

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

**Earnie's Restaurant
at PGA Golf Course**

Wednesday, January 5, 11:30 AM

Live Comedy Show

Friday, January 7, 3:00 PM

**Cheers & Beers:
Beer Flight Tasting**

Wednesday, January 12, 3:00 PM



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

30

10:00 **RSF** Sacred Heart Services (LR)
 10:30 **HPF** Low-Impact Exercise (VR)
 1:00 **CPI** Business Club: Walmart (VR)
 2:00 Bingo (VR)
 3:00 **CEA** Debate: Abstract vs. Naturalist Art (VR)
 3:30 Happy Hour cart (LB)
 4:30 **HPF** Dance & Movement: The Balance Dance

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9:30 **HPF** Strength and Balance (VR)
 10:00 **HPF** Moving For Memory: Walking Challenge (LB)
 10:30 Albertsons and 99 Cent Store (LB)
 1:00 **LIS** ODU: Older Americans - In Our Prime
 2:00 Bingo (VR)
 3:00 **SCE** Rick Steves Travel Log (VR)
 3:30 Happy Hour Cart (LB)
 4:30 **HPF** Lower Body Conditioning (VR)
 5:00 **SCE** Up for Discussion: Senior Citizenship (VR)



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:
 Lobby LB
 Vintage Room VR
 Living Room LR
 Pool PL
 Activity Room AR
 Restaurant RT
 In-Room IR

NEW YEAR'S DAY SOLEMNITY OF MARY
 9:00 **RSF** Newsletter Highlight: Solemnity of Mary (IR)
 10:00 **HPF** Cardio Drumming Circle (VR)
 11:00 **CEA** Time Capsule Wishes (VR)
 1:00 **SCE** New Year's Brain Challenge (AR)
 2:00 Bingo (VR)
 3:00 New Year's Happy Hour (LB)
 3:30 **LIS** ODU: Champagne: The Bottle and Business (VR)
 4:30 **HPF** Posture and Stretch Fitness Class (VR)

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NEW MOON

10:00 **RSF** Sacred Heart Church (LR)
 10:30 **HPF** Aerobic Exercise (VR)
 11:00 **RSF** Bible Study Series: Part I (LR)
 1:00 **CPI** Civic Engagement Working Session (VR)
 2:00 Bingo (VR)
 3:00 **LIS** Book Club Launch (VR)
 3:30 Happy Hour Cart (LB)
 4:00 **HPF** Posture and Stretch Fitness Class (VR)

INTERNATIONAL MIND-BODY WELLNESS DAY

9:30 **HPF** Strength and Balance (VR)
 10:00 **HPF** Moving For Memory: Walking Challenge (LB)
 10:30 Walmart and 99 Cent Store (LR)
 1:00 **CEA** Music of the 60's Era (VR)
 2:00 Bingo (VR)
 3:00 **SCE** Rick Steves travel Log (VR)
 3:30 Happy Hour Cart (LR)
 4:30 **HPF** Lower Body Conditioning (VR)

NATIONAL TRIVIA DAY

10:30 **HPF** Daily Exercise w/ Alex (VR)
 11:00 **CPI** Ambassador Club Meeting (VR)
 2:00 Bingo (VR)
 3:00 **SCE** Wii® Games: Golf and Bowling (VR)
 3:00 **SCE** Billiards (LR)
 4:00 Happy Hour (LR)
 4:30 **HPF** Dance & Movement: The Mambo (VR)
 5:00 **SCE** Trivia & Fun Facts Session (VR)
 6:00 Card Games (VR)

NATIONAL BIRD DAY

10:30 **HPF** Upper Body Conditioning (VR)
 11:30 **SCE** Earnie's Restaurant at PGA Golf Course (LB)
 1:00 **LIS** Monthly Book Club (VR)
 2:00 **SCE** Movie Matinee (VR)
 3:00 Happy Hour Snack Cart (LB)
 4:00 **HPF** Tai Chi: Balance & Posture (VR)
 4:30 **CEA** Letter Writing: Dear Future Self (VR)
 6:00 **SCE** Card Game (VR)

EPIPHANY: CLOSE OF THE CHRISTMAS SEASON

9:00 **RSF** Newsletter: Close of Christmas Season (IR)
 10:30 **HPF** Total Body Exercise (VR)
 1:00 **HPF** Aqua Exercise (PL)
 2:00 Bingo (VR)
 3:00 **LIS** Monthly Book Club (VR)
 4:00 Happy Hour (LB)
 5:00 **SCE** Movie (IR)

