

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# January 2022



<p>9:30 Catholic Mass 10:00 Flexibility Workout 11:00 Oil Pastel Designs 1:30 Bowling League 2:15 Sinatra Sing Along 3:15 Tiles Tournament 4:00 Evening Stroll 6:00 Classic Television Series: "Andy Griffith"</p>						<p>2</p>	<p>9:30 Pictionary 10:00 Cycling Class 11:00 Brain HQ 1:30 Bingo 2:00 Hedy Lamarr? Wifi? What is the Connection 4:15 Power Walk 6:00 Feature Film: Bombshell: The Hedy Lamarr Story</p>						<p>3</p>	<p>9:30 Winter Walking Club 10:00 Yoga Breath and Flow 11:00 Southern Music Sing Along 1:30 Art Cart 2:30 Bubbe's Kitchen 3:15 Volleyball Tournament 4:00 Afternoon Sunshine Stroll 6:00 Tuesday Biopics</p>						<p>4</p>	<p>9:30 Scattergories 10:00 Core Workout 11:00 Brain Aerobics 1:30 Musical Theatre Karaoke 2:00 Poker 3:00 High Tea 4:15 Community Walk 6:00 Southern Classic Films</p>						<p>5</p>	<p>9:30 Winter Dream Tea &amp; Thoughtful Talks 10:00 Musical Fitness 11:00 Word Challenge 1:30 Water Painting 2:00 Parfait Creations 3:15 Rummikube 4:00 Evening Stroll 6:00 Hollywood Golden Age Film</p>						<p>6</p>	<p>9:30 Beach Meditation 10:00 Muscle Sculpting 11:00 Music Appreciation 1:30 Bingo 2:00 World Issue Discussion 3:15 Drawing Class Series 4:15 Power Walk in the Park 6:00 Friday Night Musical</p>						<p>7</p>	<p>9:30 Saddleback Church 10:00 Kick Ball 11:00 Appreciating 1:30 Stretch and Lengthen 2:00 Live Entertainment 3:15 Game On 4:00 Garden Walk and Water 6:00 Saturday Night Fun Flick</p> <p>New Year's Day</p>						<p>1</p>
<p>9:30 Catholic Mass 10:00 Dance Fitness 11:00 Math Brain Teasers 1:30 Herbal Hand Massage 2:15 Karaoke with the Rat Pack 3:15 Tiles Challenge 4:00 Power Walk Club 6:00 Classic Television Series: "That Girl"</p>						<p>9</p>	<p>9:30 Pictionary 10:00 Hoedown Dance Fitness 11:00 Favorite Books of all Time 1:30 Learning How to Drum 2:00 A Taste of the World: Southern Chicken &amp; Waffles 3:15 Article Review 4:15 Poinsettia Stroll 6:00 Men's Movie Night</p>						<p>10</p>	<p>9:30 Healthy Joint Club 10:00 Chair Yoga 11:00 Southern Figures of Fame 1:30 Art Cart 2:30 Danceathon 3:15 Happy Hour 4:00 Community Walk 6:00 Tuesday Biopics</p>						<p>11</p>	<p>9:30 Scattergories 10:00 Kick Ball 11:00 You Be the Judge! 1:30 Sing Along 2:00 DIY Winter Painting Series 3:15 Balloon Toss 4:15 Power Walk 6:00 Southern Classic Films</p>						<p>12</p>	<p>9:30 Mocha Cafe 10:00 Chair Barre 11:00 Word Challenge 1:30 Southern Indian Art 2:00 Cottages Spa Manicures 3:15 Volleyball Toss 4:00 Evening Stroll 6:00 Hollywood Golden Age Film</p>						<p>13</p>	<p>9:30 Garden Meditation 10:00 Chair Yoga 11:00 Art Appreciation 1:30 Dancing with the Stars 2:00 Polymer Clay Modeling 3:15 Scrabble Words 4:15 Cottages Walking Club 6:00 Friday Night Musical</p>						<p>14</p>	<p>9:30 Saddleback Church Services 10:00 Dance Fitness 11:00 Spanish Class 1:30 Game On 2:00 Live Entertainment 3:15 Game On 4:15 Cottages Walking Club 6:00 Saturday Night Fun Flick</p>						<p>15</p>
