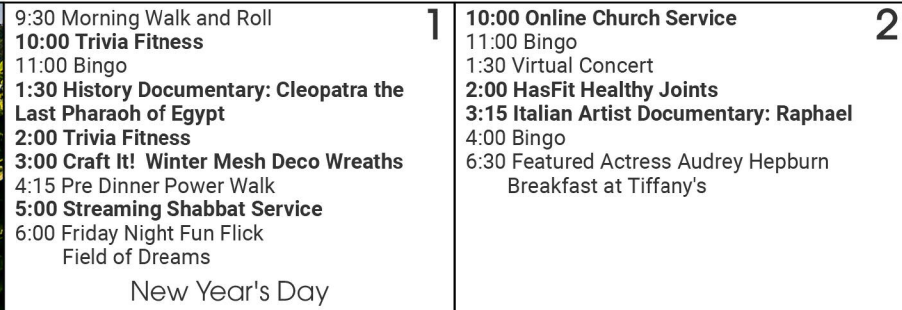
				<h1>January 2021</h1>												
10:00 Chair Yoga 10:30 Morning Meditation 11:00 Bingo 1:30 News and Views 2:15 Chair Yoga 3:30 Sunday Sing Along 4:00 Bingo 6:00 Musical Movie Phantom of the Opera		3	9:30 Morning Walk and Roll 10:00 Leg Day Workout 11:00 Bingo 1:30 TED Talk: How Boredom Can Lead to Your Most Brilliant Ideas 2:00 Leg Day Workout 2:45 Jeopardy Challenge 3:15 Floral Arranging 4:15 Pre Dinner Stroll 6:00 Featured Director Ron Howard Cocoon		4	9:30 Neighborhood Stroll 10:00 Upper Body Strengthening 11:00 Bingo 1:30 Audible Book Club- Michelle Obama: Becoming 2:00 Upper Body Strengthening 2:45 Tuesday Affirmations 3:15 Italian Trivia Challenge 4:00 Pre Dinner Stroll 6:00 Biopic: John Nash A Beautiful Mind Happy Birthday, Patrick		5	9:30 Morning Walk and Roll 10:00 Resistance Band Workout 11:00 Bingo 1:30 Resistance Band Workout 2:00 Armchair Travel: The Netherlands 2:45 Dutch Trivia 3:00 Dutch Apple Hand Pies and Strawberry Frstis 3:30 Current Events 4:15 Pre Dinner Power Walk 6:00 Netflix Series The Queen's Gambit		6	9:30 Morning Walk and Roll 10:00 Core Workout 11:00 Bingo 1:30 Audible Book Club- Michelle Obama: Becoming 2:00 Core Workout 3:15 Resident Council Meeting 4:30 Pre Dinner Power Walk 6:00 Hollywood Golden Age Film Citizen Kane		7	9:30 Morning Walk and Roll 10:00 Fitness Bootcamp 11:00 Bingo 1:30 History Documentary: Ships that Changed the World: The Titanic 2:00 Fitness Bootcamp 3:00 Craft It! Garden Gnomes 4:15 Pre Dinner Power Walk 5:00 Streaming Shabbat Service 6:00 Friday Night Fun Flick Sullivan's Travels Happy Birthday, Marilyn		8	10:00 Online Church Service 11:00 Bingo 1:30 Saturday Sing Along 2:00 HasFit Healthy Joints 3:15 Italian Artist Documentary: Titian 4:15 Pre Dinner Stroll 6:30 Featured Actress Audrey Hepburn Wait Until Dark Happy Birthday, Tai		9
10:00 Chair Yoga 10:30 Morning Meditation 11:00 Bingo 1:30 News and Views 2:15 Chair Yoga 3:30 Sunday Sing Along 4:00 Bingo 6:00 Musical Movie Across the Universe		10	9:30 Morning Walk and Roll 10:00 Leg Day Workout 11:00 Bingo 1:30 TED Talk: The Fight for Civil Rights and Freedom 2:00 Leg Day Workout 2:45 Whiteboard Scattergories 3:15 Jeopardy Challenge 4:15 Pre Dinner Stroll 6:00 Featured Director Ron Howard Splash Happy Birthday, Nell		11	9:30 Neighborhood Stroll 10:00 Upper Body Strengthening 11:00 Bingo 1:30 Audible Book Club- Michelle Obama: Becoming 2:00 Upper Body Strengthening 2:45 Tuesday Affirmations 3:15 Italian Trivia Challenge 4:00 Pre Dinner Stroll 6:00 Biopic: Glenn Miller The Glenn Miller Story		12	9:30 Morning Walk and Roll 10:00 Resistance Band Workout 11:00 Bingo 1:45 Guided Meditation 2:00 Resistance Band Workout 3:00 Coffee, Cookies and Current Events 3:45 For Your Health Series: Life Balance 4:15 Pre Dinner Power Walk 6:00 Netflix Series The Queen's Gambit		13	9:30 Morning Walk and Roll 10:00 Core Workout 11:00 Bingo 1:30 Audible Book Club- Michelle Obama: Becoming 2:00 Core Workout 3:15 Italian Designers & Creations 4:30 Pre Dinner Power Walk 6:00 Hollywood Golden Age Film Bringing Up Baby		14	9:30 Morning Walk and Roll 10:00 Fitness Bootcamp 11:00 Bingo 1:30 History Documentary: Aircraft Engines 2:00 Fitness Bootcamp 3:00 Abstract Watercolor Line Painting 4:15 Pre Dinner Stroll 5:00 Streaming Shabbat Service 6:00 Friday Night Fun Flick Harold and Maude		15	10:00 Online Church Service 11:00 Bingo 1:30 Virtual Concert 2:00 Weight Circuit 3:15 Virtual Tour of the Egyptian Museum 2nd Floor 4:00 Bingo 6:30 Featured Actress Audrey Hepburn Love in the Afternoon		16
