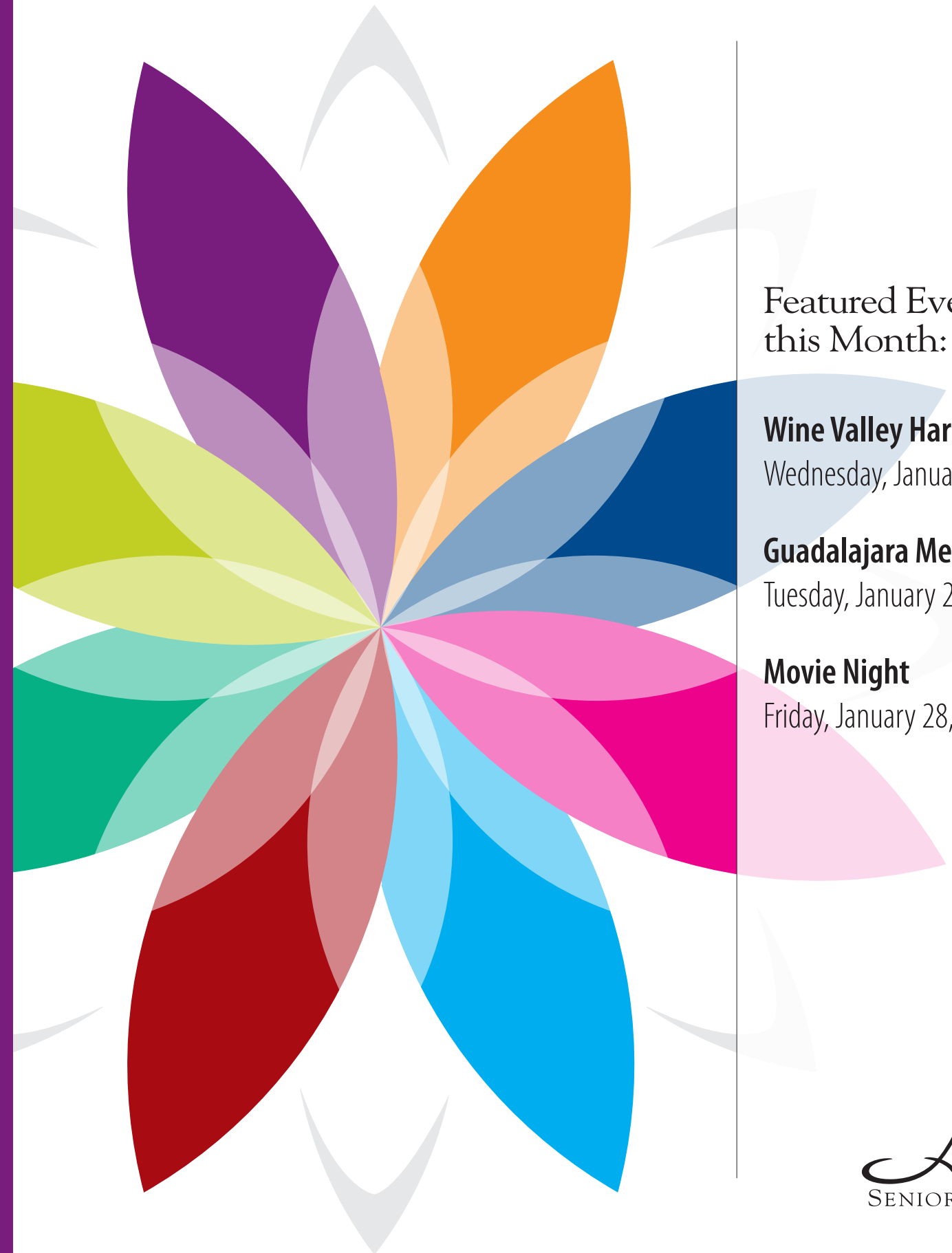


INDEPENDENT LIVING

Monthly Calendar of Events and Programming



Featured Events
this Month:

Wine Valley Harmonizers
Wednesday, January 5, 6:30 PM

Guadalajara Mexican Grill Café
Tuesday, January 25, 11:30 AM

Movie Night
Friday, January 28, 6:00 PM



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

30
10:30 **RSF** Bible Study & Hymns (LF)
11:00 **HPF** Walking Club (FL)
2:00 **SCE** Ice Cream Social (ICP)
2:30 **CEA** Debate: Abstract vs. Naturalist Art (B)
3:00 **Stitch & Fun** (GR)

31
8:30 **SCE** Putting on the Green (PG)
9:00 **HPF** Rise & Shine Workout (LR)
10:00 **HPF** Chair Yoga (LR)
10:30 **SCE** Up for Discussion: Senior Citizenship (B)
11:00 **HPF** Moving For Memory: Walking Challenge (FL)
1:00 **LIS** Remember When Trivia (B)
2:00 **LIS** ODU: Older Americans - In Our Prime (B)
3:00 **Bingo** (B)



- 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:
Library L
Las Flores Room, Inn LF
Putting Green PG
Private Dining Room PDR
Dining Room DR
Bistro, Sheffield B
Ice Cream Parlor ICP
Game Room GR
Living Room LR
Front Lobby FL
Arts & Craft Room @ Inn ACR

1
NEW YEAR'S DAY SOLEMNITY OF MARY
8:30 **SCE** Putting on the Green (PG)
9:00 **RSF** Newsletter Highlight: Solemnity of Mary
9:30 **HPF** Yoga (LR)
10:00 **Banking & Errands** (FL)
10:30 **RSF** Catholic Service (LF)
11:00 **HPF** Walking Club (FL)
1:00 **CEA** Creative Workshop (B)
1:00 **SCE** New Year's Brain Challenge (B)
2:00 **LIS** ODU: Champagne: The Bottle and Business (B)
3:00 **Bingo** (B)

