

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

New Year's Celebration Show

Saturday, January 1, 2:00 PM

Scentsary Art

Sunday, January 9, 1:30 PM

Cheers & Beers:

Beer Flight Tasting

Wednesday, January 12, 2:30 PM



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

30

10:00 **HPF** Tai Chi: Balance & Posture (A2)
 10:30 **RSF** Hymn Singing (A2)
 1:30 **CPI** Business Club: Walmart (A2)
 2:30 **CEA** Debate: Abstract vs. Naturalist Art (A2)
 3:30 **HPF** Dance & Movement: The Balance Dance (A2)
 4:00 **HPF** Posture & Stretch Fitness Class (A2)

31

9:30 **CEA** Guitar With Coach Mike (T)
 10:00 **HPF** Lower Body Conditioning With Coach Mike (T)
 11:00 **SCE** Newsletter: Current Events and Fun Facts (T)
 1:30 **HPF** Moving For Memory: Walking Challenge (LGH)
 2:00 **LIS** ODU: Older Americans - In Our Prime (A2)
 3:00 **SCE** Up for Discussion: Senior Citizenship (A2)
 4:00 **HPF** Lower Body Conditioning (A2)



- 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:
 Activity Room A2
 Bistro B
 Hallway LGH
 Theater T
 Theater 1st Floor T

1

NEW YEAR'S DAY SOLEMNITY OF MARY
 10:00 **HPF** Cardio Drumming Circle (A2)
 10:30 **RSF** Newsletter Highlight: Solemnity of Mary (A2)
 11:00 **SCE** New Year's Brain Challenge (A2)
 1:30 Bingo and Mingle (A2)
 2:00 **SCE** New Year's Celebration Show (B)
 3:00 **LIS** ODU: Champagne: The Bottle and Business (A2)
 4:00 **HPF** Posture and Stretch Fitness Class (A2)

2

NEW MOON
 10:00 **HPF** Tai Chi: Balance & Posture (A2)
 10:30 **RSF** Hymn Sing (A2)
 1:30 **CPI** Civic Engagement Intro. & Brainstorm (A2)
 2:30 **LIS** Book Club Launch (A2)
 3:30 **HPF** Dance & Movement: The Balance Dance (A2)
 4:00 **HPF** Posture and Stretch Fitness Class (A2)

3

INTERNATIONAL MIND-BODY WELLNESS DAY
 9:30 **CEA** Guitar With Coach Mike (T)
 10:00 **HPF** Lower Body Conditioning With Coach Mike (T)
 11:00 **RSF** Newsletter: Current Events and Fun Facts (T)
 1:30 **HPF** Walking Challenge Monthly Launch (LGH)
 2:30 **LIS** TEDTALK: Mind Body Wellness (A2)
 3:15 **HPF** Mind-Body Exercises for Wellness (A2)
 4:00 **HPF** Lower Body Conditioning (A2)

4

NATIONAL TRIVIA DAY
 10:00 **HPF** Carelink Exercise (T)
 10:30 **SCE** Newsletter: Current Events and Fun Facts (A2)
 11:00 **CPI** Ambassador Club Meeting (A2)
 1:30 **HPF** Dance & Movement: The Mambo (A2)
 2:30 Drumming Circle With Alex (T)
 3:30 **SCE** Trivia & Fun Facts Session (T)
 4:00 **HPF** Flow Yoga (A2)
 6:00 **RSF** Deacon Andrew (A2)

5

NATIONAL BIRD DAY
 10:00 **HPF** Upper Body Conditioning (A2)
 10:30 **SCE** Newsletter: Current Events and Fun Facts (A2)
 1:30 **SCE** Window Bird Watching (A2)
 2:30 **SCE** Vocalist Babette (B)
 3:30 **CEA** Letter Writing: Dear Future Self (A2)
 4:00 **HPF** Tai Chi: Balance & Posture (A2)
 6:00 Card Games (B)