10:00 Stretch and Flex 10:30 Morning Meditation 11:00 Bingo 1:30 News and Views 2:15 Stretch and Flex 3:30 Sunday Sing Along 4:00 Bingo 6:00 Musical Movie A Chorus Line		17	9:30 Morning Walk and Roll 10:00 Leg Day Workout 11:00 Bingo 1:30 "I Have a Dream" Speech 2:00 Leg Day Workout 2:45 Whiteboard Hangman 3:15 Jeopardy Challenge 4:15 Pre Dinner Stroll 6:00 Dr King Day Movie Selma Martin Luther King Day		18	9:30 Neighborhood Stroll 10:00 Upper Body Strengthening 11:00 Bingo 1:30 Audible Book Club- Michelle Obama: Becoming 2:00 Upper Body Strengthening 2:45 Tuesday Affirmations 3:15 Italian Trivia Challenge 4:00 Pre Dinner Stroll 6:00 Biopic: Grace Moore So This is Love		19	9:30 Morning Walk and Roll 10:00 Resistance Band Workout 11:00 Bingo 1:45 Guided Meditation 2:00 Resistance Band Workout 3:00 Coffee, Cookies and Current Events 4:15 Pre Dinner Power Walk 6:00 Netflix Series The Queen's Gambit Happy Birthday, Luelva		20	9:30 Morning Walk and Roll 10:00 Core Workout 11:00 Bingo 1:30 Audible Book Club- Michelle Obama: Becoming 2:00 Core Workout 3:15 Activity Planning/Film Buff's Meeting 4:30 Pre Dinner Power Walk 6:00 Hollywood Golden Age Film Citizen Kane		21	9:30 Morning Walk and Roll 10:00 Fitness Bootcamp 11:00 Bingo 1:30 History Documentary: The Only Empress of China 2:00 Fitness Bootcamp 3:00 Craft It! 4:15 Pre Dinner Stroll 5:00 Streaming Shabbat Service 6:00 Friday Night Fun Flick Best in Show		22	10:00 Online Church Service 11:00 Bingo 1:30 Virtual Concert 2:00 Weight Circuit 3:15 Italian Artist Documentary: Botticelli 4:00 Bingo 6:30 Featured Actress Audrey Hepburn Charade		23
10:00 Stretch and Flex 10:30 Morning Meditation 11:00 Bingo 1:30 News and Views 2:15 Stretch and Flex 3:30 Sunday Sing Along 4:00 Bingo 6:00 Musical Movie Fame Activity Professionals Week		24	9:30 Morning Walk and Roll 10:00 Leg Day Workout 11:00 Bingo 1:30 TED Talk: Love, No Matter What 2:00 Leg Day Workout 2:45 Jeopardy Challenge 3:15 Whiteboard Word Mining 4:15 Pre Dinner Stroll 6:00 Featured Director Ron Howard The DaVinci Code		25	9:30 Neighborhood Stroll 10:00 Upper Body Strengthening 11:00 Bingo 1:30 Audible Book Club- Michelle Obama: Becoming 2:00 Upper Body Strengthening 2:45 Tuesday Affirmations 3:15 Italian Trivia Challenge 4:00 Pre Dinner Stroll 6:00 Biopic: F. Scott Fitzgerald Beloved Infidel		26	9:30 Morning Walk and Roll 10:00 Resistance Band Workout 11:00 Bingo 1:45 Guided Meditation 2:00 Resistance Band Workout 3:00 Coffee, Cookies and Current Events 4:15 Pre Dinner Power Walk 6:00 Netflix Series The Queen's Gambit		27	9:30 Morning Walk and Roll 10:00 Core Workout 11:00 Bingo 1:30 Audible Book Club- Michelle Obama: Becoming 2:00 Core Workout 3:15 Italian Musicians and Music 4:30 Pre Dinner Power Walk 6:00 Hollywood Golden Age Film The Hustler Happy Birthday, Mitra		28	9:30 Morning Walk and Roll 10:00 Fitness Bootcamp 11:00 Bingo 1:30 History Documentary: The Nordic Bronze Age 2:00 Fitness Bootcamp 3:00 1950s Sock Hop 4:15 Pre Dinner Stroll 5:00 Streaming Shabbat Service 6:00 Friday Night Fun Flick Duck Soup		29	10:00 Online Church Service 11:00 Bingo 1:30 Virtual Concert 2:00 Weight Circuit 3:15 Italian Artist Documentary: Da Vinci 4:00 Bingo 6:30 Featured Actress Audrey Hepburn Two For the Road		30
10:00 Stretch and Flex 10:30 Morning Meditation 11:00 Bingo 1:30 News and Views 2:15 Stretch and Flex 3:30 Sunday Sing Along 4:00 Bingo 6:00 Musical Movie The Sky's the Limit		31																		