

# ENGAGE LIFE<sup>®</sup>

## Monthly Calendar of Events and Programming



### Featured Events this Month:

- MLK's Legacy**  
Monday, January 17, 11:30 AM
- Bailey's & Biographies**  
Wednesday, January 19, 3:30 PM
- The Sports Of  
The Winter Olympics**  
Tuesday, January 25, 11:00 AM



## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

**30**

9:15 **RSF** Trip to Religious Services (LB) (AD)

10:15 **HPF** Tai Chi: Balance & Posture (LR) (NS)

11:00 Word Game Challenge (LR) (NS)

12:15 Beading (Bis) (NS)

2:30 **SCE** Live Entertainment (LR) (NS)

3:30 **LIS** ODU: Older Americans - In Our Prime (LR) (NS)

4:30 **HPF** Posture & Stretch Fitness Class (LR) (NS)

7:00 Classic Movie Time (MMR) (RSA)

**31**

10:15 **HPF** Lower Body Conditioning (LR) (NS)

11:00 Trivia (LR) (NS)

11:30 **CPI** Business Club: Walmart (LR) (NS)

2:30 Bingo (LR) (NS)

3:30 **CEA** Debate: Abstract vs. Naturalist Art (LR) (NS)

4:00 **HPF** Moving for Memory: Walking Challenge (LR) (NS)

7:00 Monday Musical (MMR) (GS)



- 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:**

Living Room LR

Multimedia Room MMR

Bistro Bis

Post Office PO

Library LI

Lobby LB

Sunroom SR

In-Room IR

**STAFF KEY:**

Linda Virgilio LV

Resident Led RES

Yoga Instructor- Bonnie Rubell BR

Simmi Malthotra SM

DCS DCS

RSA RSA

Gloria Savino GS

Marie Cummings MC

Cheryl Roberti CR

Nicole Stahl NS

Atria Driver AD

**1**

**NEW YEAR'S DAY SOLEMNITY OF MARY**

10:15 **HPF** Cardio Drumming Circle (LR) (SM)

11:00 **RSF** Newsletter Highlight: Solemnity of Mary (LR) (SM)

11:15 **SCE** New Year's Brain Challenge (LR) (SM)

2:30 Bingo Bonanza (LR) (SM)

3:30 **LIS** ODU: Champagne: The Bottle and Business (LR) (SM)

4:30 **HPF** Posture and Stretch Fitness Class (LR) (SM)

7:00 Movie Time! (MMR) (MC)

**2**

**NEW MOON**

9:15 **RSF** Trip to Religious Services (LB) (AD)

10:15 **HPF** Tai Chi: Balance & Posture (LR) (NS)

11:00 January Trivia (LR) (MC)

12:15 Beading (Bis) (NS)

2:30 **SCE** Musical Entertainment (LR) (NS)

4:00 **HPF** Posture and Stretch Fitness Class (LR) (NS)

7:00 Classic Movie Time! (MMR) (RSA)

**3**

**INTERNATIONAL MIND-BODY WELLNESS DAY**

10:15 **HPF** Mind-Body Exercises for Wellness (LR) (NS)

11:00 Staying healthy during the winter months (LR) (NS)

2:30 Bingo (LR) (NS)

3:30 **LIS** Book Club (Bis) (CR)

4:00 **HPF** Walking Challenge (LB) (NS)

7:00 Movie Musical (MMR) (GS)

**4**

**NATIONAL TRIVIA DAY**

10:15 **HPF** Total body exercise (LR) (LV)

11:00 **SCE** Trivia & Fun Facts Session (LR) (LV)

2:15 **CPI** Ambassador Club Meeting (Bis) (CR)

2:30 World Wide Current Events (LR) (LV)

3:00 **CPI** Knitting/Crocheting for a Cause (LI) (LV)

4:00 **HPF** Walking for memory (LB) (LV)

7:00 Movie Time! (MMR) (MC)

**5**

**NATIONAL BIRD DAY**

10:00 **HPF** Yoga w/ Bonnie (LR) (BR)

11:00 **SCE** Window Bird Watching (LR) (NS)

12:30 **RSF** Rosary (SR) (CR)

2:00 **CEA** Letter Writing: Dear Future Self (LR) (LV)

2:30 Bingo (LR) (LV)

4:00 **HPF** Walking for Memory (LB) (LV)