2
NEW MOON
10:30 **RSF** Bible Study & Hymns (LF)
11:00 **HPF** Walking Club (FL)
1:30 **LIS** Book Club Launch (L)
2:00 **SCE** Ice Cream Social (ICP)
3:00 **Stitch & Fun** (GR)

3
INTERNATIONAL MIND-BODY WELLNESS DAY
8:30 **SCE** Putting on the Green (PG)
9:00 **HPF** Rise & Shine Workout (LR)
10:00 **HPF** Chair Yoga (LR)
11:00 **HPF** Moving For Memory: Walking Challenge (FL)
1:00 **LIS** Remember when Trivia (B)
2:00 **HPF** Mind-Body Exercises for Wellness (B)
3:00 **Bingo** (B)

4
NATIONAL TRIVIA DAY
8:30 **SCE** Putting on the Green (PG)
9:45 **HPF** Zen Yoga w/ Heather (LF)
10:00 **HPF** Chair Yoga (LR)
10:30 **RSF** Catholic Service (LF)
11:00 **HPF** Walking Club (FL)
11:30 **CPI** Ambassador Club Meeting (PDR)
1:00 **CEA** Creative Workshop (B)
2:00 **SCE** Ice Cream Social (ICP)
2:30 **SCE** Trivia & Fun Facts Session (B)
3:00 **Bingo** (B)

5
NATIONAL BIRD DAY
8:30 **SCE** Putting on the Green (PG)
9:00 **HPF** Rise & Shine Workout (LR)
10:00 **HPF** Chair Yoga (LR)
11:00 **HPF** Walking (FL)
2:30 **CEA** Letter Writing: Dear Future Self (B)
3:00 **Bingo** (B)
6:30 **Wine Valley Harmonizers** (LF)

6
EPIPHANY: CLOSE OF THE CHRISTMAS SEASON
8:30 **SCE** Putting on the Green (PG)
9:00 **RSF** Newsletter: Close of Christmas Season
9:00 **HPF** Rise & Shine Workout (LR)
10:00 **HPF** Chair Yoga (LR)
11:00 **HPF** Walking Club (FL)
1:00 **LIS** Monthly Book Club (L)
1:00 **HPF** Yoga Flow w/ Heather (LF)
3:00 **Bingo** (B)

7
8:30 **SCE** Putting on the Green (PG)
9:00 **HPF** Rise & Shine Workout (LR)
10:00 **HPF** Chair Yoga (LR)
11:00 **HPF** Walking Challenge Monthly Launch (FL)
1:00 **Grocery Shopping** (FL)
1:00 **LIS** Zodiac & Horoscope of January (B)
3:00 **Bingo** (B)
6:00 **Movie Night** (LR)

8
ELVIS PRESLEY'S BIRTHDAY
8:30 **SCE** Putting on the Green (PG)
9:30 **HPF** Chair Yoga (LR)
10:00 **Banking & Errands** (FL)
11:00 **HPF** Walking Club (FL)
1:00 **CEA** Creative Workshop (B)
2:00 **CEA** Music History: Elvis Presley (B)
3:00 **Bingo** (B)

9
FIRST QUARTER MOON
10:30 **RSF** Bible Study & Hymns (LF)
11:00 **HPF** Walking Club (FL)
2:00 **SCE** Ice Cream Social (ICP)
3:00 **CEA** Scentsary Art (ACR)
3:00 **Stitch & Fun** (GR)

10
8:30 **SCE** Putting on the Green (PG)
9:00 **HPF** Rise & Shine Workout (LR)
10:00 **HPF** Chair Yoga (LR)
11:00 **HPF** Moving For Memory: Walking Challenge (FL)
1:00 **LIS** Remember When Trivia (B)
1:00 **CPI** Work Session for MLK Service Day (L)
3:00 **Bingo** (B)

11
8:30 **SCE** Putting on the Green (PG)
9:45 **HPF** Zen Yoga w/ Heather (LF)
10:00 **HPF** Chair Yoga (LR)
10:30 **RSF** Catholic Service (LF)
11:00 **HPF** Walking Club (FL)
11:30 **Denny's Restaurant** (FL)
1:00 **Bingo** (B)
2:00 **SCE** Ice Cream Social (ICP)
3:00 **CPI** Engage Life® Planning Meeting (B)
3:30 **CPI** Town Hall Meeting (DR)

12
NATIONAL PHARMACIST DAY
8:30 **SCE** Putting on the Green (PG)
9:00 **LIS** Newsletter: Pharmacy Discoveries
9:00 **HPF** Rise & Shine Workout (LR)
10:00 **HPF** Chair Yoga (LR)
11:00 **HPF** Walking Club (FL)
3:00 **SCE** Cheers & Beers: Beer Flight Tasting (B)
3:00 **Bingo** (B)
6:30 **Wine Valley Harmonizers** (LF)

13
8:30 **SCE** Putting on the Green (PG)
9:00 **HPF** Rise & Shine Workout (LR)
10:00 **HPF** Chair Yoga (LR)
11:00 **HPF** Walking Club (FL)
1:00 **HPF** Yoga Flow w/ Heather (LF)
2:00 **CPI** Career Connection: Medicine & Healthcare (B)
3:00 **Bingo** (B)

14
8:30 **SCE** Putting on the Green (PG)
9:00 **HPF** Rise & Shine Workout (LR)
10:00 **HPF** Chair Yoga (LR)
1:00 **Grocery Shopping** (FL)
3:00 **LIS** ODU: Rosa Parks True Story & Legacy (LF)
3:00 **Bingo** (B)
6:00 **Movie Night** (LR)

15
NATIONAL HAT DAY
8:30 **SCE** Putting on the Green (PG)
9:30 **HPF** Chair Yoga (LR)
10:00 **Banking & Errands** (FL)
10:30 **RSF** Catholic Service (LF)
11:00 **HPF** Walking Club (FL)
1:00 **CEA** Creative Workshop (B)
2:00 **SCE** The Hats We Wear & Share (LF)
3:00 **Bingo** (B)

