

SUN

MON

TUE

WED

THUR

FRI

SAT

LOCATION KEY

BB - Bar and Bistro
 CD - Chesapeake Dining Room
 CK - Country Kitchen
 FL - Front Lobby

ART Room - Independence Lounge
 LC - Lexington Commons
 MR - Montpelier Room

OT - Outing
 WE - Waters Edge

New Year's Day
 9:30 Chair Fitness (LC) **1**
 10:00 Wednesday Trivia (LC)
11:00 Mexican Train Dominoes (LC)
 1:00 Canasta - Resident Led (CK)
 1:00 Making Jump Ropes for Charity with Gloria (MR)
3:15 Afternoon Cornhole (LC)
5:00 Lighting of the Menorah (LC)
6:00 Musical Wednesday- Fiddler on the Roof (LC)

9:30 Stretch & Balance Class (LC) **2**
 10:00 Mahjong Resident-Led (CK)
10:00 Resident Update Meeting (LC)
11:00 Kroger Grocery Store Trip (OT)
1:00 Art Time! (Art Room)
 1:00 Bridge Game - Resident Led (CK)
 1:00 Walking Club (FL)
2:00 Tai Chi (MR)
3:00 Money Bingo (LC)
5:00 Lighting of the Menorah (LC)
5:30 Seated Balloon Volleyball (LC)

9:30 Fitness on Our Feet! (LC) **3**
10:00 ED Roundtable/Coffee Connections (Bistro)
 10:00 Friday Trivia (LC)
 10:30 Left Right Center Candy (MR)
1:00 Book Club with Courtney (Waters Edge Dining Room)
 1:00 Puzzle Time (Lexington)
 1:00 Spanish Class with Aude (Montpelier)
2:00 Happy Hour with Mark Pettiford (BB)
3:15 Afternoon Cornhole (LC)
6:00 Comedy Movie Night: A Man on the Inside (LC)

9:30 Morning Fitness (LC) **4**
10:30 Candy Bingo (LC)
12:15 Afternoon Movie: Big (LC)
1:00 Board Games & Card Games (CK)
 1:00 Bridge - Resident Led (Waters Edge Dining Room)
 1:00 Sequence -Resident Led (Montpelier)
 2:15 Trivia Time (LC)
3:00 Afternoon Cornhole (LC)

9:05 Great Neck Baptist (OT)
 10:30 Holy Family Catholic Mass (OT) **5**
 11:15 Church Service (LC)
12:30 Sunday Outing to Burlington (OT)
 1:00 Canasta - Resident Led (CK)
3:00 Money Bingo (LC)
4:00 NFL Football Sundays (Bistro Bar)
6:00 Sunday Movie : Seven Years in Tibet (LC)

9:30 Chair Fitness (LC)
10:00 Massage Time (MR) **6**
 10:00 Mahjong Resident-Led (CK)
 10:30 Monday Trivia (MR)
11:00 Seated Balloon Volleyball (LC)
2:00 Happy Hour Monday : Candy Bingo (BB)
3:15 Afternoon Cornhole (LC)
6:00 Mega Monday Left-Right- Center (LC)
6:00 Movie Night- The Apartment (CK)
 6:00 Prayer Circle Resident Led (MR)

9:30 Strength & Balance Class (LC) **7**
10:00 Hilltop Shops (OT)
10:00 Word Games (LC)
11:00 Sing Fit (LC)
 1:00 Resident Led Poker (CK)
2:00 Tasty Tuesday Chicken Adobo with Anita (The Bistro)
3:00 Money Bingo (LC)
 6:00 Cornhole Practice Resident Led (LC)

9:30 Fitness with Powerback (LC) **8**
 10:00 Wednesday Trivia (LC)
10:45 Brunch at IHOP (OT)
 1:00 Canasta - Resident Led (CK)
 1:00 Making Jump Ropes for Charity with Gloria (MR)
3:15 Afternoon Cornhole (LC)
6:00 Musical Wednesday- Man of La Mancha (LC)
6:30 Hymn Sing (LC)

9:30 Stretch & Balance Class (LC) **9**
10:00 Kroger Grocery Store Trip (OT)
 10:00 Mahjong Resident-Led (CK)
11:00 Wii Bowling (LC)
 1:00 Bridge Game - Resident Led (CK)
 1:00 Walking Club (FL)
2:00 Tai Chi (MR)
3:00 Money Bingo (LC)
5:30 Seated Balloon Volleyball (LC)

9:30 Fitness on Our Feet! (LC) **10**
 10:00 Friday Trivia (LC)
 10:30 Left Right Center Candy (MR)
11:30 Drink in the Flowers (MR)
 1:00 Spanish Lessons (MR)
2:00 Happy Hour with Christian Flores (BB)
3:15 Afternoon Cornhole (LC)
6:00 Comedy Movie Night: A Man on the Inside (LC)

