

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

New Year's Resolutions
Saturday, January 1, 11:00 AM

Civic Engagement Day of Service
Monday, January 17, 9:00 AM

**Bailey's & Biographies
Happy Hour**
Wednesday, January 19, 3:00 PM



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

30

9:00 **RSF** Local Church Service (V)
 9:00 **RSF** Let's Have Church (IR)
 10:00 **CEA** Debate: Abstract vs. Naturalist Art (LIB)
 10:30 **HPF** Tai Chi: Balance & Posture (CR)
 11:00 **HPF** Posture & Stretch Fitness Class (CR)
 1:00 **CPI** Business Club: Walmart (1LR)
 2:00 **HPF** Dance & Movement: The Balance Dance (CR)
 3:00 Entertainment by Candida Rose (CR)
 3:00 **SCE** Happy Hour (CR)
 6:30 Bingo w/ Claire (CR)

31

9:00 **HPF** Moving For Memory: Walking Challenge (L)
 9:00 **SCE** Up for Discussion: Senior Citizenship (1LR)
 9:30 **RSF** Bible Study (LIB)
 10:30 **HPF** Yoga & Meditation w/ Howard (CR)
 10:30 **LIS** Alpha & Omega (LIB)
 1:30 **HPF** Men's Fitness (CR)
 2:00 **CEA** Craft Hour (CR)
 3:30 **HPF** Lower Body Conditioning (CR)
 4:00 **LIS** ODU: Older Americans - In Our Prime (CR)
 6:30 **SCE** Documentary Night: Kiss the Ground (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:
 Meditation Room MR
 Van V
 Library LIB
 1st Floor Living Room 1LR
 3rd Floor Living Room 3LR
 Lobby L
 2nd Floor Living Room 2LR
 Bistro B
 Community Room CR
 In-Room IR

NEW YEAR'S DAY SOLEMNITY OF MARY

9:00 **RSF** Newsletter Highlight: Solemnity of Mary (IR)
 10:30 **HPF** Cardio Drumming Circle (CR)
 11:00 **SCE** New Year's Resolutions (LIB)
 1:00 Scenic Drive (V)
 1:30 **HPF** Posture and Stretch Fitness Class (CR)
 2:00 **LIS** ODU: Champagne: The Bottle and Business (CR)
 3:00 Bingo (CR)
 6:00 **LIS** Game Night (3LR)
 7:00 **SCE** Movie Night (CR)

1

NEW MOON

2

9:00 **RSF** Let's Have Church (IR)
 9:00 **RSF** Local Church Service (V)
 10:30 **HPF** Tai Chi: Balance & Posture (CR)
 11:00 **HPF** Posture and Stretch Fitness Class (CR)
 1:00 **LIS** Words in a Word (LIB)
 2:00 **HPF** Dance & Movement: The Balance Dance (CR)
 3:00 **SCE** Happy Hour (CR)
 6:30 Bingo w/ Claire (CR)

INTERNATIONAL MIND-BODY WELLNESS DAY

3

9:00 **HPF** Walking Challenge Monthly Launch (L)
 9:30 **RSF** Bible Study Series: Part I (LIB)
 10:30 **HPF** Yoga & Meditation w/ Howard (CR)
 10:30 **LIS** Alpha & Omega (LIB)
 1:00 **HPF** Lower Body Conditioning (CR)
 2:00 **CEA** Craft Hour (CR)
 6:30 **SCE** Documentary Night: Audrey (CR)

NATIONAL TRIVIA DAY

4

9:30 **HPF** Flow Yoga (CR)
 10:00 **SCE** Trivia & Fun Facts Session (LIB)
 10:00 **CPI** Knitting/Sewing for a Cause (CR)
 10:30 **LIS** Banana-grams (LIB)
 1:00 **HPF** Dance & Movement: The Mambo (CR)
 2:00 **CPI** Ambassador Club Meeting (2LR)
 3:00 Bingo (CR)
 6:00 **SCE** Game Night (CR)