7:00 Movie Time! (MMR) (MC)

**6**

**EPIPHANY: CLOSE OF THE CHRISTMAS SEASON**

10:15 **HPF** Total Body Conditioning - Beginner (LR) (LV)

11:00 **RSF** Eucharistic Minister (Bis) (LV)

11:30 **RSF** Newsletter: Close of Christmas Season (LR) (LV)

2:30 Bingo (LR) (LV)

4:00 **HPF** Walking for Memory (LB) (LV)

7:00 Movie Time! (MMR) (MC)

**7**

10:15 **HPF** Total Body Conditioning - Advanced (LR) (SM)

10:15 Trip to Target (LB) (AD)

11:00 **LIS** Zodiac & Horoscope of January (LR) (SM)

2:30 **HPF** Yoga (LR) (BR)

3:30 Board Games (PO) (SM)

4:00 **RSF** Shabbat (MMR) (SM)

4:30 **HPF** Moving For Memory: Walking Challenge (LB) (RSA)

7:00 Movie Time! (MMR) (MC)

**8**

**ELVIS PRESLEY'S BIRTHDAY**

10:15 **HPF** Cardio Drumming Circle (LR) (SM)

11:00 **CEA** Music History: Elvis Presley (LR) (SM)

2:30 Bingo Bonanza (LR) (SM)

3:30 **CEA** BJK Journaling (LR) (SM)

4:30 **HPF** Balance exercise class (LR) (SM)

7:00 Movie Time! (MMR) (MC)

**9**

**FIRST QUARTER MOON**

9:15 **RSF** Trip to Religious Services (LB) (AD)

10:15 **HPF** Tai Chi: Balance & Posture (LR) (NS)

11:00 Word Games (LR) (NS)

12:15 **CEA** The scents we smell Art (Bis) (NS)

2:30 **SCE** Live Entertainment (LR) (NS)

4:00 **HPF** Posture and Stretch Fitness Class (LR) (NS)

7:00 Classic Movie Time (MMR) (RSA)

**10**

10:15 **HPF** Lower Body Conditioning (LR) (NS)

11:00 Word Challenge (LR) (NS)

1:00 **CPI** Work Session for MLK Service Day (LR) (NS)

2:30 Bingo (LR) (NS)

4:00 **HPF** Moving For Memory: Walking Challenge (LB) (NS)

7:00 Monday Musical (MMR) (GS)

**11**

10:15 **HPF** Upper Body Workout (LR) (LV)

11:00 This Day in History (LR) (LV)

2:00 **LIS** Exercise Your Brain: Morse Code Learning (LR) (LV)

2:30 **CPI** Food for Thought Meeting (LR) (DCS)

3:00 **CPI** Knitting/Crocheting for a Cause (LI) (LV)

4:00 **HPF** Walking for Memory (LR) (LV)

7:00 Movie Time (MMR) (MC)

**12**

**NATIONAL PHARMACIST DAY**

10:00 **HPF** Yoga w/ Bonnie (LR) (BR)

11:00 **LIS** Newsletter: Pharmacy Discoveries (LR) (LV)

11:15 What's in a Word (LR) (LV)

12:30 **RSF** Rosary (SR) (CR)

2:30 Bingo (LR) (LV)

3:30 **SCE** Cheers & Beers: Beer Flight Tasting (Bis) (LV)

4:00 **HPF** Walking for Memory (LB) (LV)

7:00 Movie Time (MMR) (MC)

**13**

10:15 **HPF** Total Body Conditioning - Beginner (LR) (LV)

11:00 **RSF** Eucharistic Minister (Bis) (LV)

11:30 Word Games (LI) (LV)

1:00 **CPI** Career Connection: Medicine & Healthcare (LR) (LV)

2:30 Bingo (LR) (LV)

4:00 **HPF** Walking for Memory (LB) (LV)

7:00 Movie Time (MMR) (MC)

**14**

10:15 Shopping Trip to Dollar Tree (LB) (AD)

10:15 **HPF** Total Body Conditioning - Advanced (LR) (SM)

11:00 Trivia (LR) (SM)

2:30 **HPF** Yoga (LR) (BR)

3:30 **LIS** ODU: Rosa Parks True Story & Legacy (LR) (SM)

4:00 **RSF** Shabbat (IR) (SM)