6

EPIPHANY: CLOSE OF THE CHRISTMAS SEASON
 10:00 **HPF** Strength and Core With Carelink (T)
 10:45 **RSF** Newsletter: Close of Christmas Season (A2)
 1:30 **LIS** TEDTALK: New Year Goal Making (A2)
 2:30 **HPF** Dance & Movement: The Mambo (A2)
 4:00 **HPF** Total Body Conditioning - Beginner (A2)
 6:00 Winter Sing Along (A2)

7

9:30 **RSF** Bible Study Series: Part I (T)
 10:00 **HPF** Total Body Conditioning With Coach Mike (T)
 11:00 **LIS** Zodiac & Horoscope of January (T)
 1:30 **CEA** Creative Crafters with Bader (A2)
 2:30 **SCE** Friday's Finest Happy Hour Cart (LGH)
 3:30 **HPF** Moving For Memory: Walking Challenge (LGH)
 4:00 **HPF** Total Body Conditioning - Advanced (A2)

8

ELVIS PRESLEY'S BIRTHDAY
 10:00 **HPF** Cardio Drumming Circle (A2)
 10:30 **SCE** Newsletter: Current Events and Fun Facts (A2)
 1:30 **CEA** Music History: Elvis Presley (A2)
 2:30 Bingo and Mingle (A2)
 4:00 **HPF** Flow Yoga (A2)

9

FIRST QUARTER MOON
 10:00 **HPF** Tai Chi: Balance & Posture (A2)
 10:30 **RSF** Hymn Singing (A2)
 1:30 **CEA** Scentsary Art (A2)
 3:30 **HPF** Dance & Movement: The Balance Dance (A2)
 4:00 **HPF** Posture and Stretch Fitness Class (A2)

10

9:30 **CEA** Guitar With Coach Mike (T)
 10:00 **HPF** Lower Body Conditioning With Coach Mike (T)
 1:30 **HPF** Moving For Memory: Walking Challenge (LGH)
 2:30 **CPI** Work Session for MLK Service Day (A2)
 4:00 **HPF** Lower Body Conditioning (A2)

11

10:00 **HPF** Strength and Core With Carelink (T)
 10:30 **SCE** Newsletter: Current Events and Fun Facts (A2)
 11:00 **CPI** Engage Life® Planning Meeting (A2)
 1:30 **HPF** Dance & Movement: Cupid Shuffle (A2)
 2:30 **LIS** Exercise Your Brain: Morse Code Learning (A2)
 4:00 **HPF** Flow Yoga (A2)
 6:00 **RSF** Deacon Andrew (A2)

12

NATIONAL PHARMACIST DAY
 10:00 **HPF** Upper Body Conditioning (A2)
 10:30 **LIS** Newsletter: Pharmacy Discoveries (A2)
 1:30 What's in a Word? (A2)
 2:30 **SCE** Cheers & Beers: Beer Flight Tasting (B)
 4:00 **HPF** Tai Chi: Balance & Posture (A2)
 6:00 Card Games (B)

13

10:00 **HPF** Total Body Conditioning With Carelink (T)
 10:45 **SCE** Newsletter: Current Event and Fun Facts (A2)
 1:30 **CPI** Career Connection: Medicine & Healthcare (A2)
 2:30 **LIS** Learning a New Skill (A2)
 3:30 **HPF** Dance & Movement: Cupid Shuffle (A2)
 4:00 **HPF** Total Body Conditioning - Beginner (A2)
 6:00 Sing Along (A2)

14

9:30 **RSF** Bible Study Series: Part II (T)
 10:00 **HPF** Total Body Conditioning With Coach Mike (T)
 11:00 **SCE** Newsletter: Current Events and Fun Facts (T)
 1:30 **CEA** Creative Crafters With bader (A2)
 2:30 **SCE** Friday's Finest Happy Hour Cart (LGH)
 3:30 **LIS** ODU: Rosa Parks True Story & Legacy (A2)
 4:00 **HPF** Total Body Conditioning - Advanced (A2)
 6:00 **HPF** Moving For Memory: Walking Challenge (LGH)

