

INDEPENDENT LIVING

Monthly Calendar of Events and Programming



Featured Events
this Month:

Sunday Cello Concert
Sunday, January 2, 3:00 PM

**Cheers & Beers:
Beer Flight Tasting**
Wednesday, January 12, 4:00 PM

Step On Tour of Raleigh & Lunch
Friday, January 21, 10:00 AM



JANUARY 2022

ATRIA SOUTHPOINT WALK Independent Living

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

30

- 9:45 **RSF** Morning Devotion (ALD)
- 10:00 **HPF** Tai Chi: Balance & Posture (ALD)
- 10:30 **CPI** Business Club: Walmart (ALD)
- 11:00 **CEA** Debate: Abstract vs. Naturalist Art (ALD)
- 1:30 **HPF** Posture & Stretch Fitness Class (MPR)
- 2:00 Scenic Drive (L)
- 3:00 Mahjong (2BW)
- 4:30 **HPF** Dance & Movement: The Balance Dance (MPR)
- 7:00 Sunday Night Movie (T)

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- NEW MOON**
- 9:45 **RSF** Morning Devotion (ALD)
 - 10:00 **HPF** Tai Chi: Balance & Posture (ALD)
 - 10:00 **RSF** Catholic Service (T)
 - 10:30 **CPI** Civic Engagement Intro. & Brainstorm (ALD)
 - 11:00 **LIS** Book Club Launch (ALD)
 - 1:30 **HPF** Posture and Stretch Fitness Class (MPR)
 - 3:00 **SCE** Sunday Cello Concert (DR)
 - 4:00 **HPF** Dance & Movement: The Balance Dance (MPR)
 - 5:00 **LIS** Tech Support (LB)
 - 7:00 Sunday Night Movie (T)

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- FIRST QUARTER MOON**
- 9:45 **RSF** Morning Devotion (ALD)
 - 10:00 **HPF** Tai Chi: Balance & Posture (ALD)
 - 1:30 **HPF** Posture and Stretch Fitness Class (MPR)
 - 2:00 Scenic Drive (L)
 - 3:00 **CEA** Scentsary Art (MPR)
 - 3:00 Mahjong (2BW)
 - 3:30 **LIS** Tech Support (LB)
 - 4:00 **HPF** Dance & Movement: The Balance Dance (MPR)
 - 7:00 Sunday Night Movie (T)

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- 9:45 **RSF** Morning Devotion (ALD)
- 10:00 **HPF** Tai Chi: Balance & Posture (ALD)
- 10:30 **LIS** MLK's Legacy (ALD)
- 1:30 **HPF** Posture and Stretch Fitness Class (MPR)
- 2:00 Scenic Drive (L)
- 3:00 Mahjong (2BW)
- 3:30 **LIS** Tech Support (LB)
- 4:00 **HPF** Dance & Movement: The Balance Dance (MPR)
- 7:00 Sunday Night Movie (T)

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- 9:45 **RSF** Morning Devotion (ALD)
- 10:00 **HPF** Tai Chi: Balance & Posture (ALD)
- 10:30 **LIS** The Sports Of The Winter Olympics (ALD)
- 1:30 **HPF** Posture & Stretch Fitness Class (MPR)
- 2:00 Scenic Drive (L)
- 3:00 Mahjong (2BW)
- 3:30 **LIS** Tech Support (LB)
- 4:30 **HPF** Dance & Movement: The Balance Dance (MPR)
- 7:00 Sunday Night Movie (T)

31

- 9:30 **HPF** Moving for Memory: Walking Challenge (MPR)
- 10:00 Mahjong (2BW)
- 10:30 Home Goods & Michael's (L)
- 1:00 **LIS** ODU: Older Americans - In Our Prime (T)
- 1:30 Bingo (MPR)
- 2:30 Music w/ Emma (MPR)
- 3:00 **HPF** Lower Body Conditioning (MPR)
- 3:30 **SCE** Up for Discussion: Senior Citizenship (MPR)
- 4:00 Happy Hour (MPR)

