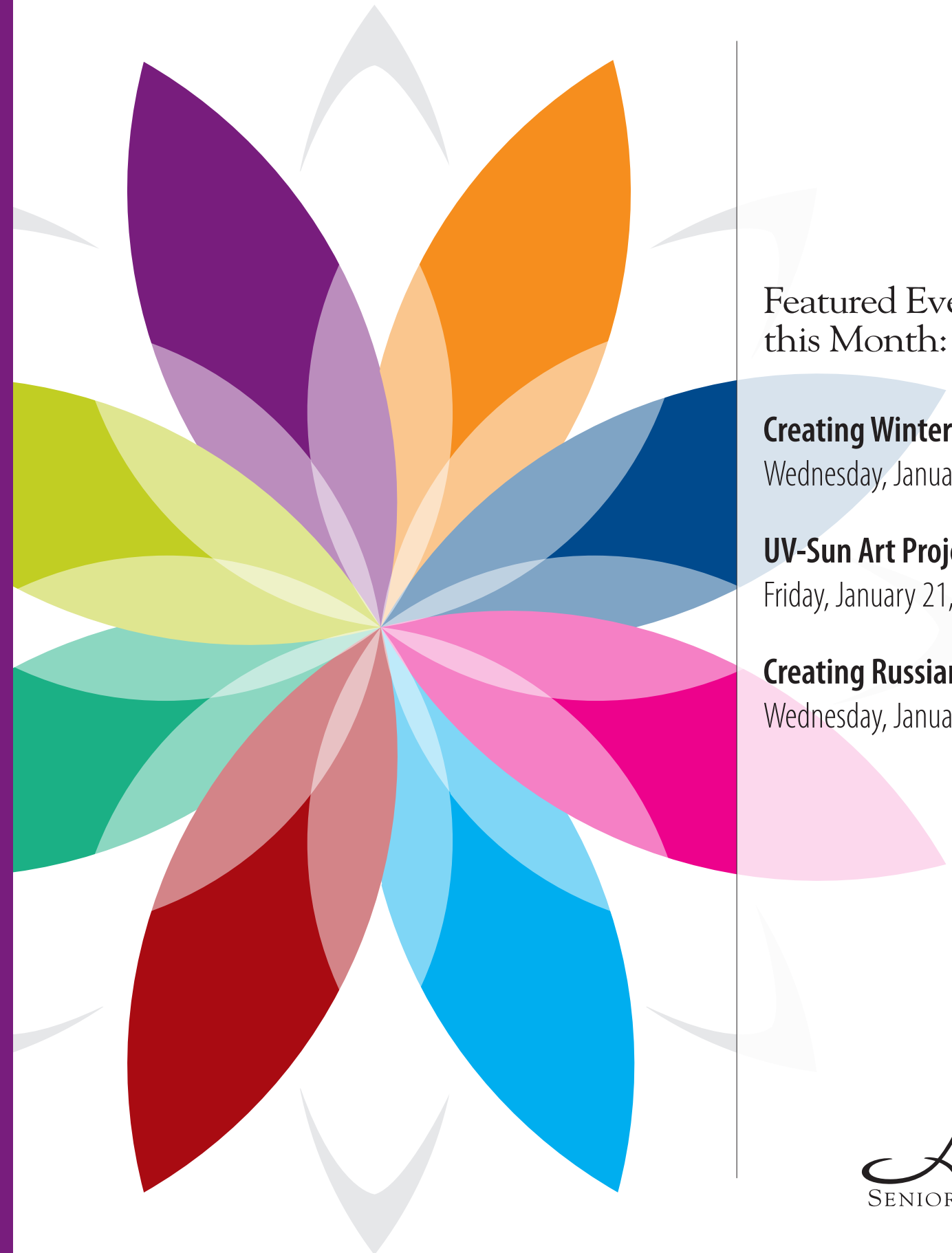


# ENGAGE LIFE<sup>®</sup>

## Monthly Calendar of Events and Programming



Featured Events  
this Month:

