

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

Pour Art/Repurposing Canvases

Wednesday, January 5, 11:00 AM

Classical Pianist, Adrian Zaragoza

Sunday, January 16, 3:00 PM

Resident Showcase

Wednesday, January 26, 3:00 PM



JANUARY 2022

ATRIA COVELL GARDENS engage life®

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

- 30**
- 9:00 LIS The Learning Brain (TH)
 - 9:00 Church Shuttle (B)
 - 9:30 HPF Cardio Workout/Getting in Shape (AR)
 - 10:00 HPF Group Exercise (AR)
 - 10:30 LIS Music through Film (AR)
 - 11:00 HPF Tai Chi Balance & Posture (AR)
 - 1:30 Prize Bingo (AR)
 - 2:30 CEA Designer Planters: Painted Flowerpots (AR)
 - 3:30 HPF Exercises for Balance (AR)
 - 4:15 CPI Computer Help (IR)
 - 6:00 CEA Let's Rock Inspirational Rocks (AR)
 - 7:00 LIS Native America (CR)

- 31**
- 9:00 LIS How to Stay Fit as You Age (TH)
 - 9:30 HPF Cardio Workout/Getting in Shape (AR)
 - 10:00 HPF Group Exercise (AR)
 - 11:00 CEA Sand Art Project (AR)
 - 1:00 LIS Dogs Decoded/Human-Dog Relationship (CR)
 - 1:30 Bingo (AR)
 - 2:30 Pinochle (1BW)
 - 2:45 Wii® Bowling (AR)
 - 4:00 HPF Exercises for Arthritis (AR)
 - 4:30 CPI Computer Help (IR)
 - 6:00 CPI Blankets for Project Linus (AR)
 - 7:00 LIS Country Music/Part Five (CR)



- 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:**
- Conference Room CR
 - Theater TH
 - Arts & Crafts Room AR
 - Bistro BIS
 - 1st Floor B Wing 1BW
 - Restaurant R
 - Bus B
 - Library Lib
 - Front Lobby FL
 - In Room IR
 - Courtyards CT

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- 1**
- 10:00 HPF Group Exercise (AR)
 - 10:30 LIS Music through Film (TH)
 - 11:00 HPF Yoga Fitness Program: Yoga Flow (AR)
 - 1:15 Afternoon Movie (TH)
 - 1:30 Bingo (AR)
 - 1:30 SCE Singer, Guitarist, Denis Colletet (CT)
 - 2:30 SCE Ice Cream Social (BIS)
 - 2:30 Mexican Train Dominoes (1BW)
 - 2:45 HPF Exercises for Balance (AR)
 - 3:30 HPF Qigong (AR)
 - 4:00 RSF Guided Meditation/Words to Relax (TH)
 - 7:00 Saturday Night Movie (TH)

- 2**
- 9:00 Church Shuttle (B)
 - 9:00 LIS The Learning Brain (TH)
 - 9:30 HPF Cardio Workout/Getting in Shape (AR)
 - 10:00 HPF Group Exercise (AR)
 - 11:00 RSF Church Service (TH)
 - 11:00 HPF Tai Chi Balance & Posture (AR)
 - 1:30 Prize Bingo (AR)
 - 2:30 LIS Phraseology: Homonyms & Synonyms (AR)
 - 3:30 HPF Exercises for Balance (AR)
 - 4:15 CPI Computer Help (IR)
 - 6:00 CEA Let's Rock-Creating Inspirational Rocks (AR)
 - 7:00 LIS The Dust Bowl (CR)

- 3**
- 9:00 LIS How to Stay Fit as You Age (TH)
 - 9:30 HPF Cardio Workout/Getting in Shape (AR)
 - 10:00 HPF Group Exercise (AR)
 - 10:30 Town Hall (R)
 - 11:00 CEA Sand Art Project (AR)
 - 1:00 LIS America's Endangered Species (CR)
 - 1:30 Bingo (AR)
 - 2:30 LIS Book Chat (Lib)
 - 2:45 Wii® Bowling (AR)
 - 4:00 HPF Exercises for Arthritis (AR)
 - 4:30 CPI Computer Help (IR)
 - 7:00 LIS Country Music/Part One (CR)