3

- INTERNATIONAL MIND-BODY WELLNESS DAY**
- 9:30 **HPF** Mind-Body Exercises for Wellness (MPR)
 - 10:00 Mahjong (2BW)
 - 10:30 Walgreens (L)
 - 1:00 **HPF** Walking Challenge Monthly Launch (L)
 - 1:30 Bingo (MPR)
 - 2:30 Music w/ Emma (MPR)
 - 3:00 **HPF** Lower Body Conditioning (MPR)
 - 4:00 New Resident & Birthday Celebration (MPR)

10

- 9:30 **HPF** Moving for Memory: Walking Challenge (MPR)
- 10:00 Mahjong (2BW)
- 10:30 Dollar Tree (L)
- 1:00 **CPI** Work Session for MLK Service Day (T)
- 1:30 Bingo (MPR)
- 2:30 Music w/ Emma (MPR)
- 3:00 **HPF** Lower Body Conditioning (MPR)
- 4:00 Happy Hour (MPR)

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- FULL MOON**
MARTIN LUTHER KING JR. DAY
- 9:30 **HPF** Moving for Memory: Walking Challenge (MPR)
 - 10:00 Mahjong (2BW)
 - 10:30 Walmart (L)
 - 1:30 Bingo (MPR)
 - 1:30 **CPI** Civic Engagement Day of Service (L)
 - 2:30 Music w/ Emma (MPR)
 - 3:00 **HPF** Lower Body Conditioning (MPR)
 - 4:00 Happy Hour (MPR)

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- 9:30 **HPF** Moving for Memory: Walking Challenge (MPR)
- 10:00 Mahjong (1BW)
- 10:30 Target (L)
- 1:30 Bingo (MPR)
- 2:30 Music w/ Emma (MPR)
- 3:00 **HPF** Lower Body Conditioning (MPR)
- 4:00 **SCE** PositivTea: Resilience (MPR)



- 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**

4

- NATIONAL TRIVIA DAY**
- 9:30 **HPF** Flow Yoga (MPR)
 - 11:00 **LIS** Socrates (MPR)
 - 1:00 **CPI** Ambassador Club Meeting (T)
 - 1:30 Bingo (MPR)
 - 2:30 Ping Pong (GR)
 - 2:30 **SCE** Trivia & Fun Facts Session (MPR)
 - 3:00 **HPF** Dance & Movement: The Mambo (MPR)
 - 4:00 Happy Hour (MPR)
 - 6:30 Bridge (2BW)

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- 9:30 **HPF** Flow Yoga (MPR)
- 11:00 **LIS** Socrates (MPR)
- 1:00 **CPI** Engage Life® Planning Meeting (T)
- 1:30 Bingo (MPR)
- 2:30 Ping Pong (GR)
- 2:30 **LIS** Exercise Your Brain: Morse Code Learning (MPR)
- 3:00 **HPF** Dance & Movement: Cupid Shuffle (MPR)
- 4:00 Happy Hour (MPR)
- 6:30 Bridge (2BW)

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- 9:30 **HPF** Flow Yoga (MPR)
- 11:00 **LIS** Socrates (MPR)
- 1:30 Bingo (MPR)
- 2:30 Ping Pong (GR)
- 2:30 **CEA** Horticulture: Succulent Terrariums (MPR)
- 3:00 **HPF** Dance & Movement: Macarena (T)
- 4:00 Happy Hour (MPR)
- 6:30 Bridge (2BW)

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- LAST QUARTER MOON**
- 9:30 **HPF** Flow Yoga (MPR)
 - 11:00 **LIS** Socrates (MPR)
 - 1:30 Bingo (MPR)
 - 2:00 **CPI** Resident Council Meeting (T)
 - 2:30 Ping Pong (GR)
 - 3:00 **HPF** Dance & Movement: Git Up & Dance (T)
 - 4:00 Happy Hour (MPR)
 - 6:30 Bridge (2BW)

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- NATIONAL BIRD DAY**
- 9:30 **HPF** Upper Body Conditioning (MPR)
 - 10:30 **CEA** Gardening (C)
 - 10:30 **LIS** Travelogue (T)
 - 10:30 **SCE** Window Bird Watching (ALD)
 - 1:30 Bingo (MPR)
 - 2:30 Canasta (2BW)
 - 2:30 **CEA** Letter Writing: Dear Future Self (MPR)
 - 3:00 **HPF** Tai Chi: Balance & Posture (MPR)
 - 4:00 Happy Hour (MPR)
 - 6:30 Crossword (P)