**Creating Winter Snowglobes**

Wednesday, January 12, 1:00 PM

**UV-Sun Art Project**

Friday, January 21, 1:00 PM

**Creating Russian Nesting Dolls**

Wednesday, January 26, 1:00 PM



# JANUARY 2022

# ATRIA WALNUT CREEK engage life®

## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

**30**

8:30 Church Shuttle (LBY)  
10:00 **HPF** Full Body Fitness (AR)  
11:00 **RSF** Hand Spa & Massage (AR)  
1:00 Board Games (AR)  
1:30 Matinée Movie (TR)  
2:00 **RSF** Catholic Communion (LIB)  
2:30 **HPF** Full Body Fitness (AR)  
3:30 **SCE** Bingo Fun! (AR)  
6:00 Evening Movie (TR)

**31**

**National Hot Chocolate Day**

10:00 **HPF** Full Body Fitness (AR)  
11:00 **SCE** Alphabet Brain Game (AR)  
1:00 **SCE** Hot Chocolate Social (DR)  
1:30 Matinée Movie (TR)  
2:30 **HPF** Full Body Fitness (AR)  
3:30 **SCE** Bingo Fun! (AR)  
6:00 Evening Movie (TR)



- 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 AR  
Library LIB  
Dining Room DR  
Theater Room TR  
Lobby LBY

**STAFF KEY:**

Engage Life® Director ELD  
Engage Life® Program Instructor ELI

Boggle™ is a trademark of Parker Brothers.  
iPad® is a registered trademark of Apple Inc.  
Scrabble® is a registered trademark of Hasbro, Inc.  
Yahtzee™ is a trademark of Hasbro, Inc.

**1**

**Happy New Year!**

10:30 **HPF** Exercises for Daily Living with Toben (AR)  
11:00 **LIS** Ted Talks: Lecture & Discussion (AR) (ELI)  
1:00 **SCE** What's in a Word? (AR)  
1:30 Matinée Movie (TR)  
2:30 **HPF** Full Body Fitness (AR)  
3:30 **SCE** Bingo Fun! (AR)  
6:00 Evening Movie (TR)

**2**

8:30 Church Shuttle (LBY)  
10:00 **HPF** Full Body Fitness (AR)  
11:00 **RSF** Meditation & Mindfulness (TR)  
1:00 Board Games (AR)  
1:30 Matinée Movie (TR)  
2:00 **RSF** Catholic Communion (LIB)  
2:30 **HPF** Full Body Fitness (AR) (ELI)  
3:30 **SCE** Bingo Fun! (AR)  
6:00 Evening Movie (TR)

**3**

10:00 **HPF** Full Body Fitness (AR)  
11:00 **LIS** Brain Challenge: Optical Illusions (AR)  
1:00 Scrabble® (AR)  
1:30 Matinée Movie (TR)  
2:30 **HPF** Full Body Fitness (AR)  
3:30 **SCE** Bingo Fun! (AR)  
6:00 Evening Movie (TR)

**4**

10:30 **HPF** Exercises for Daily Living with Toben (AR)  
11:00 **SCE** iPad® Games (AR)  
1:00 Cards & Quarters (AR)  
1:30 Matinée Movie (TR)  
2:30 **HPF** Flow Yoga (AR)  
3:30 **SCE** Bingo Fun! (AR)  
6:00 Evening Movie (TR)

**5**

9:30 **HPF** Full Body Fitness (AR)  
10:30 **CPI** Town Hall Meeting (AR)  
1:00 **LIS** One Day University Lecture & Discussion (AR) (ELD)  
1:30 Matinée Movie (TR)  
2:30 **HPF** Full Body Fitness (AR) (ELI)  
3:30 **SCE** Happy Hour (DR) (ELD)  
6:00 Evening Movie (TR)

**6**

10:30 **HPF** Exercises for Daily Living with Toben (AR)  
11:15 **CEA** Music Appreciation (AR) (ELI)  
1:00 What's in a Word? (LBY)  
1:30 Matinée Movie (TR)  
2:30 **HPF** Beginner Total Body Workout (AR)  
3:30 **SCE** Bingo Fun! (AR)  
6:00 Evening Movie (TR)

**7**

10:00 **HPF** Full Body Fitness (AR)  
11:00 **SCE** Walk the Plank (AR)  
1:00 **CEA** Creating Origami Shapes (AR)  
1:30 Matinée Movie (TR)  
2:30 **HPF** Full Body Fitness (AR)  
3:30 **SCE** Bingo Fun! (AR)  
6:00 Evening Movie (TR)