- 4**
- 8:15 HPF Walking Club (CT)
 - 9:00 LIS The Scientific Wonder of Birds (TH)
 - 9:30 HPF Cardio Workout/Getting in Shape (AR)
 - 10:00 HPF Group Exercise (AR)
 - 10:30 LIS Music through Film (TH)
 - 10:30 New Resident Orientation (CR)
 - 11:00 LIS The Science of Milk/Part 1 (AR)
 - 1:30 Bingo (AR)
 - 2:30 Scrabble® (1BW)
 - 2:45 CEA Art Class/Watercolors (AR)
 - 4:00 HPF Exercises for Balance (CR)
 - 7:00 CPI Resident Association Meeting (FL)

- 5**
- 10:00 LIS Brain Gymnasium (CR)
 - 10:00 HPF Group Exercise (AR)
 - 10:30 SCE Veteran's Hour (TH)
 - 11:00 CEA Pour Art/Repurposing Canvases (AR)
 - 1:00 CPI American Mahjong (1BW)
 - 1:15 Afternoon Movie (TH)
 - 1:30 LIS Brain Gymnasium (AR)
 - 3:00 LIS Trivia (AR)
 - 3:00 SCE Happy Hour (BIS)
 - 4:00 HPF Exercises for Arthritis (AR)
 - 4:00 RSF Guided Meditation/Words to Relax (TH)
 - 7:00 LIS Sacred Journeys (CR)

- 6**
- 8:00 HPF Walking Club (CT)
 - 9:15 SCE EXCURSION: CROCKER ART MUSEUM (B)
 - 10:00 HPF Group Exercise (AR)
 - 10:30 LIS The Language of Life (TH)
 - 11:00 LIS Word Wonders/Animals (AR)
 - 1:30 Bingo (AR)
 - 1:30 CPI Bridge (1BW)
 - 2:45 HPF Exercises for Balance (AR)
 - 3:30 HPF Qigong (AR)
 - 4:00 RSF Guided Meditation/EFT for Pain (TH)
 - 7:00 LIS Opera Appreciation (TH)
 - 7:00 LIS Armchair Travel (CR)

- 7**
- 9:00 LIS Our Night Sky (TH)
 - 10:00 HPF Group Exercise (AR)
 - 10:30 LIS The Science of Natural Healing (TH)
 - 10:30 RSF Catholic Communion (CR)
 - 11:00 CEA Introduction to Japanese Watercolor (AR)
 - 1:15 Afternoon Movie (TH)
 - 1:30 Bingo (AR)
 - 2:30 CPI Rummikub® (CR)
 - 2:45 HPF Exercises for Balance (AR)
 - 3:30 HPF Qigong (AR)
 - 4:00 RSF Jewish Service (TH)
 - 7:00 LIS Biography (CR)

- 8**
- 10:00 HPF Group Exercise (AR)
 - 10:30 LIS Music through Film (TH)
 - 11:00 HPF Yoga Fitness Program: Yoga Flow (AR)
 - 1:15 Afternoon Movie (TH)
 - 1:30 Bingo (AR)
 - 1:30 SCE Singer/Guitarist, Dustin Heer (CT)
 - 2:30 SCE Ice Cream Social (BIS)
 - 2:30 Mexican Train Dominoes (1BW)
 - 2:45 HPF Exercises for Balance (AR)
 - 3:30 HPF Qigong (AR)
 - 4:00 RSF Guided Meditation/Words to Relax (TH)
 - 8:00 Saturday Night Movie (TH)

