





January 2023 Wellness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00am Exercise with BANDS, 918 1:30pm Exercise w/ Amber, 918 	2 10:00am Exercise, CH & 918 11:00am Aquacise w/ Amber, Pool 11:00am Intermediate Yoga w/ Carol, CH 1:30pm Exercise, 918	3 10:00am Exercise w/ Bands, CH & 918 10:30am Tai Chi, MR 11:00am 1 on 1 Fitness, WC 1:15pm Otago Balance, CH 2:00pm Exercise w/ Kinga, WC 2:30pm 1 on 1 Fitness**, WC	4 10:00am Exercise w/ Peter, CH & 918 10:30am Open Gym w/ Kinga, WC 11:00am Aquasize w/ Amber, Pool 11:00am Exercise w/Lauren, 918 1:30pm Exercise with Bands, WC +& 918 2:00pm Step Class **, WC	5 10:00am Exercise w/ Kinga, CH 10:30am Tai Chi, CH & 918 11:00am Meditation, MR & 918 2:00pm BARRE 360, WC	6 10:00am Strength & Balance, CH & 918 11:00am 1 on 1 Fitness**, WC 1:30pm Exercise with Kinga, WC 1:30pm Walking Group, ML	7 10:30am Stretch & Tone, CH & 918 1:30pm Exercise, WC +& 918
8 10:00am Exercise with BANDS, 918 1:30pm Exercise w/ Amber, 918	9 10:00am Exercise w/ Peter, CH & 918 10:30am Circuit Training/Open Gym, WC 11:00am Aquacise w/ Amber, Pool 11:00am 1 on 1 Fitness**, WC 11:00am Intermediate Yoga w/ Carol, CH 1:30pm Mile walk w/ Kinga, WC 2:30pm 1 on 1 Fitness **, WC +& 918	10 10:00am Exercise w/ Bands, CH & 918 10:30am Tai Chi, MR 11:00am 1 on 1 Fitness**, WC 1:15pm Otago Balance, CH 2:30pm 1 on 1 Fitness**, WC	11 10:00am Exercise w/ Peter, CH & 918 11:00am Aquasize w/ Amber, Pool 11:00am Exercise w/Lauren, 918 1:30pm Exercise with Bands, 918	12 10:00am Exercise w/ Kinga, CH 10:30am Tai Chi, CH & 918 11:00am Meditation, MR & 918 2:00pm BARRE 360, WC	13 10:00am Strength & Balance, CH & 918 11:00am 1 on 1 Fitness**, WC 1:30pm Exercise with Kinga, WC 1:30pm Walking Group, ML	14 10:30am Stretch & Tone, CH & 918 1:30pm Exercise, WC +& 918
15 10:00am Exercise with BANDS, 918 1:30pm Exercise w/ Amber, 918	16 MARTIN LUTHER KING JR. DAY 10:00am Exercise, 918 11:00am Intermediate Yoga w/ Carol, CH 1:30pm Exercise, 918	17 10:00am Exercise w/ Bands, CH & 918 10:30am Tai Chi, MR 11:00am 1 on 1 Fitness**, WC 1:15pm Otago Balance, CH 2:00pm Exercise w/ Kinga, WC 2:30pm 1 on 1 Fitness**, WC	18 10:00am Exercise w/ Peter, CH & 918 11:00am Aquasize w/ Amber, Pool 11:00am Exercise w/Lauren, 918 1:30pm Exercise with Bands, WC +& 918 2:00pm Step Class **, WC	19 10:00am Exercise w/ Kinga, CH 10:30am Tai Chi, CH & 918 11:00am Meditation, MR & 918 2:00pm BARRE 360, WC	20 10:00am Strength & Balance, CH & 918 11:00am 1 on 1 Fitness**, WC 1:30pm Walking Group, ML 1:30pm Exercise with Kinga, WC	21 10:30am Stretch & Tone, CH & 918 1:30pm Exercise, WC +& 918