15

NATIONAL HAT DAY
 10:00 **HPF** Cardio Drumming Circle (A2)
 10:30 **SCE** Newsletter: Current Events and Fun Facts (A2)
 1:30 **SCE** The Hats We Wear & Share (A2)
 2:30 Bingo and Mingle (A2)
 4:00 **HPF** Flow Yoga (A2)

16

10:00 **HPF** Tai Chi: Balance & Posture (A2)
 10:30 **RSF** Hymn Singing (A2)
 1:30 **LIS** MLK's Legacy (A2)
 2:30 **HPF** Dance & Movement: The Balance Dance (A2)
 4:00 **HPF** Posture and Stretch Fitness Class (A2)

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MARTIN LUTHER KING JR. DAY FULL MOON
 9:30 **CEA** Guitar With Coach Mike (T)
 10:00 **HPF** Lower Body Conditioning With Coach Mike (T)
 11:00 **SCE** Newsletter: Current Events and Fun Facts (T)
 1:30 **HPF** Moving For Memory: Walking Challenge (LGH)
 2:30 **CPI** Civic Engagement Day of Service (A2)
 4:00 **HPF** Lower Body Conditioning (A2)

18

10:00 **HPF** Strength and Core With Carelink (T)
 10:45 **CEA** Horticulture: Succulent Terrariums (A2)
 1:30 **HPF** Dance & Movement: Macarena (A2)
 2:00 **SCE** Sing Along With Matt & Cynthia (B)
 4:00 **HPF** Flow Yoga (A2)
 6:00 **RSF** Deacon Andrew (A2)

19

10:00 **HPF** Upper Body Conditioning (A2)
 10:45 **SCE** Newsletter: Current Events and Fun Facts (A2)
 2:00 **SCE** Bailey's & Biographies (B)
 2:30 **SCE** Vocalist Roxanna (B)
 4:00 **HPF** Tai Chi: Balance & Posture (A2)
 6:00 Card Games (B)

20

10:00 **HPF** Total Body Conditioning With Carelink (T)
 10:45 **SCE** Newsletter: Current Events and Fun Facts (A2)
 1:30 **CPI** Food For Thought - Culinary Led (B)
 2:30 **SCE** Name That Tune With Heather (B)
 3:30 **HPF** Dance & Movement: Macarena (A2)
 4:00 **HPF** Total Body Conditioning - Beginner (A2)
 6:00 What's in a Word? Trivia (A2)

21

9:30 **RSF** Bible Study Series: Part III (T)
 10:00 **HPF** Total Body Conditioning With Coach Mike (T)
 11:00 **SCE** Newsletter: Current Events and Fun Facts (T)
 1:30 **CEA** Creative Crafters with Bader (A2)
 2:30 Friday's Finest Happy Hour Cart (LGH)
 4:00 **HPF** Total Body Conditioning - Advanced (A2)
 6:00 **HPF** Moving For Memory: Walking Challenge (LGH)

22

10:00 **HPF** Cardio Drumming Circle (A2)
 10:30 **SCE** Newsletter: Current Events and Fun Facts (A2)
 11:00 **LIS** Brain Challenge: Optical Illusions (A2)
 1:30 **SCE** Scavenger Hunt: Know Your Neighbor (A2)
 2:30 Bingo and Mingle (A2)
 4:00 **HPF** Flow Yoga (A2)

23

10:00 **HPF** Tai Chi: Balance & Posture (A2)
 10:30 **RSF** Hymn Singing (A2)
 1:30 **LIS** The Sports Of The Winter Olympics (A2)
 2:30 **HPF** Dance & Movement: The Balance Dance (A2)
 4:00 **HPF** Posture & Stretch Fitness Class (A2)

24

9:30 **CEA** Guitar With Coach Mike (T)
 10:00 **HPF** Lower Body Conditioning With Coach Mike (T)
 11:30 **SCE** Newsletter: Current Events and Fun Facts (T)
 1:30 **HPF** Moving For Memory: Walking Challenge (LGH)
 2:30 **SCE** PositivTea: Resilience (A2)
 4:00 **HPF** Lower Body Conditioning (A2)