4:30 **HPF** Moving For Memory: Walking Challenge (LB) (SM)

7:00 Movie Time (MMR) (MC)

**15**

**NATIONAL HAT DAY**

10:15 **HPF** Cardio Drumming Circle (LR) (SM)

11:00 **SCE** The Hats We Wear & Share (LR) (SM)

2:30 Bingo Bonanza (LR) (SM)

3:30 **CEA** BJK Journaling (LI) (SM)

4:30 **HPF** Strength & Balance (LR) (SM)

7:00 Movie Time! (MMR) (MC)

**16**

9:15 **RSF** Trip to Religious Services (LB) (AD)

10:15 **HPF** Tai Chi: Balance & Posture (LR) (NS)

11:00 Word Game Challenge (LR) (NS)

12:15 Painting craft (Bis) (NS)

2:30 **SCE** Live Entertainment (LR) (NS)

4:00 **HPF** Posture and Stretch Fitness Class

7:00 Classic Movie Time (MMR) (RSA)

**17**

**FULL MOON MARTIN LUTHER KING JR. DAY**

10:15 **HPF** Lower Body Conditioning (LR) (NS)

11:00 Discussion on the different moons (LR) (NS)

11:30 **LIS** MLK's Legacy (LR) (NS)

2:30 Bingo (LR) (NS)

3:30 **CPI** Civic Engagement Day of Service (LR) (NS)

4:00 **HPF** Moving For Memory: Walking Challenge (LR) (NS)

7:00 Monday Musical (IR) (GS)

**18**

10:15 **HPF** upper body exercise (LR) (LV)

11:00 Trivia & Fun Facts (LR) (LV)

2:30 **CPI** Engage Life® Meeting (LR) (CR)

3:00 **CPI** Knitting/Crocheting for a Cause (LI) (LV)

4:00 **HPF** Walking for memory (LB) (LV)

7:00 Movie Time (MMR) (MC)

**19**

10:15 **HPF** Upper Body Conditioning (LR) (LV)

11:00 Do You Remember When!!! (LR) (LV)

12:30 **RSF** Rosary (SR) (CR)

2:30 Bingo (LR) (LV)

3:30 **SCE** Bailey's & Biographies (Bis) (CR)

4:00 **HPF** Walking for Memory (LB) (LV)

7:00 Movie Time (MMR) (MC)

**20**

10:15 **HPF** Total Body Conditioning - Beginner (LR) (LV)

11:00 **RSF** Eucharistic Minister (Bis) (LV)

11:30 This Day in History (LR) (LV)

2:30 Bingo (LR) (LV)

4:00 **HPF** Walking for Memory (LR) (LV)

7:00 Movie Time (MMR) (MC)

**21**

10:15 Shopping Trip to Stop & Shop (LB) (AD)

10:15 **HPF** Total Body Conditioning - Advanced (LR) (SM)

11:00 Word Game Challenge (LR) (SM)

2:30 **HPF** Yoga (LI) (BR)

3:30 Board Games (PO) (SM)

4:00 **RSF** Shabbat (MMR) (SM)

4:30 **HPF** Moving For Memory: Walking Challenge (LB) (SM)

7:00 Movie Time (MMR) (MC)

**22**

10:15 **HPF** Cardio Drumming Circle (LR) (SM)

11:00 **LIS** Brain Challenge: Optical Illusions (LR) (SM)

2:00 **SCE** Scavenger Hunt: Know Your Neighbor (LR) (SM)

2:30 Bingo Bonanza (LR) (SM)

3:30 **CEA** BJK Journaling (LI) (SM)

4:00 **HPF** Walking for Memory (LB) (SM)

7:00 Movie Time! (MMR) (MC)

**23**

9:15 **RSF** Trip to Religious Services (LB) (AD)

10:15 **HPF** Tai Chi: Balance & Posture (LR) (NS)

11:00 **CEA** Music Access: Part I (LR) (NS)

12:15 Crafts (Bis) (NS)

2:30 **SCE** Live Entertainment (LR) (NS)

4:00 **HPF** Posture & Stretch Fitness Class

7:00 Classic Movie Time (MMR) (RSA)

**24**

10:15 **HPF** Lower Body Conditioning (LR) (NS)

11:00 Word Games (LR) (NS)

11:30 **SCE** PositivityTea: Resilience (LR) (NS)