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- NATIONAL PHARMACIST DAY**
- 9:30 **HPF** Upper Body Conditioning (MPR)
 - 10:30 **LIS** Newsletter: Pharmacy Discoveries (ALD)
 - 10:30 **LIS** Travelogue (T)
 - 10:30 **CEA** Gardening (C)
 - 1:00 Bingo (MPR)
 - 2:00 **CPI** Town Hall (MPR)
 - 2:30 Canasta (2BW)
 - 3:00 **HPF** Tai Chi: Balance & Posture (MPR)
 - 4:00 **SCE** Cheers & Beers: Beer Flight Tasting (MPR)
 - 6:30 Crossword (P)

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- 9:30 **HPF** Upper Body Conditioning (MPR)
- 10:30 **LIS** Travelogue (T)
- 10:30 **CEA** Gardening (C)
- 1:30 Bingo (MPR)
- 2:30 Canasta (2BW)
- 3:00 **HPF** Tai Chi: Balance & Posture (MPR)
- 4:00 **SCE** Bailey's & Biographies (MPR)
- 6:30 Crossword (P)

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- 9:30 **HPF** Upper Body Conditioning (MPR)
- 10:30 **LIS** Travelogue (T)
- 10:30 **CEA** Gardening (C)
- 1:00 **LIS** Book Club Discussion (T)
- 1:30 Bingo (MPR)
- 2:30 Canasta (2BW)
- 2:30 **CEA** Music Access: Part I (MPR)
- 3:00 **HPF** Tai Chi: Balance & Posture (MPR)
- 4:30 **SCE** Dinner Outing (L)
- 6:30 Crossword (P)

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- EPIPHANY: CLOSE OF THE CHRISTMAS SEASON**
- 9:30 **HPF** Total Body Conditioning - Beginner (MPR)
 - 9:30 Harris Teeter (L)
 - 10:30 **RSF** Worship Service (T)
 - 1:30 Bingo (MPR)
 - 2:30 **RSF** Newsletter: Close of Christmas Season (MPR)
 - 3:00 **HPF** Dance & Movement: The Mambo (MPR)
 - 4:00 Happy Hour (MPR)
 - 6:30 Pokeno® (P)

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- 9:30 **HPF** Total Body Conditioning - Beginner (MPR)
- 9:30 Harris Teeter (L)
- 10:30 **RSF** Worship Service (T)
- 1:00 **CPI** Career Connection: Medicine & Healthcare (T)
- 1:30 Bingo (MPR)
- 3:00 **HPF** Dance & Movement: Cupid Shuffle (MPR)
- 4:00 Happy Hour (MPR)
- 6:30 Pokeno® (P)

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- 9:30 **HPF** Total Body Conditioning - Beginner (MPR)
- 9:30 Harris Teeter (L)
- 10:30 **RSF** Worship Service (T)
- 1:00 **CPI** Food For Thought - Culinary Led (T)
- 1:30 Bingo (MPR)
- 3:00 **HPF** Dance & Movement: Macarena (MPR)
- 4:00 Happy Hour (MPR)
- 6:30 Pokeno® (P)

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- INTERNATIONAL HOLOCAUST REMEMBRANCE DAY**
- 9:30 **HPF** Total Body Conditioning - Beginner (MPR)
 - 9:30 Harris Teeter (L)
 - 10:30 **RSF** Newsletter: Holocaust Remembrance (ALD)
 - 10:30 **RSF** Worship Service (T)
 - 1:30 Bingo (MPR)
 - 3:00 **HPF** Dance & Movement: Git Up & Dance (MPR)
 - 4:00 Happy Hour (MPR)
 - 6:30 Pokeno® (P)

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- 9:30 **HPF** Total Body Conditioning - Advanced (MPR)
- 10:00 **SCE** Ackland Museum of Art & Lunch (L)
- 10:30 **RSF** Bible Study Series: Part I (MPR)
- 10:30 **LIS** Zodiac & Horoscope of January (ALD)
- 1:30 **HPF** Moving for Memory: Walking Challenge (MPR)
- 2:00 Rummikub® (2BW)
- 2:30 **CEA** Craftsmanship (MPR)
- 4:00 Happy Hour (MPR)