25

LAST QUARTER MOON
 10:00 **HPF** Strength and Core With Carelink (T)
 10:30 **SCE** Newsletter: Current Events and Fun Facts (A2)
 11:00 **CPI** Resident Council Meeting (A2)
 1:30 **HPF** Dance & Movement: Git Up & Dance (A2)
 2:30 **LIS** Science: Quarter Moons (A2)
 4:00 **HPF** Flow Yoga (A2)
 6:00 **RSF** Deacon Andrew (A2)

26

10:00 **HPF** Upper Body Conditioning (A2)
 10:30 **SCE** Newsletter: Current Events and Fun Facts (A2)
 1:30 **LIS** Book Club Discussion (A2)
 2:30 **CEA** Music Access: Part I (A2)
 4:00 **HPF** Tai Chi: Balance & Posture (A2)
 6:00 Card Games (B)

27

INTERNATIONAL HOLOCAUST REMEMBRANCE DAY
 10:00 **HPF** Total Body Conditioning With Carelink (T)
 10:45 **RSF** Newsletter: Holocaust Remembrance (A2)
 1:30 **LIS** History of the Holocaust (A2)
 3:30 **HPF** Dance & Movement: Git Up & Dance (A2)
 4:00 **HPF** Total Body Conditioning - Beginner (A2)
 6:00 What's in a Word? Trivia (A2)

28

9:30 **RSF** Bible Study Series: Part IV (T)
 10:00 **HPF** Total Body Conditioning With Coach Mike (T)
 11:00 **SCE** Newsletter: Current Events and Fun Facts (T)
 1:30 **CEA** Creative Crafters With bader (A2)
 2:30 **SCE** Vocalist Jan and Gino (B)
 4:00 **HPF** Moving For Memory: Walking Challenge (LGH)

29

NATIONAL PUZZLE DAY
 10:00 **HPF** Cardio Drumming Circle (A2)
 10:30 **SCE** Newsletter: Current Events and Fun Facts (A2)
 1:30 Bingo and Mingle (A2)
 2:30 **SCE** Sudoku & Word Puzzles (A2)
 4:00 **HPF** Flow Yoga (A2)

LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

- The Epiphany Story**
Thursday, January 6, 11:00 AM
- Music History: Elvis Presley**
Saturday, January 8, 2:00 PM
- MLK's Legacy**
Monday, January 17, 1:30 PM



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

30
 10:00 **SCE** Today's Events & Newsletter (LR)
 10:30 **HPF** Tai Chi: Balance & Posture (LR)
 11:00 **RSF** Bible Study and Hymn Sing (LR)
 1:00 **CEA** Music Appreciation: The Shirelles (LR)
 2:00 Nail Spa (LGD)
 3:00 **HPF** Walking Challenge (LR)

31
 10:00 **SCE** Today's Events & Newsletter (LR)
 10:30 **HPF** Cardio Drumming Circle (LR)
 11:00 **SCE** Guitar Music with Mike (LR)
 1:00 **CEA** Music Appreciation: Claude Gauthier (LR)
 1:30 **LIS** What's in a Word (LR)
 2:00 **CEA** Painting (LGD)
 3:00 **HPF** Dance & Movement: The Macarena (LR)



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ROOM LOCATION KEY:
 Hallway LGH
 LG Dining Room LGD
 LG Living Room LR

1
New Year's Day
Solemnity of Mary
 10:00 **RSF** Today's Events & Newsletter (LR)
 10:30 **HPF** Flow Yoga (LR)
 11:00 **LIS** Sensory Stimulation: Find The Pairs (LR)
 1:00 **CEA** Music: Rock Around The Clock (LR)
 3:00 **HPF** Posture and Stretch Fitness Class (LR)