**8**

10:30 **HPF** Exercises for Daily Living with Toben (AR)  
11:00 **SCE** Boggle™ Challenge (AR)  
1:00 **CPI** Spanish 101 with Professor Marilou (AR)  
1:30 Matinée Movie (TR)  
2:30 **HPF** Full Body Fitness (AR)  
3:30 **SCE** Bingo Fun! (AR)  
6:00 Evening Movie (TR)

**9**

8:30 Church Shuttle (LBY)  
10:00 **HPF** Full Body Fitness (AR)  
11:00 **RSF** Hand Spa & Massage (AR)  
1:00 **HPF** Walking Club (LBY)  
1:30 Matinée Movie (TR)  
2:00 **RSF** Catholic Communion (LIB)  
2:30 **HPF** Full Body Fitness (AR)  
3:30 **SCE** Bingo Fun!  
6:00 Evening Movie (TR)

**10**

10:00 **HPF** Full Body Fitness (AR)  
11:00 iPad® Games (AR) (ELD)  
1:00 **SCE** Vacation Connection (AR)  
1:30 Matinée Movie (TR)  
2:30 **HPF** Full Body Fitness (AR)  
3:30 **SCE** Bingo Fun! (AR)  
6:00 Evening Movie (TR)

**11**

10:30 **HPF** Exercises for Daily Living w/ Toben (AR)  
11:15 **SCE** Walk the Plank (AR) (ELD)  
1:00 **CPI** Activity Calendar Planning Committee (AR) (ELD)  
1:30 Matinée Movie (TR)  
2:30 **HPF** Flow Yoga (AR)  
3:30 **SCE** Bingo Fun! (AR)  
6:00 Evening Movie (TR)

**12**

**Happy Birthday Emily!**

10:00 **HPF** Full Body Fitness (AR)  
1:00 **CEA** Creating Winter Snowglobes (AR) (ELI)  
1:30 Matinée Movie (TR)  
2:30 **HPF** Full Body Fitness (AR)  
3:30 **SCE** Happy Hour (DR)  
6:00 Evening Movie (TR)

**13**

10:00 **RSF** Catholic Mass (TR)  
10:30 **HPF** Exercises for Daily Living with Toben (AR)  
11:15 **SCE** What's in a Word? (AR) (ELI)  
1:00 **CEA** Jewelry Making (AR)  
1:30 Matinée Movie (TR)  
2:30 **HPF** Full Body Fitness (AR)  
3:30 **SCE** Music Performance by Syria (DR)  
6:00 Evening Movie (TR)

**14**

10:00 **HPF** Full Body Fitness (AR)  
11:00 **SCE** Alphabet Brain Game (AR)  
1:00 **CEA** Pour Art: Repurposing Canvas (AR)  
1:30 Matinée Movie (TR)  
2:30 **HPF** Full Body Fitness (AR)  
3:30 **SCE** Bingo Fun! (AR)  
6:00 Evening Movie (TR)

**15**

10:30 **HPF** Exercises for Daily Living with Toben (AR)  
11:00 **LIS** Ted Talks Lecture & Discussion (AR) (ELI)  
1:00 **HPF** Stress Management for Mental Health  
1:30 Matinée Movie (TR)  
2:30 **HPF** Full Body Fitness (AR)  
3:30 **SCE** Bingo Fun! (AR)  
6:00 Evening Movie (TR)

**16**

8:30 Church Shuttle (LBY)  
10:00 **HPF** Full Body Fitness (AR)  
11:00 **RSF** Meditation & Mindfulness (TR) (ELD)  
1:00 **HPF** Walking Club (LBY)  
1:30 Matinée Movie (TR)  
2:00 **RSF** Catholic Communion (LIB)  
2:30 **HPF** Full Body Fitness (AR)  
3:30 **SCE** Bingo Fun! (AR)  
6:00 Evening Movie (TR)

**17**

**Martin Luther King Jr. Day**

10:00 **HPF** Full Body Fitness (AR)  
11:00 **LIS** Brain Challenge: Crack the Code (AR)  
1:00 **SCE** The Game of Carols (LBY)  
1:30 Matinée Movie (TR)  
2:30 **HPF** Full Body Fitness (AR)  
3:30 **SCE** Bingo Fun! (AR)  
6:00 Evening Movie (TR)