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- 9:30 **HPF** Total Body Conditioning - Advanced (MPR)
- 10:00 **SCE** NC History Museum & Lunch (L)
- 10:30 **RSF** Bible Study Series: Part II (MPR)
- 1:30 **HPF** Moving for Memory: Walking Challenge (MPR)
- 2:00 Rummikub® (2BW)
- 2:30 **LIS** ODU: Rosa Parks True Story & Legacy (T)
- 4:00 Happy Hour w/ Larry & Friends (MPR)

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- 9:30 **HPF** Total Body Conditioning - Advanced (MPR)
- 10:00 **SCE** Step On Tour of Raleigh & Lunch (L)
- 10:30 **RSF** Bible Study Series: Part III (MPR)
- 1:30 **HPF** Moving for Memory: Walking Challenge (MPR)
- 2:00 Rummikub® (2BW)
- 2:30 **CEA** Craftsmanship (MPR)
- 4:00 Happy Hour (MPR)

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- 9:30 **HPF** Total Body Conditioning - Advanced (MPR)
- 10:00 **SCE** Umstead Art Museum & Lunch (L)
- 10:30 **RSF** Bible Study Series: Part IV (MPR)
- 1:30 **HPF** Moving for Memory: Walking Challenge (MPR)
- 2:00 Rummikub® (2BW)
- 2:30 **CEA** Craftsmanship (MPR)
- 4:00 Happy Hour (MPR)

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- NEW YEAR'S DAY SOLEMNITY OF MARY**
- 9:45 **RSF** Morning Devotion (ALD)
 - 10:00 **HPF** Cardio Drumming Circle (ALD)
 - 10:30 **RSF** Newsletter Highlight: Solemnity of Mary (ALD)
 - 10:30 **SCE** Coffee Talk (LB)
 - 11:00 **SCE** New Year's Brain Challenge (ALD)
 - 1:30 Scrabble® (2BW)
 - 2:00 **SCE** Afternoon Tea (P)
 - 2:30 **LIS** ODU: Champagne: The Bottle and Business (T)
 - 3:30 **HPF** Posture and Stretch Fitness Class (ALD)
 - 7:00 Saturday Cinema (T)

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- ELVIS PRESLEY'S BIRTHDAY**
- 9:45 **RSF** Morning Devotion (ALD)
 - 10:00 **HPF** Cardio Drumming Circle (ALD)
 - 10:30 **SCE** Coffee Talk (LB)
 - 10:30 **CEA** Music History: Elvis Presley (ALD)
 - 1:30 Scrabble® (2BW)
 - 2:00 **SCE** Afternoon Tea (P)
 - 3:00 **HPF** Flow Yoga (ALD)
 - 3:30 **LIS** Travelogue (ALP)
 - 7:00 Saturday Cinema (T)

15

- NATIONAL HAT DAY**
- 9:45 **RSF** Morning Devotion (ALD)
 - 10:00 **HPF** Cardio Drumming Circle (ALD)
 - 10:30 **SCE** The Hats We Wear & Share (ALD)
 - 10:30 **SCE** Coffee Talk (LB)
 - 1:30 Scrabble® (2BW)
 - 2:00 **SCE** Afternoon Tea (P)
 - 3:00 **HPF** Flow Yoga (ALD)
 - 3:30 **LIS** Travelogue (ALP)
 - 7:00 Saturday Night Movie (T)

22

- 9:45 **RSF** Morning Devotion (ALD)
- 10:00 **HPF** Cardio Drumming Circle (ALD)
- 10:30 **SCE** Coffee Talk (LB)
- 10:30 **LIS** Brain Challenge: Optical Illusions (ALD)
- 1:00 **SCE** Scavenger Hunt: Know Your Neighbor (ALD)
- 1:30 Scrabble® (2BW)
- 2:00 **SCE** Afternoon Tea (P)
- 3:00 **HPF** Flow Yoga (ALD)
- 3:30 **LIS** Travelogue (ALP)
- 7:00 Saturday Night Movie (T)

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- NATIONAL PUZZLE DAY**
- 9:45 **RSF** Morning Devotion (ALD)
 - 10:00 **HPF** Cardio Drumming Circle (ALD)
 - 10:30 **SCE** Sudoku & Word Puzzles (ALD)
 - 10:30 **SCE** Coffee Talk (LB)
 - 1:30 Scrabble® (2BW)
 - 2:00 **SCE** Afternoon Tea (P)
 - 3:00 **HPF** Flow Yoga (ALD)
 - 3:30 **LIS** Travelogue (ALP)
 - 7:00 Saturday Night Movie (T)