NATIONAL BIRD DAY

5

9:30 **HPF** Upper Body Conditioning (CR)
 10:00 **HPF** Zumba® w/ Jessica (CR)
 10:00 **CEA** Letter Writing: Dear Future Self (LIB)
 11:00 **SCE** Restaurant Outing (V)
 1:00 **SCE** Window Bird Watching (CR)
 2:00 **CPI** Civic Engagement Intro. & Brainstorm (CR)
 2:30 **RSF** Bible Study w/ Pastor Mike (2LR)
 3:00 **SCE** Happy Hour (CR)
 4:00 **HPF** Tai Chi: Balance & Posture (CR)
 7:00 **SCE** Movie Night: Enola Holmes (CR)

EPIPHANY: CLOSE OF THE CHRISTMAS SEASON

6

9:00 **RSF** Newsletter: Close of Christmas Season (IR)
 9:30 **HPF** Total Body Conditioning - Beginner (CR)
 10:00 **LIS** Rummikub® (LIB)
 10:00 **RSF** The Divine Mercy & Rosary (CR)
 1:00 **HPF** Dance & Movement: The Mambo (CR)
 2:00 Entertainment by Joanie Sherlock (CR)
 3:30 **LIS** Book Club (2LR)
 6:00 **SCE** Hand & Foot Card Game (CR)

7

9:30 **HPF** Moving For Memory: Walking Challenge (L)
 10:00 **LIS** Trivia (1LR)
 10:00 **LIS** Zodiac & Horoscope of January (1LR)
 11:00 Tech Help (IR)
 1:00 **HPF** Total Body Conditioning - Advanced (CR)
 1:30 **LIS** Words in a Word (LIB)
 3:00 **SCE** Happy Hour (CR)
 7:00 **SCE** Movie Night: (CR)

ELVIS PRESLEY'S BIRTHDAY

8

10:30 **HPF** Cardio Drumming Circle (CR)
 11:00 **CEA** Music History: Elvis Presley (1LR)
 1:00 Scenic Drive (V)
 1:30 **HPF** Flow Yoga (CR)
 3:00 Bingo (CR)
 6:00 **LIS** Game Night (3LR)
 7:00 **SCE** Movie Night: (CR)

FIRST QUARTER MOON

9

9:00 **RSF** Local Church Service (V)
 9:00 **RSF** Let's Have Church (IR)
 10:30 **HPF** Tai Chi: Balance & Posture (CR)
 11:00 **HPF** Posture and Stretch Fitness Class (CR)
 1:00 **LIS** Words in a Word (LIB)
 2:00 **HPF** Dance & Movement: The Balance Dance (CR)
 3:00 **SCE** Happy Hour (CR)
 6:30 Bingo w/ Claire (CR)

10

9:00 **HPF** Moving For Memory: Walking Challenge (L)
 9:30 **RSF** Bible Study Series: Part II (LIB)
 10:30 **CPI** Work Session for MLK Service Day (MR)
 10:30 **HPF** Yoga & Meditation w/ Howard (CR)
 10:30 **LIS** Alpha & Omega (LIB)
 1:00 **HPF** Lower Body Conditioning (CR)
 2:00 **CEA** Scentsary Art (CR)
 6:30 **SCE** Documentary Night: Growing Up Wild (CR)

11

9:00 **LIS** Exercise Your Brain: Morse Code Learning (IR)
 9:30 **HPF** Flow Yoga (CR)
 10:00 **CPI** Knitting/Sewing for a Cause (CR)
 11:00 **CPI** Engage Life® Planning Meeting (2LR)
 1:00 **HPF** Dance & Movement: Cupid Shuffle (CR)
 2:00 Entertainment by Chris Monti (CR)
 3:00 Bingo (CR)
 6:00 **SCE** Game Night (CR)

NATIONAL PHARMACIST DAY

12

9:00 **LIS** Newsletter: Pharmacy Discoveries (IR)
 9:30 **HPF** Upper Body Conditioning (CR)
 10:00 **HPF** Zumba® w/ Jessica (CR)
 11:00 **SCE** Restaurant Outing (V)
 2:30 **RSF** Bible Study w/ Pastor Mike (2LR)
 3:00 **SCE** Cheers & Beers Happy Hour (CR)
 4:00 **HPF** Tai Chi: Balance & Posture (CR)
 7:00 **SCE** Movie Night: (CR)