- 9**
- 9:00 LIS The Learning Brain (TH)
 - 9:00 Church Shuttle (B)
 - 9:30 HPF Cardio Workout/Getting in Shape (AR)
 - 10:00 HPF Group Exercise (AR)
 - 10:30 LIS Music through Film (AR)
 - 11:00 HPF Tai Chi Balance & Posture (AR)
 - 1:30 Prize Bingo (AR)
 - 2:30 LIS Letter Writing: Dear Future Self (AR)
 - 3:00 CPI Talk/Presenting Tanzania™ (CR)
 - 3:30 HPF Exercises for Balance (AR)
 - 6:00 CEA Let's Rock-Creating Inspirational Rocks (AR)
 - 7:00 LIS The Dust Bowl (CR)

- 10**
- 9:00 LIS How to Stay Fit as You Age (TH)
 - 9:30 HPF Cardio Workout/Getting in Shape (AR)
 - 10:00 HPF Group Exercise (AR)
 - 10:30 For Your Safety (R)
 - 11:00 CEA Sand Art Project (AR)
 - 1:00 LIS Winged Migration (CR)
 - 1:30 Bingo (AR)
 - 2:45 Wii® Bowling (AR)
 - 4:00 HPF Exercises for Arthritis (AR)
 - 4:30 CPI Computer Help (IR)
 - 6:00 CPI Blankets for Project Linus (AR)
 - 7:00 LIS Country Music/Part Two (CR)

- 11**
- 8:00 HPF Walking Club (CT)
 - 9:00 LIS The Scientific Wonder of Birds (TH)
 - 9:30 HPF Cardio Workout/Getting in Shape (AR)
 - 10:00 HPF Group Exercise (AR)
 - 10:30 LIS Music through Film (TH)
 - 11:00 CPI Ambassador Meeting (CR)
 - 11:00 LIS The Science of Milk/Part 2 (AR)
 - 1:30 Bingo (AR)
 - 2:30 Scrabble® (1BW)
 - 2:45 CEA Art Class/Watercolors (AR)
 - 4:00 HPF Exercises for Balance (CR)
 - 6:00 RSF Mindfulness & Meditation (TH)

- 12**
- 10:00 LIS Brain Gymnasium (CR)
 - 10:00 HPF Group Exercise (AR)
 - 10:30 SCE Veteran's Hour (TH)
 - 11:00 CEA Brain Challenge/Rebus Puzzles (AR)
 - 1:00 CPI American Mahjong (1BW)
 - 1:15 Afternoon Movie (TH)
 - 1:30 LIS Brain Gymnasium (AR)
 - 3:00 LIS Trivia (AR)
 - 3:00 SCE Happy Hour (BIS)
 - 4:00 HPF Exercises for Arthritis (AR)
 - 4:00 RSF Guided Meditation/Words to Relax (TH)
 - 7:00 LIS Sacred Journeys (CR)

- 13**
- 8:00 HPF Walking Club (CT)
 - 9:00 SCE EXCURSION: SEAQUEST AQUARIUM (B)
 - 10:00 HPF Group Exercise (AR)
 - 10:30 LIS The Language of Life (TH)
 - 11:00 LIS Word Wonders/Homonyms (AR)
 - 1:30 Bingo (AR)
 - 1:30 CPI Bridge (1BW)
 - 2:45 HPF Exercises for Balance (AR)
 - 3:30 HPF Qigong (AR)
 - 4:00 RSF Guided Meditation/EFT for Pain (TH)
 - 7:00 LIS Armchair Travel (CR)
 - 7:00 Movie/Musical (TH)

- 14**
- 9:00 LIS Our Night Sky (TH)
 - 10:00 HPF Group Exercise (AR)
 - 10:30 LIS The Science of Natural Healing (TH)
 - 11:00 CEA Introduction to Japanese Watercolor (AR)
 - 1:15 Afternoon Movie (TH)
 - 1:30 Bingo (AR)
 - 2:30 CPI Rummikub® (CR)
 - 2:30 CEA Sing Along (FL)
 - 2:45 HPF Exercises for Balance (AR)
 - 3:30 HPF Qigong (AR)
 - 4:00 RSF Guided Meditation/Words to Relax (TH)
 - 7:00 LIS Biography (CR)