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ASSISTED LIVING

Monthly Calendar of Events and Programming



Featured Events
this Month:

**Sunday Concert &
Ice Cream Social**

Sunday, January 2, 3:00 PM

**Cheers & Beers:
Beer Flight Tasting**

Wednesday, January 12, 4:00 PM

Trip to NC History Museum

Thursday, January 20, 1:00 PM



JANUARY 2022

ATRIA SOUTHPOINT WALK a s s i s t e d l i v i n g

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

30

9:30 **RSF** Morning Devotion (ALD)
 10:00 **HPF** Tai Chi: Balance & Posture (ALD)
 10:00 **RSF** Catholic Service (T)
 10:15 **CPI** Business Club: Walmart (ALD)
 11:00 **CEA** Debate: Abstract vs. Naturalist Art (ALD)
 1:30 **HPF** Posture & Stretch Fitness Class (MPR)
 2:00 Scenic Drive (L)
 4:00 **HPF** Dance & Movement: The Balance Dance (L)
 6:30 Sunday Cinema (ALP)

31

9:45 **RSF** Morning Devotion (ALD)
 10:00 **HPF** Moving for Memory: Walking Challenge (ALD)
 10:30 **LIS** News & Events (ALD)
 11:00 Music w/ Emma (ALD)
 1:00 **LIS** ODU: Older Americans - In Our Prime (T)
 3:00 **HPF** Lower Body Conditioning (MPR)
 3:30 **SCE** Up for Discussion: Senior Citizenship (MPR)
 4:00 Happy Hour (ALD)
 6:30 Monday Night Movie (ALP)



- 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:**
- Independent Dining Room IDR
 - Assisted Living Dining Room ALD
 - Assisted Living Parlor ALP
 - Multipurpose Room MPR
 - Assisted Living Spa ALS
 - Theater T
 - Pub P
 - Library LB
 - Courtyard C
 - Lobby L

All activities last a minimum of 30 minutes

1

SOLEMNITY OF MARY NEW YEAR'S DAY

9:45 **RSF** Morning Devotion (ALD)
 10:00 **HPF** Cardio Drumming Circle (ALD)
 10:30 **RSF** Newsletter Highlight: Solemnity of Mary (ALD)
 11:00 **SCE** New Year's Brain Challenge (ALD)
 1:00 **HPF** Walking Club (C)
 2:00 **SCE** Afternoon Tea (P)
 2:30 **LIS** ODU: Champagne: The Bottle and Business (T)
 3:30 **HPF** Posture and Stretch Fitness Class (ALD)
 6:30 Saturday Night Movie (ALP)

2

NEW MOON

9:45 **RSF** Morning Devotion (ALD)
 10:00 **HPF** Tai Chi: Balance & Posture (ALD)
 10:00 **RSF** Catholic Service (T)
 10:30 **CPI** Civic Engagement Intro. & Brainstorm (ALD)
 11:00 **LIS** Book Club Launch (ALD)
 1:30 **HPF** Posture and Stretch Fitness Class (MPR)
 3:00 **SCE** Sunday Concert & Ice Cream Social (IDR)
 4:00 **HPF** Dance & Movement: The Balance Dance (MPR)
 6:30 Sunday Cinema (ALP)

3

INTERNATIONAL MIND-BODY WELLNESS DAY

9:45 **RSF** Morning Devotion (ALD)
 10:00 **HPF** Walking Challenge Monthly Launch (ALD)
 10:30 **HPF** Mind-Body Exercises for Wellness (ALD)
 11:00 Music w/ Emma (ALD)
 1:30 Scenic Drive (LB)
 3:00 **HPF** Lower Body Conditioning (MPR)
 4:00 Celebrate Birthdays & New Residents (MPR)
 6:30 Monday Night Movie (ALP)

4

NATIONAL TRIVIA DAY

9:45 **RSF** Morning Devotion (ALD)
 10:00 **HPF** Flow Yoga (ALD)
 10:30 **SCE** Trivia & Fun Facts Session (ALD)
 1:00 **HPF** Walking Club (C)
 2:00 Horseshoes (ALD)
 2:30 **CPI** Ambassador Club Meeting (ALD)
 3:30 **HPF** Dance & Movement: The Mambo (ALD)
 4:00 Happy Hour (ALD)
 6:30 Comedy Show Night (ALP)

