ELP)
 3:00 **CEA** Crafting with Bridget (AR) (ELP)
 4:00 **HPF** Posture and Stretch Fitness Class (AR) (ELP)
 5:30 **LIS** ODU: Champagne: The Bottle and Business (AR) (ELD)

2

NEW MOON
 10:00 **HPF** Tai Chi: Balance & Posture (AR) (ELP)
 10:30 **RSF** Bible Study Series: Part I (AR) (ELP)
 1:00 **CPI** Civic Engagement Intro. & Brainstorm (AR) (ELP)
 2:00 **LIS** Book Club Launch (AR) (ELP)
 3:00 **SCE** Bridge Club (AR) (RL)
 4:00 **HPF** Posture and Stretch Fitness Class (AR) (ELP)
 4:30 **HPF** Dance & Movement: The Balance Dance (AR) (ELP)

3

INTERNATIONAL MIND-BODY WELLNESS DAY
 10:00 **HPF** Walking Challenge Monthly Launch (L) (ELD)
 1:00 **HPF** Mind-Body Exercises for Wellness (AR) (ELD)
 4:00 **HPF** Lower Body Conditioning (AR) (ELD)

4

NATIONAL TRIVIA DAY
 10:00 **HPF** Flow Yoga (AR) (ELD)
 10:30 **SCE** Trivia & Fun Facts Session (AR) (ELD)
 1:00 **CPI** Ambassador Club Meeting (AR) (ELD)
 2:00 Bingo with Haley (AR) (ELP)
 3:00 What's in a Word? (AR) (ELP)
 4:00 **HPF** Dance & Movement: The Mambo (AR) (ELD)

5

NATIONAL BIRD DAY
 10:00 **HPF** Upper Body Conditioning (AR) (ELD)
 10:30 **RSF** Bible Study (AR) (ELD)
 1:00 **SCE** Window Bird Watching (AR) (ELD)
 2:00 **SCE** Happy Hour (DR) (ELP)
 3:00 **CEA** Letter Writing: Dear Future Self (AR) (ELD)
 4:00 **HPF** Tai Chi: Balance & Posture (AR) (ELD)
 5:30 Puzzle Party (AR) (RL)

6

EPIPHANY: CLOSE OF THE CHRISTMAS SEASON
 9:30 **RSF** Newsletter: Close of Christmas Season (AR) (ELD)
 10:00 **HPF** Total Body Conditioning - Beginner (AR) (ELD)
 2:00 Bingo with Haley (AR) (ELP)
 4:00 **HPF** Dance & Movement: The Mambo (AR) (ELD)

7

10:00 **HPF** Total Body Conditioning - Advanced (AR) (ELD)
 10:30 **RSF** Bible Study Series: Part I (AR) (ELD)
 1:00 **LIS** Zodiac & Horoscope of January (AR) (ELD)
 2:00 Bingo with Haley (AR) (ELP)
 4:00 **HPF** Moving For Memory: Walking Challenge (L) (ELD)

8

ELVIS PRESLEY'S BIRTHDAY
 10:00 **HPF** Cardio Drumming Circle (AR) (ELD)
 10:30 **RSF** Bible Study (AR) (ELD)
 1:00 **CEA** Music History: Elvis Presley (AR) (ELD)
 2:00 Bingo with Haley (AR) (ELP)
 3:00 **CEA** Crafting with Bridget (AR) (ELP)
 4:00 **HPF** Flow Yoga (AR) (ELD)
 5:30 Board Games (AR) (ELP)

9

FIRST QUARTER MOON
 10:00 **HPF** Tai Chi: Balance & Posture (AR) (ELP)
 10:30 **RSF** Bible Study Series: Part II (AR) (ELP)
 2:00 **CEA** Scentsary Art (AR) (ELP)
 3:00 **SCE** Bridge Club (AR) (RL)
 4:00 **HPF** Posture and Stretch Fitness Class (AR) (ELP)
 4:30 **HPF** Dance & Movement: The Balance Dance (AR) (ELP)

10

10:00 **HPF** Moving For Memory: Walking Challenge (L) (ELD)
 1:00 **CPI** Work Session for MLK Service Day (AR) (ELD)
 4:00 **HPF** Lower Body Conditioning (AR) (ELD)

11

10:00 **HPF** Flow Yoga (AR) (ELD)
 10:30 **LIS** Exercise Your Brain: Morse Code Learning (AR) (ELD)
 1:00 **CPI** Engage Life® Planning Meeting (AR) (ELD)
 2:00 Bingo with Haley (AR) (ELP)
 3:00 What's in a Word? (AR) (ELP)
 4:00 **HPF** Dance & Movement: Cupid Shuffle (AR) (ELD)