16
10:30 **RSF** Bible Study & Hymns (LF)
11:00 **HPF** Walking Club (FL)
1:15 **LIS** MLK's Legacy (LF)
2:00 **SCE** Ice Cream Social (ICP)
3:00 **Stitch & Fun** (GR)

17
FULL MOON MARTIN LUTHER KING, JR. DAY
8:30 **SCE** Putting on the Green (PG)
9:00 **HPF** Rise & Shine Workout (LR)
10:00 **HPF** Chair Yoga (LR)
11:00 **HPF** Moving For Memory: Walking Challenge (FL)
1:00 **LIS** Remember when Trivia (B)
3:00 **Bingo** (B)

18
8:30 **SCE** Putting on the Green (PG)
9:45 **HPF** Zen Yoga w/ Heather (LF)
10:00 **HPF** Chair Yoga (LR)
10:30 **RSF** Catholic Service (LF)
11:00 **HPF** Walking Club (FL)
1:15 **CEA** Horticulture: Succulent Terrariums (ACR)
3:00 **Bingo** (B)

19
8:30 **SCE** Putting on the Green (PG)
9:00 **HPF** Rise & Shine Workout (LR)
10:00 **HPF** Yoga (LR)
11:00 **HPF** Walking (FL)
1:00 **SCE** Bailey's & Biographies (B)
3:00 **Bingo** (B)

20
8:30 **SCE** Putting on the Green (PG)
9:00 **HPF** Rise & Shine Workout (LR)
10:00 **HPF** Chair Yoga (LR)
11:00 **HPF** Walking Club (FL)
1:00 **CPI** Food For Thought - Culinary Led
1:00 **HPF** Yoga Flow w/ Heather (LF)
2:00 **CPI** Food For Thought - Culinary Led (L)
3:00 **Bingo** (B)

21
8:30 **SCE** Putting on the Green (PG)
9:00 **HPF** Rise & Shine Workout (LR)
10:00 **HPF** Chair Yoga (LR)
11:00 **HPF** Moving For Memory: Walking Challenge (FL)
1:00 **Grocery Shopping** (FL)
3:00 **Bingo** (B)
4:00 **HPF** Moving For Memory: Walking Challenge
6:00 **Movie Night** (LR)

22
8:30 **SCE** Putting on the Green (PG)
9:30 **HPF** Chair Yoga (LR)
10:00 **Banking & Errands** (FL)
10:30 **RSF** Catholic Service (LF)
11:00 **HPF** Walking Club (FL)
1:00 **CEA** Creative Workshop (B)
1:00 **LIS** Brain Challenge: Optical Illusions (B)
3:00 **Bingo** (B)

23
9:00 **LIS** Newsletter Highlight: Boxing Day
10:30 **RSF** Bible Study & Hymns (LF)
11:00 **HPF** Walking (FL)
2:00 **SCE** Ice Cream Social (ICP)
3:00 **Stitch & Fun** (GR)

24
8:30 **SCE** Putting on the Green (PG)
9:00 **HPF** Rise & Shine Workout (LR)
10:00 **HPF** Chair Yoga (LR)
11:00 **HPF** Moving For Memory: Walking Challenge (FL)
1:00 **LIS** Remember When Trivia (B)
3:00 **Bingo** (B)

25
LAST QUARTER MOON
8:30 **SCE** Putting on the Green (PG)
9:45 **HPF** Zen Yoga w/ Heather (LF)
10:00 **HPF** Chair Yoga (LR)
10:30 **RSF** Catholic Service (LF)
11:00 **HPF** Walking Club (FL)
11:30 **Guadalajara Mexican Grill Café** (FL)
2:00 **SCE** Ice Cream Social (ICP)
2:00 **CPI** Resident Council Meeting (B)
3:00 **Bingo** (B)

26
8:30 **SCE** Putting on the Green (PG)
9:00 **HPF** Rise & Shine Workout (LR)
10:00 **HPF** Chair Yoga (LR)
10:30 **CPI** Activities Program Meeting for February (B)
11:00 **HPF** Walking Club (FL)
2:00 **CEA** Music Access: Part I (B)
3:00 **Bingo** (B)

27
INTERNATIONAL HOLOCAUST REMEMBRANCE DAY
8:30 **SCE** Putting on the Green (PG)
9:00 **RSF** Newsletter: Holocaust Remembrance
9:00 **HPF** Rise & Shine Workout (LR)
10:00 **HPF** Chair Yoga (LR)
11:00 **HPF** Walking Club (LR)
1:00 **HPF** Yoga Flow w/ Heather (LF)
3:00 **Bingo** (B)

28
8:30 **SCE** Putting on the Green (PG)
9:00 **HPF** Rise & Shine Workout (LR)
10:00 **HPF** Chair Yoga (LR)
11:00 **HPF** Moving For Memory: Walking Challenge (FL)
1:00 **Grocery Shopping** (FL)
3:00 **Bingo** (B)
6:00 **Movie Night** (LR)

29
NATIONAL PUZZLE DAY
9:30 **HPF** Rise & Shine Workout (B)
1:00 **CEA** Creative Workshop (B)
2:00 **SCE** Sudoku & Word Puzzles (B)
3:00 **Bingo** (B)

ASSISTED LIVING

Monthly Calendar of Events and Programming



Featured Events
this Month:

Rainbow Oaks Café Restaurant

Tuesday, January 4, 11:30 AM

Aromatherapy

Thursday, January 13, 3:30 PM

Brain Challenge: Optical Illusions

Saturday, January 22, 1:00 PM



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

30

9:30 **HPF** Tai Chi: Balance & Posture (ACR)
 11:00 **HPF** Walking Club (FL)
 1:00 **CPI** Business Club: Walmart (LF)
 2:00 **SCE** Ice Cream Social (ICP)
 2:30 **CEA** Debate: Abstract vs. Naturalist Art (LF)
 3:00 **HPF** Posture & Stretch Fitness Class (LF)

31

9:30 **HPF** Rise & Shine Workout (LF)
 11:00 **HPF** Moving For Memory: Walking Challenge (FL)
 2:00 **LIS** ODU: Older Americans - In Our Prime
 3:00 **SCE** Up for Discussion: Senior Citizenship (L)
 3:30 **HPF** Lower Body Conditioning (LF)



- 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:
 Front Lobby FL
 Private Dining Room PDR
 Library L
 Las Flores Room, Inn LF
 Ice Cream Parlor ICP
 Arts & Craft Room @ Inn ACR

Pokeno® is a registered trademark of US Playing Card Company.