5

NATIONAL BIRD DAY

9:45 **RSF** Morning Devotion (ALD)
 10:00 **HPF** Upper Body Conditioning (ALD)
 10:30 **SCE** Window Bird Watching (ALD)
 1:00 **HPF** Walking Club (C)
 2:00 Ping Pong (ALD)
 2:30 **CEA** Letter Writing: Dear Future Self (ALD)
 3:30 **HPF** Tai Chi: Balance & Posture (ALD)
 4:00 Happy Hour (ALD)
 6:30 Crossword (P)

6

EPIPHANY: CLOSE OF THE CHRISTMAS SEASON

9:45 **RSF** Morning Devotion (ALD)
 10:00 **HPF** Total Body Conditioning - Beginner (ALD)
 10:30 **RSF** Newsletter: Close of Christmas Season (ALD)
 1:00 **SCE** Trip to Ackland Art Museum (L)
 3:30 **HPF** Dance & Movement: The Mambo (ALD)
 4:00 Happy Hour (ALD)
 6:30 Wii® Bowling Night (ALP)

7

9:45 **RSF** Morning Devotion (ALD)
 10:00 **HPF** Total Body Conditioning - Advanced (ALD)
 10:30 **RSF** Bible Study Series: Part I (MPR)
 10:30 **LIS** Zodiac & Horoscope of January (ALD)
 1:30 **HPF** Moving For Memory: Walking Challenge (MPR)
 2:30 **CEA** Craftsmanship (MPR)
 4:00 Happy Hour (ALD)
 6:30 Friday Night Movie (ALP)

8

ELVIS PRESLEY'S BIRTHDAY

9:45 **RSF** Morning Devotion (ALD)
 10:00 **HPF** Cardio Drumming Circle (ALD)
 10:30 **CEA** Music History: Elvis Presley (ALP)
 1:00 **HPF** Walking Club (C)
 2:00 **SCE** Afternoon Tea (P)
 2:30 Connect Four (ALD)
 3:30 **HPF** Flow Yoga (ALD)
 6:30 Saturday Night Movie (ALP)

9

FIRST QUARTER MOON

9:45 **RSF** Morning Devotion (ALD)
 10:00 **HPF** Tai Chi: Balance & Posture (ALD)
 10:00 **RSF** Catholic Service (T)
 10:30 **CEA** Scentsary Art (ALD)
 1:30 **HPF** Posture and Stretch Fitness Class (MPR)
 2:00 Scenic Drive (L)
 4:00 **HPF** Dance & Movement: The Balance Dance (MPR)
 6:30 Sunday Cinema (ALP)

10

9:45 **RSF** Morning Devotion (ALD)
 10:00 **HPF** Moving for Memory: Walking Challenge (ALD)
 10:30 **LIS** News & Events (ALD)
 11:00 Music w/ Emma (ALD)
 1:00 **CPI** Work Session for MLK Service Day (T)
 1:30 Scenic Drive (L)
 3:00 **HPF** Lower Body Conditioning (MPR)
 4:00 Happy Hour (ALD)
 6:30 Monday Night Movie (ALP)

11

9:45 **RSF** Morning Devotion (ALD)
 10:00 **HPF** Flow Yoga (ALD)
 10:30 **LIS** Exercise Your Brain: Morse Code Learning (ALD)
 1:00 **HPF** Walking Club (C)
 2:00 Volleyball (ALD)
 2:30 **CPI** Engage Life® Planning Meeting (ALD)
 3:30 **HPF** Dance & Movement: Cupid Shuffle (ALD)
 4:00 Happy Hour (ALD)
 6:30 Comedy Show Night (ALP)

12

NATIONAL PHARMACIST DAY

9:45 **RSF** Morning Devotion (ALD)
 10:00 **HPF** Upper Body Conditioning
 10:30 **LIS** Newsletter: Pharmacy Discoveries (ALD)
 1:00 **HPF** Walking Club (C)
 2:00 Ping Pong (ALD)
 3:30 **HPF** Tai Chi: Balance & Posture (ALD)
 4:00 **SCE** Cheers & Beers: Beer Flight Tasting (MPR)
 6:30 Crossword (P)

