

January 2024 Happenings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Wellness Center Card Room Dining Room Terrace Level Outing Boardroom LL	1 	2 10:30am Tai Chi 10:30am Walk In/Out 11:30am Brain Games 12pm Shopping 1pm Bingo	3 10:30am Sit & Fit 11:30am Meditation 2pm Blue Zone Video	4 10:30am Tai Chi 10:30am Walk In/Out 11:30am Brain Games 12pm Shopping 2pm Movie at PFV	5 10:30am Sit & Fit 11:30am Meditation 1pm Bingo 1:30pm Lyric Matinee	6 8:30-10am Continental Breakfast
7 8:30-10am Continental Breakfast	8 10:30am Sit & Fit 11:30am Meditation 1:30pm Menu Chat 2pm Backgammon	9 10:30am Tai Chi 10:30am Walk In/Out 11:30am Brain Games 12pm Shopping 1pm Bingo 2pm Birthday Cake	10 10:30am Sit & Fit 11:30am Meditation 12pm Lunch Bunch Side Door Saloon 2pm Blue Zone Video	11 10:30am Tai Chi 10:30am Walk In/Out 11:30am Brain Games 12pm Shopping 2pm Movie at PFV	12 10:30am Sit & Fit 11:30am Meditation 1pm Bingo 1:30pm Lyric Matinee	13 8:30-10am Continental Breakfast
14 8:30-10am Continental Breakfast	15 10:30am Sit & Fit 11:30am Meditation 2pm Backgammon	16 10:30am Tai Chi 10:30am Walk In/Out 11:30am Brain Games 12pm Shopping 1pm Bingo =	17 10:30am Sit & Fit 11:30am Meditation 2pm Blue Zone Video	18 10:30am Tai Chi 10:30am Walk In/Out 12pm Shopping 2pm Movie at PFV 4:30pm Club Ponytail Presentation 	19 10:30am Sit & Fit 11:30am Meditation 1pm Bingo 1:30pm Lyric Matinee	20 8:30-10am Continental Breakfast
21 8:30-10am Continental Breakfast	22 10:30am Sit & Fit 11:30am Meditation 2pm Backgammon	23 10:30am Tai Chi 10:30am Walk In/Out 11:30am Brain Games 12pm Shopping 1pm Bingo	24 10:30am Sit & Fit 11:30am Meditation 12pm Lunch Bunch Pierson's 2pm Blue Zone Video	25 10:30am Tai Chi 10:30am Walk In/Out 11:30am Brain Games 12pm Shopping 2pm Movie at PFV	26 10:30am Sit & Fit 11:30am Meditation 1pm Bingo 1:30pm Lyric Matinee	27 8:30-10am Continental Breakfast
28 8:30-10am Continental Breakfast	29 10:30am Sit & Fit 11:30am Meditation 2pm Backgammon	30 10:30am Tai Chi 10:30am Walk In/Out 11:30am Brain Games 12pm Shopping 1pm Bingo	31 10:30am Sit & Fit 11:30am Meditation 1:30pm Hearing Aid Cleaning			 Special Happy Hour & Dinner