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**JANUARY 2025**

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	<p><b>COLOR KEY</b></p> <p><b>PHYSICAL</b>      <b>SOCIAL</b>  <b>INTELLECTUAL</b>      <b>SPIRITUAL</b></p> <p><b>HEALTH SERVICES</b>  <b>VOCATIONAL</b>      <b>EMOTIONAL</b>  <b>ENVIRONMENTAL</b></p> 	<p><b>ROOM REFERENCE:</b></p> <p>ACR Arts &amp; Crafts      C Cafe  CA Clark Auditorium      L Lounge  CL Clinic      LI Library  CR Conference      LMR Lounge Meeting  DR Dining Room      MLR Mailroom  FC Fitness Center      MVR Motor Vehicle  FL Front Lobby      PDR Private Dining  HC Health Center      SA Sports Area  PP Polly's Pool</p>	<p><b>1 Happy new year!</b> </p> <p>RESERVATIONS ARE REQUIRED IN THE DINING ROOM. Seating times: 12:00; 12:30; 2:00; 2:30; &amp; 4:00 call Ex 6232</p> <p>10:00 Stream Catholic Mass, CA</p>	<p><b>2</b></p> <p>9:00 Balance Class, CA  9:30 Walking Group, FL  10:30 Open Gym Time, FC  1:00 Seated Strength, CA  2:00 Wii Bowling, FC  2:00 Winter Blues BINGO, CA  6:30 Poker, LMR</p> 	<p><b>3</b></p> <p>9:00 Tone it Up, CA  9:00 &amp; 11:30 Wii Bowling, FC  10:30 Aqua Balance, PP  1:00 Sit &amp; Fit, CA  1-3 Sip &amp; Paint Class, ACR  2:00 Chair Volleyball, CA  6:00 Shabbat Service, channel138JBS  6:30 Pinochle, LMR</p> 	<p><b>4</b></p> <p>10:00 Seated Yoga, 591</p> <p>1:00 Book Discussion, ACR</p> <p>7:00 Movie <i>Our Little Secret</i>, ACR</p> <p>8:00 Meditation video, 591 </p>
<p><b>5</b></p> <p>TRANSPORTATION TO CHURCH SIGN UP IN THE ACTIVITY BOOK 9:15 St. Lukes</p> <p>10:00 Stream Catholic Mass CA  11:00 How Great Hymns 591</p> <p>2:00 Algonquin Fthr Alphonse NYEve, Bus</p> 	<p><b>6</b></p> <p>9:00 Tone It Up, CA  10:30 Pool Class, PP  11:15 Stretch &amp; Strength, FC  1:00 Sit &amp; Fit, CA  6:30 Poker, LMR  6:45 Rosary, ACR</p>	<p><b>7</b></p> <p>9:00 Balance &amp; Posture, CA  9:30 Walking Group, FL  10:00 Stitch N Chat, ACR  10:30 Open Gym Time, FC  10:30 Wii Bowling, FC  11:15 Chorus Rehearsal, CA  1:00 Seated Strength, CA  6:30 Poker, LMR</p>	<p><b>8</b></p> <p>9:00 Stretch, Relax, Renew, CA  9:30 AC Harrahs Casino, Bus  9:45 Meditation, LMR  10:30 Pool Class, PP  1:00 Core Crunch, CA</p> 	<p><b>9</b></p> <p>9:00 Balance Class, CA  9:30 Walking Group, FL  10:30 Open Gym Time, FC  1:00 Seated Strength, CA  2:00 Wii Bowling, FC  2:30 Hitz Squad Concert, CA  6:30 Poker, LMR</p> 	<p><b>10</b></p> <p>9:00 Tone it Up, CA  9:00 &amp; 11:30 Wii Bowling, FC  10:30 Aqua Balance, PP  1:00 Sit &amp; Fit, CA  2:00 Chair Volleyball, CA  6:00 Shabbat Service, channel138JBS  6:30 Pinochle, LMR</p>	<p><b>11</b></p> <p>10:00 Seated Yoga, 591</p> <p>8:00 Meditation video, 591</p> <p>Activity Room – Please refrain from using this room, floors are being stripped.</p>
<p><b>12</b></p> <p>TRANSPORTATION TO CHURCH SIGN UP IN THE ACTIVITY BOOK 9:15 St. Lukes</p> <p>10:00 Stream Catholic Mass CA  11:00 How Great Hymns 591  1:00 OC Mall, Bus</p>  <p>ACR – Please refrain from using this room, floors are being stripped.