13

9:30 **HPF** Total Body Conditioning - Beginner (CR)
 10:00 **LIS** Rummikub® (LIB)
 10:00 **RSF** The Divine Mercy & Rosary (CR)
 11:00 **CPI** Career Connection: Medicine & Healthcare (1LR)
 1:00 **HPF** Dance & Movement: Cupid Shuffle (CR)
 2:00 **CEA** Craft Hour (CR)
 6:00 **SCE** Hand & Foot Card Game (CR)

14

9:30 **HPF** Moving For Memory: Walking Challenge (L)
 10:00 **LIS** ODU: Rosa Parks True Story & Legacy (CR)
 10:00 **LIS** Trivia (1LR)
 11:00 Tech Help (IR)
 1:00 **HPF** Total Body Conditioning - Advanced (CR)
 1:30 **LIS** Words in a Word (LIB)
 3:00 **SCE** Happy Hour (CR)
 7:00 **SCE** Movie Night: (CR)

NATIONAL HAT DAY

15

10:30 **HPF** Cardio Drumming Circle (CR)
 11:00 **SCE** The Hats We Wear & Share (LIB)
 1:00 Scenic Drive (CR)
 1:30 **HPF** Flow Yoga (CR)
 3:00 Bingo (CR)
 6:00 **LIS** Game Night (3LR)
 7:00 **SCE** Movie Night (CR)

16

9:00 **RSF** Local Church Service (V)
 9:00 **RSF** Let's Have Church (IR)
 10:30 **HPF** Tai Chi: Balance & Posture (CR)
 11:00 **HPF** Posture and Stretch Fitness Class (CR)
 1:00 **LIS** Words in a Word (LIB)
 2:00 **HPF** Dance & Movement: The Balance Dance (CR)
 3:00 **SCE** Happy Hour (CR)
 6:30 Bingo w/ Claire (CR)

MARTIN LUTHER KING JR. DAY FULL MOON

17

9:00 **HPF** Moving For Memory: Walking Challenge (L)
 9:00 **CPI** Civic Engagement Day of Service (L)
 9:30 **RSF** Bible Study (LIB)
 10:30 **HPF** Yoga & Meditation w/ Howard (CR)
 10:30 **LIS** Alpha & Omega (LIB)
 1:00 **HPF** Lower Body Conditioning (CR)
 2:00 **CEA** Craft Hour (CR)
 3:00 **LIS** MLK's Legacy (LIB)
 6:30 **SCE** Movie Night: Marshall (CR)

18

9:30 **HPF** Flow Yoga (CR)
 10:00 **CPI** Knitting/Sewing for a Cause (CR)
 10:30 **LIS** Banana-grams (LIB)
 1:00 **HPF** Dance & Movement: Macarena (CR)
 2:00 **CEA** Horticulture: Succulent Terrariums (CR)
 3:00 Bingo (CR)
 6:00 **SCE** Game Night (CR)

19

9:30 **HPF** Upper Body Conditioning (CR)
 10:00 **HPF** Zumba® (CR)
 11:00 **SCE** Restaurant Outing (V)
 2:30 **RSF** Bible Study w/ Pastor Mike (2LR)
 3:00 **SCE** Bailey's & Biographies Happy Hour (CR)
 4:00 **HPF** Tai Chi: Balance & Posture (CR)
 7:00 **SCE** Movie Night: Get on Up (CR)

20

9:30 **HPF** Total Body Conditioning - Beginner (CR)
 10:00 **LIS** Rummikub® (LIB)
 10:00 **RSF** The Divine Mercy & Rosary (CR)
 1:00 **HPF** Dance & Movement: Macarena (CR)
 2:00 **CEA** Craft Hour (CR)
 3:30 **LIS** Book Club (2LR)
 6:00 Music by Tony & Pat (CR)

21

9:30 **HPF** Moving For Memory: Walking Challenge (L)
 11:00 Tech Help (IR)
 1:00 **HPF** Total Body Conditioning - Advanced (CR)
 1:30 **LIS** Words in a Word (LIB)
 3:00 **SCE** Happy Hour (CR)
 7:00 **SCE** Movie Night: (CR)