- 15**
- 10:00 HPF Group Exercise (AR)
 - 10:30 LIS Music through Film (TH)
 - 11:00 HPF Yoga Fitness Program: Yoga Flow (AR)
 - 1:15 Afternoon Movie (TH)
 - 1:30 Bingo (AR)
 - 1:30 SCE Performance: "Chicken & Dumpling" (CT)
 - 2:30 SCE Mexican Train Dominoes (1BW)
 - 2:30 SCE Ice Cream Social (BIS)
 - 2:45 HPF Exercises for Balance (AR)
 - 3:30 HPF Qigong (AR)
 - 4:00 RSF Guided Meditation/Words to Relax (TH)
 - 7:00 Saturday Night Movie (TH)

- 16**
- 9:00 LIS The Learning Brain (TH)
 - 9:00 Church Shuttle (B)
 - 9:30 HPF Cardio Workout/Getting in Shape (AR)
 - 10:00 HPF Group Exercise (AR)
 - 11:00 HPF Tai Chi Balance & Posture (AR)
 - 1:30 Prize Bingo (AR)
 - 2:45 LIS Food Science: The Maillard Reaction (AR)
 - 3:00 SCE Classical Pianist, Adrian Zaragoza (FL)
 - 3:30 HPF Exercises for Balance (AR)
 - 4:15 CPI Computer Help (IR)
 - 7:00 LIS Native America (CR)

- 17**
- 9:00 LIS How to Stay Fit as You Age (TH)
 - 9:30 HPF Cardio Workout/Getting in Shape (AR)
 - 10:00 HPF Group Exercise (AR)
 - 10:30 Town Hall (R)
 - 11:00 CEA Sand Art Project (AR)
 - 1:00 LIS Super Hummingbirds (CR)
 - 1:30 Bingo (AR)
 - 2:45 Wii® Bowling (AR)
 - 4:00 HPF Exercises for Arthritis (AR)
 - 4:30 CPI Computer Help (IR)
 - 6:00 CPI Blankets for Project Linus (AR)
 - 7:00 LIS Country Music/Part Three (CR)

- 18**
- 8:00 HPF Walking Club (CT)
 - 9:00 LIS The Scientific Wonder of Birds (TH)
 - 9:30 HPF Cardio Workout/Getting in Shape (AR)
 - 10:00 HPF Group Exercise (AR)
 - 10:30 LIS Music through Film (TH)
 - 10:30 New Resident Orientation (CR)
 - 12:00 SCE January Birthday Celebration (R)
 - 1:30 Bingo (AR)
 - 2:30 Scrabble® (1BW)
 - 3:00 CEA Container Gardening (AR)
 - 4:00 HPF Exercises for Balance (CR)
 - 6:00 RSF Mindfulness & Meditation (TH)

- 19**
- 10:00 LIS Brain Gymnasium (CR)
 - 10:00 HPF Group Exercise (AR)
 - 10:30 SCE Veteran's Hour (AR)
 - 11:00 CEA Art Pages for Relaxation (AR)
 - 1:00 CPI American Mahjong (1BW)
 - 1:15 Afternoon Movie (TH)
 - 1:30 LIS Brain Gymnasium (AR)
 - 3:00 LIS Trivia (AR)
 - 3:00 SCE Happy Hour (BIS)
 - 4:00 HPF Exercises for Arthritis (AR)
 - 4:00 RSF Guided Meditation/Words to Relax (TH)
 - 7:00 LIS Sacred Journeys (CR)

- 20**
- 9:45 SCE EXCURSION: ROWLAND FREEDOM CENTER (B)
 - 10:00 HPF Group Exercise (AR)
 - 10:30 LIS The Language of Life (TH)
 - 10:30 Food for Thought (R)
 - 11:00 LIS Word Wonders/Flowers (AR)
 - 1:30 Bingo (AR)
 - 1:30 CPI Bridge (1BW)
 - 2:45 HPF Exercises for Balance (AR)
 - 3:30 HPF Qigong (AR)
 - 4:00 RSF Guided Meditation/EFT for Pain (TH)
 - 7:00 LIS Armchair Travel (CR)
 - 7:00 LIS Opera Appreciation (TH)