12

NATIONAL PHARMACIST DAY
 9:30 **LIS** Newsletter: Pharmacy Discoveries (AR) (ELD)
 10:00 **HPF** Upper Body Conditioning (AR) (ELD)
 10:30 **RSF** Bible Study (AR) (ELP)
 2:00 **SCE** Cheers & Beers: Beer Flight Tasting (DR) (ELD)
 4:00 **HPF** Tai Chi: Balance & Posture (AR) (ELD)
 5:30 Puzzle Party (AR) (RL)

13

10:00 **HPF** Total Body Conditioning - Beginner (AR) (ELD)
 1:00 **CPI** Career Connection: Medicine & Healthcare (AR) (ELD)
 2:00 Bingo with Haley (AR) (ELP)
 4:00 **HPF** Dance & Movement: Cupid Shuffle (AR) (ELD)
 5:30 **SCE** Rummikub® (AR) (ELP)

14

10:00 **HPF** Total Body Conditioning - Advanced (AR) (ELD)
 10:30 **RSF** Bible Study Series: Part II (AR) (ELD)
 2:00 Bingo with Haley (AR) (ELP)
 3:00 **LIS** ODU: Rosa Parks True Story & Legacy (AR) (ELP)
 4:00 **HPF** Moving For Memory: Walking Challenge (L) (ELD)

15

NATIONAL HAT DAY
 10:00 **HPF** Cardio Drumming Circle (AR) (ELD)
 10:30 **RSF** Bible Study (AR) (ELP)
 1:00 **SCE** The Hats We Wear & Share (AR) (ELD)
 2:00 Bingo with Haley (AR) (ELP)
 3:00 **CEA** Crafting with Bridget (AR) (ELP)
 4:00 **HPF** Flow Yoga (AR) (ELD)

16

10:00 **HPF** Tai Chi: Balance & Posture (AR) (ELP)
 10:30 **RSF** Bible Study Series: Part III (AR) (ELP)
 1:00 **LIS** MLK's Legacy (AR) (ELP)
 3:00 **SCE** Bridge Club (AR) (RL)
 4:00 **HPF** Posture and Stretch Fitness Class (AR) (ELP)
 4:30 **HPF** Dance & Movement: The Balance Dance (AR) (ELP)

17

FULL MOON MARTIN LUTHER KING JR. DAY
 10:00 **HPF** Moving For Memory: Walking Challenge (L) (ELD)
 3:00 **CPI** Civic Engagement Day of Service (AR) (ELD)
 4:00 **HPF** Lower Body Conditioning (AR) (ELD)

18

10:00 **HPF** Flow Yoga (AR) (ELD)
 1:00 **CEA** Horticulture: Succulent Terrariums (AR) (ELD)
 2:00 Bingo with Haley (AR) (ELP)
 3:00 What's in a Word? (AR) (ELP)
 4:00 **HPF** Dance & Movement: Macarena (AR) (ELD)

19

10:00 **HPF** Upper Body Conditioning (AR) (ELD)
 10:30 **RSF** Bible Study (AR) (ELD)
 2:00 **SCE** Bailey's & Biographies (DR) (ELD)
 4:00 **HPF** Tai Chi: Balance & Posture (AR) (ELD)

20

10:00 **HPF** Total Body Conditioning - Beginner (AR) (ELD)
 10:30 **CPI** Food For Thought - Culinary Led (DR) (DCS)
 2:00 Bingo with Haley (AR) (ELP)
 4:00 **HPF** Dance & Movement: Macarena (AR) (ELD)
 5:30 **SCE** Rummikub® (AR) (ELP)

21

10:00 **HPF** Total Body Conditioning - Advanced (AR) (ELD)
 10:30 **RSF** Bible Study Series: Part III (AR) (ELD)
 2:00 Bingo with Haley (AR) (ELP)
 3:00 What's in a Word? (AR) (ELP)
 4:00 **HPF** Moving For Memory: Walking Challenge (L) (ELD)

22

10:00 **HPF** Cardio Drumming Circle (AR) (ELD)
 10:30 **RSF** Bible Study (AR) (ELD)
 1:00 **LIS** Brain Challenge: Optical Illusions (AR) (ELD)
 1:30 **SCE** Scavenger Hunt: Know Your Neighbor (AR) (ELP)
 2:00 Bingo with Haley (DR) (ELP)
 3:00 **CEA** Crafting with Bridget (AR) (ELP)
 4:00 **HPF** Flow Yoga (AR) (ELD)
 5:30 Board Games (AR) (ELP)