2
 10:00 **SCE** Today's Events & Newsletter (LR)
 10:30 **HPF** Tai Chi: Balance & Posture (LR)
 11:00 **RSF** Bible Study and Hymn Sing (LR)
 1:00 **CEA** Music Appreciation: George Harrison (LR)
 2:00 Nail Spa (LGD)
 3:00 **HPF** Walking Challenge (LGH)

3
International Mind-Body Wellness Day
 10:00 **SCE** Today's Events & Newsletter (LR)
 10:30 **HPF** Cardio Drumming Circle (LR)
 11:00 **CEA** Guitar Music with Mike (LR)
 1:00 **CEA** Music Appreciation: Stephen Stills (LR)
 2:00 **CPI** Civic Engagement Introduction (LR)
 3:00 **HPF** Dance & Movement: The Macarena (LR)

4
National Trivia Day
 10:00 **SCE** Today's Events & Newsletter (LR)
 10:30 **HPF** Flow Yoga (LR)
 11:00 **LIS** Zodiac and Horoscope for January (LR)
 1:00 **CEA** Music Appreciation: Elton John (LR)
 2:00 **SCE** Trivia and Fun Facts (LR)
 3:00 **HPF** Lower Body Conditioning (LR)

5
National Bird Day
 10:00 **SCE** Today's Events & Newsletter (LR)
 10:30 **HPF** Upper Body Conditioning (LR)
 11:00 **LIS** What Year Was It: Classic Cars
 1:00 **CEA** Music: Greetings From Asbury Park, NJ (LR)
 2:00 **SCE** Window Bird Watching (LR)
 3:00 **HPF** Dance & Movement: The Hustle (LR)

6
Epiphany - Close of the Christmas Season
 10:00 **RSF** Today's Events & Newsletter (LR)
 10:30 **HPF** Total Body Conditioning (LR)
 11:00 **LIS** The Epiphany Story (LR)
 1:00 **CEA** Music Appreciation: Sister Sledge (LR)
 3:00 **HPF** Tai Chi: Balance & Posture (LR)

7
 9:30 **SCE** Guitar Music with Mike (LR)
 10:00 **SCE** Today's Events & Newsletter (LR)
 10:30 **HPF** Cardio Drumming Circle (LR)
 11:00 **LIS** What's in a Word? (LR)
 1:00 **CEA** Music Appreciation: Kenny Loggins (LR)
 2:00 **SCE** Laughter Therapy: Riddles (LR)
 3:00 **HPF** Walking Challenge (LGH)

8
Elvis's Birthday
 10:00 **SCE** Today's Events & Newsletter (LR)
 10:30 **HPF** Flow Yoga (LR)
 11:00 **LIS** Sensory Stimulation: Out of Place (LR)
 1:00 **CEA** Today's Music: King Of Rock & Roll (LR)
 2:00 **CEA** Music History: Elvis Presley (LR)
 3:00 **HPF** Posture and Stretch Fitness Class (LR)

9
 10:00 **SCE** Today's Events & Newsletter (LR)
 10:30 **HPF** Tai Chi: Balance & Posture (LR)
 11:00 **RSF** Bible Study & Hymn Sing (LR)
 1:00 **CEA** Music Appreciation: Patsy Cline (LR)
 2:00 Nail Spa (LGD)
 3:00 **HPF** Walking Challenge (LR)

10
 10:00 **SCE** Today's Events & Newsletter (LR)
 10:30 **HPF** Cardio Drumming Circle (LR)
 11:00 **SCE** Guitar Music with Mike (LR)
 1:00 **CEA** Music Appreciation: C.W. McCall (LR)
 2:00 **LIS** Word Wonders: Radio Terms & the 10-Code (LR)
 3:00 **HPF** Dance & Movement: The Macarena (LR)

11
 10:00 **SCE** Today's Events & Newsletter (LR)
 10:30 **HPF** Flow Yoga (LR)
 11:00 **LIS** Trivia and Fun Facts (LR)
 1:00 **CEA** Music Appreciation: Naomi Judd (LR)
 2:00 **LIS** Music History: Instruments, The Guitar (LR)
 3:00 **HPF** Lower Body Conditioning (LR)