2:30 Bingo (LR) (NS)

4:00 **HPF** Moving For Memory: Walking Challenge (LR) (NS)

7:00 Monday Musical (MMR) (GS)

**25**

**LAST QUARTER MOON**

10:15 **HPF** Strength & Balance (LR) (LV)

11:00 **LIS** The Sports Of The Winter Olympics (LR) (LV)

2:30 **CPI** Resident Council Meeting (LR) (RES)

3:00 **CPI** Knitting/Crocheting for a Cause (LI) (LV)

4:00 **HPF** Dance & Movement: Git Up & Dance

7:00 Movie Time (MMR) (MC)

**26**

10:15 **HPF** Upper Body Conditioning

11:00 Trivia (LR) (LV)

12:30 **RSF** Rosary (SR) (CR)

2:30 Bingo (LR) (LV)

3:30 **LIS** Book Club Discussion (Bis) (CR)

4:00 **HPF** Tai Chi: Balance & Posture

7:00 Movie Time (MMR) (MC)

**27**

**INTERNATIONAL HOLOCAUST REMEMBRANCE DAY**

10:15 **HPF** Total Body Conditioning - Beginner (LR) (LV)

11:00 **RSF** Eucharistic Minister (Bis) (LV)

11:30 **RSF** Newsletter: Holocaust Remembrance (LR) (LV)

2:30 Bingo (LR) (LV)

4:00 **HPF** Dance & Movement: Git Up & Dance

7:30 Movie Time (MMR) (MC)

**28**

10:15 **HPF** Total Body Conditioning - Advanced (LR) (SM)

10:15 Shopping Trip to Target (LB) (AD)

11:00 **SCE** Up for Discussion: Senior Citizenship (LR) (SM)

2:30 **HPF** Yoga (LR) (BR)

3:30 Board Games (PO) (SM)

4:00 **HPF** Moving For Memory (LR) (SM)

4:00 **RSF** Shabbat (MMR) (SM)

7:30 Movie Time (MMR) (MC)

**29**

**NATIONAL PUZZLE DAY**

10:15 **HPF** Cardio Drumming Circle (LR) (SM)

11:00 **SCE** Word Puzzles (LR) (SM)

2:30 Bingo Bonanza (LR) (SM)

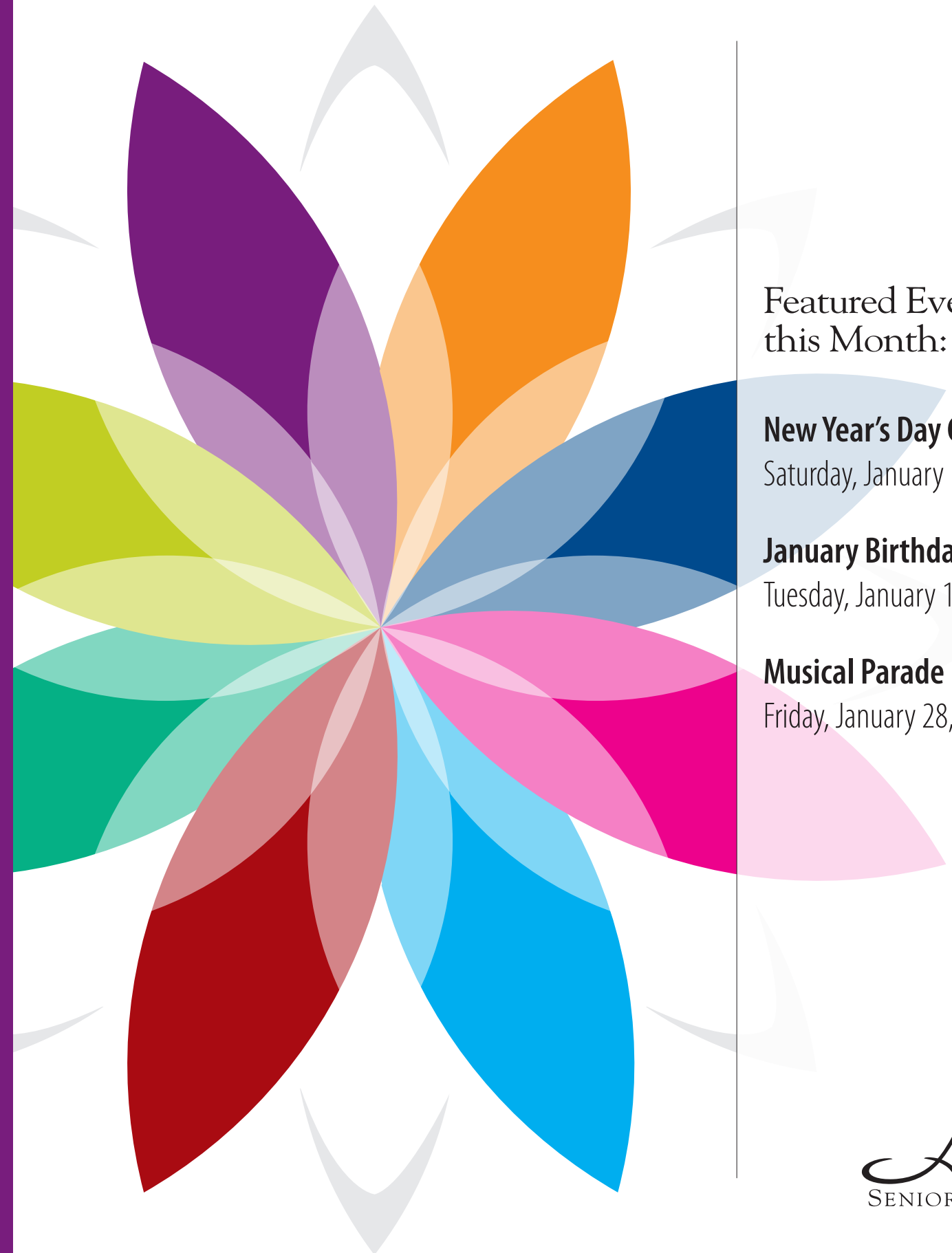
3:30 **CEA** BJK Journaling (LR) (SM)