23

10:00 **HPF** Tai Chi: Balance & Posture (AR) (ELP)
 10:30 **RSF** Bible Study Series: Part IV (AR) (ELP)
 1:00 **LIS** The Sports of the Winter Olympics (AR) (ELP)
 3:00 **SCE** Bridge Club (AR) (RL)
 4:00 **HPF** Posture & Stretch Fitness Class (AR) (ELP)
 4:30 **HPF** Dance & Movement: The Balance Dance (AR) (ELP)

24

10:00 **HPF** Moving for Memory: Walking Challenge (AR) (ELD)
 3:00 **SCE** PositiviTea: Resilience (AR) (ELD)
 4:00 **HPF** Lower Body Conditioning (AR) (ELD)

25

LAST QUARTER MOON
 10:00 **HPF** Flow Yoga (AR) (ELD)
 1:00 **CPI** Resident Council Meeting (AR) (ELD)
 2:00 Bingo with Haley (AR) (ELP)
 3:00 What's in a Word? (AR) (ELP)
 4:00 **HPF** Dance & Movement: Git Up & Dance (AR) (ELD)

26

10:00 **HPF** Upper Body Conditioning (AR) (ELD)
 10:30 **RSF** Bible Study (AR) (ELD)
 1:00 **LIS** Book Club Discussion (AR) (ELD)
 2:00 **SCE** Happy Hour (DR) (ELP)
 3:00 **CEA** Music Access: Part I (AR) (ELD)
 4:00 **HPF** Tai Chi: Balance & Posture (AR) (ELD)

27

INTERNATIONAL HOLOCAUST REMEMBRANCE DAY
 9:30 **RSF** Newsletter: Holocaust Remembrance (AR) (ELD)
 10:00 **HPF** Total Body Conditioning - Beginner (AR) (ELD)
 2:00 Bingo with Haley (AR) (ELP)
 4:00 **HPF** Dance & Movement: Git Up & Dance (AR) (ELD)
 5:30 **SCE** Rummikub® (AR) (ELP)

28

10:00 **HPF** Total Body Conditioning - Advanced (AR) (ELD)
 10:30 **RSF** Bible Study Series: Part IV (AR) (ELD)
 2:00 Bingo with Haley (AR) (ELP)
 4:00 **HPF** Moving For Memory: Walking Challenge (L) (ELD)

29

NATIONAL PUZZLE DAY
 10:00 **HPF** Cardio Drumming Circle (AR) (ELD)
 10:30 **RSF** Bible Study (AR) (ELD)
 1:00 **SCE** Sudoku & Word Puzzles (AR) (ELD)
 2:00 Bingo with Haley (AR) (ELP)
 4:00 **HPF** Flow Yoga (AR) (ELD)
 5:30 Puzzle Party (AR) (RL)

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LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

Restaurant Trips

Friday, January 7, 4:00 PM

Civil Rights Discussion

Sunday, January 16, 5:30 PM

Lecture and Discussion

Sunday, January 30, 4:00 PM



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

10:00 **SCE** Today's Events & Newsletter **30**
 10:30 **HPF** Tai Chi: Balance & Posture
 1:00 **CEA** Music Appreciation: The Shirelles
 3:00 **HPF** Walking Challenge
 4:00 **LIS** Lecture and Discussion

10:00 **SCE** Today's Events & Newsletter **31**
 10:30 **HPF** Cardio Drumming Circle
 1:00 **CEA** Music Appreciation: Claude Gauthier
 1:30 **CEA** Sing Across Canada: Quebec
 3:00 **HPF** Dance & Movement: The Macarena
 6:00 **RSF** Bible Study



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- RELIGIOUS AND SPIRITUAL FELLOWSHIP

ROOM LOCATION KEY:
 Meet in Lobby **L**

New Year's Day **1**
Solemnity of Mary
 10:00 **RSF** Today's Events & Newsletter
 10:30 **HPF** Flow Yoga
 1:00 **CEA** Music: Rock Around The Clock
 3:00 **HPF** Posture and Stretch Fitness Class
 6:00 **LIS** Sensory Stimulation: Find The Pairs

10:00 **SCE** Today's Events & Newsletter **2**
 10:30 **HPF** Tai Chi: Balance & Posture
 1:00 **CEA** Music Appreciation: George Harrison
 2:00 **CPI** Civic Engagement Introduction
 3:00 **HPF** Walking Challenge