22 10:00am Exercise with BANDS, 918 1:30pm Exercise w/ Amber, 918	23 10:00am Exercise w/ Peter, CH & 918 10:30am Circuit Training/ Open Gym, WC 11:00am Aquacise w/ Amber, Pool 11:00am 1 on 1 Fitness**, WC 11:00am Intermediate Yoga w/ Carol, CH 1:30pm Mile walk w/ Kinga, WC 2:30pm 1 on 1 Fitness **, WC +& 918	24 10:00am Exercise w/ Bands, CH & 918 10:30am Tai Chi, MR 11:00am 1 on 1 Fitness**, WC 1:15pm Otago Balance, CH 2:00pm Exercise w/ Kinga, WC 2:30pm 1 on 1 Fitness**, WC	25 10:00am Exercise w/ Peter, CH & 918 10:30am Open Gym w/ Kinga, WC 11:00am Aquasize w/ Amber, Pool 11:00am Exercise w/Lauren, 918 11:30am Sleep Yoga, TH 1:30pm Exercise with Bands, WC +& 918 2:00pm Step Class **, WC	26 10:00am Exercise w/ Kinga, CH 10:30am Tai Chi, CH & 918 11:00am Meditation, MR & 918 2:00pm BARRE 360, WC	27 10:00am Strength & Balance, CH & 918 11:00am 1 on 1 Fitness**, WC 1:30pm Walking Group, ML 1:30pm Exercise with Kinga, WC	28 10:30am Stretch & Tone, CH & 918 1:30pm Exercise, WC +& 918
29 10:00am Exercise with BANDS, 918 1:30pm Exercise w/ Amber, 918	30 10:00am Exercise w/ Peter, CH & 918 10:30am Circuit Training/ Open Gym, WC 11:00am Aquacise w/ Amber, Pool 11:00am 1 on 1 Fitness**, WC 11:00am Intermediate Yoga w/ Carol, CH 1:30pm Mile walk w/ Kinga, WC	31 10:00am Exercise w/ Bands, CH & 918 10:30am Tai Chi, MR 11:00am 1 on 1 Fitness**, WC 1:15pm Otago Balance, WC			MEETING PLACES	
		918 - Channel 918 MR - Meditation Room TH - Esther Sara Theater LL - Lower Level Pool - Pool CH - Cotz Hall RR - 2nd Floor Recreation Room AS - Art Studio			KP - Kirkham Parlor WC - Wellness Center S - Solarium ML - Main Lobby FLR - Family Living Room PP - Pool Patio CK - Country Kitchen ** - Sign Up Only	

January 2023 Program Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2	3	4	5	6	7	
<p>2:00pm Remembrance Hour, <i>MR</i> 7:15pm Movie, <i>TH</i></p> 	<p>10:00am Glenmeadow Store CLOSED, <i>LL</i> 1:30pm Sing-Out Chorus, <i>CH</i> 2:00pm Boggle, <i>RR</i> 2:00pm Remembrance Hour, <i>MR</i> 3:00pm Card Making w/ Amber, <i>AS</i> 7:15pm Movie, <i>TH</i></p>	<p>10:30am Horticulture with Jeff, <i>TH</i> 11:00am Round Table w/ Peter, <i>KP</i> 1:00pm Garden Club, <i>S</i> 1:30pm Trivia w/ Peter, <i>TH</i> 2:00pm Remembrance Hour, <i>MR</i> 2:00pm Bottle Toss, <i>S</i> 2:30pm Combine and Define, <i>RR</i> 3:00pm Great Courses, <i>CH</i> 7:15pm Movie, <i>TH</i></p>	<p>9:15am