

# JANUARY 2025

## Life Enrichment Monthly Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>New Years Day 1</b> 10:00 am Wednesday Workout (CR) 10:30 am Suduko for Beginners (CR) 1:30 pm Powerback Fitness (CR) 2:00 pm New Resident Meet & Greet (CR) 6:30 pm Evening Movie (CR)	<b>2</b> 10:00 am Sit & Be Fit (CR) 10:30 am 1:15 pm Quarter Bingo: Bring Quarters (CR) 2:00 pm Dance Kinetics Dance Group (MDR) 6:30 pm Bridge (G3)	<b>National Sleep Day 3</b> 9:30 am Get a Good Night's Sleep (CR) 10:00 am Friday Fitness (CR) 1:15 pm Art w/ Sandy (CR) 2:00 pm Popcorn Social (B) 3:00 pm Don Hennesey (P) 6:30 pm Rosary (4th FL)	<b>4</b> 10:00 am Exercise (CR) 10:30 am Crafting w/ Jamie (CR) 1:30 pm Table Talk (CR) 3:00 pm Left, Right Center (Bring Dimes) (FL) 6:30 pm Saturday Movie (CR)
<b>5</b> 9 am - 12 pm Church Transportation 1:15 pm Quarter Bingo: Bring Quarters (CR) 3:00 pm "A Man On The Inside" Ep. 1 (C)R 6:30 pm Uno (CR)	<b>6</b> 10:00 am Exercise (CR) 10:30 am Activity Rollout (CR) 1:30 pm Powerback Fitness (CR) 2:15 pm Bible Study (4th FL) 6:15 pm Kings in the Corner (FL)	<b>Walgreens Senior Day 7</b> 10:00 am Yoga with Sandy (CR) 10:30 am History 101 (CR) 2:30 pm January Birthday Blast (MDR) 3:30 pm Alzheimer's Awareness Fundraiser Brainstorm (CR) 6:30 pm Rosary (4th FL)	<b>8</b> 10:00 am Wednesday Workout (CR) 10:30 am Wordle (CR) 1:30 pm Powerback Fitness (CR) 2:30 pm Snowflake Martini (CR) 6:15 pm Dominoes (FL)	<b>9</b> 9:30 am Mindful Meditations (CR) 10:00 am Sit & Be Fit (CR) 10:30 am Tech Desk (CR) 1:00 pm Culinary Meeting (CR) 2:30 pm Culinary Pop-Up 6:30 pm Bridge (G3)	<b>10</b> 10:00 am Friday Fitness (CR) 10:30 am Nature 101 (CR) 1:15 pm Art w/ Sandy (CR) 2:00 pm Popcorn Social (B) 3:00 pm Don Hennesey (P) 6:30 pm Rosary (4th FL)	<b>11</b> 10:00 am Exercise (CR) 10:30 am Crafting w/ Jamie (CR) 1:30 pm Table Talk (CR) 3:00 pm Left, Right Center (Bring Dimes) (FL) 6:30 pm Saturday Movie (CR)
<b>12</b> 9 am - 12 pm Church Transportation 1:15 pm Quarter Bingo: Bring Quarters (CR) 3:00 pm "A Man On The Inside" Ep. 2 (CR) 6:30 pm Uno (CR)	<b>13</b> 10:00 Exercise (CR) 10:30 am Activity Rollout (CR) 1:30 pm Powerback Fitness (CR) 2:15 pm Bible Study (4th) 3:00 pm Veteran Benefit (V) 6:15 pm Kings in the Corner (FL)	<b>14</b> 10:00 am Yoga with Sandy (CR) 10:30 am "Inside The Minds of Cats" (CR) 1:30 pm Book Club CRV) 3:00 pm Uno (CR) 6:30 Pm Rosary (4th FL)	<b>15</b> 10:00 am Wednesday Workout (CR) 10:30 am Wordle (CR) 1:30 pm Powerback Fitness (CR) 2:30 pm Alzheimer's Awareness Fundraiser Craft (CR) 6:30 pm Evening Bingo *Free Play & Prizes (MDR)	<b>New Year, New Me 16</b> 9:30 am Brain Games (CR) 10:00 am Sit & Be Fit (CR) 10:30 am Tech Desk (CR) 1:15 pm Quarter Bingo: Bring Quarters (C) 2:30 pm Tattoos and Tequila (CR) 6:30 pm Bridge (G3)	<b>17</b> 10:00 am Friday Fitness (CR) 10:30 am Nature 101 (CR) 1:15 pm Art with Sandy (CR) 2:00 pm Popcorn Social (B) 3:00 pm Don Hennesey Piano (P) 6:30 pm Rosary (4th FL)	<b>18</b> 10:00 am Exercise (CR) 10:30 am Crafting w/ Jamie (CR) 1:30 pm Table Talk (CR) 3:00 pm Left, Right Center (Bring Dimes) (FL) 6:30 pm Saturday Movie (CR)