13

9:45 **RSF** Morning Devotion (ALD)
 10:00 **HPF** Total Body Conditioning - Beginner (ALD)
 10:30 **CPI** Career Connection: Medicine & Healthcare (ALD)
 1:00 **HPF** Walking Club (C)
 2:00 Cornhole (ALD)
 2:30 What's in a Word? (ALD)
 3:30 **HPF** Dance & Movement: Cupid Shuffle (ALD)
 4:00 Happy Hour (ALD)
 6:30 Wii® Bowling Night (ALP)

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9:45 **RSF** Morning Devotion (ALD)
 10:00 **HPF** Total Body Conditioning - Advanced (ALD)
 10:30 **RSF** Bible Study Series: Part II (MPR)
 10:30 **LIS** News & Events (ALD)
 1:30 **HPF** Moving For Memory: Walking Challenge (MPR)
 2:30 **LIS** ODU: Rosa Parks True Story & Legacy (T)
 3:00 Music w/ Larry & Friends (ALD)
 4:00 Happy Hour (ALD)
 6:30 Friday Night Movie (ALP)

15

NATIONAL HAT DAY

9:45 **RSF** Morning Devotion (ALD)
 10:00 **HPF** Cardio Drumming Circle (ALD)
 10:30 **SCE** The Hats We Wear & Share (ALD)
 1:00 **HPF** Walking Club (C)
 2:00 **SCE** Afternoon Tea (P)
 2:30 Horseshoes (ALD)
 3:30 **HPF** Flow Yoga (ALD)
 6:30 Saturday Night Movie (ALP)

16

9:45 **RSF** Morning Devotion (ALD)
 10:00 **HPF** Tai Chi: Balance & Posture (ALD)
 10:00 **RSF** Catholic Service (T)
 10:30 **LIS** MLK's Legacy (ALD)
 1:30 **HPF** Posture and Stretch Fitness Class (MPR)
 2:00 Scenic Drive (L)
 4:30 **HPF** Dance & Movement: The Balance Dance (MPR)
 6:30 Sunday Cinema (ALP)

17

FULL MOON MARTIN LUTHER KING JR. DAY

9:45 **RSF** Morning Devotion (ALD)
 10:00 **HPF** Moving for Memory: Walking Challenge (ALD)
 10:30 **LIS** News & Events (ALD)
 11:00 Music w/ Emma (ALD)
 1:30 **CPI** Civic Engagement Day of Service (L)
 3:00 **HPF** Lower Body Conditioning (MPR)
 4:00 Happy Hour (ALD)
 6:30 Monday Night Movie (ALP)

18

9:45 **RSF** Morning Devotion (ALD)
 10:00 **HPF** Flow Yoga (ALD)
 10:30 **LIS** News & Trivia (ALD)
 1:00 **HPF** Walking Club (C)
 2:00 Connect Four (ALD)
 2:30 **CEA** Horticulture: Succulent Terrariums (L)
 3:30 **HPF** Dance & Movement: Macarena (ALD)
 4:00 Happy Hour (ALD)
 6:30 Comedy Show Night (ALP)

19

9:45 **RSF** Morning Devotion (ALD)
 10:00 **HPF** Upper Body Conditioning (ALD)
 10:30 **LIS** News & Events (ALD)
 1:00 **HPF** Walking Club (C)
 2:00 Ping Pong (ALD)
 3:30 **HPF** Tai Chi: Balance & Posture (ALD)
 4:00 **SCE** Bailey's & Biographies (MPR)
 6:30 Crossword (P)

20

9:45 **RSF** Morning Devotion (ALD)
 10:00 **HPF** Total Body Conditioning - Beginner (ALD)
 10:30 **LIS** News & Trivia (ALD)
 1:00 **SCE** Trip to NC History Museum (L)
 1:00 **CPI** Food For Thought - Culinary Led (T)
 3:30 **HPF** Dance & Movement: Macarena (ALD)
 4:00 Happy Hour (ALD)
 6:30 Wii® Bowling Night (ALP)