Open Travel, <i>ML</i> 10:30am St. Andrew's Service, <i>MR</i> 11:00am Music Bingo, <i>RR</i> 11:30am Blood Pressure Clinic, <i>TH</i> 1:00pm Dominoes, <i>RR</i> 2:00pm Letter Writing with Camlyn, <i>RR</i> 2:00pm Remembrance Hour, <i>MR</i> 2:30pm Scrabble, <i>CAFE</i> 3:00pm Bowling, <i>TH</i> 7:15pm Movie, <i>TH</i></p>	<p>10:00am Glenmeadow Store Open, <i>LL</i> 1:00pm Exploring the World, <i>TH</i> 2:00pm Remembrance Hour, <i>MR</i> 3:00pm Dominoes, <i>RR</i> 3:30pm Words in a Word, <i>S</i> 7:15pm Bingo, <i>CAFE</i></p>	<p>8:00am OPEN TRAVEL, <i>L</i> 9:00am Coffee House, <i>FLR</i> 10:30am Rosary, <i>MR</i> 11:00am Left, Right, Center, <i>RR</i> 1:00pm Knitting & Needles (Resident Run), <i>S</i> 1:00pm Putting Green, <i>PP</i> 2:00pm Remembrance Hour, <i>MR</i> 2:00pm Family Feud, <i>S</i> 2:30pm BINGO!, <i>RR</i> 3:00pm Steve's Art Studio, <i>AS</i> 7:15pm Movie, <i>TH</i></p>	<p>1:00pm Name That Tune, <i>S</i> 2:00pm Resident-Run Bananagrams, <i>S</i> 2:00pm Remembrance Hour, <i>MR</i> 2:15pm Uno, <i>RR</i> 7:15pm Movie, <i>TH</i></p>	
8	9	10	11	12	13	14	
<p>2:00pm Remembrance Hour, <i>MR</i> 2:30pm Baking with Amber, <i>S</i> 3:30pm Trivia, <i>TH</i> 7:15pm Movie, <i>TH</i></p>	<p>10:00am Glenmeadow Store Open, <i>LL</i> 11:00am Secrets of the Universe (Supervolcanoes), <i>TH</i> 1:30pm Sing-Out Chorus, <i>CH</i> 2:00pm Ring Toss, <i>WC</i> 2:00pm Remembrance Hour, <i>MR</i> 2:00pm Sketching in the Solarium, <i>S</i> 3:00pm TED Talks, <i>TH</i> 7:15pm Discussion w/Saul, <i>TH</i> 7:15pm Movie, <i>TH</i></p>	<p>11:00am Crafty Tuesday, <i>RR</i> 11:00am Food Committee, <i>TH</i> 11:00am Round Table w/ Peter, <i>KP</i> 1:00pm Garden Club, <i>S</i> 1:30pm Trivia w/ Peter, <i>TH</i> 2:00pm Remembrance Hour, <i>MR</i> 2:15pm Conversations with Anne, <i>CH & 918</i> 3:00pm Great Courses, <i>CH</i> 7:15pm Movie, <i>TH</i></p>	<p>9:15am Open Travel, <i>ML</i> 11:00am Music Bingo, <i>RR</i> 11:30am Virtusense Balance/Walker Clinic, <i>TH</i> 12:00pm Pendant Checks, <i>ML</i> 1:30pm Cooking w/ Peter, <i>CK</i> 2:00pm Laughter in the Solarium, <i>S</i> 2:00pm Letter Writing with Camlyn, <i>RR</i> 2:00pm Remembrance Hour, <i>MR</i> 2:30pm Scrabble, <i>CAFE</i> 3:00pm Bowling, <i>TH</i> 7:15pm Movie, <i>TH</i></p>	<p>10:00am Glenmeadow Store Open, <i>LL</i> 1:00pm Exploring the World, <i>TH</i> 2:00pm Remembrance Hour, <i>MR</i> 3:00pm Dominoes, <i>RR</i> 3:30pm Words in a Word, <i>S</i> 7:15pm Bingo, <i>CAFE</i></p>	<p>8:00am OPEN TRAVEL, <i>L</i> 9:00am Coffee