9:30 **HPF** Strength and Balance (VR)
 10:00 Scenic Drive w/ Memo (LB)
 10:00 **HPF** Walking Challenge Monthly Launch (LB)
 11:00 **RSF** Bible Study Series: Part I (LR)
 1:00 **LIS** Zodiac & Horoscope of January (AR)
 2:00 Bingo (VR)
 3:00 Happy Hour (LB)
 3:00 **SCE** Live Comedy Show (VR)
 3:00 **CPI** Civic Engagement Project Launch (VR)
 6:00 Board Game Night (VR)

ELVIS PRESLEY'S BIRTHDAY

10:30 **HPF** Cardio Drumming Circle (VR)
 1:00 **CEA** Music History: Elvis Presley (AR)
 2:00 Bingo (VR)
 3:30 Happy Hour Cart (LB)
 4:30 **HPF** Posture and Stretch Fitness Class (VR)
 5:00 **SCE** Movie (IR)

FIRST QUARTER MOON

10:00 **RSF** Sacred Heart Services (LR)
 10:30 **HPF** Aerobic Exercise (VR)
 2:00 Bingo (VR)
 3:00 **CEA** Scentsary Art (VR)
 3:30 Happy Hour Cart (LR)
 4:30 **HPF** Posture and Stretch Fitness Class (VR)
 5:00 **SCE** Movie (IR)

9:30 **HPF** Strength and Balance (VR)
 10:00 **HPF** Moving For Memory: Walking Challenge (LB)
 10:30 Rite Aid and 99 Cent Store (LB)
 1:00 **CPI** Work Session for MLK Service Day (VR)
 2:00 Bingo (VR)
 3:00 **SCE** Rick Steves Travel Log (VR)
 4:00 Happy Hour (LR)
 4:30 **HPF** Lower Body Conditioning (VR)

10:30 **HPF** Low-Impact Exercise (VR)
 11:00 **CPI** Engage Life® Planning Meeting (VR)
 11:00 **HPF** Blood Pressure Clinic (VR)
 1:00 **LIS** Exercise Your Brain: Morse Code Learning (AR)
 2:00 Bingo (VR)
 3:00 **SCE** Wii® Games: Bowling and Golf (VR)
 3:00 **SCE** Billiards (LR)
 3:30 **CEA** Scentsary Art (VR)
 4:00 Happy Hour (LB)
 4:30 **HPF** Dance & Movement: Cupid Shuffle (VR)
 6:00 Card Games (VR)

NATIONAL PHARMACIST DAY

9:00 **SCE** Coffee and Chat w/ Chere (VR)
 9:00 **LIS** Newsletter: Pharmacy Discoveries (IR)
 10:30 **HPF** Upper Body Conditioning (VR)
 3:00 **SCE** Cheers & Beers: Beer Flight Tasting (LB)
 4:00 **HPF** Tai Chi: Balance & Posture (VR)
 6:00 **SCE** Card Game (VR)

10:30 **HPF** Total Body: Beginner (VR)
 1:00 **HPF** Aqua Exercise (PL)
 1:00 **CPI** Career Connection: Medicine & Healthcare (VR)
 2:00 Bingo (VR)
 3:00 **HPF** Wii® Games: Bowling and Golf (VR)
 4:00 Happy Hour (LB)
 4:30 **HPF** Dance & Movement (VR)
 5:00 **SCE** Movie (IR)

9:30 **HPF** Strength and Balance (VR)
 10:00 **HPF** Moving For Memory: Walking Challenge (LB)
 11:00 **RSF** Bible Study Series: Part II (LR)
 2:00 Bingo (VR)
 3:00 **LIS** ODU: Rosa Parks True Story & Legacy (VR)
 4:00 Happy Hour (LB)
 4:30 **HPF** Total Body Conditioning (VR)
 6:00 Board Game Night (VR)

NATIONAL HAT DAY

10:00 **HPF** Cardio Drumming Circle (VR)
 1:00 **SCE** The Hats We Wear & Share (VR)
 2:00 Bingo (VR)
 3:30 Happy Hour (LR)
 4:00 **HPF** Posture and Stretch Fitness Class (VR)
 5:00 **SCE** Movie (IR)

10:00 **RSF** Sacred Heart Service (LR)
 10:30 **HPF** Low-Impact Exercise (VR)
 1:00 **LIS** MLK's Legacy (VR)
 2:00 Bingo (VR)
 4:00 Happy Hour (LR)
 4:30 **HPF** Posture and Stretch Fitness Class
 5:00 **LIS** Four Films That Changed America (VR)

FULL MOON MARTIN LUTHER KING JR. DAY

9:30 **HPF** Strength and Balance (VR)
 10:00 **HPF** Moving For Memory: Walking Challenge (LB)
 10:30 Dollar Tree and Walgreens (LB)
 1:00 **CPI** Civic Engagement Day of Service (VR)
 2:00 Bingo (VR)
 3:00 **SCE** Rick Steves travel Log (VR)
 4:00 Happy Hour (LB)
 4:30 **HPF** Lower Body Conditioning (VR)