**18**

10:30 **HPF** Exercises for Daily Living with Toben (AR)  
11:15 **SCE** Walk the Plank (AR) (ELD)  
1:00 **LIS** One Day University Lecture (AR)  
1:30 Matinée Movie (TR)  
2:30 **HPF** Flow Yoga (ELD)  
3:30 **SCE** Bingo Fun! (AR)  
6:00 Evening Movie (TR)

**19**

**Happy Birthday Hiromi!**

10:00 **HPF** Full Body Fitness (AR)  
11:00 **SCE** Music & Meditation (AR)  
1:00 **CEA** Creating Ceramic Tile Coasters (AR)  
1:30 Matinée Movie (TR)  
2:30 **HPF** Full Body Fitness (AR)  
3:30 **SCE** Happy Hour (DR)  
6:00 Evening Movie (TR)

**20**

**Happy Birthday Esther!**  
**Happy Birthday Kyoko!**

10:30 **HPF** Exercises for Daily Living with Toben (AR)  
11:15 **SCE** iPad® Games (AR) (ELI)  
1:00 What's in a Word? (AR)  
1:30 Matinée Movie (TR)  
2:30 **HPF** Full Body Fitness (AR)  
3:30 **SCE** Bingo Fun! (AR)  
6:00 Evening Movie (TR)

**21**

10:00 **HPF** Full Body Fitness (AR)  
11:00 **SCE** Boggle™ Challenge (AR) (ELD)  
1:00 **CEA** UV-Sun Art Project (AR) (ELD)  
1:30 Matinée Movie (TR)  
2:30 **HPF** Full Body Fitness (AR)  
3:30 **SCE** Holiday Performance: What-4? (DR)  
6:00 Evening Movie (TR)

**22**

10:00 **HPF** Full Body Fitness (AR)  
11:00 **SCE** Alphabet Brain Game (AR) (ELD)  
1:30 Matinée Movie (TR)  
1:30 **CPI** Spanish 101 with Professor Marilou (AR)  
2:30 **HPF** Full Body Fitness (AR)  
3:30 **SCE** Bingo Fun! (AR)  
6:00 Evening Movie (TR)

**23**

8:30 Church Shuttle (LBY)  
10:00 **HPF** Full Body Fitness (AR)  
11:00 **RSF** Hand Spa & Massage (AR)  
1:00 **CPI** Writing Thank You Notes (AR)  
1:30 Matinée Movie (TR)  
2:00 **RSF** Catholic Communion (LIB)  
2:30 **HPF** Full Body Fitness (AR)  
3:30 **SCE** Bingo Fun! (AR)  
6:00 Evening Movie (TR)

**24**

10:00 **HPF** Full Body Fitness (AR)  
11:00 **SCE** Alphabet Brain Game (AR)  
1:00 **LIS** Exercise Your Brain: Morse Code Learning (AR)  
1:30 Matinée Movie (TR)  
2:30 **HPF** Full Body Fitness (AR)  
3:30 **SCE** Bingo Fun! (AR)  
6:00 Evening Movie (TR)

**25**

10:30 **HPF** Exercises for Daily Living with Toben (AR)  
11:15 **SCE** Walk the Plank (AR) (ELD)  
1:00 Cards & Quarters (AR)  
1:30 Matinée Movie (TR)  
2:30 **HPF** Flow Yoga (AR)  
3:30 **SCE** Bingo Fun! (AR)  
6:00 Evening Movie (TR)

**26**

10:00 **HPF** Full Body Fitness (AR)  
10:30 **CPI** Resident Council Meeting (TR)  
11:00 **SCE** Crochet & Knit Social Club (AR) (ELD)  
1:00 **CPI** Creating Russian Nesting Dolls (AR) (ELD)  
1:30 Matinée Movie (TR)  
2:30 **HPF** Full Body Fitness (AR)  
3:30 **SCE** Happy Hour (DR)  
6:00 Evening Movie (TR)

**27**

**Happy Birthday LaVon H.!**

10:00 **HPF** Full Body Fitness (AR)  
1:30 **CPI** Food for Thought (AR)  
1:30 Matinée Movie (TR)  
2:30 **HPF** Full Body Fitness (AR)  
3:30 **SCE** Resident Holiday Party with Live Music (DR)  
6:00 Evening Movie (TR)