International Mind-Body Wellness Day **3**
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Cardio Drumming Circle
 1:00 **CEA** Music Appreciation: Stephen Stills
 2:00 **HPF** Mind-Body Exercises for Wellness
 3:00 **HPF** Dance & Movement: The Macarena
 6:00 **RSF** Bible Study

National Trivia Day **4**
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Flow Yoga
 1:00 **CEA** Music Appreciation: Elton John
 2:00 **LIS** Zodiac and Horoscope for January
 3:00 **HPF** Lower Body Conditioning
 6:00 **SCE** Trivia and Fun Facts

National Bird Day **5**
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Upper Body Conditioning
 1:00 **CEA** Music: Greetings From Asbury Park, NJ
 2:00 **SCE** Window Bird Watching
 3:00 **HPF** Dance & Movement: The Hustle
 6:00 **SCE** What Year Was It: Classic Cars

Epiphany - Close of the Christmas Season **6**
 10:00 **RSF** Today's Events & Newsletter
 10:30 **HPF** Total Body Conditioning
 1:00 **CEA** Music Appreciation: Sister Sledge
 3:00 **HPF** Tai Chi: Balance & Posture
 6:00 **LIS** Literary Appreciation: Poetry

10:00 **SCE** Today's Events & Newsletter **7**
 10:30 **HPF** Walking Challenge
 1:00 **CEA** Music Appreciation: Kenny Loggins
 3:00 **HPF** Cardio Drumming Circle
 4:00 Restaurant Trips (L)
 6:00 **SCE** Laughter Therapy: Riddles

Elvis' Birthday **8**
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Flow Yoga
 1:00 **CEA** Today's Music: King Of Rock & Roll
 1:30 **CEA** Music History: Elvis Presley
 3:00 **HPF** Posture and Stretch Fitness Class
 6:00 **LIS** Sensory Stimulation: Out of Place

10:00 **SCE** Today's Events & Newsletter **9**
 10:30 **HPF** Tai Chi: Balance & Posture
 1:00 **CEA** Music Appreciation: Patsy Cline
 1:30 **CEA** Music History: Country Music
 3:00 **HPF** Walking Challenge

10:00 **SCE** Today's Events & Newsletter **10**
 10:30 **HPF** Cardio Drumming Circle
 1:00 **CEA** Music Appreciation: C.W. McCall
 1:30 **LIS** Word Wonders: Radio Terms & the 10-Code
 2:00 **CPI** Work Session: MLK Day of Service
 3:00 **HPF** Dance & Movement: The Macarena
 6:00 **RSF** Bible Study

10:00 **SCE** Today's Events & Newsletter **11**
 10:30 **HPF** Flow Yoga
 1:00 **CEA** Music Appreciation: Naomi Judd
 1:30 **CEA** Music History: Instruments, The Guitar
 3:00 **HPF** Lower Body Conditioning
 6:00 **SCE** Trivia and Fun Facts

National Pharmacist Day **12**
 10:00 **CPI** Today's Events & Newsletter
 10:30 **HPF** Upper Body Conditioning
 1:00 **CEA** Music Appreciation: Felipe Rose
 2:00 **SCE** Reminiscing: A Day At Work
 3:00 **HPF** Dance & Movement: The Hustle
 6:00 **SCE** What Year Was It: 1950s Art & Relaxation

10:00 **SCE** Today's Events & Newsletter **13**
 10:30 **HPF** Total Body Conditioning - Beginner
 1:00 **CEA** Music Appreciation: "The Twist"
 2:00 **LIS** Word Wonders: Nature Idioms
 3:00 **HPF** Tai Chi: Posture & Balance
 6:30 **LIS** Literary Appreciation: Short Stories

10:00 **SCE** Today's Events & Newsletters **14**
 10:30 **HPF** Walking Challenge
 1:00 **CEA** Music Appreciation: The Supremes
 3:00 **HPF** Cardio Drumming Circle
 6:00 **SCE** Express Yourself: Laughter We're After

National Hat Day **15**
 10:00 **SCE** Today's Events and Newsletter
 10:30 **HPF** Flow Yoga
 1:00 **CEA** Music Appreciation: Ruth Slenczynska
 2:00 **SCE** The Hats We Wear & Share
 3:00 **HPF** Posture and Stretch Fitness Class
 6:00 **LIS** Sensory Stimulation: Find The Pairs

