

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

**Cheers & Beers:
Beer Flight Tasting**
Wednesday, January 12, 3:00 PM

**Horticulture: Succulent
Terrariums**
Tuesday, January 18, 1:00 PM

Bailey's & Biographies
Wednesday, January 19, 1:00 PM



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

30

10:00 **HPF** Tai Chi: Balance & Posture
 1:00 **CPI** Business Club: Walmart
 2:30 **SCE** Bingo w/ Marcy (3rd)
 2:30 **CEA** Debate: Abstract vs. Naturalist Art
 4:00 **HPF** Posture & Stretch Fitness Class
 4:30 **HPF** Dance & Movement: The Balance Dance

31

10:00 **HPF** Moving for Memory: Walking Challenge
 2:00 **CEA** Broadway Shows w/ Tony (AR)
 2:00 **LIS** ODU: Older Americans - In Our Prime
 3:00 **SCE** Up for Discussion: Senior Citizenship
 4:00 **HPF** Lower Body Conditioning



- 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

1

NEW YEAR'S DAY SOLEMNITY OF MARY

8:00 Rose Parade on TV
 9:00 **RSF** Newsletter Highlight: Solemnity of Mary
 10:00 **HPF** Cardio Drumming Circle (TV)
 11:30 **SCE** New Year's Day Party
 2:30 **SCE** Bingo (3rd)
 3:30 New Year's World Scramble
 4:00 **HPF** Posture and Stretch Fitness Class
 6:00 **LIS** ODU: Champagne: The Bottle and Business

2

NEW MOON

10:00 **HPF** Tai Chi: Balance & Posture
 1:00 **CPI** Civic Engagement Intro. & Brainstorm
 2:00 **LIS** Book Club Launch
 2:30 **SCE** Bingo w/ Marcy (3rd)
 4:00 **HPF** Posture and Stretch Fitness Class
 4:30 **HPF** Dance & Movement: The Balance Dance

3

INTERNATIONAL MIND-BODY WELLNESS DAY

10:00 **HPF** Walking Challenge Monthly Launch
 1:00 **HPF** Mind-Body Exercises for Wellness
 2:00 **CEA** Broadway Shows w/ Tony (AR)
 4:00 **HPF** Lower Body Conditioning

4

NATIONAL TRIVIA DAY

10:00 **HPF** Flow Yoga
 10:30 **LIS** Jeopardy!® w/ Tony (AR)
 1:00 **CPI** Ambassador Club Meeting
 2:00 **SCE** Trivia & Fun Facts Session
 3:00 **SCE** Bingo (3rd)
 4:00 **HPF** Dance & Movement: The Mambo

5

NATIONAL BIRD DAY

10:00 **HPF** Upper Body Conditioning
 10:30 **LIS** Current Events w/ Judy (AR)
 1:00 **SCE** Window Bird Watching
 2:00 **SCE** Blackjack (3rd)
 2:30 **CEA** Letter Writing: Dear Future Self
 4:00 **HPF** Tai Chi: Balance & Posture

6

EPIPHANY: CLOSE OF THE CHRISTMAS SEASON

9:00 **RSF** Newsletter: Close of Christmas Season
 10:00 **HPF** Total Body Conditioning - Beginner
 11:00 **CEA** Creative Writing w/ ED (3rd floor)
 2:00 **SCE** Bingo (3rd)
 4:00 **HPF** Dance & Movement: The Mambo

7

10:00 **HPF** Total Body Conditioning - Advanced
 10:30 **LIS** Mind Stimulating Games w/ Judy (AR)
 1:00 **CEA** Music Appreciation w/ Tony (AR)
 2:30 **LIS** Zodiac & Horoscope of January
 3:30 **HPF** Moving for Memory: Walking Challenge
 4:00 **RSF** Shabbat Service (AR)

8

ELVIS PRESLEY'S BIRTHDAY

10:00 **HPF** Cardio Drumming Circle
 1:00 **CEA** Music History: Elvis Presley
 2:30 **SCE** Bingo (3rd)
 4:00 **HPF** Flow Yoga

9

FIRST QUARTER MOON

10:00 **HPF** Tai Chi: Balance & Posture
 2:00 **CEA** Scentsary Art
 2:30 **SCE** Bingo w/ Marcy (3rd)
 4:00 **HPF** Posture and Stretch Fitness Class
 4:30 **HPF** Dance & Movement: The Balance Dance

10

10:00 **HPF** Moving for Memory: Walking Challenge
 1:00 **CPI** Work Session for MLK Service Day
 2:00 **CEA** Broadway Shows w/ Tony (AR)
 4:00 **HPF** Lower Body Conditioning

11

10:00 **HPF** Flow Yoga
 10:30 **LIS** Jeopardy!® w/ Tony (AR)
 1:00 **CPI** Engage Life® Planning Meeting
 2:00 **LIS** Exercise Your Brain: Morse Code Learning
 3:00 **SCE** Bingo (3rd)
 3:00 **HPF** Dance & Movement: Cupid Shuffle

12

NATIONAL PHARMACIST DAY

9:00 **LIS** Newsletter: Pharmacy Discoveries
 10:00 **HPF** Upper Body Conditioning
 10:30 **LIS** Current Events w/ Judy (AR)
 2:00 **SCE** Blackjack (3rd)
 3:00 **SCE** Cheers & Beers: Beer Flight Tasting
 4:00 **HPF** Tai Chi: Balance & Posture