4:00 **HPF** Walking for Memory (LB) (RSA)

7:00 Movie Time! (MMR) (MC)

# LIFE GUIDANCE<sup>®</sup>

## Monthly Calendar of Events and Programming



### Featured Events this Month:

**New Year's Day Celebration**

Saturday, January 1, 3:30 PM

**January Birthday Celebration**

Tuesday, January 11, 3:00 PM

**Musical Parade**

Friday, January 28, 3:00 PM



## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

**30**

10:00 **SCE** Today's Events & Newsletter (LR) (KD)

11:00 **HPF** Tai Chi: Balance & Posture (LR) (KD)

1:00 **CEA** Music Appreciation: The Shirelles (LR) (KD)

2:00 Board Games (K2) (KD)

3:00 **HPF** Walking Challenge (LR) (KD)

6:00 **SCE** Sunday at the Movies (LR) (RSA)

**31**

10:00 **SCE** Today's Events & Newsletter (LR) (KD)

11:00 **HPF** Cardio Drumming Circle (LR) (KD)

1:00 **CEA** Music Appreciation: Claude Gauthier (LR) (KD)

2:00 **CEA** Sing Across Canada: Quebec (LR) (KD)

3:00 **HPF** Dance & Movement: The Macarena (LR) (KD)

6:00 **RSF** Bible Study (LR) (RSA)



- 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:**

Kitchen 2 K2

Lobby LB

Life Guidance® LG

Library LI

Living Room LR

**STAFF KEY:**

RSA

Yoga Instructor- Bonnie Rubell BR

Nicole Stahl NS

Karen Dobson KD

Kathleen O'Connor, ELD KO

Kaitlyn Gallagher, ELPI KG

**1**

**NEW YEAR'S DAY SOLEMNITY OF MARY**

10:00 **RSF** Today's Events & Newsletter (LR) (NS)

11:00 **HPF** Flow Yoga (LR) (NS)

1:00 **CEA** Music: Rock Around The Clock (LR) (NS)

2:00 **HPF** Posture and Stretch Fitness Class (LR) (NS)

3:30 **SCE** New Year's Day Celebration (LR) (KD)

4:00 **LIS** Sensory Stimulation: Find The Pairs (LR) (KD)

6:00 **SCE** Movie Time! (LR) (KD)

**2**

10:00 **SCE** Today's Events & Newsletter (LR) (KD)

11:00 **HPF** Tai Chi: Balance & Posture (LR) (KD)

1:00 **CEA** Music Appreciation: George Harrison (LR) (KD)