9:30 Morning Fitness (LC) **11**
10:30 Candy Bingo (LC)
12:15 Afternoon Movie: Moonstruck (LC)
1:00 Board Games & Card Games (CK)
 1:00 Bridge - Resident Led (Waters Edge Dining Room)
 1:00 Sequence -Resident Led (Montpelier)
 2:15 Trivia Time (LC)
3:00 Afternoon Cornhole (LC)

9:05 Great Neck Baptist (OT)
 10:30 Holy Family Catholic Mass (OT) **12**
 11:15 Church Service (LC)
12:30 Sunday Outing to Food Lion (OT)
 1:00 Canasta - Resident Led (Water's Edge)
3:00 Money Bingo (LC)
4:00 NFL Football Sundays (Bistro Bar)
6:00 Sunday Movie : The Kings Speech (LC)

9:30 Chair Fitness (LC)
10:00 Massage Time (MR) **13**
 10:00 Mahjong Resident-Led (CK)
 10:30 Monday Trivia (MR)
11:00 Seated Balloon Volleyball (LC)
2:00 Happy Hour Monday: Candy Left Right and Center (BB)
3:15 Afternoon Cornhole (LC)
6:00 Mega Monday Left-Right- Center (LC)
6:00 Movie Night- Selma (CK)
 6:00 Prayer Circle Resident Led (MR)

9:30 Strength & Balance Class (LC) **14**
10:00 Hilltop Shops (OT)
10:00 Word Games (LC)
11:00 Sing Fit (LC)
 1:00 Nutritional Smoothie Time (FL)
 1:00 Resident Led Poker (CK)
2:00 Soft Pretzel Party with Equilibrio (FL)
3:00 Money Bingo (LC)
 6:00 Cornhole Practice Resident Led (LC)

9:30 Chair Fitness (LC)
 10:00 Wednesday Trivia (LC) **15**
11:00 Mexican Train Dominoes (LC)
 1:00 Canasta - Resident Led (CK)
 1:00 Making Jump Ropes for Charity with Gloria (MR)
2:00 What's the Scoop Wednesdays with Anita (MR)
3:15 Afternoon Cornhole (LC)
4:00 Dinner at Aldo's (OT)
6:00 Musical Wednesday- The Unsinkable Molly Brown (LC)

9:30 Stretch & Balance Class (LC) **16**
10:00 Kroger Grocery Store Trip (OT)
 10:00 Mahjong Resident-Led (CK)
10:30 New Resident Orientation (LC)
10:30 The King's Choir at FCI (LC)
11:00 Catholic Mass (MR)
1:00 Art Time! (Art Room)
 1:00 Bridge Game - Resident Led (CK)
 1:00 Walking Club (FL)
1:30 Resident Update Meeting (CD)
2:00 Tai Chi (MR)
3:00 Money Bingo (LC)
5:30 Seated Balloon Volleyball (LC)

9:30 Fitness on Our Feet! (LC) **17**
9:30 American Revolution Museum in Yorktown (OT)
 10:00 Friday Trivia (LC)
 10:30 Left Right Center Candy (MR)
1:00 Book Club with Courtney (Waters Edge Dining Room)
 1:00 Puzzle Time (Lexington)
 1:00 Spanish Class with Aude (Montpelier)
2:00 Happy Hour with Roberto (BB)
3:15 Afternoon Cornhole (LC)
6:00 Comedy Movie Night: A Man on the Inside (LC)

9:30 Morning Fitness (LC) **18**
10:30 Candy Bingo (LC)
12:15 Afternoon Movie: Hang' em High (LC)
1:00 Board Games & Card Games (CK)
 1:00 Bridge - Resident Led (Waters Edge Dining Room)
 1:00 Sequence -Resident Led (Montpelier)
 2:15 Trivia Time (LC)
3:00 Afternoon Cornhole (LC)

9:05 Great Neck Baptist (OT)
 10:30 Holy Family Catholic Mass (OT) **19**
 11:15 Church Service (LC)
12:30 Sunday Outing Great Bridge Library (OT)
 1:00 Canasta - Resident Led (Water's Edge)
3:00 Money Bingo (LC)
4:00 NFL Football Sundays (Bistro Bar)
6:00 Sunday Movie : Cry Macho (LC)

Martin Luther King Jr. Day
 9:30 Chair Fitness (LC)
10:00 Massage Time (MR) **20**
 10:00 Mahjong Resident-Led (CK)
 10:30 Monday Trivia (MR)
11:00 Seated Balloon Volleyball (LC)
2:00 Dr. Martin Luther King Jr. Presentation (BB)
3:15 Afternoon Cornhole (LC)
4:00 Yearbook Photos (MR)
6:00 Mega Monday Left-Right- Center (LC)
6:00 Movie Night- Midway (CK)
 6:00 Prayer Circle Resident Led (MR)