13

10:00 **HPF** Total Body Conditioning - Beginner
 11:00 **CEA** Creative Writing w/ ED (3rd floor)
 1:00 **CPI** Career Connection: Medicine & Healthcare
 2:00 **SCE** Bingo (3rd)
 4:00 **HPF** Dance & Movement: Cupid Shuffle

14

10:00 **HPF** Total Body Conditioning - Advanced
 10:30 **LIS** Mind Stimulating Games w/ Judy (AR)
 1:00 **CEA** Music Appreciation w/ Tony (AR)
 2:30 **LIS** ODU: Rosa Parks True Story & Legacy
 3:30 **HPF** Moving for Memory: Walking Challenge
 4:00 **RSF** Shabbat Service

15

NATIONAL HAT DAY

10:00 **HPF** Cardio Drumming Circle
 1:00 **SCE** The Hats We Wear & Share
 2:30 **SCE** Bingo (3rd)
 4:00 **HPF** Flow Yoga

16

10:00 **HPF** Tai Chi: Balance & Posture
 1:00 **LIS** MLK's Legacy
 2:30 **SCE** Bingo w/ Marcy (3rd)
 4:00 **HPF** Posture and Stretch Fitness Class
 4:30 **HPF** Dance & Movement: The Balance Dance

17

FULL MOON MARTIN LUTHER KING JR. DAY

10:00 **HPF** Moving for Memory: Walking Challenge
 2:00 **CEA** Broadway Shows w/ Tony (AR)
 3:00 **CPI** Civic Engagement Day of Service
 4:00 **HPF** Lower Body Conditioning

18

10:00 **HPF** Flow Yoga
 10:30 **LIS** Jeopardy!® w/ Tony (AR)
 1:00 **CEA** Horticulture: Succulent Terrariums
 3:00 **HPF** Dance & Movement: Macarena

19

10:00 **HPF** Upper Body Conditioning
 10:30 **LIS** Current Events w/ Judy (AR)
 1:00 **SCE** Bailey's & Biographies
 2:30 **SCE** Blackjack (3rd)
 4:00 **HPF** Tai Chi: Balance & Posture

20

10:00 **HPF** Total Body Conditioning - Beginner
 11:00 **CEA** Creative Writing w/ ED (3rd floor)
 2:30 **CPI** Food For Thought - Culinary Led
 3:00 **SCE** Bingo (3rd)
 4:00 **HPF** Dance & Movement: Macarena

21

10:00 **HPF** Total Body Conditioning - Advanced
 10:30 **LIS** Mind Stimulating Games w/ Judy (AR)
 1:00 **CEA** Music Appreciation w/ Tony (AR)
 2:30 **SCE** Poker (3rd)
 3:30 **HPF** Moving for Memory: Walking Challenge
 4:00 **RSF** Shabbat Service

22

10:00 **HPF** Cardio Drumming Circle
 1:00 **LIS** Brain Challenge: Optical Illusions
 2:00 **SCE** Scavenger Hunt: Know Your Neighbor
 3:00 **SCE** Bingo (3rd)
 4:00 **HPF** Flow Yoga

23

10:00 **HPF** Tai Chi: Balance & Posture
 1:00 **LIS** The Sports Of The Winter Olympics
 2:30 **SCE** Bingo w/ Marcy (3rd)
 4:00 **HPF** Posture & Stretch Fitness Class
 4:30 **HPF** Dance & Movement: The Balance Dance

24

10:00 **HPF** Moving for Memory: Walking Challenge
 2:00 **CEA** Broadway Shows w/ Tony (AR)
 3:00 **SCE** PositivTea: Resilience
 4:00 **HPF** Lower Body Conditioning

25

LAST QUARTER MOON

10:00 **HPF** Flow Yoga
 10:30 **LIS** Jeopardy!® w/ Tony (AR)
 2:00 **CPI** Resident Council Meeting
 4:00 **HPF** Dance & Movement: Git Up & Dance

26

10:00 **HPF** Upper Body Conditioning
 10:30 **LIS** Current Events w/ Judy (AR)
 1:00 **LIS** Book Club Discussion
 2:00 **CEA** Music Access: Part I
 2:30 **SCE** Blackjack (3rd)
 3:30 **SCE** Scavenger Hunt Happy Hour
 4:00 **HPF** Tai Chi: Balance & Posture

27

INTERNATIONAL HOLOCAUST REMEMBRANCE DAY

9:00 **RSF** Newsletter: Holocaust Remembrance
 10:00 **HPF** Total Body Conditioning - Beginner
 11:00 **CEA** Creative Writing w/ ED (3rd floor)
 2:00 **SCE** Bingo (3rd)
 4:00 **HPF** Dance & Movement: Git Up & Dance

28

10:00 **HPF** Total Body Conditioning - Advanced
 10:30 **LIS** Mind Stimulating Games w/ Judy (AR)
 1:00 **CEA** Music Appreciation w/ Tony (AR)
 2:30 **SCE** Poker (3rd)
 3:30 **HPF** Moving for Memory: Walking Challenge
 4:00 **RSF** Shabbat Service

29

NATIONAL PUZZLE DAY

10:00 **HPF** Cardio Drumming Circle
 1:00 **SCE** Sudoku & Word Puzzles
 2:30 **SCE** Bingo (3rd)
 3:30 Winter Olympic Games Planning
 4:00 **HPF** Flow Yoga

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