2:00 **CPI** Civic Engagement Introduction (LR) (KD)

3:00 **HPF** Walking Challenge (LR) (KD)

4:00 Board Games (K2) (KD)

6:00 **SCE** Sunday at the Movies (LR) (KD)

**3**

**INTERNATIONAL MIND-BODY WELLNESS DAY**

10:00 **SCE** Today's Events & Newsletter (LR) (KD)

11:00 **HPF** Cardio Drumming Circle (LR) (KD)

1:00 **CEA** Music Appreciation: Stephen Stills (LR) (KD)

2:00 **HPF** Mind-Body Exercises for Wellness (LR) (KD)

3:00 **HPF** Dance & Movement: The Macarena (LR) (KD)

6:00 **RSF** Bible Study (LR) (RSA)

**4**

**NATIONAL TRIVIA DAY**

10:00 **SCE** Today's Events & Newsletter (LR) (NS)

11:00 **HPF** Flow Yoga (LR) (NS)

1:00 **CEA** Music Appreciation: Elton John (LR) (NS)

2:00 **LIS** Zodiac and Horoscope for January (LR) (NS)

3:00 **HPF** Lower Body Conditioning (LR) (NS)

4:00 **SCE** Trivia and Fun Facts (LR) (NS)

6:00 **SCE** Movie Time! (LR) (RSA)

**5**

**NATIONAL BIRD DAY**

10:00 **SCE** Today's Events & Newsletter (LR) (NS)

11:00 **HPF** Yoga With Bonnie (LB) (BR)

1:00 **CEA** Music: Greetings From Asbury Park, NJ (LR) (NS)

2:00 **SCE** Window Bird Watching (LR) (NS)

3:00 **HPF** Dance & Movement: The Hustle (LR) (NS)

4:00 **SCE** What Year Was It: Classic Cars (LR) (NS)

6:00 **SCE** Movie Time! (LR) (RSA)

**6**

**EPIPHANY-CLOSE OF THE CHRISTMAS**

10:00 **RSF** Today's Events & Newsletter (LR) (NS)

11:00 **HPF** Total Body Conditioning (LR) (NS)

1:00 **CEA** Music Appreciation: Sister Sledge (LR) (NS)

2:00 **HPF** Tai Chi: Balance & Posture (LR) (NS)

4:00 **LIS** Literary Appreciation: Poetry (LR) (NS)

6:00 **SCE** Movie Time! (LR) (RSA)

**7**

10:00 **SCE** Today's Events & Newsletter (LR) (NS)

11:00 **HPF** Walking Challenge (LR) (NS)

1:00 **CEA** Music Appreciation: Kenny Loggins (LR) (NS)

3:00 **HPF** Cardio Drumming Circle (LR) (NS)

4:00 **SCE** Laughter Therapy: Riddles (LB) (NS)

6:00 **SCE** Movie Time! (LR) (NS)

**8**

**ELVIS BIRTHDAY**

10:00 **SCE** Today's Events & Newsletter (LR) (KD)

11:00 **HPF** Flow Yoga (LR) (KD)

1:00 **CEA** Today's Music: King Of Rock & Roll (LR) (KD)

2:00 **CEA** Music History: Elvis Presley (LR) (KD)

3:00 **HPF** Posture and Stretch Fitness Class

4:00 **LIS** Sensory Stimulation: Out of Place (LR) (KD)

6:00 **SCE** Movie Time! (LR) (KD)

**9**

10:00 **SCE** Today's Events & Newsletter (LR) (KD)

11:00 **HPF** Tai Chi: Balance & Posture (LR) (KD)

1:00 **CEA** Music Appreciation: Patsy Cline (LR) (KD)

2:00 **CEA** Music History: Country Music (LR) (KD)

3:00 **HPF** Walking Challenge (LR) (KD)

4:00 Board Games (KD)

6:00 **SCE** Sunday at the Movies (LR) (KD)

**10**

10:00 **SCE** Today's Events & Newsletter (LR) (KD)

11:00 **HPF** Cardio Drumming Circle (LR) (KD)

1:00 **CEA** Music Appreciation: C.W. McCall (LR) (KD)

2:00 **LIS** Word Wonders: Radio Terms & the 10-Code (LI) (KD)

3:00 **HPF** Dance & Movement: The Macarena (LR) (KD)