1

NEW YEAR'S DAY SOLEMNITY OF MARY
 9:00 **RSF** Newsletter Highlight: Solemnity of Mary
 9:30 **HPF** Rise & Shine workout (LF)
 10:00 **CEA** Banking & Errands (FL)
 10:00 **CEA** Creative Workshop (ACR)
 10:30 **RSF** Catholic Service (LF)
 1:00 **SCE** New Year's Brain Challenge (L)
 1:00 **Bingo** (ACR)
 3:00 **LIS** ODU: Champagne: The Bottle and Business (LF)
 3:00 **Pokeno®** (ACR)

2

NEW MOON
 9:30 **HPF** Tai Chi: Balance & Posture (LF)
 10:30 **RSF** Hymn & Bible Study (LF)
 11:00 **HPF** Walking Club (FL)
 1:00 **CPI** Civic Engagement Intro. & Brainstorm
 2:00 **LIS** Book Club Launch
 2:00 **SCE** Ice Cream Social (ICP)
 3:30 **HPF** Posture and Stretch Fitness Class (LF)

3

INTERNATIONAL MIND-BODY WELLNESS DAY
 9:30 **HPF** Rise & shine Workout (LF)
 11:00 **HPF** Moving For Memory: Walking Challenge (FL)
 1:00 **HPF** Mind-Body Exercises for Wellness (L)
 1:30 **SCE** Veterans & Friends (L)
 3:45 **HPF** Balloon Badminton (LF)

4

NATIONAL TRIVIA DAY
 9:45 **HPF** Zen Yoga w/ Heather (LF)
 10:00 **CEA** Creative Workshop (ACR)
 10:30 **RSF** Catholic Service (LF)
 11:00 **HPF** Walking Club (FL)
 11:30 **Rainbow Oaks Café Restaurant** (FL)
 11:30 **CPI** Ambassador Club Meeting (PDR)
 1:00 **Bingo & Pokeno®** (ACR)
 2:00 **SCE** Ice Cream Social & Entertainment (ICP)
 3:00 **SCE** Trivia & Fun Facts Session (L)
 4:00 **HPF** Dance & Movement: The Mambo (LF)

5

NATIONAL BIRD DAY
 9:30 **HPF** Rise & Shine Workout (LF)
 10:15 **SCE** Trivia w/ Valerie (L)
 11:00 **HPF** Walking Club (FL)
 1:00 **SCE** Window Bird Watching (LF)
 1:00 **Bingo** (ACR)
 2:30 **CEA** Letter Writing: Dear Future Self (ACR)
 3:45 **HPF** Balloon Badminton (LF)

6

EPIPHANY: CLOSE OF THE CHRISTMAS SEASON
 9:00 **RSF** Newsletter: Close of Christmas Season
 9:30 **LIS** Monthly Book Club (L)
 10:00 **HPF** Samba Movement (LF)
 11:00 **HPF** Walking Club (FL)
 1:00 **HPF** Yoga Flow w/ Heather (LF)
 1:00 **Bingo & Pokeno®** (ACR)
 3:30 **HPF** Dance & Movement: The Mambo (LF)

7

9:30 **HPF** Rise & Shine (LF)
 10:00 **Trivia** (L)
 11:00 **HPF** Moving For Memory: Walking Challenge (FL)
 1:00 **Grocery Shopping** (FL)
 1:00 **LIS** Zodiac & Horoscope of January
 1:00 **Bingo** (ACR)
 3:30 **HPF** Total Body Conditioning - Advanced (LF)

8

ELVIS PRESLEY'S BIRTHDAY
 9:30 **HPF** Rise & Shine Workout (LF)
 10:00 **Banking & Errands** (FL)
 10:00 **CEA** Creative Workshop (ACR)
 10:30 **RSF** Catholic Service (LF)
 1:00 **CEA** Music History: Elvis Presley (LF)
 1:00 **Bingo** (ACR)
 3:00 **Pokeno®** (LF)
 4:00 **SCE** Sunshine Club Letters (LF)

9

FIRST QUARTER MOON
 9:30 **HPF** Tai Chi: Balance & Posture (LF)
 10:30 **RSF** Hymns & Bible Study (LF)
 11:00 **HPF** Walking Club (FL)
 1:00 **HPF** Well-Being Series (L)
 2:00 **SCE** Ice Cream Social (ICP)
 3:00 **CEA** Scentsary Art (ACR)

10

9:30 **HPF** Lower Body Conditioning (LF)
 11:00 **HPF** Moving For Memory: Walking Challenge (FL)
 1:00 **CPI** Work Session for MLK Service Day (L)
 1:30 **SCE** Veterans & Friends (L)
 2:00 **CEA** Art of All Ages (ACR)
 2:30 **HPF** Balloon Badminton (LF)
 3:30 **HPF** Lower Body Conditioning (LF)

11

9:45 **HPF** Zen Yoga w/ Heather (LF)
 10:30 **RSF** Catholic Service (LF)
 11:00 **HPF** Walking Club (FL)
 1:00 **Bingo & Pokeno®** (ACR)
 1:00 **CPI** Engage Life® Planning Meeting (LF)
 2:00 **LIS** Exercise Your Brain: Morse Code Learning (L)
 3:00 **HPF** Dance & Movement: Cupid Shuffle (LF)