9:30 Strength & Balance Class (LC) **21**
10:00 Hilltop Shops (OT)
10:00 Word Games (LC)
11:00 Sing Fit (LC)
 1:00 Resident Led Poker (CK)
2:00 Tasty Tuesday: Making Pizzas (The Bistro)
3:00 Money Bingo (LC)
 6:00 Cornhole Practice Resident Led (LC)

9:30 Fitness with Powerback (LC) **22**
 10:00 Wednesday Trivia (LC)
11:00 POKENO Wednesday (LC)
11:00 Resident LIFE FORUM (LC)
 1:00 Canasta - Resident Led (CK)
 1:00 Making Jump Ropes for Charity with Gloria (MR)
3:15 Afternoon Cornhole (LC)
6:00 Musical Wednesday- Cyrano (LC)

9:30 Stretch & Balance Class (LC) **23**
10:00 Kroger Grocery Store Trip (OT)
 10:00 Mahjong Resident-Led (CK)
11:00 Wii Bowling (LC)
 1:00 Bridge Game - Resident Led (CK)
 1:00 Walking Club (FL)
2:00 Tai Chi (MR)
3:00 Money Bingo (LC)
5:30 Seated Balloon Volleyball (LC)

9:30 Fitness on Our Feet! (LC) **24**
 10:00 Friday Trivia (LC)
 10:30 Left Right Center Candy (MR)
11:30 Crafting with Inna (MR)
 1:00 Spanish Lessons (MR)
2:00 Happy Hour with Tidewater Bluegrass Revival (BB)
3:15 Afternoon Cornhole (LC)
6:00 Comedy Movie Night: A Man on the Inside (LC)

9:30 Morning Fitness (LC) **25**
10:30 Candy Bingo (LC)
12:15 Afternoon Movie: Evil Under the Sun (LC)
1:00 Board Games & Card Games (CK)
 1:00 Bridge - Resident Led (Waters Edge Dining Room)
 1:00 Sequence -Resident Led (Montpelier)
 2:15 Trivia Time (LC)
3:00 Afternoon Cornhole (LC)

9:05 Great Neck Baptist (OT)
 10:30 Holy Family Catholic Mass (OT) **26**
 11:15 Church Service (LC)
 1:00 Canasta - Resident Led (Water's Edge)
3:00 Money Bingo (LC)
4:00 NFL Football Sundays (Bistro Bar)
6:00 Sunday Movie : Maid In Manhattan (LC)

9:30 Chair Fitness (LC)
10:00 Massage Time (MR) **27**
 10:00 Mahjong Resident-Led (CK)
 10:30 Monday Trivia (MR)
11:00 Seated Balloon Volleyball (LC)
2:00 Happy Hour Monday: Chinese New Year Celebration (BB)
3:15 Afternoon Cornhole (LC)
6:00 Mega Monday Left-Right- Center (LC)
6:00 Movie Night-Quigley Down Under (CK)
 6:00 Prayer Circle Resident Led (MR)

9:30 Strength & Balance Class (LC) **28**
10:00 Hilltop Shops (OT)
10:00 Word Games (LC)
11:00 Sing Fit (LC)
12:30 Monthly Birthday Luncheon for Residents (WE)
1:00 Nutritional Smoothie Time (FL)
 1:00 Resident Led Poker (CK)
3:00 Money Bingo (LC)
 6:00 Cornhole Practice Resident Led (LC)

Chinese New Year
 9:30 Chair Fitness (LC) **29**
 10:00 Wednesday Trivia (LC)
11:00 Mexican Train Dominoes (LC)
 1:00 Canasta - Resident Led (CK)
 1:00 Making Jump Ropes for Charity with Gloria (MR)
3:15 Afternoon Cornhole (LC)
4:00 New Resident Happy Hour (MR)
6:00 Musical Wednesday- De- Lovely (LC)

9:30 Stretch & Balance Class (LC) **30**
10:00 Kroger Grocery Store Trip (OT)
 10:00 Mahjong Resident-Led (CK)
11:00 Wii Bowling (LC)
1:00 Art Time! (Art Room)
 1:00 Bridge Game - Resident Led (CK)
 1:00 Walking Club (FL)
2:00 Tai Chi (MR)
3:00 Money Bingo (LC)
5:30 Seated Balloon Volleyball (LC)

9:30 Fitness on Our Feet! (LC) **31**
 10:00 Friday Trivia (LC)
 10:30 Left Right Center Candy (MR)
1:00 Book Club with Courtney (Waters Edge Dining Room)
 1:00 Puzzle Time (Lexington)
 1:00 Spanish Class with Aude (Montpelier)
2:00 Happy Hour TBA (BB)
3:15 Afternoon Cornhole (LC)
6:00 Comedy Movie Night: A Man on the Inside (LC)

January 2025
 Calendar