22

10:30 **HPF** Cardio Drumming Circle (CR)
 11:00 **LIS** Brain Challenge: Optical Illusions (LIB)
 1:00 Scenic Drive (V)
 1:30 **HPF** Flow Yoga (CR)
 2:00 **SCE** Scavenger Hunt: Know Your Neighbor (LIB)
 3:00 Bingo (CR)
 6:00 **LIS** Game Night (3LR)
 7:00 **SCE** Movie Night (CR)

23

9:00 **RSF** Local Church Service (V)
 9:00 **RSF** Let's Have Church (IR)
 10:00 **LIS** The Sports Of The Winter Olympics (LIB)
 10:30 **HPF** Tai Chi: Balance & Posture (CR)
 11:00 **HPF** Posture & Stretch Fitness Class (CR)
 1:00 **LIS** Words in a Word (LIB)
 2:00 **HPF** Dance & Movement: The Balance Dance (CR)
 3:00 **SCE** Happy Hour (CR)
 6:30 Bingo w/ Claire (CR)

24

9:00 **HPF** Moving For Memory: Walking Challenge (L)
 9:30 **RSF** Bible Study Series: Part IV (LIB)
 10:30 **HPF** Yoga & Meditation w/ Howard (CR)
 10:30 **LIS** Alpha & Omega (LIB)
 1:00 **HPF** Lower Body Conditioning (CR)
 2:00 **CEA** Craft Hour (CR)
 6:30 **SCE** Documentary Night: Dolly Parton (CR)

LAST QUARTER MOON

25

9:30 **HPF** Flow Yoga (CR)
 10:00 **CPI** Knitting/Sewing for a Cause (CR)
 10:30 **LIS** Banana-grams (LIB)
 1:00 **HPF** Dance & Movement: Git Up & Dance (CR)
 2:00 **CPI** Resident Council Meeting (CR)
 3:00 Bingo (CR)
 6:00 **SCE** Game Night (CR)

26

9:30 **HPF** Upper Body Conditioning (CR)
 10:00 **CEA** Music Access: Part I (1LR)
 10:00 **HPF** Zumba® (CR)
 11:00 **SCE** Restaurant Outing (V)
 2:30 **RSF** Bible Study w/ Pastor Mike (2LR)
 3:00 **SCE** Happy Hour (CR)
 4:00 **HPF** Tai Chi: Balance & Posture (CR)
 7:00 **SCE** Movie Night: (CR)

INTERNATIONAL HOLOCAUST REMEMBRANCE DAY

27

9:00 **RSF** Newsletter: Holocaust Remembrance (IR)
 9:30 **HPF** Total Body Conditioning - Beginner (CR)
 10:00 **LIS** Rummikub® (LIB)
 10:00 **RSF** The Divine Mercy & Rosary (CR)
 1:00 **HPF** Dance & Movement: Git Up & Dance (CR)
 2:00 **CPI** Town Hall (CR)
 2:30 **CPI** Food For Thought - Culinary Led (CR)
 6:00 **SCE** Hand & Foot Card Game (CR)

28

9:30 **HPF** Moving For Memory: Walking Challenge (L)
 11:00 Tech Help (IR)
 1:00 **HPF** Total Body Conditioning - Advanced (CR)
 1:30 **LIS** Words in a Word (LIB)
 3:00 **SCE** Happy Hour (CR)
 7:00 **SCE** Movie Night (CR)

NATIONAL PUZZLE DAY

29

10:30 **HPF** Cardio Drumming Circle (CR)
 11:00 **SCE** Sudoku & Word Puzzles (LIB)
 1:00 Scenic Drive (V)
 1:30 **HPF** Flow Yoga (CR)
 2:00 **SCE** PositivTea: Resilience (B)
 3:00 Bingo (CR)
 6:00 **LIS** Game Night (3LR)
 7:00 **SCE** Movie Night (CR)

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LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