12

NATIONAL PHARMACIST DAY
 9:00 **LIS** Newsletter: Pharmacy Discoveries
 9:30 **HPF** Rise & Shine (LF)
 10:00 **SCE** Trivia (L)
 11:00 **HPF** Walking Club (FL)
 1:15 **Bingo** (ACR)
 2:30 **HPF** Balloon Badminton (LF)
 3:00 **SCE** Cheers & Beers: Beer Flight Tasting (LF)

13

9:30 **HPF** Rise & Shine Workout (LF)
 11:00 **HPF** Walking Club (FL)
 1:00 **HPF** Yoga Flow w/ Heather (LF)
 1:00 **Bingo** (ACR)
 2:00 **CPI** Career Connection: Medicine & Healthcare (L)
 2:30 **Pokeno®** (ACR)
 3:00 **LIS** Motivational Speakers (LF)
 3:30 **HPF** Aromatherapy (LF)

14

9:30 **HPF** Rise & Shine Workout (LF)
 10:00 **Trivia** (L)
 10:30 **LIS** Ted Talk Motivation (LF)
 11:00 **HPF** Moving For Memory: Walking Challenge (FL)
 1:00 **Grocery Shopping** (FL)
 1:00 **Bingo & Pokeno®** (ACR)
 3:00 **LIS** ODU: Rosa Parks True Story & Legacy (LF)
 3:45 **HPF** Total Body Conditioning - Advanced (LF)

15

NATIONAL HAT DAY
 9:30 **HPF** Rise & Shine Workout (LF)
 10:00 **Banking & Errands** (FL)
 10:30 **RSF** Catholic Service (LF)
 11:00 **HPF** Walking Club (FL)
 1:00 **Bingo & Pokeno®** (ACR)
 2:00 **SCE** The Hats We Wear & Share (LF)
 3:00 **HPF** Flow Yoga (LF)

16

9:30 **HPF** Tai Chi: Balance & Posture (LF)
 10:30 **RSF** Hymns & Bible Study (LF)
 11:00 **HPF** Walking Club (FL)
 1:15 **LIS** MLK's Legacy (LF)
 2:00 **SCE** Ice Cream Social (ICP)
 3:30 **HPF** Flow Yoga (LF)
 4:00 **LIS** ODU: Sports and Civil Rights (L)

17

FULL MOON MARTIN LUTHER KING, JR. DAY
 9:30 **HPF** Rise & Workout (LF)
 11:00 **HPF** Moving For Memory: Walking Challenge (FL)
 1:30 **SCE** Veterans & Friends (L)
 2:30 **HPF** Lower Body Conditioning (LF)
 3:00 **CPI** Civic Engagement Day of Service (ACR)
 3:00 **SCE** Tea & Cookies (LF)

18

9:45 **HPF** Zen Yoga w/ Heather (LF)
 10:00 **CEA** Creative Workshop (ACR)
 10:30 **RSF** Catholic Service (LF)
 11:00 **HPF** Walking Club (FL)
 11:30 **Denny's Restaurant** (FL)
 1:00 **Bingo & Pokeno®** (ACR)
 1:15 **CEA** Horticulture: Succulent Terrariums (ACR)
 2:00 **LIS** Ted Talk Motivation (LF)
 3:30 **HPF** Dance & Movement: Macarena (LF)

19

9:30 **HPF** Upper Body Conditioning (LF)
 10:15 **Trivia** (L)
 11:00 **Walking Club** (FL)
 11:00 **HPF** Well-Being Series (LF)
 1:00 **Bingo** (ACR)
 2:00 **SCE** Bailey's & Biographies (LF)
 3:00 **HPF** Tai Chi: Balance & Posture (LF)

20

10:00 **HPF** Samba Movement (LF)
 11:00 **HPF** Walking Club (FL)
 1:00 **HPF** Yoga Flow w/ Heather (LF)
 1:00 **Bingo** (ACR)
 2:00 **CPI** Food For Thought - Culinary Led (L)
 3:30 **HPF** Dance & Movement: Macarena (LF)

21

9:30 **HPF** Rise & Shine Workout (LF)
 10:15 **Trivia** (L)
 11:00 **HPF** Moving For Memory: Walking Challenge (FL)
 1:00 **Grocery Shopping** (FL)
 1:00 **Bingo & Pokeno®** (ACR)
 3:30 **HPF** Total Body Conditioning - Advanced (LF)

22

9:30 **HPF** Rise & Shine Workout (LF)
 10:00 **CEA** Creative Workshop (ACR)
 10:00 **Banking & Errands** (FL)
 10:30 **RSF** Catholic Service (LF)
 11:00 **HPF** Walking Club (FL)
 1:00 **LIS** Brain Challenge: Optical Illusions (LF)
 2:00 **SCE** Scavenger Hunt: Know Your Neighbor (LF)
 3:00 **HPF** Flow Yoga (LF)

23

9:30 **HPF** Rise & Shine Workout (LF)
 10:30 **RSF** Hymns & Bible Study (LF)
 11:00 **HPF** Walking Club (FL)
 1:00 **LIS** The Sports of the Winter Olympics (LF)
 2:00 **SCE** Ice Cream Social (ICP)
 3:30 **HPF** Posture & Stretch Fitness Class (LF)

24

9:30 **HPF** Rise & Shine Workout (LF)
 11:00 **HPF** Moving For Memory: Walking Challenge (FL)
 1:30 **SCE** Veterans & Friends (L)
 2:00 **SCE** PositivityTea: Resilience (L)
 2:30 **HPF** Balloon Badminton (LF)
 3:00 **SCE** Lemonade & Cookies (LF)
 3:30 **HPF** Lower Body Conditioning (LF)