House, <i>FLR</i> 10:30am Rosary, <i>MR</i> 11:00am Mystery Person of the Week, <i>S</i> 1:00pm Knitting & Needles (Resident Run), <i>S</i> 1:00pm Putting Green, <i>PP</i> 2:00pm Remembrance Hour, <i>MR</i> 2:30pm BINGO!, <i>RR</i> 3:00pm Steve's Art Studio, <i>AS</i> 7:15pm Movie, <i>TH</i></p>	<p>1:00pm Family Feud, <i>S</i> 2:00pm Resident-Run Rummikub, <i>S</i> 2:00pm Remembrance Hour, <i>MR</i> 2:15pm Dominoes, <i>RR</i> 7:15pm Movie, <i>TH</i></p>	
15	16	17	18	19	20	21	
<p>2:00pm Remembrance Hour, <i>MR</i> 2:30pm Baking with Amber, <i>S</i> 3:30pm Trivia, <i>TH</i> 7:15pm Movie, <i>TH</i></p>	<p>MARTIN LUTHER KING JR. DAY 10:00am Glenmeadow Store CLOSED, <i>LL</i> 2:00pm Remembrance Hour, <i>MR</i> 7:15pm Movie, <i>TH</i></p>	<p>11:00am Crafty Tuesday, <i>RR</i> 11:00am Round Table w/ Peter, <i>KP</i> 1:00pm Garden Club, <i>S</i> 1:30pm Trivia w/ Peter, <i>TH</i> 2:00pm Remembrance Hour, <i>MR</i> 2:00pm Bottle Toss, <i>S</i> 3:00pm Great Courses, <i>CH</i> 7:15pm Movie, <i>TH</i></p>	<p>9:15am Open Travel, <i>ML</i> 10:30am Pillars of Wellness (Tips on staying healthy), <i>CH</i> 10:30am Catholic Mass, <i>MR</i> 11:00am Marketing & Buddies, <i>TH</i> 11:00am Music Bingo, <i>RR</i> 1:00pm Dominoes, <i>RR</i> 2:00pm Letter Writing with Camlyn, <i>RR</i> 2:00pm Remembrance Hour, <i>MR</i> 2:30pm Scrabble, <i>CAFE</i> 3:30pm Cocktails/Birthday Celebration, <i>FLR</i> 7:15pm Movie, <i>TH</i></p>	<p>10:00am Glenmeadow Store Open, <i>LL</i> 10:30am Jewelry Making with Sandy Merrill, <i>S</i> 1:00pm Exploring the World, <i>TH</i> 2:00pm Remembrance Hour, <i>MR</i> 3:00pm Dominoes, <i>RR</i> 3:30pm Words in a Word, <i>S</i> 7:15pm Bingo, <i>CAFE</i></p>	<p>8:00am OPEN TRAVEL, <i>L</i> 9:00am Coffee House, <i>FLR</i> 10:30am Rosary, <i>MR</i> 11:00am Jenga, <i>RR</i> 1:00pm Knitting & Needles (Resident Run), <i>S</i> 1:00pm Putting Green, <i>PP</i> 2:00pm Remembrance Hour, <i>MR</i> 2:00pm Family Feud, <i>S</i> 2:30pm BINGO!, <i>RR</i> 3:00pm Steve's Art Studio, <i>AS</i> 7:15pm Movie, <i>TH</i></p>	<p>1:00pm Joe Name It, <i>S</i> 2:00pm Resident-Run Bananagrams, <i>S</i> 2:00pm Remembrance Hour, <i>MR</i> 2:15pm Scrabble, <i>RR</i> 7:15pm Movie, <i>TH</i></p>	
22	23	24	25	26	27	28	