10:30 **HPF** Low-Impact Exercise (VR)
 11:00 **HPF** Blood Pressure Clinic (VR)
 1:00 **CEA** Horticulture: Succulent Terrariums (VR)
 2:00 Bingo (VR)
 3:00 **SCE** Wii® Bowling and Golf (VR)
 3:00 **SCE** Billiards (LR)
 3:30 **HPF** Dance & Movement w/ Alex (VR)
 4:00 Happy Hour (LB)
 6:00 Card Games (VR)

10:00 **SCE** Museum of Ancient Wonders (LB)
 10:30 **HPF** Low-Impact Exercise (VR)
 2:00 **SCE** Movie Matinee (VR)
 3:00 Happy Hour Coffee Cart (LB)
 4:30 **HPF** Tai Chi: Balance & Posture (VR)
 4:30 **SCE** Bailey's & Biographies (VR)
 6:00 Card Games (VR)

10:30 **HPF** Low-Impact Exercise (VR)
 1:00 **CPI** Food For Thought - Culinary Led (RT)
 1:00 **HPF** Aqua Exercise (PL)
 2:00 Bingo (VR)
 3:30 Happy Hour Cart (LB)
 4:30 **HPF** Dance & Movement (VR)

9:30 **HPF** Strength and Balance (VR)
 10:00 **HPF** Moving For Memory: Walking Challenge (LB)
 11:00 **RSF** Bible Study Series: Part III (LR)
 2:00 Bingo (VR)
 3:30 Happy Hour (LR)
 4:30 **HPF** Yoga (VR)
 6:00 Board Game Night (VR)

10:30 **HPF** Cardio Drumming Circle (VR)
 1:00 **LIS** Brain Challenge: Optical Illusions (AR)
 2:00 Bingo (VR)
 3:00 **SCE** Scavenger Hunt: Know Your Neighbor (VR)
 3:30 Happy Hour cart (LB)
 4:00 **HPF** Posture and Stretch Fitness Class (VR)
 5:00 **SCE** Movie (IR)

10:00 **RSF** Sacred Heart Church (LR)
 10:30 **HPF** Low-Impact Exercise (VR)
 1:00 **LIS** The Sports Of The Winter Olympics (AR)
 2:00 Bingo (VR)
 3:30 Happy Hour Cart (LB)
 4:30 **HPF** Posture & Stretch Fitness Class (VR)

9:30 **HPF** Strength and Balance (VR)
 10:00 **HPF** Moving For Memory: Walking Challenge (LB)
 11:00 **CPI** Resident Council Meeting (VR)
 2:00 Bingo (VR)
 3:00 **SCE** Rick Steves Travel Log (VR)
 4:00 Happy Hour (LB)
 4:30 **HPF** Lower Body Conditioning (VR)

LAST QUARTER MOON

10:30 **HPF** Low-Impact Exercise (VR)
 11:00 **HPF** Blood Pressure Clinic (LB)
 2:00 Bingo (VR)
 3:00 **SCE** Wii® Bowling and Golf (VR)
 3:00 **SCE** Billiards (LR)
 4:00 Happy Hour (LB)
 4:30 **HPF** Dance & Movement (VR)
 6:00 Card Games (VR)

10:30 **HPF** Upper Body Conditioning (VR)
 12:30 **SCE** Residents' Birthday Celebration (RT)
 1:00 **LIS** Book Club Discussion (VR)
 2:00 **SCE** Movie Matinee (VR)
 3:00 **CEA** Music Access: Part I (VR)
 3:00 Champagne Happy Hour
 4:00 **HPF** Tai Chi: Balance & Posture
 6:00 Card Games (VR)

INTERNATIONAL HOLOCAUST REMEMBRANCE DAY

9:00 **RSF** Newsletter: Holocaust Remembrance (IR)
 10:30 **HPF** Total Body: Beginner (VR)
 1:00 **HPF** Aqua Exercise (PL)
 2:00 Bingo (VR)
 4:00 Happy Hour (LB)
 4:30 **HPF** Dance & Movement:
 5:00 **SCE** Movie (IR)

9:30 **HPF** Strength and Balance (VR)
 10:00 **HPF** Moving For Memory: Walking Challenge (LB)
 11:00 **RSF** Bible Study Series: Part IV (LR)
 2:00 Bingo (VR)
 3:30 Happy Hour Cart (LB)
 6:00 Board Game Night (VR)

NATIONAL PUZZLE DAY

10:30 **HPF** Cardio Drumming Circle (VR)
 1:00 **SCE** Sudoku & Word Puzzles (AR)
 2:00 Bingo (VR)
 3:30 Happy Hour Cart (LB)
 4:30 **HPF** Flow Yoga (VR)
 5:00 **SCE** Movie (IR)