25

LAST QUARTER MOON
 9:45 **HPF** Zen Yoga w/ Heather (LF)
 10:00 **CEA** Creative Workshop (ACR)
 10:30 **RSF** Catholic Service (LF)
 11:00 **HPF** Walking Club (FL)
 1:00 **Bingo & Pokeno®** (ACR)
 2:00 **SCE** Ice Cream Social (ICP)
 3:00 **CPI** Resident Council Meeting (L)

26

9:30 **HPF** Upper Body Conditioning (LF)
 11:00 **HPF** Walking Club (FL)
 1:00 **Bingo** (LF)
 2:00 **CEA** Music Access: Part I (LF)
 2:30 **LIS** Book Club Discussion (L)
 3:00 **HPF** Tai Chi: Balance & Posture

27

INTERNATIONAL HOLOCAUST REMEMBRANCE DAY
 9:00 **RSF** Newsletter: Holocaust Remembrance
 9:30 **HPF** Total Body Conditioning - Beginner (LF)
 11:00 **HPF** Walking Club (FL)
 1:00 **HPF** Yoga Flow w/ Heather (LF)
 1:00 **Bingo** (ACR)
 3:00 **Pokeno®** (ACR)
 3:30 **HPF** Dance & Movement: Git Up & Dance (LF)

28

9:30 **HPF** Rise & Shine Workout (LF)
 10:15 **Trivia** (L)
 10:30 **LIS** Ted Talk Motivation (LF)
 11:00 **HPF** Moving For Memory: Walking Challenge (FL)
 1:00 **Bingo w/ Valerie** (ACR)
 1:00 **Grocery Shopping** (FL)
 2:00 **Movie & Popcorn** (LF)

29

NATIONAL PUZZLE DAY
 9:30 **HPF** Rise & Shine Workout (LF)
 10:00 **CEA** Creative Workshop (ACR)
 11:00 **HPF** Walking Club (FL)
 1:00 **SCE** Sudoku & Word Puzzles (L)
 2:00 **HPF** Flow Yoga (LF)
 3:00 **HPF** Aromatherapy (LF)

LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

**New Year Resolution
Creative Writing**
Saturday, January 1, 7:00 AM

The Hats We Wear & Share
Saturday, January 15, 2:30 PM

Lazy Dog Restaurant Trips
Thursday, January 20, 10:30 AM



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Happy Birthday Rose Canevari!! **30**
 9:30 **SCE** Today's Events & Newsletter (LG)
 10:30 **HPF** Tai Chi: Balance & Posture (LG)
 1:00 **CEA** Music Appreciation: The Shirelles (LG)
 2:00 **Bingo** (LG)
 3:00 **HPF** Walking Challenge (LG)

31
 9:00 **SCE** Today's Events & Newsletter (LG)
 10:00 **HPF** Cardio Drumming Circle (LG)
 1:00 **CEA** Music Appreciation: Claude Gauthier (LG)
 2:00 **SCE** Refreshments & Social Hour (LG)
 2:00 **CEA** Sing Across Canada: Quebec (LG)
 3:00 **HPF** Dance & Movement: The Macarena (LG)



- 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:
 Life Guidance® LG
 Private Dining Room PDR
 Patio PAT
 Living Room LR
 BUS BUS

1
New Year's Day Solemnity of Mary
 7:00 **CEA** New Year Resolution Creative Writing
 9:30 **SCE** Today's Events & Newsletter (LG)
 10:00 **HPF** Flow Yoga (LG)
 1:00 **CEA** Music: Rock Around The Clock (LG)
 2:00 **SCE** Coffee and Connection (LG)
 2:30 **LIS** Music History: Saxophone (LG)
 3:00 **HPF** Posture and Stretch Fitness Class (LG)
 6:00 **LIS** Sensory Stimulation: Find The Pairs (LG)

2
 9:30 **SCE** Newsletter (LG)
 10:00 **RSF** Coffee and Spiritual Sunday (LG)
 10:30 **HPF** Tai Chi: Balance & Posture (LG)
 1:00 **CEA** Music Appreciation: George Harrison (LG)
 2:00 **CPI** Civic Engagement Introduction (LG)
 2:00 **Ice Cream Social** (LG)
 3:00 **HPF** Walking Challenge (LG)
 6:00 **RSF** Bible Study (LG)

3
International Mind-Body Wellness Day
 9:00 **SCE** Today's Events & Newsletter (LG)
 9:30 **HPF** Therapeutic movement (LG)
 1:00 **CEA** Music Appreciation: Eagles (LG)
 2:00 **SCE** New Year Happy Hour (LG)
 2:30 **CEA** Music Appreciation: Stephen Stills (LG)
 3:00 **HPF** Mind-Body Exercises for Wellness (LG)
 6:00 **SCE** Fun Facts For The Day (LG)

4
National Trivia Day
 9:00 **SCE** Today's Events & Newsletter (LG)
 9:30 **HPF** Flow Yoga (LG)
 10:00 **RSF** Catholic Service (PDR)
 10:00 **LIS** Guided Meditation (LR)
 1:00 **CEA** Music Appreciation: Elton John (LG)
 2:00 **SCE** Refreshments and Social Hour (LG)
 2:30 **LIS** Zodiac and Horoscope for January (LG)
 3:00 **HPF** Dance & Movement: The Macarena (LG)
 6:00 **SCE** Trivia and Fun Facts (LG)

5
National Bird Day
 9:00 **SCE** Today's Events & Newsletter (LG)
 9:30 **HPF** Therapeutic movement (LG)
 1:00 **CEA** Music: Greetings From Asbury Park, NJ (LG)
 2:00 **SCE** Window Bird Watching (LG)
 3:00 **HPF** Dance & Movement: The Hustle (LG)
 3:30 **LIS** Sensory Stimulation: Find The Pairs (LG)
 6:00 **SCE** What Year Was It: Classic Cars (LG)
 6:00 **RSF** Midweek Bible Study (LG)