- 21**
- 9:00 LIS Our Night Sky (TH)
 - 10:00 HPF Group Exercise (AR)
 - 10:30 RSF Catholic Communion (CR)
 - 10:30 LIS The Science of Natural Healing (TH)
 - 11:00 CEA Introduction to Japanese Watercolor (AR)
 - 1:15 Afternoon Movie (TH)
 - 1:30 Bingo (AR)
 - 2:30 CPI Rummikub® (CR)
 - 2:45 HPF Exercises for Balance (AR)
 - 3:30 HPF Qigong (AR)
 - 4:00 RSF Guided Meditation/Words to Relax (TH)
 - 7:00 LIS Biography (CR)

- 22**
- 10:00 HPF Group Exercise (AR)
 - 10:30 LIS Music through Film (TH)
 - 11:00 HPF Yoga Fitness Program: Yoga Flow (AR)
 - 1:15 Afternoon Movie (TH)
 - 1:30 Bingo (AR)
 - 1:30 SCE Pianist/Classical & Jazz/Michael Smolens (FL)
 - 2:30 SCE Ice Cream Social (BIS)
 - 2:30 Mexican Train Dominoes (1BW)
 - 2:45 HPF Exercises for Balance (AR)
 - 3:30 HPF Qigong (AR)
 - 4:00 RSF Guided Meditation/Words to Relax (TH)
 - 7:00 Saturday Night Movie (TH)

- 23**
- 9:00 LIS The Learning Brain (TH)
 - 9:00 Church Shuttle (B)
 - 9:30 HPF Cardio Workout/Getting in Shape (AR)
 - 10:00 HPF Group Exercise (AR)
 - 10:30 LIS Music through Film (AR)
 - 11:00 HPF Tai Chi Balance & Posture (AR)
 - 1:30 Prize Bingo (AR)
 - 2:30 LIS Literary Appreciation: Short Stories (AR)
 - 3:00 CPI Talk/Presenting Tanzania™ (CR)
 - 3:30 HPF Exercises for Balance (AR)
 - 6:00 CEA Let's Rock-Creating Inspirational Rocks (AR)
 - 7:00 LIS Native America (CR)

- 24**
- 9:00 LIS How to Stay Fit as You Age (TH)
 - 9:30 HPF Cardio Workout/Getting in Shape (AR)
 - 10:00 HPF Group Exercise (AR)
 - 11:00 CEA Sand Art Project (AR)
 - 1:00 LIS Mysteries of Sleep (CR)
 - 1:30 Bingo (AR)
 - 2:30 Pinochle (1BW)
 - 2:45 Wii® Bowling (AR)
 - 4:00 HPF Exercises for Arthritis (AR)
 - 4:30 CPI Computer Help (IR)
 - 6:00 CPI Blankets for Project Linus (AR)
 - 7:00 LIS Country Music/Part Four (CR)

- 25**
- 8:00 HPF Walking Club (CT)
 - 9:00 LIS The Scientific Wonder of Birds (CR)
 - 9:30 HPF Cardio Workout/Getting in Shape (AR)
 - 10:00 HPF Group Exercise (AR)
 - 10:30 Engage Life® Programming Meeting (CR)
 - 10:30 LIS Music through Film (TH)
 - 11:00 LIS The Science of Milk/Part 3 (AR)
 - 1:30 Bingo (AR)
 - 2:30 Scrabble® (1BW)
 - 2:45 CEA Art Class/Watercolors (AR)
 - 4:00 HPF Exercises for Balance (CR)
 - 6:00 RSF Mindfulness & Meditation (TH)