<p>2:00pm Remembrance Hour, <i>MR</i> 2:30pm Baking with Amber, <i>S</i> 3:30pm Trivia, <i>TH</i> 7:15pm Movie, <i>TH</i></p>	<p>10:00am Glenmeadow Store Open, <i>LL</i> 11:00am Secrets of the Universe (Oasis in Space), <i>TH</i> 1:30pm Sing-Out Chorus, <i>CH</i> 2:00pm Ladder Toss, <i>WC</i> 2:00pm Remembrance Hour, <i>MR</i> 2:00pm Sketching in the Solarium, <i>S</i> 3:00pm TED Talks, <i>TH</i> 7:15pm Movie, <i>TH</i></p>	<p>11:00am Crafty Tuesday, <i>RR</i> 11:00am Round Table w/ Peter, <i>KP</i> 1:00pm Garden Club, <i>S</i> 1:30pm Trivia w/ Peter, <i>TH</i> 2:00pm Remembrance Hour, <i>MR</i> 2:00pm Bottle Toss, <i>S</i> 3:00pm Great Courses, <i>CH</i> 7:15pm Movie, <i>TH</i></p>	<p>9:15am Open Travel, <i>ML</i> 11:00am Music Bingo, <i>RR</i> 11:30am Sleep Yoga, <i>TH</i> 1:30pm Cooking w/ Peter, <i>CK</i> 2:00pm Laughter in the Solarium, <i>S</i> 2:00pm Letter Writing with Camlyn, <i>RR</i> 2:00pm Remembrance Hour, <i>MR</i> 2:30pm Scrabble, <i>CAFE</i> 3:00pm Bowling, <i>TH</i> 7:15pm Movie, <i>TH</i></p>	<p>10:00am Glenmeadow Store Open, <i>LL</i> 1:00pm Exploring the World, <i>TH</i> 2:00pm Remembrance Hour, <i>MR</i> 3:00pm Dominoes, <i>RR</i> 3:30pm Words in a Word, <i>S</i> 7:15pm Bingo, <i>CAFE</i></p>	<p>8:00am OPEN TRAVEL, <i>L</i> 9:00am Coffee House, <i>FLR</i> 10:30am Rosary, <i>MR</i> 11:00am Uno, <i>RR</i> 1:00pm Knitting & Needles (Resident Run), <i>S</i> 1:00pm Putting Green, <i>PP</i> 2:00pm Remembrance Hour, <i>MR</i> 2:30pm Memorial Service, <i>CH</i> 3:00pm Steve's Art Studio, <i>AS</i> 7:15pm Movie, <i>TH</i></p>	<p>1:00pm Huggermugger, <i>S</i> 2:00pm Resident-Run Rummikub, <i>S</i> 2:00pm Remembrance Hour, <i>MR</i> 2:15pm Name 10, <i>RR</i> 7:15pm Movie, <i>TH</i></p>	
29	30	31				MEETING PLACES	
<p>2:00pm Remembrance Hour, <i>MR</i> 2:30pm Baking with Amber, <i>S</i> 3:30pm Trivia, <i>TH</i> 7:15pm Movie, <i>TH</i></p>	<p>10:00am Glenmeadow Store Open, <i>LL</i> 11:00am Secrets of the Universe (Undiscovered Worlds), <i>TH</i> 1:30pm Sing-Out Chorus, <i>CH</i> 2:00pm Tic Tac Toss, <i>WC</i> 2:00pm Whatz It, <i>RR</i> 2:00pm Remembrance Hour, <i>MR</i> 3:00pm Card Making w/ Amber, <i>AS</i> 3:00pm TED Talks, <i>TH</i> 4:30pm Sing Out Chorus Concert, <i>CH</i> 7:15pm Movie, <i>TH</i></p>	<p>11:00am Crafty Tuesday, <i>RR</i> 11:00am Round Table w/ Peter, <i>KP</i> 1:00pm Garden Club, <i>S</i> 1:30pm Winter Olympics, <i>CH</i> 2:00pm Remembrance Hour, <i>MR</i> 7:15pm Movie, <i>TH</i></p>				<p>918 - Channel 918 MR - Meditation Room TH - Esther Sara Theater LL - Lower Level Pool - Pool CH - Cotz Hall RR - 2nd Floor Recreation Room AS - Art Studio</p>	<p>KP - Kirkham Parlor WC - Wellness Center S - Solarium ML - Main Lobby FLR - Family Living Room PP - Pool Patio CK - Country Kitchen ** - Sign Up Only</p>