**28**

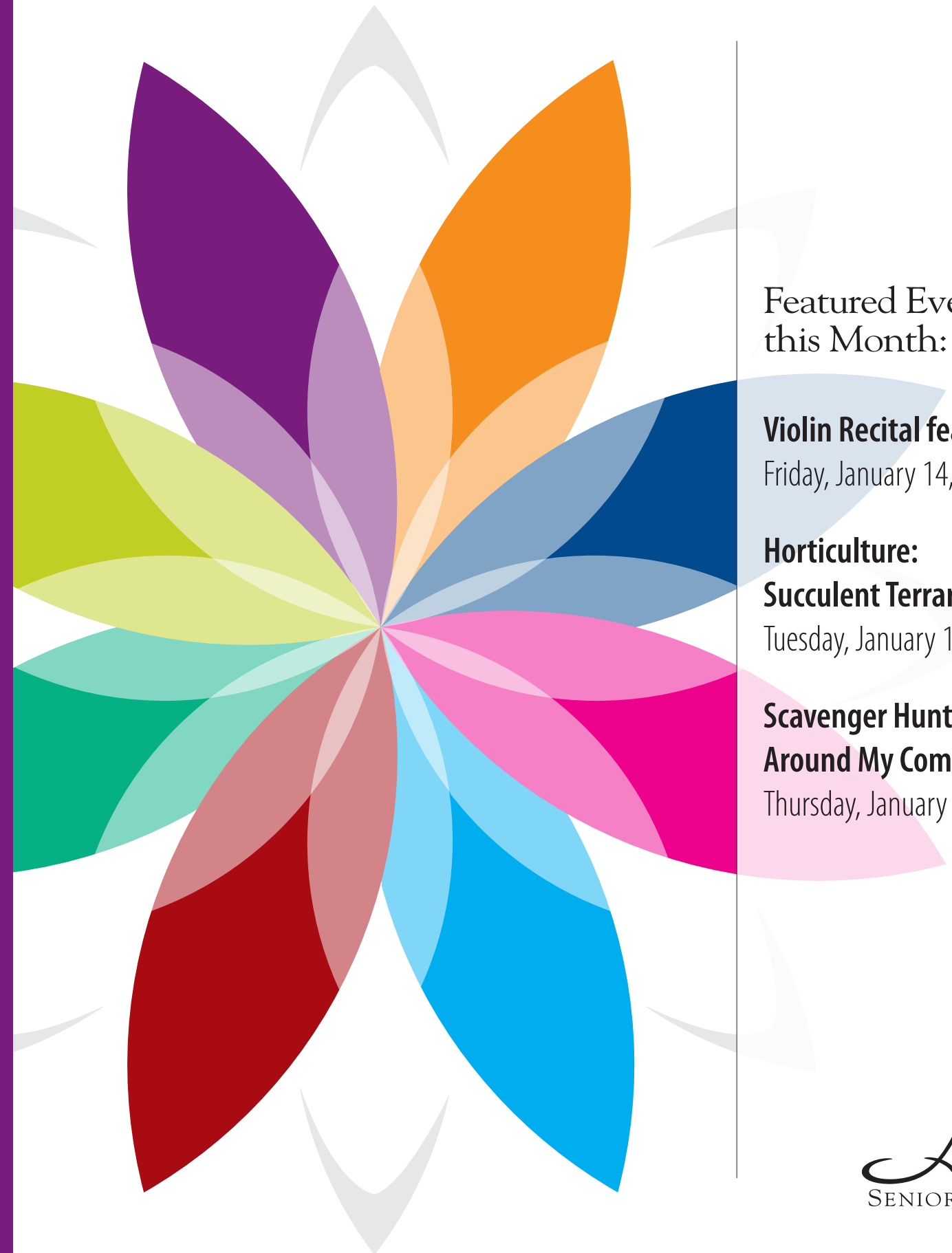
10:00 **HPF** Full Body Fitness (AR)  
11:00 **RSF** What Does it Mean to be Born in January? (AR) (ELI)  
1:00 Pretty Nail Parlor (AR)  
1:30 Matinée Movie (TR)  
2:30 **HPF** Full Body Fitness (AR)  
3:30 **SCE** Bingo Fun! (AR)  
6:00 Evening Movie (TR)