10:00 **SCE** Today's Events & Newsletter **16**
 10:30 **HPF** Tai Chi: Balance & Posture
 1:00 **CEA** Music Appreciation: Hello Dolly
 3:00 **HPF** Walking Challenge
 5:30 Civil Rights Discussion

Martin Luther King, Jr. Day **17**
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Cardio Drumming Circle
 1:00 **CEA** Music Appreciation: Barry Manilow
 2:00 **LIS** MLK's Legacy
 2:45 **CPI** Civic Engagement: Day of Service
 3:00 **HPF** Dance & Movement: The Macarena
 6:00 **RSF** Bible Study

10:00 **SCE** Today's Events & Newsletter **18**
 10:30 **HPF** Flow Yoga
 1:00 **CEA** Music Appreciation: Songs In Advertising
 2:00 **CEA** Horticulture: Succulent Terrariums
 3:00 **HPF** Lower Body Conditioning
 6:00 **SCE** Trivia and Fun Facts

10:00 **SCE** Today's Events & Newsletter **19**
 10:30 **HPF** Upper Body Conditioning
 1:00 **CEA** Music Appreciation: Dolly Parton
 2:00 **SCE** Bagels & Biographies
 3:00 **HPF** Dance & Movement: The Hustle
 6:00 **SCE** What Year Was It: Inventions

10:00 **SCE** Today's Events & Newsletter **20**
 10:30 **HPF** Total Body Conditioning - Beginner
 1:00 **CEA** Music Appreciation: Marcia Griffiths
 2:00 **SCE** Scavenger Hunt: Around My Community
 3:00 **HPF** Tai Chi: Balance & Posture
 6:00 **LIS** Literary Appreciation: Poetry

9:00 **SCE** Today's Events & Newsletter **21**
 10:30 **HPF** Walking Challenge
 1:00 **CEA** Music Appreciation: Placido Domingo
 2:00 **CEA** Music History: Iconic Music Venues
 3:00 **HPF** Cardio Drumming Circle
 6:00 **SCE** Laughter Therapy: Classic Comics

10:00 **SCE** Today's Events & Newsletter **22**
 10:30 **HPF** Flow Yoga
 1:00 **CEA** Music Appreciation: Buddy Holly
 1:30 **SCE** Reminiscing: Our Wedding Day
 3:00 **HPF** Posture and Stretch Fitness Class
 6:00 **LIS** Sensory Stimulation: iSpy

10:00 **SCE** Today's Events & Newsletter **23**
 10:30 **HPF** Tai Chi: Balance & Posture
 1:00 **CEA** Music Appreciation: Petula Clark
 1:30 **SCE** Reminiscing: Railway Adventures
 3:00 **HPF** Walking Challenge

10:00 **SCE** Today's Events & Newsletter **24**
 10:30 **HPF** Cardio Drumming Circle
 1:00 **CEA** Music Appreciation: Aaron Neville
 2:00 **CEA** Scentsary Art
 3:00 **HPF** Dance & Movement: The Macarena
 6:00 **RSF** Bible Study

10:00 **SCE** Today's Events & Newsletter **25**
 10:30 **HPF** Flow Yoga
 1:00 **CEA** Music Appreciation: Etta James
 1:30 **LIS** Word Wonders: Flowers
 3:00 **HPF** Lower Body Conditioning
 6:00 **SCE** Trivia and Fun Facts

10:00 **SCE** Today's Events & Newsletter **26**
 10:30 **HPF** Upper Body Conditioning
 1:00 **CEA** Music: David Brings, Little River Band
 3:00 **HPF** Dance & Movement: The Hustle
 6:00 **SCE** What Year Was It: 1970s Art & Relaxation

10:00 **SCE** Today's Events & Newsletter **27**
 10:30 **HPF** Total Body Conditioning - Beginner
 1:00 **CEA** Music Appreciation: Peter Pan
 1:30 **SCE** Express Yourself: Pastimes
 3:00 **HPF** Tai Chi: Posture & Balance
 6:00 **LIS** Literary Appreciation: Peter Pan

10:00 **SCE** Today's Events & Newsletter **28**
 10:30 **HPF** Walking Challenge
 1:00 **CEA** Music Appreciation: Jean Goldkette
 3:00 **HPF** Cardio Drumming Circle
 6:00 **SCE** Laughter Therapy: Jokes

10:00 **SCE** Today's Events & Newsletter **29**
 10:30 **HPF** Flow Yoga
 1:00 **CEA** Music Appreciation: Glenn Campbell
 3:00 **HPF** Posture and Stretch Fitness Class
 6:00 **LIS** Sensory Stimulation: Find The Pairs