- 26**
- 10:00 LIS Brain Gymnasium (CR)
 - 10:00 HPF Group Exercise (AR)
 - 10:30 SCE Veteran's Hour (AR)
 - 11:00 LIS Brain Challenge/Rebus Puzzles (AR)
 - 1:00 CPI American Mahjong (1BW)
 - 1:30 LIS Brain Gymnasium (AR)
 - 3:00 LIS Trivia (AR)
 - 3:00 SCE Happy Hour (BIS)
 - 4:00 HPF Exercises for Arthritis (AR)
 - 4:00 RSF Guided Meditation/Words to Relax (TH)
 - 7:00 CPI Resident Board Meeting (CR)

- 27**
- 8:00 HPF Walking Club (CT)
 - 10:00 HPF Group Exercise (AR)
 - 10:30 LIS The Language of Life (TH)
 - 10:45 SCE EXCURSION: SCOTT'S SEAFOOD RESTAURANT (B)
 - 11:00 RSF Laughter Therapy/Riddles
 - 1:30 Bingo (AR)
 - 1:30 CPI Bridge (1BW)
 - 2:45 HPF Exercises for Balance (AR)
 - 3:30 HPF Qigong (AR)
 - 4:00 RSF Guided Meditation/EFT for Pain (TH)
 - 7:00 LIS Armchair Travel (CR)
 - 7:00 Movie/Musical (TH)

- 28**
- 9:00 LIS Our Night Sky (TH)
 - 10:00 HPF Group Exercise (AR)
 - 10:30 LIS The Science of Natural Healing (TH)
 - 11:00 CEA Introduction to Japanese Watercolor (AR)
 - 1:15 Afternoon Movie (TH)
 - 1:30 Bingo (AR)
 - 2:30 CPI Rummikub® (CR)
 - 2:30 CEA Sing Along (FL)
 - 2:45 HPF Exercises for Balance (AR)
 - 3:30 HPF Qigong (AR)
 - 4:00 RSF Guided Meditation/Words to Relax (AR)
 - 7:00 LIS Biography (CR)

- 29**
- 10:00 HPF Group Exercise (AR)
 - 10:30 LIS Music through Film (TH)
 - 11:00 HPF Yoga Fitness Program: Yoga Flow (AR)
 - 1:15 Afternoon Movie (TH)
 - 1:30 Bingo (AR)
 - 1:30 SCE Performance: Listen Hear Band (CT)
 - 2:30 Mexican Train Dominoes (1BW)
 - 2:30 SCE Ice Cream Social (BIS)
 - 2:45 HPF Exercises for Balance (AR)
 - 3:30 HPF Qigong (AR)
 - 4:00 RSF Guided Meditation/Words to Relax (TH)
 - 7:00 Saturday Night Movie (TH)

LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

New Year's Celebration
Saturday, January 1, 2:30 PM

Music History: Elvis Presley
Saturday, January 8, 1:30 PM

The Hats We Wear & Share
Saturday, January 15, 2:00 PM



JANUARY 2022

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

10:00 **SCE** Today's Events & Newsletter **30**
 10:30 **HPF** Tai Chi: Balance & Posture
 11:00 **RSF** Bible Study Group
 1:00 **CEA** Music Appreciation: The Shirelles
 3:00 **HPF** Walking Challenge

10:00 **SCE** Today's Events & Newsletter **31**
 10:30 **HPF** Cardio Drumming Circle
 1:00 **CEA** Music Appreciation: Claude Gauthier
 1:30 **CEA** Sing Across Canada: Quebec
 3:00 **HPF** Dance & Movement: The Macarena
 6:00 **SCE** Classic Movie: The Wizard of Oz



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New Year's Day **1**
Solemnity of Mary
 10:00 **RSF** Today's Events & Newsletter
 10:30 **HPF** Chair Yoga
 1:00 **CEA** Music: Rock Around The Clock
 2:30 **SCE** New Year's Celebration
 3:00 **HPF** Posture and Stretch Fitness Class
 6:00 **LIS** Sensory Stimulation: Find The Pairs