4:00 **CPI** Work Session: MLK Day of Service (LR) (KD)

6:00 **RSF** Bible Study (LR) (RSA)

**11**

10:00 **SCE** Today's Events & Newsletter (LR) (NS)

11:00 **HPF** Flow Yoga (LR) (NS)

1:00 **CEA** Music Appreciation: Naomi Judd (LR) (NS)

2:00 **CEA** Music History: Instruments, The Guitar (LR) (NS)

3:00 **SCE** January Birthday Celebration (K2) (NS)

4:00 **HPF** Lower Body Conditioning (LR) (NS)

6:00 **SCE** Trivia and Fun Facts (LR) (RSA)

**12**

**NATIONAL PHARMACIST DAY**

10:00 **CPI** Today's Events & Newsletter (LR) (NS)

11:00 **HPF** Yoga With Bonnie (LR) (BR)

1:00 **CEA** Music Appreciation: Felipe Rose (LR) (NS)

2:00 **SCE** Reminiscing: A Day At Work (LR) (NS)

3:00 **HPF** Dance & Movement: The Hustle (LR) (NS)

4:00 **SCE** What Year Was It: 1950s Art & Relaxation (LR) (NS)

6:00 **SCE** Movie Time! (LR) (RSA)

**13**

10:00 **SCE** Today's Events & Newsletter (LR) (NS)

11:00 **HPF** Total Body Conditioning - Beginner (LR) (NS)

1:00 **CEA** Music Appreciation: "The Twist" (LR) (NS)

2:00 **LIS** Word Wonders: Nature Idioms (LR) (NS)

3:00 **HPF** Tai Chi: Posture & Balance (LR) (NS)

4:00 **LIS** Literary Appreciation: Short Stories (LR) (NS)

6:00 **SCE** Movie Time! (LR) (RSA)

**14**

10:00 **SCE** Today's Events & Newsletters (LR) (NS)

11:00 **HPF** Walking Challenge (LB) (NS)

1:00 **CEA** Music Appreciation: The Supremes (LR) (NS)

3:00 **HPF** Cardio Drumming Circle (LR) (NS)

4:00 **SCE** Express Yourself: Laughter We're After (LR) (NS)

6:00 **SCE** Movie Time! (LR) (NS)

**15**

**NATIONAL HAT DAY**

10:00 **SCE** Today's Events and Newsletter (LR) (NS)

11:00 **HPF** Flow Yoga (LR) (NS)

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

**16**

10:00 **SCE** Today's Events & Newsletter (LR) (KD)

11:00 **HPF** Tai Chi: Balance & Posture (LR) (KD)

1:00 **CEA** Music Appreciation: Hello Dolly (LR) (KD)

2:00 Board Games (K2) (KD)

3:00 **HPF** Walking Challenge (LR) (KD)

6:00 **SCE** Sunday at the Movies (LR) (KD)

**17**

**MARTIN LUTHER KING JR.**

10:00 **SCE** Today's Events & Newsletter (LR) (KD)

11:00 **HPF** Cardio Drumming Circle (LR) (KD)

1:00 **CEA** Music Appreciation: Barry Manilow (LR) (KD)

2:00 **LIS** MLK's Legacy (LR) (KD)

3:00 **CPI** Civic Engagement: Day of Service (LR) (KD)

4:00 **HPF** Dance & Movement: The Macarena (LR) (KD)

6:00 **RSF** Bible Study (LR) (RSA)

**18**

10:00 **SCE** Today's Events & Newsletter (LR) (NS)

11:00 **HPF** Flow Yoga (LR) (NS)

1:00 **CEA** Music Appreciation: Songs In Advertising (LR) (NS)

2:00 **CEA** Horticulture: Succulent Terrariums (LR) (NS)

3:00 **HPF** Lower Body Conditioning (LR) (NS)

4:00 **SCE** Trivia and Fun Facts (LR) (NS)

6:00 **SCE** Movie Time! (LR) (RSA)

**19**

10:00 **SCE** Today's Events & Newsletter (LR) (NS)

11:00 **HPF** Yoga With Bonnie (LR) (BR)

1:00 **CEA** Music Appreciation: Dolly Parton (LR) (NS)

2:00 **SCE** Bagels & Biographies (LR) (NS)

3:00 **HPF** Dance & Movement: The Hustle (LR) (NS)