<b>19</b> 9 am - 12 pm Church Transportation 1:15 pm Quarter Bingo: Bring Quarters (CR) 3:00 pm "A Man On The Inside" Ep. 3 (CR) 6:30 pm Uno (CR)	<b>Martin Luther King 20</b> 10:00 am Exericise (CR) 1:30 pm Powerback Fitness (CR) 2:15 pm Bible Study (4th FL) 2:00 pm Singer Frank Lee (MDR) 6:15 pm Kings in the Corner (FL)	<b>ACTIVITIES 21</b> National Cheesy Socks Day 10:00 am Yoga with Sandy (CR) 10:30 am Activity Professionals Card Making (CR) 1:30 pm DIY Sock Design (CR) 3:00 pm Uno (CR) 6:30 pm Rosary (4th FL)	<b>PROFESSIONAL 22</b> 10:00 am Wednesday Workout (CR) 10:30 am Wordle (CR) 1:30 pm Powerback Fitness (CR) 2:30 pm Bakeology: Fried Cheese Bites (CR) 5:00 Chef Table (DR) 6:15 pm Dominoes (FL)	<b>WEEK 23</b> 9-12 pm Massages by Sarah (P) 10:00 am Sit & Be Fit (CR) 10:30 am Tech Desk (CR) 1:15 pm Quarter Bingo: Bring Quarters (CR) 2:30 pm Let's Get Quizzical (CR) 3:00 pm Indoor Balloon Volleyball (CR) 6:30 pm Bridge (G3)	<b>24</b> 10:00 am Friday Fitness (CR) 10:30 am Nature 101 (CR) 2:00 pm Popcorn Social (B) 3:00 pm Don Hennesey Piano (P) 6:30 pm Rosary (4th FL)	<b>25</b> 10:00 am Coffee with Veterans (V) 10:30 am Crafting w/ Jamie (CR) 1:30 pm Table Talk (CR) 3:00 pm Left, Right Center (Bring Dimes) (FL) 6:30 pm Saturday Movie (CR)
<b>26</b> 9 am - 12 pm Church Transportation 11:00 Monthly Brunch (DR) 1:15 pm Quarter Bingo: Bring Quarters (CR) 3:00 pm "A Man On The Inside" Ep. 4 (CR) 3:00 Author Tolu Abolaji Book Discussion & Sale (LH)	<b>27</b> 10:00 am Exercise (CR) 1:30 pm Powerback Fitness (CR) 2:00 pm Resident Council Meeting (V) 2:15 pm Bible Study (4th) 6:15 pm Kings in the Corner (FL)	<b>28</b> 10:00 am Yoga with Sandy (CR) 10:30 am "Inside the Minds of Dogs" (CR) 1:30 pm Singo: The 1960's (CR) 2:30 pm Pictionary (CR) 6:30 pm Rosary (4th FL)	<b>29</b> 10:00 am Wednesday Workout (CR) 10:30 am Wordle (CR) 1:30 pm Powerback Fitness (CR) 2:00 pm Singer Erik Donner (MDR) 6:15 pm Dominoes (FL)	<b>30</b> 10:00 am This Day In History (CR) 10:00 am Sit & Be Fit (CR) 10:30 am Tech Desk (CR) 1:15 pm Quarter Bingo (CR) 2:30 pm Garden Club (CR) 6:30 pm Bridge (G3)		

<b>Calendar Key:</b>	<b>FL</b> – Front Library	<b>V</b> - Veterans Hall (1st Floor)	<b>O</b> - Outside (Weather Permitting)
<b>B</b> - Bistro	<b>GA</b> - Game Area (C Wing)	<b>P</b> - Piano Room	<b>DR</b> - Dining Room
<b>CR</b> -Community Room	<b>G3</b> - Game Room (3rd Floor)	<b>4th</b> - Fourth Floor Chapel	<b>MDR</b> - Main Dining Room
<b>D</b> - Dining Room	<b>LH</b> - Lobby Hallway	<b>S</b> - Shuttle	