**29**

10:00 **HPF** Full Body Fitness (AR)  
11:00 **SCE** Alphabet Brain Game (AR) (ELD)  
1:00 Yahtzee™ (AR)  
1:30 Matinée Movie (TR)  
2:30 **HPF** Full Body Fitness (AR)  
3:30 **SCE** Bingo Fun! (AR)  
6:00 Evening Movie (TR)

# LIFE GUIDANCE<sup>®</sup>

## Monthly Calendar of Events and Programming



### Featured Events this Month:

**Violin Recital featuring Yakov**

Friday, January 14, 1:45 PM

**Horticulture:  
Succulent Terrariums**

Tuesday, January 18, 2:00 PM

**Scavenger Hunt:  
Around My Community**

Thursday, January 20, 2:00 PM



## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

**30**

10:00 **SCE** Today's Events & Newsletter (DR) (LGI)

10:30 **HPF** Tai Chi: Balance & Posture (LR) (LGI)

1:00 **CEA** Music Appreciation: The Shirelles (DR) (LGI)

3:00 **HPF** Walking Challenge (GAR) (LGI)

**31**

10:00 **SCE** Today's Events & Newsletter (DR) (LGI)

10:30 **HPF** Cardio Drumming Circle (LR) (LGI)

1:00 **CEA** Music Appreciation: Claude Gauthier (DR) (LGI)

1:30 **CEA** Sing Across Canada: Quebec (LR) (LGI)

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

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



**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:**

Dining Room DR

Living Room LR

Garden GAR

Lobby LBY

**STAFF KEY:**

Life Guidance® Instructor LGI

**1**

**Solemnity of Mary New Year's Day**

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

10:30 **HPF** Flow Yoga (LR) (LGI)

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

3:00 **HPF** Posture and Stretch Fitness Class (GAR) (LGI)

6:00 **LIS** Sensory Stimulation: Find The Pairs (LR) (LGI)

**2**

10:00 **SCE** Today's Events & Newsletter (DR) (LGI)

10:30 **HPF** Tai Chi: Balance & Posture (LR) (LGI)

1:00 **CEA** Music Appreciation: George Harrison (DR) (LGI)

2:00 **CPI** Civic Engagement Introduction (GAR) (LGI)

3:00 **HPF** Walking Challenge (LBY) (LGI)

**3**

**International Mind-Body Wellness Day**

10:00 **SCE** Today's Events & Newsletter (DR) (LGI)

10:30 **HPF** Cardio Drumming Circle (LR) (LGI)

1:00 **CEA** Music Appreciation: Stephen Stills (DR) (LGI)

2:00 **HPF** Mind-Body Exercises for Wellness (GAR) (LGI)

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

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

**4**

**National Trivia Day**

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

10:30 **HPF** Flow Yoga (LR) (LGI)

1:00 **CEA** Music Appreciation: Elton John (DR) (LGI)

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

3:00 **HPF** Lower Body Conditioning (GAR) (LGI)

6:00 **SCE** Trivia and Fun Facts (DR) (LGI)

**5**

**National Bird Day**

10:00 **SCE** Today's Events & Newsletter (DR) (LGI)

10:30 **HPF** Upper Body Conditioning (LR) (LGI)

1:00 **CEA** Music: Greetings From Asbury Park, NJ (DR) (LGI)

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

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

6:00 **SCE** What Year Was It: Classic Cars (LR) (LGI)

**6**

**Epiphany - Close of the Christmas Season**

10:00 **RSF** Today's Events & Newsletter (DR) (LGI)

10:30 **HPF** Total Body Conditioning (LR) (LGI)

1:00 **CEA** Music Appreciation: Sister Sledge (DR) (LGI)

3:00 **HPF** Tai Chi: Balance & Posture (GAR) (LGI)

6:00 **LIS** Literary Appreciation: Poetry (LR) (LGI)

**7**

10:00 **SCE** Today's Events & Newsletter (DR) (LGI)

10:30 **HPF** Walking Challenge (GAR) (LGI)

1:00 **CEA** Music Appreciation: Kenny Loggins (DR) (LGI)