6
Epiphany - Close of the Christmas Season
Happy Birthday Betty Lewis!!
 9:30 **RSF** Today's Events & Newsletter (LG)
 10:00 **SCE** Scenic Drive (BUS)
 10:00 **HPF** Total Body Conditioning (LG)
 1:00 **CEA** Music Appreciation: Sister Sledge (LG)
 2:00 **SCE** Coffee & Connection (LG)
 2:30 **LIS** Zodiac and Horoscope for December (LG)
 3:00 **HPF** Dance & Movement: The Hustle (LG)

7
 9:00 **SCE** Today's Events & Newsletter (LG)
 9:30 **HPF** Yoga Flow (LG)
 1:00 **CEA** Music Appreciation: Kenny Loggins (LG)
 2:30 **SCE** Refreshments and Social Hour (LG)
 3:00 **HPF** Cardio Drumming Circle (LG)
 3:30 **CEA** Music History: Instruments, The Guitar (LG)
 6:00 **SCE** Laughter Therapy: Riddles (LG)

8
Elvis' Birthday
 9:00 **SCE** Today's Events & Newsletter (LG)
 10:30 **HPF** Flow Yoga (LG)
 1:00 **CEA** Today's Music: King Of Rock & Roll (LG)
 1:30 **CEA** Music History: Elvis Presley (LG)
 2:00 **SCE** Coffee and Connection (LG)
 3:00 **HPF** Posture and Stretch Fitness Class (LG)
 6:00 **LIS** Sensory Stimulation: Out of Place (LG)

9
 9:30 **SCE** Today's Events & Newsletter (LG)
 10:00 **HPF** Tai Chi: Balance & Posture (LG)
 1:00 **CEA** Music Appreciation: Patsy Cline (LG)
 1:30 **CEA** Music History: Country Music (LG)
 2:00 **Ice Cream Social** (LG)
 3:00 **HPF** Nature Walk (PAT)
 3:30 **LIS** Sing Across America: Georgia (LG)
 6:00 **RSF** Bible Study (LG)

10
 9:00 **SCE** Today's Events & Newsletter (LG)
 9:30 **HPF** Therapeutic Movement (LG)
 10:30 **CEA** Music Appreciation: C.W. McCall (LG)
 1:30 **LIS** Word Wonders: Radio Terms & the 10-Code (LG)
 2:00 **SCE** Refreshments & Social Hour (LG)
 2:30 **CPI** Work Session: MLK Day of Service (LG)
 3:00 **HPF** Lower Body Conditioning (LG)

11
 9:00 **SCE** Today's Events & Newsletter (LG)
 9:30 **HPF** Total Body Conditioning (LG)
 9:30 **HPF** Therapeutic Movement (PDR)
 10:00 **LIS** Guided Meditation (LG)
 1:00 **CEA** Music Appreciation: Naomi Judd (LG)
 2:00 **SCE** Refreshments & Social Hour (LG)
 2:30 **LIS** Word Wonders: Animals (LG)
 3:00 **HPF** Lower Body Conditioning (LG)
 6:00 **SCE** Trivia and Fun Facts (LG)

12
National Pharmacist Day
 9:00 **CPI** Today's Events & Newsletter (LG)
 9:30 **HPF** Therapeutic Movement (LG)
 1:00 **CEA** Music Appreciation: Felipe Rose (LG)
 2:00 **SCE** Reminiscing: A Day At Work over coffee (LG)
 3:00 **HPF** Dance & Movement: The Hustle (LG)
 6:00 **SCE** What Year Was It: 1950s Art & Relaxation (LG)
 6:00 **RSF** Midweek Bible Study (LG)

13
 9:30 **SCE** Today's Events & Newsletter (LG)
 10:00 **HPF** Total Body Conditioning - Beginner (LG)
 10:00 **SCE** Museum & Lunch Outing (BUS)
 1:00 **CEA** Music Appreciation: "The Twist" (LG)
 2:00 **SCE** Coffee & Connection (LG)
 2:30 **LIS** Word Wonders: Nature Idioms (LG)
 3:00 **HPF** Tai Chi: Posture & Balance (LG)
 6:30 **LIS** Literary Appreciation: Short Stories (LG)

14
 9:00 **SCE** Today's Events & Newsletters (LG)
 9:30 **HPF** Yoga Flow (LG)
 10:00 **CPI** Random Acts of Kindness (LG)
 1:00 **CEA** Music Appreciation: The Supremes (LG)
 2:00 **SCE** Refreshments and Social Hour (LG)
 3:00 **HPF** Cardio Drumming Circle (LG)
 6:00 **SCE** Express Yourself: Laughter We're After (LG)

15
National Hat Day
 9:00 **SCE** Today's Events and Newsletter (LG)
 10:00 **HPF** Flow Yoga (LG)
 1:00 **CEA** Music Appreciation: Ruth Slenczynska (LG)
 2:00 **SCE** Coffee and Connection (LG)
 2:30 **SCE** The Hats We Wear & Share (LG)
 3:00 **HPF** Posture and Stretch Fitness Class (LG)
 6:00 **LIS** Sensory Stimulation: Find The Pairs (LG)

16
 9:30 **SCE** Today's Events & Newsletter (LG)
 10:00 **Bingo** (LG)
 11:00 **HPF** Tai Chi: Balance & Posture (LG)
 1:00 **CEA** Music Appreciation: Hello Dolly (LG)
 2:00 **Ice Cream Social** (LG)
 3:00 **HPF** Walking Challenge (LG)
 6:00 **RSF** Bible Study (LG)

17
Martin Luther King, Jr. Day
 9:00 **SCE** Today's Events & Newsletter (LG)
 9:30 **HPF** Therapeutic Movement (LG)
 10:30 **CPI** Civic Engagement: Day of Service (LG)
 1:00 **CEA** Music Appreciation: Barry Manilow (LG)
 2:00 **SCE** Refreshments & Social Hour (LG)
 2:30 **LIS** MLK's Legacy (LG)
 3:00 **HPF** Cardio Drumming Circle (LG)
 3:30 **CEA** Music Appreciation: Drumming Day (LG)

