


# January 2022 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>January cont'd</b> <b>30</b> 10:30 <b>PE</b> Resident Walking Group [FL] 1:30 <b>SS</b> Sunday Chicken Soup for the Soul Pick Up [BI] 2:00 <b>LL</b> Sunday Movie Matinee [TH] 3:45 <b>LL</b> Resident Led Game: Scrabble [BI] 7:00 <b>LL</b> Documentary Movie Night [TH]	<b>31</b> 9:30 <b>PE</b> Fit Club- Back, Biceps, and Shoulders [YS] 10:30 <b>PE</b> Line Dancing! [MR] 11:15 <b>LL</b> Jenga [BI] 2:00 <b>LL</b> BINGO! [BI] 2:45 <b>LL</b> Monday Movie Matinee [TH] 3:45 <b>PE</b> Bocce Ball 7:00 <b>LL</b> Drama Movie Night [TH]	<b>Location Keys</b> Bistro BI Bocce Ball Court BBC Dining Room DR Meet in front lobby FL Multipurpose Room MR Pool P Theater TH Weight Room WR Yoga Studio YS		<b>AE</b> Artistic Expression <b>CC</b> Community Connections <b>CE</b> Continuing Education <b>LL</b> Lifestyle & Leisure <b>PE</b> Physical Engagement <b>SS</b> Spiritual Support	--All activities/outings are subject to change. Please see our digital daily schedule for updates. Thank you!  --See weekly movie schedule for movie showings.	<b>New Year's Day</b> <b>1</b> 10:30 <b>PE</b> Resident Walking Group [FL] 2:00 <b>LL</b> Movie Matinee [TH] 3:45 <b>LL</b> Resident Led: UNO Card Game [BI] 7:00 <b>LL</b> Action Movie Night [TH]
<b>2</b> 10:30 <b>PE</b> Resident Walking Group [FL] 1:30 <b>SS</b> Sunday Chicken Soup for the Soul Pick Up [BI] 2:00 <b>LL</b> Sunday Movie Matinee [TH] 3:45 <b>LL</b> Resident Led Game: Scrabble [BI] 7:00 <b>LL</b> Documentary Movie Night [TH]	<b>3</b> 9:30 <b>PE</b> Fit Club- Back, Biceps, and Shoulders [YS] 10:30 <b>PE</b> Line Dancing! [MR] 11:15 <b>LL</b> Jenga [BI] 2:00 <b>LL</b> BINGO! [BI] 2:45 <b>LL</b> Monday Movie Matinee [TH] 3:45 <b>PE</b> Bocce Ball 7:00 <b>LL</b> Drama Movie Night [TH]	<b>4</b> 9:30 <b>PE</b> Fit Club- Morning Stretch [YS] 10:30 <b>CE</b> Word Category [TH] 11:15 <b>CE</b> Trivia [TH] 2:00 <b>CC</b> Sonrisa Singers 3:45 <b>CE</b> Afternoon Tea Time and Current Events [BI] 7:00 <b>LL</b> Romantic Movie Night [TH]	<b>5</b> 9:30 <b>LL</b> Coffee and Conversation Groups [BI] 10:30 <b>PE</b> Fit Club- Weight Room Circuit Workout [WR] 11:15 <b>CE</b> Poetry Club [MR] 2:00 <b>LL</b> Blackjack [BI] 2:45 <b>PE</b> Fit Club- Chest, Triceps, and Legs [YS] 7:00 <b>LL</b> Comedy Movie Night [TH]	<b>6</b> 10:30 <b>PE</b> Chair Zumba with Terri [YS] 2:00 <b>PE</b> Bocce Ball [BBC] 2:45 <b>CE</b> Travel Series [TH] 3:45 <b>AE</b> Volunteer and Community Service Opportunities Info [MR] 7:00 <b>LL</b> Classic Movie Night [TH]	<b>7</b> 9:30 <b>PE</b> Fit Club- Full Body Friday! [YS] 10:30 <b>PE</b> Fit Club- Aqua Walking and Exercises: Please Sign Up With Concierge [P] 11:30 <b>PE</b> Weight Room Equipment Tutorial [WR] 2:00 <b>AE</b> Creative Writing Class [MR] 3:30 <b>LL</b> Happy Hour! 7:00 <b>LL</b> Friday Night at the Movies [TH]	<b>8</b> 10:30 <b>PE</b> Resident Walking Group [FL] 2:00 <b>LL</b> Movie Matinee [TH] 3:45 <b>LL</b> Resident Led: UNO Card Game [BI] 7:00 <b>LL</b> Action Movie Night [TH]