New Year's Resolutions
Saturday, January 1, 10:00 AM

Civic Engagement Day of Service
Monday, January 17, 2:45 PM

Bailey's Biographies Happy Hour
Wednesday, January 19, 3:30 PM



JANUARY 2022

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

PET VISIT GINGER **30**
 7:00 **RSE** Bible Study
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Tai Chi: Balance & Posture
 1:00 **CEA** Music Appreciation: The Shirelles
 2:00 **HPF** Walking Challenge
 3:00 **SCE** Singer Candida Rose
 3:30 Bingo Game
 6:00 **SCE** Evening Movie

31
 10:00 **SCE** Today's Events & Newsletter
 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** Evening Movie



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STAFF KEY:
 RSA RSA

NEW YEAR'S DAY **1**
Solemnity of Mary
 10:00 New Year's Resolutions
 10:30 **HPF** Flow Yoga
 12:00 **SCE** Family Brunch
 1:00 **CEA** Music: Rock Around The Clock
 3:00 **HPF** Posture and Stretch Fitness Class
 3:30 **LIS** Sensory Stimulation: Find The Pairs
 6:00 **SCE** Evening Movie

2
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Tai Chi: Balance & Posture
 11:00 **RSE** Bible Study (RSA)
 1:00 **CEA** Music Appreciation: George Harrison
 2:00 **CPI** Civic Engagement Introduction
 3:00 **HPF** Walking Challenge
 3:15 Bingo Game
 6:00 **SCE** Evening Movie

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 Scenic Drive
 2:45 Baking Cookies
 3:30 **HPF** Dance & Movement: The Macarena
 6:00 **SCE** Evening Movie

NATIONAL TRIVIA DAY **4**
 7:00 **CEA** Cooking Demo
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Flow Yoga
 11:00 States Trivia
 1:00 **CEA** Music Appreciation: Elton John
 2:15 **CEA** Art Class
 3:00 **HPF** Lower Body Conditioning
 3:30 **LIS** Zodiac and Horoscope for January
 6:00 **SCE** Evening Movie

NATIONAL BIRD DAY **5**
 10:00 **LIS** Our Favorite Birds: Discussion
 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
 3:15 Tea Party
 3:30 **SCE** What Year Was It: Classic Cars
 6:00 **SCE** Evening Movie

EPIPHANY-CLOSE OF THE CHRISTMAS SEASON **6**
 10:00 **RSE** Today's Events & Newsletter
 10:30 **HPF** Total Body Conditioning
 1:00 **CEA** Music Appreciation: Sister Sledge
 2:00 **CEA** Singer Joanie Sherlock
 3:00 **HPF** Tai Chi: Balance & Posture
 3:30 **LIS** Literary Appreciation: Poetry
 6:00 **SCE** Evening Movie

7
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Walking Challenge
 10:45 Beauty Hour
 1:00 **CEA** Music Appreciation: Kenny Loggins
 3:00 **HPF** Cardio Drumming Circle
 3:30 **SCE** Laughter Therapy: Riddles
 3:45 Pretty Nails
 6:00 **SCE** Evening Movie

ELVIS BIRTHDAY **8**
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Flow 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
 3:30 **LIS** Sensory Stimulation: Out of Place
 6:30 **SCE** Evening Movie

PET VISIT GINGER **9**
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Tai Chi: Balance & Posture
 11:00 **RSE** Bible Study
 1:00 **CEA** Music Appreciation: Patsy Cline
 1:30 **CEA** Music History: Country Music
 3:00 **HPF** Walking Challenge
 6:00 **SCE** Evening Movie

10
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Cardio Drumming Circle
 11:15 **CEA** Making Holiday Center Pieces
 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
 3:30 Bitter Sweet Chocolate Day
 6:00 **SCE** Evening Movie

11
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Flow Yoga
 1:00 **CEA** Music Appreciation: Naomi Judd
 1:30 **CEA** Music History: Instruments, The Guitar
 2:00 **CEA** Singer Chris Monti
 2:15 Bingo Game
 3:00 **HPF** Lower Body Conditioning
 6:00 **SCE** Evening Movie

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
 3:30 **SCE** What Year Was It: 1950s Art & Relaxation
 6:00 **SCE** Evening Movie