</p>	<p><b>13</b></p> <p>9:00 Tone It Up, CA  10:30 Pool Class, PP  11:15 Stretch &amp; Strength, FC  1:00 Sit &amp; Fit, FC  1-2:30 Resident Committee Fair, CA  6:30 Poker, LMR  6:45 Rosary, ACR</p>	<p><b>14</b></p> <p>9:00 Balance &amp; Posture, CA  9:30 Walking Group, FL  10:00 Stitch N Chat, ACR  10:30 Open Gym Time, FC  10:30 Wii Bowling, FC  11:15 Chorus Rehearsal, CA  1:00 Seated Strength, CA  2:00 Dr. Gabe Winter Wellness, CA  6:30 Poker, LMR</p> 	<p><b>15 National Hat Day</b></p> <p>9:00 Stretch, Relax, Renew, CA  9:45 Meditation, LMR  10:30 Pool Class, PP  1:00 Core Crunch, CA  3:00 Chess Club, LMR  3:00 Ladies Snowflake Tea, CA</p> 	<p><b>16</b></p> <p>9:00 Balance Class, CA  9:30 Walking Group, FL  10:30 Open Gym Time, FC  1:00 Seated Strength, CA  2:00 Wii Bowling, FC  6:30 Poker, LMR</p>	<p><b>17</b></p> <p>9:00 Tone it Up, CA  9:00 &amp; 11:30 Wii Bowling, FC  10:30 Aqua Balance, PP  1:00 Sit &amp; Fit, CA  2:00 Chair Volleyball, CA  6:00 Shabbat Service, channel138JBS  6:30 Pinochle, LMR</p>	<p><b>18</b></p> <p>10:00 Seated Yoga, 591</p> <p>2 &amp; 7:00 Movie <i>Maria</i>, ACR</p> <p>8:00 Meditation video, 591 </p>
<p><b>19</b></p> <p>TRANSPORTATION TO CHURCH SIGN UP IN THE ACTIVITY BOOK 9:15 St. Lukes</p> <p>10:00 Stream Catholic Mass CA  11:00 How Great Hymns 591</p>	<p><b>20</b></p> <p>9:00 Tone It Up, CA  10:30 Pool Class, PP  11:15 Stretch &amp; Strength, FC  1:00 Sit &amp; Fit, CA  2:00 Dr. Talk Vascular Health, CA  6:30 Poker, LMR  6:45 Rosary, ACR</p> 	<p><b>21</b></p> <p>9:00 Balance &amp; Posture, CA  9:30 Walking Group, FL  10:00 Stitch N Chat, ACR  10:30 Open Gym Time, FC  10:30 Wii Bowling, FC  11:15 Chorus Rehearsal, CA  1:00 Seated Strength, CA  1-3:00 Dr Greg Ferro Lecture Part I, CA  6:30 Poker, LMR</p> 	<p><b>22</b></p> <p>9:00 Stretch, Relax, Renew, CA  9:45 Meditation, LMR  10-12:00 Dr Greg Ferro Lecture Part 2 CA  10:30 Pool Class, PP  1:00 Core Crunch, CA</p> 	<p><b>23</b></p> <p>9:00 Balance Class, CA  9:30 Walking Group, FL  10:30 Open Gym Time, FC  1:00 Seated Strength, FC  2:00 Wii Bowling, FC  6:30 Poker, LMR</p>	<p><b>24 National Compliment Day</b></p> <p>9:00 Tone it Up, CA  9:00 &amp; 11:30 Wii Bowling, FC  10:30 Aqua Balance, PP  1:00 Sit &amp; Fit, CA  2:00 Chair Volleyball, CA  6:00 Shabbat Service, channel138JBS  6:30 Pinochle, LMR</p>	<p><b>25</b></p> <p>10:00 Seated Yoga, 591</p> <p>2 &amp; 7:00 Movie <i>The Children's Train</i>, ACR</p> <p>8:00 Meditation video, 591 </p>
<p><b>26</b></p> <p>TRANSPORTATION TO CHURCH SIGN UP IN THE ACTIVITY BOOK 9:15 St. Lukes</p> <p>10:00 Stream Catholic Mass CA  11:00 How Great Hymns 591</p> <p>1:00 Walmart, Bus</p> 	<p><b>27</b></p> <p>9:00 Tone It Up, CA  10:30 Pool Class, PP  11:00 Terrone Jeweler, ACR  11:15 Stretch &amp; Strength, FC  1:00 Sit &amp; Fit, CA  2:00 Dec, Jan, Feb B-day Party, CA  6:30 Poker, LMR  6:45 Rosary, ACR</p> 	<p><b>28</b></p> <p>9:00 Balance &amp; Posture, CA  9:30 Walking Group, FL  10:00 Stitch N Chat, ACR  10:30 Open Gym Time, FC  10:30 Wii Bowling, FC  11:15 Chorus Rehearsal, CA  1:00 Seated Strength, CA  3:00 Catholic Mass Fthr Guilherme, CA  6:30 Poker, LMR</p>	<p><b>29 Lunar New Year</b></p> <p>9:00 Stretch, Relax, Renew, CA  9:45 Meditation, LMR  10:30 Pool Class, PP  11:00 Quarterly All Resident Meeting, CA  12:30 Lunch to Koi, Bus  1:00 Core Crunch, CA  2:00 Chair Volleyball, CA</p> 	<p><b>30</b></p> <p>9:00 Balance Class, CA  9:30 Walking Group, FL  10:30 Open Gym Time, FC  1:00 Seated Strength, CA  2:00 Wii Bowling, FC  2:00 Sponsored BINGO, CA  6:30 Poker, LMR</p> 	<p><b>31 National Hot Cocoa Day</b></p> <p>9:00 Tone it Up, CA  9:00 &amp; 11:30 Wii Bowling, FC  10:30 Aqua Balance, PP  1:00 Sit &amp; Fit, CA  2:00 CaptionCall NO Cost Phone Presentation, CA  6:00 Shabbat Service, channel138JBS  6:30 Pinochle, LMR</p> 	<p><b>FRIDAY SHOPPING TRIPS:</b></p> <p>9:30 Banks  9:30 Brick Shop-rite, Target  1:00 TR Stop &amp; Shop OR Walgreens  *Please sign up in the Activity book</p>