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

6:00 **SCE** Laughter Therapy: Riddles (LR) (LGI)

**8**

**Elvis' Birthday**

10:00 **SCE** Today's Events & Newsletter (DR) (LGI)

10:30 **HPF** Flow Yoga (LR) (LGI)

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

1:30 **CEA** Music History: Elvis Presley (DR) (LGI)

3:00 **HPF** Posture and Stretch Fitness Class (GAR) (LGI)

6:00 **LIS** Sensory Stimulation: Out of Place (LR) (LGI)

**9**

10:00 **SCE** Today's Events & Newsletter (DR) (LGI)

10:30 **HPF** Tai Chi: Balance & Posture (LR) (LGI)

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

1:30 **CEA** Music History: Country Music (LR) (LGI)

3:00 **HPF** Walking Challenge (GAR) (LGI)

**10**

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

10:30 **HPF** Cardio Drumming Circle (LR) (LGI)

1:00 **CEA** Music Appreciation: C.W. McCall (DR) (LGI)

1:30 **LIS** Word Wonders: Radio Terms & the 10-Code (LR) (LGI)

2:00 **CPI** Work Session: MLK Day of Service (GAR) (LGI)

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

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

**11**

10:00 **SCE** Today's Events & Newsletter (DR) (LGI)

10:30 **HPF** Flow Yoga (LR) (LGI)

1:00 **CEA** Music Appreciation: Naomi Judd (DR) (LGI)

1:30 **CEA** Music History: Instruments, The Guitar (DR) (LGI)

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

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

**12**

**National Pharmacist Day**

10:00 **CPI** Today's Events & Newsletter (DR) (LGI)

10:30 **HPF** Upper Body Conditioning (LR) (LGI)

1:00 **CEA** Music Appreciation: Felipe Rose (DR) (LGI)

2:00 **SCE** Reminiscing: A Day At Work (DR) (LGI)

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

6:00 **SCE** What Year Was It: 1950s Art & Relaxation (DR) (LGI)

**13**

10:00 **SCE** Today's Events & Newsletter (DR) (LGI)

10:30 **HPF** Total Body Conditioning - Beginner (DR) (LGI)

1:00 **RSF** Relaxation Massages with Mary Ann (LR) (LGI)

2:00 **LIS** Word Wonders: Nature Idioms (DR) (LGI)

2:30 **CEA** Syria's Performance: Ft. "The Twist" (LR) (LGI)

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

6:30 **LIS** Literary Appreciation: Short Stories (LR) (LGI)

**14**

10:00 **SCE** Today's Events & Newsletters (DR) (LGI)

10:30 **HPF** Walking Challenge (DR) (LGI)

1:00 **CEA** Music Appreciation: The Supremes (DR) (LGI)

1:45 **CEA** Violin Recital featuring Yakov (LR) (LGI)

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

6:00 **SCE** Express Yourself: Laughter We're After (LR) (LGI)

**15**

**National Hat Day**

10:00 **SCE** Today's Events and Newsletter (DR) (LGI)

10:30 **HPF** Flow Yoga (LR) (LGI)

1:00 **CEA** Music Appreciation: Ruth Slenczynska (DR) (LGI)

2:00 **SCE** The Hat's We Wear & Share (LR) (LGI)

3:00 **HPF** Posture and Stretch Fitness Class (LR) (LGI)

6:00 **LIS** Sensory Stimulation: Find The Pairs (LR) (LGI)

**16**

10:00 **SCE** Today's Events & Newsletter (DR) (LGI)

10:30 **HPF** Tai Chi: Balance & Posture (GAR) (LGI)

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

3:00 **HPF** Walking Challenge (GAR) (LGI)

**17**

**Martin Luther King, Jr. Day**

10:00 **SCE** Today's Events & Newsletter (DR) (LGI)

10:30 **HPF** Cardio Drumming Circle (LR) (LGI)

1:00 **CEA** Music Appreciation: Barry Manilow (DR) (LGI)

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

2:45 **CPI** Civic Engagement: Day of Service (DR) (LGI)

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

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

**18**

10:00 **SCE** Today's Events & Newsletter (DR) (LGI)

10:30 **HPF** Flow Yoga (LR) (LGI)

1:00 **CEA** Music Appreciation: Songs In Advertising (DR) (LGI)