10:00 **SCE** Today's Events & Newsletter **2**
 10:30 **HPF** Tai Chi: Balance & Posture
 11:00 **RSF** Bible Study Group
 1:00 **CEA** Music Appreciation: George Harrison
 2:00 **CPI** Civic Engagement Introduction
 3:00 **HPF** Walking Challenge
 6:15 **SCE** Movie Matinee: Gone With the Wind

International Mind-Body Wellness Day **3**
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Cardio Drumming Circle
 1:00 **CEA** Music Appreciation: Stephen Stills
 2:00 **HPF** Mind-Body Exercises for Wellness
 3:00 **HPF** Dance & Movement: The Macarena
 6:00 **SCE** All around the world travel Video

National Trivia Day **4**
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Flow Yoga
 1:00 **CEA** Music Appreciation: Elton John
 2:00 **LIS** Zodiac and Horoscope for January
 3:00 **HPF** Lower Body Conditioning
 6:00 **SCE** Trivia and Fun Facts

National Bird Day **5**
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Upper Body Conditioning
 1:00 **CEA** Music: Greetings From Asbury Park, NJ
 2:00 **SCE** Window Bird Watching
 3:00 **HPF** Dance & Movement: The Hustle
 6:00 **SCE** What Year Was It: Classic Cars

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

10:00 **SCE** Today's Events & Newsletter **7**
 10:30 **HPF** Walking Challenge
 1:00 **CEA** Music Appreciation: Kenny Loggins
 3:00 **HPF** Cardio Drumming Circle
 4:00 **SCE** Bingo
 6:00 **SCE** Laughter Therapy: Riddles

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

10:00 **SCE** Today's Events & Newsletter **9**
 10:30 **HPF** Tai Chi: Balance & Posture
 11:00 **RSF** Bible Study Group
 1:00 **CEA** Music Appreciation: Patsy Cline
 1:30 **CEA** Music History: Country Music
 3:00 **HPF** Walking Challenge

10:00 **SCE** Today's Events & Newsletter **10**
 10:30 **HPF** Cardio Drumming Circle
 1:00 **CEA** Music Appreciation: C.W. McCall
 1:30 **LIS** Word Wonders: Radio Terms & the 10-Code
 2:00 **CPI** Work Session: MLK Day of Service
 3:00 **HPF** Dance & Movement: The Macarena
 6:00 **SCE** Evening Sitcom: I love Lucy

10:00 **SCE** Today's Events & Newsletter **11**
 10:30 **HPF** Flow Yoga
 1:00 **CEA** Music Appreciation: Naomi Judd
 1:30 **CEA** Music History: Instruments, The Guitar
 3:00 **HPF** Lower Body Conditioning
 6:00 **SCE** Trivia and Fun Facts

National Pharmacist Day **12**
 10:00 **CPI** Today's Events & Newsletter
 10:30 **HPF** Upper Body Conditioning
 1:00 **CEA** Music Appreciation: Felipe Rose
 2:00 **SCE** Reminiscing: A Day At Work
 3:00 **HPF** Dance & Movement: The Hustle
 6:00 **SCE** What Year Was It: 1950s Art & Relaxation

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

10:00 **SCE** Today's Events & Newsletters **14**
 10:30 **HPF** Walking Challenge
 1:00 **CEA** Music Appreciation: The Supremes
 3:00 **HPF** Cardio Drumming Circle
 4:00 **SCE** Bingo
 6:00 **SCE** Express Yourself: Laughter We're After

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

10:00 **SCE** Today's Events & Newsletter **16**
 10:30 **HPF** Tai Chi: Balance & Posture
 11:00 **RSF** Bible Study Group
 1:00 **CEA** Music Appreciation: Hello Dolly
 3:00 **HPF** Walking Challenge

Martin Luther King, Jr. Day **17**
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Cardio Drumming Circle
 1:00 **CEA** Music Appreciation: Barry Manilow
 2:00 **LIS** MLK's Legacy
 2:45 **CPI** Civic Engagement: Day of Service
 3:00 **HPF** Dance & Movement: The Macarena
 6:00 **LIS** Western Movie: Man Of The West