PET VISIT MOCHA **13**
 7:00 **SCE** Evening Movie
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Total Body Conditioning - Beginner
 1:00 **CEA** Music Appreciation: "The Twist"
 2:00 **LIS** Word Wonders: Nature Idioms
 2:00 **CEA** Art Classes
 3:00 **HPF** Tai Chi: Posture & Balance
 3:30 **LIS** Literary Appreciation: Short Stories
 6:00 **SCE** Evening Movie

14
 10:00 **SCE** Today's Events & Newsletters
 10:30 **HPF** Walking Challenge
 10:45 Beauty Hour
 1:00 **CEA** Music Appreciation: The Supremes
 3:00 **HPF** Cardio Drumming Circle
 3:30 **SCE** Express Yourself: Laughter We're After
 6:00 **SCE** Evening Movie

NATIONAL HAT DAY **15**
 10:00 **SCE** Today's Events and Newsletter
 10:30 **HPF** Flow 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
 3:30 **LIS** Sensory Stimulation: Find The Pairs
 3:45 Pretty Nails
 6:00 **SCE** Evening Movie

16
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Tai Chi: Balance & Posture
 11:00 **RSE** Bible Study
 1:00 **CEA** Music Appreciation: Hello Dolly
 3:00 **HPF** Walking Challenge
 4:00 Pretty Nails
 6:00 **SCE** Evening Movie

MARTIN LUTHER KING Jr. DAY **17**
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Cardio Drumming Circle
 11:15 **CEA** Making Holiday Center Pieces
 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 **SCE** Evening Movie

18
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Flow Yoga
 1:00 **CEA** Music Appreciation: Songs In Advertising
 2:00 **CEA** Horticulture: Succulent Terrariums
 2:15 **CEA** Art Class
 3:00 **HPF** Lower Body Conditioning
 6:00 **SCE** Evening Movie

19
 10:00 **SCE** Today's Events & Newsletter
 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
 3:30 **SCE** Bailey's Biographies Happy Hour
 6:00 **SCE** Evening Movie

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

21
 9:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Walking Challenge
 10:45 Beauty Hour
 1:00 **CEA** Music Appreciation: Placido Domingo
 2:00 **CEA** Music History: Iconic Music Venues
 3:00 **HPF** Cardio Drumming Circle
 3:30 **SCE** Laughter Therapy: Classic Comics
 6:00 **SCE** Evening Movie

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
 3:30 **LIS** Sensory Stimulation: iSpy
 3:45 Pretty Nails
 6:00 **SCE** Evening Movie

PET VISIT GINGER **23**
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Tai Chi: Balance & Posture
 11:00 **RSE** Bible Study
 1:00 **CEA** Music Appreciation: Petula Clark
 1:30 **SCE** Reminiscing: Railway Adventures
 3:00 **HPF** Walking Challenge
 3:30 Bingo Game
 6:00 **SCE** Evening Movie

24
 10:00 **SCE** Today's Events & Newsletter
 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
 3:00 **CEA** Art Program
 6:00 **SCE** Evening Movie

25
 7:00 **LIS** Language Class: Italian
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Flow Yoga
 1:00 **CEA** Music Appreciation: Etta James
 1:30 **LIS** Word Wonders: Flowers
 2:15 Bingo Game
 3:00 **HPF** Lower Body Conditioning
 6:00 **SCE** Evening Movie

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

PET VISIT JASPER **27**
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Total Body Conditioning - Beginner
 1:00 **CEA** Music Appreciation: Peter Pan
 1:30 **SCE** Express Yourself: Pastimes
 2:00 **CEA** Art Classes
 3:00 **HPF** Tai Chi: Posture & Balance
 3:30 **LIS** Literary Appreciation: Peter Pan
 6:00 **SCE** Evening Movie

28
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Walking Challenge
 10:45 Beauty Hour
 1:00 **CEA** Music Appreciation: Jean Goldkette
 3:00 **HPF** Cardio Drumming Circle
 3:30 **SCE** Laughter Therapy: Jokes
 6:00 **SCE** Evening Movie

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 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
 3:30 **LIS** Sensory Stimulation: Find The Pairs
 3:45 Pretty Nails
 6:00 **SCE** Evening Movie