2:00 **CEA** Horticulture: Succulent Terrariums (DR) (LGI)

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

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

**19**

10:00 **SCE** Today's Events & Newsletter (DR) (LGI)

10:30 **HPF** Upper Body Conditioning (LR) (LGI)

1:00 **CEA** Music Appreciation: Dolly Parton (DR) (LGI)

2:00 **SCE** Bagels & Biographies (DR) (LGI)

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

6:00 **SCE** What Year Was It: Inventions (LR) (LGI)

**20**

10:00 **SCE** Today's Events & Newsletter (DR) (LGI)

10:30 **HPF** Total Body Conditioning - Beginner (LR) (LGI)

1:00 **CEA** Music Appreciation: Marcia Griffiths (DR) (LGI)

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

3:00 **HPF** Tai Chi: Balance & Posture (GAR) (LGI)

6:00 **LIS** Literary Appreciation: Poetry (LR) (LGI)

**21**

9:00 **SCE** Today's Events & Newsletter (DR) (LGI)

10:30 **HPF** Walking Challenge (LR) (LGI)

1:00 **CEA** Music Appreciation: Placido Domingo (DR) (LGI)

2:00 **CEA** Music History: Iconic Music Venues (DR) (LGI)

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

6:00 **SCE** Laughter Therapy: Classic Comics (LR) (LGI)

**22**

10:00 **SCE** Today's Events & Newsletter (DR) (LGI)

10:30 **HPF** Flow Yoga (LR) (LGI)

1:00 **CEA** Music Appreciation: Buddy Holly (DR) (LGI)

1:30 **SCE** Reminiscing: Our Wedding Day (LR) (LGI)

3:00 **HPF** Posture and Stretch Fitness Class (LR) (LGI)

6:00 **LIS** Sensory Stimulation: iSpy (LR) (LGI)

**23**

10:00 **SCE** Today's Events & Newsletter (DR) (LGI)

10:30 **HPF** Tai Chi: Balance & Posture (LR) (LGI)

1:00 **CEA** Music Appreciation: Petula Clark (DR) (LGI)

1:30 **SCE** Reminiscing: Railway Adventures (LR) (LGI)

3:00 **HPF** Walking Challenge (GAR) (LGI)

**24**

10:00 **SCE** Today's Events & Newsletter (DR) (LGI)

10:30 **HPF** Cardio Drumming Circle (LR) (LGI)

1:00 **CEA** Music Appreciation: Aaron Neville (DR) (LGI)

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

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

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

**25**

10:00 **SCE** Today's Events & Newsletter (DR) (LGI)

10:30 **HPF** Flow Yoga (LR) (LGI)

1:00 **CEA** Music Appreciation: Etta James (DR) (LGI)

1:30 **LIS** Word Wonders: Flowers (DR) (LGI)

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

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

**26**

10:00 **SCE** Today's Events & Newsletter (DR) (LGI)

10:30 **HPF** Upper Body Conditioning (LR) (LGI)

1:00 **CEA** Music: David Brings Little River Band (DR) (LGI)

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

6:00 **SCE** What Year Was It: 1970s Art & Relaxation (LR) (LGI)

**27**

10:00 **SCE** Today's Events & Newsletter (DR) (LGI)

10:30 **HPF** Total Body Conditioning - Beginner (LR) (LGI)

1:00 **RSF** Relaxation Massages with Mary Ann (LR) (LGI)

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

1:30 **SCE** Express Yourself: Pastimes (LR) (LGI)

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

6:00 **LIS** Literary Appreciation: Peter Pan (LR) (LGI)

**28**

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

10:30 **HPF** Walking Challenge (GAR) (LGI)

1:00 **CEA** Music Appreciation: Jean Goldkette (DR) (LGI)

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

6:00 **SCE** Laughter Therapy: Jokes (LR) (LGI)

**29**

10:00 **SCE** Today's Events & Newsletter (DR) (LGI)

10:30 **HPF** Flow Yoga (LR) (LGI)

1:00 **CEA** Music Appreciation: Glenn Campbell (LR) (LGI)

3:00 **HPF** Posture and Stretch Fitness Class (LR) (LGI)

6:00 **LIS** Sensory Stimulation: Find The Pairs (LR) (LGI)