10:00 **SCE** Today's Events & Newsletter **18**
 10:30 **HPF** Flow Yoga
 1:00 **CEA** Music Appreciation: Songs In Advertising
 2:00 **CEA** Horticulture: Succulent Terrariums
 3:00 **HPF** Lower Body Conditioning
 6:00 **SCE** Trivia and Fun Facts

10:00 **SCE** Today's Events & Newsletter **19**
 10:30 **HPF** Upper Body Conditioning
 1:00 **CEA** Music Appreciation: Dolly Parton
 2:00 **SCE** Bagels & Biographies
 3:00 **HPF** Dance & Movement: The Hustle
 6:00 **SCE** What Year Was It: Inventions

10:00 **SCE** Today's Events & Newsletter **20**
 10:30 **HPF** Total Body Conditioning - Beginner
 1:00 **CEA** Music Appreciation: Marcia Griffiths
 2:00 **SCE** Scavenger Hunt: Around My Community
 3:00 **HPF** Tai Chi: Balance & Posture
 6:00 **LIS** Literary Appreciation: Poetry

9:00 **SCE** Today's Events & Newsletter **21**
 10:30 **HPF** Walking Challenge
 1:00 **CEA** Music Appreciation: Placido Domingo
 2:00 **CEA** Music History: Iconic Music Venues
 3:00 **HPF** Cardio Drumming Circle
 4:00 **SCE** Bingo
 6:00 **SCE** Laughter Therapy: Classic Comics

10:00 **SCE** Today's Events & Newsletter **22**
 10:30 **HPF** Chair 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

10:00 **SCE** Today's Events & Newsletter **23**
 10:30 **HPF** Tai Chi: Balance & Posture
 11:00 **RSF** Bible Study Group
 1:00 **CEA** Music Appreciation: Petula Clark
 1:30 **SCE** Reminiscing: Railway Adventures
 3:00 **HPF** Walking Challenge

10:00 **SCE** Today's Events & Newsletter **24**
 10:30 **HPF** Cardio Drumming Circle
 1:00 **CEA** Music Appreciation: Aaron Neville
 2:00 **CEA** Scentsary Art
 3:00 **HPF** Dance & Movement: The Macarena
 6:00 **SCE** Evening Game Show: Family Feud™

10:00 **SCE** Today's Events & Newsletter **25**
 10:30 **HPF** Flow Yoga
 1:00 **CEA** Music Appreciation: Etta James
 1:30 **LIS** Word Wonders: Flowers
 3:00 **HPF** Lower Body Conditioning
 6:00 **SCE** Trivia and Fun Facts

10:00 **SCE** Today's Events & Newsletter **26**
 10:30 **HPF** Upper Body Conditioning
 1:00 **CEA** Music: David Brings, Little River Band
 3:00 **HPF** Dance & Movement: The Hustle
 6:00 **SCE** What Year Was It: 1970s Art & Relaxation

10:00 **SCE** Today's Events & Newsletter **27**
 10:30 **HPF** Total Body Conditioning - Beginner
 1:00 **CEA** Music Appreciation: Peter Pan
 1:30 **SCE** Express Yourself: Pastimes
 3:00 **HPF** Tai Chi: Posture & Balance
 6:00 **LIS** Literary Appreciation: Peter Pan

10:00 **SCE** Today's Events & Newsletter **28**
 10:30 **HPF** Walking Challenge
 1:00 **CEA** Music Appreciation: Jean Goldkette
 3:00 **HPF** Cardio Drumming Circle
 4:00 **SCE** Bingo
 6:00 **SCE** Laughter Therapy: Jokes

10:00 **SCE** Today's Events & Newsletter **29**
 10:30 **HPF** Chair Yoga
 1:00 **CEA** Music Appreciation: Glenn Campbell
 3:00 **HPF** Posture and Stretch Fitness Class
 6:00 **LIS** Sensory Stimulation: Find The Pairs