12
National Pharmacist Day
 10:00 **SCE** Today's Events & Newsletter (LR)
 10:30 **CEA** Drumming with Chris (LR)
 11:00 **LIS** Reminiscing: A Day At Work (LR)
 1:00 **CEA** Music Appreciation: Felipe Rose (LR)
 2:00 **SCE** What Year Was It: 1950s Art & Relaxation (LGD)
 3:00 **HPF** Dance & Movement: The Hustle (LR)

13
 10:00 **SCE** Today's Events & Newsletter (LR)
 10:30 **HPF** Total Body Conditioning - Beginner (LR)
 11:00 **LIS** Word Wonders: Nature Idioms (LR)
 1:00 **CEA** Music Appreciation: "The Twist" (LR)
 2:00 **LIS** Literary Appreciation: Short Stories (LR)
 3:00 **HPF** Tai Chi: Posture & Balance (LR)

14
 9:30 **SCE** Guitar Music with Mike (LR)
 10:00 **SCE** Today's Events & Newsletters (LR)
 10:30 **HPF** Cardio Drumming Circle (LR)
 11:00 **LIS** Word Wonders: Categories (LR)
 1:00 **CEA** Music Appreciation: The Supremes (LR)
 2:00 **SCE** Express Yourself: Laughter We're After (LR)
 3:00 **HPF** Walking Challenge (LGH)

15
National Hat Day
 10:00 **SCE** Today's Events and Newsletter (LR)
 10:30 **HPF** Flow Yoga (LR)
 11:00 **LIS** Sensory Stimulation: Find The Pairs (LR)
 1:00 **CEA** Music Appreciation: Ruth Slenczynska (LR)
 2:00 **SCE** The Hats We Wear & Share (LR)
 3:00 **HPF** Posture and Stretch Fitness Class (LR)

16
 10:00 **SCE** Today's Events & Newsletter (LR)
 10:30 **HPF** Tai Chi: Balance & Posture (LR)
 11:00 **RSF** Bible Study and Hymn Sing (LR)
 1:00 **CEA** Music Appreciation: Hello Dolly (LR)
 2:00 Nail Spa (LGD)
 3:00 **HPF** Walking Challenge (LGH)

17
Martin Luther King, Jr. Day
 10:00 **SCE** Today's Events & Newsletter (LR)
 10:30 **HPF** Cardio Drumming Circle (LR)
 11:00 **SCE** Guitar Music with Mike (LR)
 1:00 **CEA** Music Appreciation: Barry Manilow (LR)
 1:30 **LIS** MLK's Legacy (LR)
 2:00 **CPI** Civic Engagement: MLK Day of Service (LR)
 3:00 **HPF** Dance & Movement: The Macarena (LR)

18
 10:00 **SCE** Today's Events & Newsletter (LR)
 10:30 **HPF** Flow Yoga (LR)
 11:00 **LIS** Trivia and Fun Facts (LR)
 1:00 **CEA** Music Appreciation: Songs In Advertising (LR)
 2:00 **CEA** Horticulture Painting (LGD)
 3:00 **HPF** Lower Body Conditioning (LR)

19
 10:00 **SCE** Today's Events & Newsletter (LR)
 10:30 **HPF** Upper Body Conditioning (LR)
 11:00 **LIS** What Year Was It: Inventions (LR)
 1:00 **CEA** Music Appreciation: Dolly Parton (LR)
 2:00 **SCE** Bagels & Biographies (LGD)
 3:00 **HPF** Dance & Movement: The Hustle (LR)

20
 10:00 **SCE** Today's Events & Newsletter (LR)
 10:30 **HPF** Total Body Conditioning - Beginner (LR)
 11:00 **LIS** Literary Appreciation: Poetry (LR)
 1:00 **CEA** Music Appreciation: Marcia Griffiths (LR)
 2:00 **SCE** Scavenger Hunt: Around My Community (LR)
 3:00 **HPF** Tai Chi: Balance & Posture (LR)