21

9:45 **RSF** Morning Devotion (ALD)
 10:00 **HPF** Total Body Conditioning - Advanced (ALD)
 10:30 **RSF** Bible Study Series: Part III (MPR)
 10:30 **LIS** News & Events (ALD)
 1:30 **HPF** Moving For Memory: Walking Challenge (MPR)
 2:30 **CEA** Craftsmanship (MPR)
 4:00 Happy Hour (ALD)
 6:30 Friday Night Movie (ALP)

22

9:45 **RSF** Morning Devotion (ALD)
 10:00 **HPF** Cardio Drumming Circle (ALD)
 10:30 **LIS** Brain Challenge: Optical Illusions (ALD)
 1:00 **SCE** Scavenger Hunt: Know Your Neighbor (ALD)
 1:00 **HPF** Walking Club (C)
 2:00 **SCE** Afternoon Tea (P)
 3:30 **HPF** Flow Yoga (ALD)
 6:30 Saturday Night Movie (ALP)

23

9:45 **RSF** Morning Devotion (ALD)
 10:00 **HPF** Tai Chi: Balance & Posture (ALD)
 10:00 **RSF** Catholic Service (T)
 10:30 **LIS** The Sports Of The Winter Olympics (ALD)
 1:30 **HPF** Posture & Stretch Fitness Class (MPR)
 2:00 Scenic Drive (L)
 4:00 **HPF** Dance & Movement: The Balance Dance (MPR)
 6:30 Sunday Cinema (ALP)

24

9:45 **RSF** Morning Devotion (ALD)
 10:00 **HPF** Moving for Memory: Walking Challenge (ALD)
 10:30 **LIS** News & Events (ALD)
 11:00 Music w/ Emma (ALD)
 1:30 Scenic Drive (L)
 3:00 **HPF** Lower Body Conditioning (MPR)
 4:00 **SCE** PositivTea: Resilience (MPR)
 6:30 Monday Night Movie (ALP)

25

LAST QUARTER MOON

9:45 **RSF** Morning Devotion (ALD)
 10:00 **HPF** Flow Yoga (ALD)
 10:30 **LIS** News & Trivia (ALD)
 1:00 **HPF** Walking Club (C)
 2:00 **CPI** Resident Council Meeting (T)
 2:00 Volleyball (ALD)
 3:30 **HPF** Dance & Movement: Git Up & Dance (ALD)
 4:00 Happy Hour (ALD)
 6:30 Comedy Show Night

26

9:45 **RSF** Morning Devotion (ALD)
 10:00 **HPF** Upper Body Conditioning (ALD)
 10:30 **LIS** Book Club Discussion (ALD)
 11:00 **CEA** Music Access: Part I (ALD)
 1:00 **HPF** Walking Club (C)
 2:00 Ping Pong (ALD)
 3:30 **HPF** Tai Chi: Balance & Posture (ALD)
 4:00 Happy Hour (ALD)
 6:30 Crossword (P)

27

INTERNATIONAL HOLOCAUST REMEMBRANCE DAY

9:45 **RSF** Morning Devotion (ALD)
 10:00 **HPF** Total Body Conditioning - Beginner (ALD)
 10:30 **RSF** Newsletter: Holocaust Remembrance (ALD)
 1:00 **HPF** Walking Club (ALS)
 2:00 Cornhole (ALD)
 3:30 **HPF** Dance & Movement: Git Up & Dance (ALD)
 4:00 Happy Hour (ALD)
 6:30 Wii® Bowling (ALP)

28

9:45 **RSF** Morning Devotion (ALD)
 10:00 **HPF** Total Body Conditioning - Advanced (ALD)
 10:30 **RSF** Bible Study Series: Part IV (MPR)
 10:30 **LIS** News & Events (ALD)
 1:30 **HPF** Moving For Memory: Walking Challenge (MPR)
 2:30 **CEA** Craftsmanship (MPR)
 4:00 Happy Hour (ALD)
 6:30 Friday Night Movie (ALP)

29

NATIONAL PUZZLE DAY

9:45 **RSF** Morning Devotion (ALD)
 10:00 **HPF** Cardio Drumming Circle (ALD)
 10:30 **SCE** Sudoku & Word Puzzles (ALD)
 1:00 **HPF** Walking Club (C)
 2:00 **SCE** Afternoon Tea (P)
 3:30 **HPF** Flow Yoga (ALD)
 6:30 Saturday Night Movie (ALP)

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