<b>9</b> 10:30 <b>PE</b> Resident Walking Group [FL] 1:30 <b>SS</b> Sunday Chicken Soup for the Soul Pick Up [BI] 2:00 <b>LL</b> Sunday Movie Matinee [TH] 3:45 <b>LL</b> Resident Led Game: Scrabble [BI] 7:00 <b>LL</b> Documentary Movie Night [TH]	<b>10</b> 9:30 <b>PE</b> Fit Club- Back, Biceps, and Shoulders [YS] 10:30 <b>PE</b> Line Dancing! [MR] 11:15 <b>LL</b> Jenga [BI] 2:00 <b>LL</b> BINGO! [BI] 2:45 <b>CE</b> Chef's Corner 7:00 <b>LL</b> Drama Movie Night [TH]	<b>11</b> 9:30 <b>PE</b> Fit Club- Morning Stretch [YS] 10:30 <b>CE</b> Word Category [TH] 11:15 <b>CE</b> Trivia [TH] 2:00 <b>CC</b> Sonrisa Singers 2:45 <b>LL</b> Spelling Bee Word Game [MR] 3:30 <b>CE</b> Afternoon Tea Time and Current Events [BI] 7:00 <b>LL</b> Romantic Movie Night [TH]	<b>12</b> 9:30 <b>LL</b> Coffee and Conversation Groups [BI] 10:30 <b>PE</b> Fit Club- Weight Room Circuit Workout [WR] 11:15 <b>CE</b> Poetry Club [MR] 2:00 <b>LL</b> Blackjack [BI] 2:45 <b>PE</b> Fit Club- Chest, Triceps, and Legs [YS] 3:45 <b>CC</b> Get Involved! Local Volunteer Opportunities Info [MR] 7:00 <b>LL</b> Comedy Movie Night [TH]	<b>13</b> 9:30 <b>PE</b> Resident Walking Group [FL] 10:45 <b>AE</b> Artistic Expression: Watercolor [MR] 2:00 <b>PE</b> Bocce Ball [BBC] 2:45 <b>CC</b> Fireside Chat with Steven 3:45 <b>CC</b> Sonrisa Singers 7:00 <b>LL</b> Classic Movie Night [TH]	<b>14</b> 9:30 <b>PE</b> Fit Club- Full Body Friday! [YS] 10:30 <b>PE</b> Fit Club- Aqua Walking and Exercises: Please Sign Up With Concierge [P] 2:00 <b>AE</b> Creative Writing Class [MR] 2:45 <b>LL</b> Scrabble [MR] 3:30 <b>LL</b> Musical Performance by Lisa 7:00 <b>LL</b> Friday Night at the Movies [TH]	<b>15</b> 10:30 <b>PE</b> Resident Walking Group [FL] 2:00 <b>LL</b> Movie Matinee [TH] 3:45 <b>LL</b> Resident Led: UNO Card Game [BI] 7:00 <b>LL</b> Action Movie Night [TH]
<b>16</b> 10:30 <b>PE</b> Resident Walking Group [FL] 1:30 <b>SS</b> Sunday Chicken Soup for the Soul Pick Up [BI] 2:00 <b>LL</b> Sunday Movie Matinee [TH] 3:45 <b>LL</b> Resident Led Game: Scrabble [BI] 7:00 <b>LL</b> Documentary Movie Night [TH]	<b>Martin Luther King, Jr. Day</b> <b>17</b> 9:30 <b>PE</b> Fit Club- Back, Biceps, and Shoulders [YS] 10:30 <b>PE</b> Line Dancing! [MR] 11:15 <b>LL</b> Jenga [BI] 2:00 <b>LL</b> BINGO! [BI] 2:45 <b>PE</b> Monday Movie Matinee [TH] 3:45 <b>PE</b> Bocce Ball 7:00 <b>LL</b> Drama Movie Night [TH]	<b>18</b> 9:30 <b>PE</b> Fit Club- Morning Stretch [YS] 10:30 <b>CE</b> Word Category [TH] 11:15 <b>CE</b> Trivia [TH] 2:00 <b>CC</b> Sonrisa Singers 2:45 <b>LL</b> Spelling Bee Word Game [MR] 3:30 <b>CE</b> Afternoon Tea Time and Current Events [BI] 7:00 <b>LL</b> Romantic Movie Night [TH]	<b>19</b> 9:30 <b>LL</b> Coffee and Conversation Groups [BI] 10:30 <b>PE</b> Fit Club- Weight Room Circuit Workout [WR] 11:15 <b>CE</b> Poetry Club [MR] 2:00 <b>LL</b> Blackjack [BI] 2:45 <b>PE</b> Fit Club- Chest, Triceps, and Legs [YS] 7:00 <b>LL</b> Comedy Movie Night [TH]	<b>20</b> 9:30 <b>PE</b> Resident Walking Group [FL] 9:30 <b>LL</b> Shopping Trip: Safeway--Please Sign Up With Concierge [FL] 10:45 <b>LL</b> Blackjack [BI] 2-4 <b>LL</b> Paint and Sip- Please RSVP at Concierge desk! [MR] 7:00 <b>LL</b> Classic Movie Night [TH]	<b>21</b> 9:30 <b>PE</b> Fit Club- Full Body Friday! [YS] 10:30 <b>PE</b> Fit Club- Aqua Walking and Exercises: Please Sign Up With Concierge [P] 2:00 <b>AE</b> Creative Writing Class [MR] 3:00 <b>LL</b> The Lincoln Highway Trio Performance 7:00 <b>LL</b> Friday Night at the Movies [TH]	<b>22</b> 10:30 <b>PE</b> Resident Walking Group [FL] 2:00 <b>LL</b> Movie Matinee [TH] 3:45 <b>LL</b> Resident Led: UNO Card Game [BI] 7:00 <b>LL</b> Action Movie Night [TH]
<b>23</b> 10:30 <b>PE</b> Resident Walking Group [FL] 1:30 <b>SS</b> Sunday Chicken Soup for the Soul Pick Up [BI] 2:00 <b>LL</b> Sunday Movie Matinee [TH] 3:45 <b>LL</b> Resident Led Game: Scrabble [BI] 7:00 <b>LL</b> Documentary Movie Night [TH]	<b>24</b> 9:30 <b>PE</b> Fit Club- Back, Biceps, and Shoulders [YS] 10:30 <b>PE</b> Line Dancing! [MR] 11:15 <b>LL</b> Jenga [BI] 2:00 <b>LL</b> BINGO! [BI] 2:45 <b>LL</b> Monday Movie Matinee [TH] 3:45 <b>PE</b> Bocce Ball 7:00 <b>LL</b> Drama Movie Night [TH]	<b>25</b> 9:30 <b>PE</b> Fit Club- Morning Stretch [YS] 10:30 <b>LL</b> Lunch Outing (Weather Permitting): Lazy Dog Restaurant- Sign up at Concierge Desk [FL] 2:00 <b>CC</b> Sonrisa Singers 2:45 <b>LL</b> Spelling Bee Word Game [MR] 3:30 <b>CE</b> Afternoon Tea Time and Current Events [BI] 7:00 <b>LL</b> Romantic Movie Night [TH]	<b>26</b> 9:30 <b>LL</b> Coffee and Conversation Groups [BI] 10:30 <b>PE</b> Fit Club- Weight Room Circuit Workout [WR] 11:15 <b>CE</b> Poetry Club [MR] 2:00 <b>LL</b> Blackjack [BI] 2:45 <b>PE</b> Fit Club- Chest, Triceps, and Legs [YS] 7:00 <b>LL</b> Comedy Movie Night [TH]	<b>27</b> 9:30 <b>PE</b> Resident Walking Group [FL] 9:30 <b>LL</b> Shopping Trip: Whole Foods--Please Sign Up With Concierge [FL] 10:45 <b>AE</b> Artistic Expression: Decor Project [MR] 2:00 <b>PE</b> Bocce Ball [BBC] 2:45 <b>CC</b> Fireside Chat with Steven 3:45 <b>CC</b> Sonrisa Singers 7:00 <b>LL</b> Classic Movie Night [TH]	<b>28</b> 10:30 <b>PE</b> Fit Club- Aqua Walking and Exercises: Please Sign Up With Concierge [P] 2:00 <b>AE</b> Creative Writing Class [MR] 2:45 <b>LL</b> Scrabble [MR] 4:00 <b>LL</b> Taste of Sonrisa Dinner [DR] 7:00 <b>LL</b> Friday Night at the Movies [TH]	<b>29</b> 10:30 <b>PE</b> Resident Walking Group [FL] 2:00 <b>LL</b> Movie Matinee [TH] 3:45 <b>LL</b> Resident Led: UNO Card Game [BI] 7:00 <b>LL</b> Action Movie Night [TH]