18
 9:00 **SCE** Today's Events & Newsletter (LG)
 10:00 **RSF** Catholic Service (PDR)
 10:00 **HPF** Flow Yoga (LG)
 1:00 **CEA** Music Appreciation: Songs In Advertising (LG)
 2:00 **SCE** Refreshments & Social Hour (LG)
 2:30 **CEA** Horticulture: Succulent Terrariums (LG)
 3:00 **HPF** Lower Body Conditioning (LG)
 3:30 **CEA** Music History: Country Music (LG)
 6:00 **SCE** Trivia and Fun Facts (LG)

19
 9:00 **SCE** Today's Events & Newsletter (LG)
 9:30 **HPF** Therapeutic Movement (LG)
 1:00 **CEA** Music Appreciation: Dolly Parton (LG)
 2:00 **SCE** Bagels & Biographies (LG)
 4:00 **HPF** Nature Walk (PAT)
 6:00 **RSF** Midweek Bible Study (LG)
 6:00 **SCE** What Year Was It: Inventions (LG)

20
Happy Birthday Anne Johnson!!
 9:00 **SCE** Today's Events & Newsletter (LG)
 9:30 **HPF** Strength and Balance (LG)
 10:00 **LIS** Positive Affirmations (LG)
 10:30 **SCE** Lazy Dog Restaurant Trips (BUS)
 1:00 **CEA** Music Appreciation: Marcia Griffiths (LG)
 2:00 **SCE** Scavenger Hunt: Around My Community (LG)
 3:00 **HPF** Tai Chi: Balance & Posture (LG)
 6:00 **LIS** Literary Appreciation: Poetry (LG)

21
 9:00 **SCE** Today's Events & Newsletter (LG)
 9:30 **HPF** Walking Challenge (LG)
 10:00 **CPI** Random Acts of Kindness (LG)
 1:00 **CEA** Music Appreciation: Placido Domingo (LG)
 2:00 **SCE** Refreshments and Social Hour (LG)
 2:30 **CEA** Music History: Iconic Music Venues (LG)
 3:00 **HPF** Cardio Drumming Circle (LG)
 6:00 **SCE** Laughter Therapy: Classic Comics (LG)

22
 9:00 **SCE** Today's Events & Newsletter (LG)
 9:30 **HPF** Flow Yoga (LG)
 1:00 **CEA** Music Appreciation: Buddy Holly (LG)
 1:30 **SCE** Reminiscing: Our Wedding Day (LG)
 2:00 **SCE** Coffee and Connection (LG)
 3:00 **HPF** Nature Walk (PAT)
 6:00 **LIS** Sensory Stimulation: iSpy (LG)

23
 9:30 **SCE** Today's Events & Newsletter (LG)
 10:30 **HPF** Tai Chi: Balance & Posture (LG)
 1:00 **CEA** Music Appreciation: Petula Clark
 1:30 **SCE** Reminiscing: Railway Adventures (LG)
 2:00 **Ice Cream Social** (LG)
 3:00 **HPF** Nature Walk (PAT)
 6:00 **RSF** Bible Study (LG)

24
 9:00 **SCE** Today's Events & Newsletter (LG)
 9:30 **HPF** Therapeutic Movement (LG)
 1:00 **CEA** Music Appreciation: Aaron Neville (LG)
 2:00 **SCE** Refreshments & Social Hour (LG)
 2:00 **CEA** Scentsary Art
 3:00 **HPF** Dance & Movement: The Hustle (LG)

25
 9:30 **SCE** Today's Events & Newsletter (LG)
 10:00 **RSF** Catholic Service (PDR)
 10:00 **HPF** Flow Yoga (LG)
 10:30 **LIS** Guided Meditation (LG)
 1:00 **CEA** Music Appreciation: Etta James (LG)
 1:30 **LIS** Word Wonders: Flowers (LG)
 2:00 **SCE** Refreshments & Social Hour (LG)
 3:00 **HPF** Lower Body Conditioning (LG)
 6:00 **SCE** Trivia and Fun Facts (LG)

26
 9:00 **SCE** Today's Events & Newsletter (LG)
 9:30 **HPF** Therapeutic Movement (LG)
 1:00 **CEA** Music: David Brings, Little River Band (LG)
 2:30 **Bingo** (LG)
 3:00 **HPF** Tai Chi: Posture & Balance (LG)
 6:00 **SCE** What Year Was It: 1970s Art & Relaxation
 6:00 **RSF** Midweek Bible Study (LG)

27
 9:00 **SCE** Today's Events & Newsletter (LG)
 9:30 **HPF** Strength and Balance (LG)
 10:00 **Museum Trips** (BUS)
 1:00 **CEA** Music Appreciation: Peter Pan (LG)
 1:30 **SCE** Express Yourself: Pastimes (LG)
 2:00 **SCE** Coffee & connection (LG)
 3:00 **HPF** Tai Chi: Posture & Balance (LG)
 6:00 **LIS** Literary Appreciation: Peter Pan (LG)

28
 9:00 **SCE** Today's Events & Newsletter (LG)
 9:30 **HPF** Walking Challenge (LG)
 1:00 **CEA** Music Appreciation: Jean Goldkette (LG)
 2:00 **SCE** Refreshments and Social Hour (LG)
 3:00 **HPF** Cardio Drumming Circle (LG)
 6:00 **SCE** Laughter Therapy: Jokes (LG)

29
 9:00 **SCE** Today's Events & Newsletter (LG)
 10:30 **HPF** Flow Yoga (LG)
 1:00 **CEA** Music Appreciation: Glenn Campbell (LG)
 2:00 **CEA** Scentsary Art (LG)
 3:00 **HPF** Posture and Stretch Fitness Class (LG)
 6:00 **LIS** Sensory Stimulation: Find The Pairs (LG)