<p>9:30 Catholic Mass 10:00 Muscle Sculpting 11:00 MLK Jr. Craft 1:30 Bowling League 2:15 Sinatra Sing Along 3:15 Tiles Challenge 4:00 Garden Stroll 6:00 Classic Television Series: "Andy Griffith"</p>						<p>16</p>	<p>9:30 Pictionary 10:00 Cycling Class 11:00 MLK Jr. Poetry Creation 1:30 Bingo 2:00 Marilyn Monroe: Siren of the Silver Screen 4:15 Cottages Walking Club 6:00 Feature Film: My Week with Marilyn Martin Luther King Jr. Day</p>						<p>17</p>	<p>9:30 Step It Up! Walking Club 10:00 Yoga Breath and Flow 11:00 Art of the South 1:30 Art Cart 2:30 Bubbe's Kitchen: Sugar Cookie Decorating 3:15 Kick Ball 4:00 Evening Stroll 6:00 Tuesday Biopics</p>						<p>18</p>	<p>9:30 Scattergories 10:00 Cycling Class 11:00 Brain Aerobics 1:30 Musical Theatre Karaoke 2:00 Poker 3:15 Article Review 4:15 Winter Stroll 6:00 Southern Classic Films</p>						<p>19</p>	<p>9:30 Winter Dream Tea &amp; Thoughtful Talks 10:00 Musical Fitness 11:00 Winter Word Challenge 1:30 Water Painting 2:00 Chocolate Fruit Dipping 3:15 Rummikube 4:00 Afternoon Sunshine Stroll 6:00 Hollywood Golden Age Film</p>						<p>20</p>	<p>9:30 Park Meditation 10:00 Line Dance Fitness 11:00 Music Appreciation 1:30 Balloon Volleyball 2:00 Wacky Words 3:15 Poker Game 4:15 Evening Stroll 6:00 Opera Night</p>						<p>21</p>	<p>9:30 Saddleback Church Services 10:00 Zumba Salsa Dance 11:00 The South: Trivia 2:00 Live Entertainment 3:15 Christmas Movie &amp; Cookies 6:00 Christmas Caroling 6:00 Saturday Night Fun Flick</p>						<p>22</p>
<p>9:30 Catholic Mass 10:00 Kick Ball 11:00 January Brain Teasers 1:30 Herbal Hand Massage 2:00 Karaoke with the Rat Pack 3:15 Tiles Challenge 4:00 Evening Stroll 6:00 Classic Television Series: "That Girl"</p>						<p>23</p>	<p>9:30 Pictionary 10:00 Hoedown Dance Fitness 11:00 Brain Fitness 1:30 Learning How to Drum 2:00 Chef Demo: Southern Classics 3:15 Musical Sing Along 4:15 Evening Stroll 6:00 Modern Classic Film</p>						<p>24</p>	<p>9:30 Morning Walk in the Park 10:00 Chair Yoga 11:00 American South Virtual Tour 1:30 Art Cart 2:30 Danceathon 3:15 Happy Hour 4:00 Power Walking Club 6:00 Tuesday Biopics</p>						<p>25</p>	<p>9:30 Scattergories 10:00 Kickball 11:00 You Be the Judge! 1:30 Southern Sing Along 2:00 Arts and Crafts Series 3:15 Activity Committee Meeting 4:15 Cottages Walking Club 6:00 Southern Classic Films</p> <p>Australia Day (observed)</p>						<p>26</p>	<p>9:30 Mocha Cafe 10:00 Chair Barre 11:00 Word Challenge 1:30 Watercolor Art 2:00 Cottages Spa Manicures 3:15 Volleyball Toss 4:00 Evening Stroll 6:00 Hollywood Golden Age Film</p>						<p>27</p>	<p>9:30 Garden Meditation 10:00 Chair Yoga 11:00 Art Appreciation 1:30 Dancing with the Stars 2:00 Polymer Clay Modeling 3:15 Scrabble Words 4:15 Cottages Walking Club 6:00 Friday Night Musical</p>						<p>28</p>	<p>9:30 Saddleback Church Services 10:00 Dance Fitness 11:00 Spanish Class 1:30 Game On 2:00 Live Entertainment 3:15 Game On 4:15 Cottages Walking Club 6:00 Saturday Night Fun Flick</p>						<p>29</p>
<p>9:30 Catholic Mass 10:00 Muscle Sculpting 11:00 Love is in the Air Craft 1:30 Bowling League 2:15 Sinatra Sing Along 3:15 Tiles Challenge 4:00 Garden Stroll 6:00 Classic Television Series: "Andy Griffith"</p>						<p>30</p>	<p>9:30 Pictionary 10:00 Cycling Class 11:00 Group Poetry Creation 1:30 Bingo 2:00 The Rise and Fall of Hollywood's Golden Age 3:15 Baking Winter Faves 4:15 Cottages Walking Club 6:00 Modern Classic Film</p>						<p>31</p>																																			