4:00 **SCE** What Year Was It: Inventions (LR) (NS)

6:00 **SCE** Movie Time! (LR) (RSA)

**20**

10:00 **SCE** Today's Events & Newsletter (LR) (NS)

11:00 **HPF** Total Body Conditioning - Beginner (LR) (NS)

1:00 **CEA** Music Appreciation: Marcia Griffiths (LR) (NS)

2:00 **SCE** Scavenger Hunt: Around My Community (LR) (NS)

3:00 **HPF** Tai Chi: Balance & Posture (LR) (NS)

4:00 **LIS** Literary Appreciation: Poetry (LR) (NS)

6:00 **SCE** Movie Time! (LR) (NS)

**21**

10:00 **SCE** Today's Events & Newsletter (LR) (NS)

11:00 **HPF** Walking Challenge (LR) (NS)

1:00 **CEA** Music Appreciation: Placido Domingo (LR) (NS)

2:00 **CEA** Music History: Iconic Music Venues (LR) (NS)

3:00 **HPF** Cardio Drumming Circle (LR) (NS)

4:00 **SCE** Laughter Therapy: Classic Comics (LR) (NS)

6:00 **SCE** Movie Time! (LR) (NS)

**22**

10:00 **SCE** Today's Events & Newsletter

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

**23**

10:00 **SCE** Today's Events & Newsletter (LR) (KD)

11:00 **HPF** Tai Chi: Balance & Posture (LR) (KD)

1:00 **CEA** Music Appreciation: Petula Clark (LR) (KD)

2:00 **SCE** Reminiscing: Railway Adventures (LR) (KD)

3:00 **HPF** Walking Challenge (LR) (KD)

4:00 Board Games (K2) (KD)

6:00 **SCE** Sunday at the Movies (LR) (RSA)

**24**

10:00 **SCE** Today's Events & Newsletter (LR) (KD)

11:00 **HPF** Cardio Drumming Circle (LR) (KD)

1:00 **CEA** Music Appreciation: Aaron Neville (LR) (KD)

2:00 **CEA** Scentsary Art (LR) (KD)

3:00 **HPF** Dance & Movement: The Macarena (LR) (KD)

6:00 **RSF** Bible Study (LR) (RSA)

**25**

10:00 **SCE** Today's Events & Newsletter (LR) (NS)

11:00 **HPF** Flow Yoga (LR) (NS)

1:00 **CEA** Music Appreciation: Etta James (LR) (NS)

2:00 **LIS** Word Wonders: Flowers (LR) (NS)

3:00 **HPF** Lower Body Conditioning (LR) (NS)

4:00 **SCE** Trivia and Fun Facts (LR) (NS)

6:00 **SCE** Movie Time! (LR) (RSA)

**26**

10:00 **SCE** Today's Events & Newsletter (LR) (NS)

11:00 **HPF** Yoga With Bonnie (LR) (BR)

1:00 **CEA** Music: David Brings, Little River Band (LR) (NS)

3:00 **HPF** Dance & Movement: The Hustle (LR) (NS)

4:00 **SCE** What Year Was It: 1970s Art & Relaxation (LR) (NS)

6:00 **SCE** Movie Time! (LR) (RSA)

**27**

10:00 **SCE** Today's Events & Newsletter (LR) (NS)

11:00 **HPF** Total Body Conditioning - Beginner (LR) (NS)

1:00 **CEA** Music Appreciation: Peter Pan (LR) (NS)

2:00 **SCE** Express Yourself: Pastimes (LR) (NS)

3:00 **HPF** Tai Chi: Posture & Balance (LR) (NS)

4:00 **LIS** Literary Appreciation: Peter Pan (LR) (NS)

6:00 **SCE** Movie Time! (LR) (NS)

**28**

10:00 **SCE** Today's Events & Newsletter (LR) (NS)

11:00 **HPF** Walking Challenge (LR) (NS)

1:00 **CEA** Music Appreciation: Jean Goldkette (LR) (NS)

3:00 **CEA** Musical Parade (LG) (NS)

3:00 **HPF** Cardio Drumming Circle (LR) (NS)

4:00 **SCE** Laughter Therapy: Jokes (LR) (NS)

6:00 **SCE** Movie Time! (LR) (NS)

**29**

10:00 **SCE** Today's Events & Newsletter

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