21
 9:30 **SCE** Guitar Music with Mike (LR)
 10:00 **SCE** Today's Events & Newsletter (LR)
 10:30 **HPF** Cardio Drumming Circle (LR)
 11:00 **LIS** Music History: Iconic Music Venues (LR)
 1:00 **CEA** Music Appreciation: Placido Domingo (LR)
 2:00 **SCE** Laughter Therapy: Classic Comics (LR)
 3:00 **HPF** Walking Challenge (LGH)

22
 10:00 **SCE** Today's Events & Newsletter (LR)
 10:30 **HPF** Flow Yoga (LR)
 11:00 **LIS** Sensory Stimulation: iSpy (LR)
 1:00 **CEA** Music Appreciation: Buddy Holly (LR)
 2:00 **SCE** Reminiscing: Our Wedding Day (LR)
 3:00 **HPF** Posture and Stretch Fitness Class (LR)

23
 10:00 **SCE** Today's Events & Newsletter (LR)
 10:30 **HPF** Tai Chi: Balance & Posture (LR)
 11:00 **RSF** Bible Study and Hymn Sing (LR)
 1:00 **CEA** Music Appreciation: Petula Clark (LR)
 2:00 Pretty Nails (LGD)
 3:00 **HPF** Walking Challenge (LGH)

24
 10:00 **SCE** Today's Events & Newsletter (LR)
 10:30 **HPF** Cardio Drumming Circle (LR)
 11:00 **SCE** Guitar Music with Mike
 1:00 **CEA** Music Appreciation: Aaron Neville (LR)
 1:30 **LIS** Reminiscing: Railway Adventures (LR)
 2:00 Nail Spa (LGD)
 3:00 **HPF** Dance & Movement: The Macarena (LR)

25
 10:00 **SCE** Today's Events & Newsletter (LR)
 10:30 **HPF** Flow Yoga (LR)
 11:00 **LIS** Word Wonders: Flowers (LR)
 1:00 **CEA** Music Appreciation: Etta James (LR)
 2:00 **SCE** Trivia and Fun Facts (LR)
 3:00 **HPF** Lower Body Conditioning (LR)

26
 10:00 **SCE** Today's Events & Newsletter (LR)
 10:30 **HPF** Upper Body Conditioning (LR)
 11:00 **SCE** What Year Was It: 1970s Art & Relaxation (LR)
 1:00 **CEA** Music: David Brings, Little River Band (LR)
 2:00 **SCE** Cooking (LGD)
 3:00 **HPF** Dance & Movement: The Hustle (LR)

27
 10:00 **SCE** Today's Events & Newsletter (LR)
 10:30 **HPF** Total Body Conditioning - Beginner (LR)
 11:00 **LIS** Literary Appreciation: Peter Pan (LR)
 1:00 **CEA** Music Appreciation: Peter Pan (LR)
 2:00 **SCE** Express Yourself: Pastimes (LR)
 3:00 **HPF** Tai Chi: Posture & Balance (LR)

28
 9:30 **SCE** Guitar Music with Mike (LR)
 10:00 **SCE** Today's Events & Newsletter (LR)
 10:30 **HPF** Cardio Drumming Circle (LR)
 11:00 **LIS** Homonyms/Synonyms (LR)
 1:00 **CEA** Music Appreciation: Jean Goldkette (LR)
 2:00 **SCE** Laughter Therapy: Jokes (LR)
 3:00 **HPF** Walking Challenge (LGH)

29
 10:00 **SCE** Today's Events & Newsletter (LR)
 10:30 **HPF** Flow Yoga (LR)
 11:00 **LIS** Sensory Stimulation: Find The Pairs (LR)
 1:00 **CEA** Music Appreciation: Glenn Campbell (LR)
 2:00 **CEA** Art Classes (LR)
 3:00 **HPF** Posture and Stretch Fitness Class (LR)