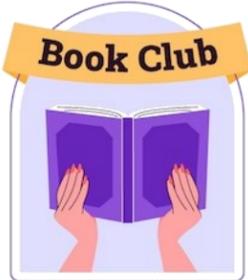




Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
<p><b>In The Know...</b></p> <p><b>Calendar Review January 2</b></p> <p><b>AL Calendar Connection January 3</b></p> <p><b>Mary's Quarterly Meeting January 19</b></p> <p><b>Library Volunteers Meeting January 17</b></p>		<p><b>1 New Years Day</b></p> <p>1:30-Fitter Sitters (MGTV) 2-Wii Bowling (FC) 3-Holiday Movie: <i>Frank Lloyd Wright</i> (MGTV) 6-10-Game Night (IL/CA) 7-Holiday Movie: <i>Crimes and Misdemeanors</i> (MGTV)</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> <p><b>Oak Room Holiday Hours of Operations</b></p> <p>11am-3pm No reservation required</p> </div>  <p><i>Happy New Year</i></p>	<p><b>2</b></p> <p>*9:30-Harris Teeter Shuttle (B) 10:30-Tai Chi (IL/CR) 11-Hand Exercise (AL/DR1) 11-Balance Worx (IL/CR) 1-BINGO (IL/CR) 1:30-Book Club (Lib) 2-Wii Bowling (FC) 2-Yoga for Better Balance (AL3) 3-Calendar Review (IL/CR) 6-10-Game Night (IL/CA)</p> 	<p><b>3</b></p> <p>*8:30-Banks (Car) 9:15-Aquatone (P) 10-Morning Meditation (M/WC) 10:30-Flex &amp; Balance (FC Hall) 11-AL Calendar Connection (AL1) 12-Flower Pick-up (M/WC) *1-Outing: Cedar Creek Gallery Creedmoor, NC (B) 1-2-Blood Pressure Check (IL/CA) 2-Book &amp; A Beverage A <i>Devoted Friend</i> by: Oscar Wild (AL1) 2-Wii Bowling (FC) 3:30-Shabbat Service (M/WC) 4-Go Fish (AL1) 6-10-Game Night (IL/CA)</p>	<p><b>4</b></p> <p>10:30-What's with January? (AL1) 1-BINGO (IL/CR) 2-Standing Tai Chi (MGTV) 2-Creative Studio (IL/CR) 3-Healthy Snack Time (AL1) 3:30-Rosary Prayer (M/WC) 4-Eucharistic Service (M/WC) 7-Saturday Night Movie: <i>Legend of Bagger Vance</i> (MGTV &amp; Pub)</p>
<p><b>Life Long Learning</b></p> <p>Great Courses: Broadway Musicals</p> <p>Legacy Health Chat: Protecting your Joints &amp; Bones</p> <p>Lunch &amp; Learn: History of the Silk Road</p> <p>Scholar Series: <i>Buddhist Art on the Silk Road</i></p> <p>Freedom Riders: A Journey of Courage</p>					<p><b>5</b></p> <p>10-Morning Stretch (MGTV) 11-Worship Live (M/WC) 2-Wii Bowling (FC) 3-Meditative Moments (MGTV) 4-Music Video: <i>Brahms: Piano Concerto No. 2</i> (MGTV &amp; Pub) 6-Wii Bowling (FC) 7-Sunday Night Movie: <i>Key Largo</i> (MGTV &amp; Pub)</p>
<p><b>6</b></p> <p>9:15-Aquatone (P) *10-Dollar Tree, Marshalls, 5 Below (B) 10:30-Moving on Monday (AL1) 11-Hand Exercise (IL/CR) *12:30-2:30-Ride for \$5 (Car) 1:30-Fitter Sitters (IL/CR) 2-Movie Matinee: <i>My Fair Lady</i> (AL3) 2-Yoga for Better Balance (IL/CR) 2-Wii Bowling (FC) 4-Retro Ukelele (AL1) 6-10-Game Night (IL/CA)</p> 	<p><b>7</b></p> <p>*9:30-Food Lion, Walgreens &amp; Harmony Farms (B) 10:30-Who, What, Where (AL3) 11-Balance Worx (IL/CR) *12:30-2:30-Ride for \$5 (Car) 12:30-Movercise (IL/CR) 2-Wii Bowling (FC) 2-Team Trivia (IL/CA) 2-Great Courses: Broadway Musicals (AL3) 6-10-Game Night (IL/CA)</p> 	<p><b>8</b></p> <p>9:15-Aquatone (P) 10:30-12-Fitness Center Drop In (FC) 10:30-Choral Group (M/WC) 10:30-Wednesday Project (AL3) 10:30-Flex &amp; Balance (FC Hall) 11-Hand Exercise (IL/CR) 12-Community Communion (M/WC) 1:30-Fitter Sitters (IL/CR) 2-Wii Bowling (FC) 2-Buzz Word (AL1) 3-Magnolia GEMS: Harriet Hill (IL/CR) 4-Zen Word (AL3) 6-10-Game Night (IL/CA)</p>	<p><b>9</b></p> <p>*9:30-Harris Teeter Shuttle (B) 10:30-Tai Chi (IL/CR) 11-Hand Exercise (AL/DR1) 11-Balance Worx (IL/CR) 1-BINGO (IL/CR) 2-Building and Grounds Committee (M/WC) 2-"Band" Camp (AL3) 2-Wii Bowling (FC) 3-Birthday &amp; Anniversary Party (IL/CR)</p> 	<p><b>10</b></p> <p>*8:30-Banks (Car) 9:15-Aquatone (P) *9:30-Outing-Breakfast at La Farm Cary, NC (B) 10:30-Flexible Friday (AL1) 10:30-Flex &amp; Balance (FC Hall) 11-Legacy Health Chat: Protecting your Joints &amp; Bones (M/WC) 12-Flower Pick-up (IL/CR) *1-Library (Car) 1-2-Blood Pressure Check (IL/CA) 2-Wii Bowling (FC) *2-Txt Twist (AL3) 2-Artworks! Drawing Trees of Magnolia Glen (IL/CR) 4-Music for the Soul (AL1) 6-10-Game Night (IL/CA)</p>	<p><b>11</b></p> <p>10:30-Spiritual Coloring (AL1) 1-BINGO (IL/CR) 2-Standing Tai Chi (MGTV) 2-Creative Studio (IL/CR) 3-Don Smith on Guitar (AL1) 3:30-Rosary Prayer (M/WC) 4-Eucharistic Service (M/WC) 7-Saturday Night Movie: <i>The Constant Gardener</i> (MGTV &amp; Pub)</p>
					<p><b>12</b></p> <p>10-Morning Stretch (MGTV) 11-Worship Live (M/WC) 2-Wii Bowling (FC) 3-Meditative Moments (MGTV) 4-Classical Music Video: <i>Tchaikovsky: Violin Concerto</i> (MGTV &amp; Pub) 6-Wii Bowling (FC) 7-Sunday Night Movie: <i>Donovan's Reef</i> (MGTV &amp; Pub)</p>
<p><b>13</b></p> <p>9:15-Aquatone (P) *10-Walmart (B) 10:30-Moving on Monday (AL1) 11-Hand Exercise (IL/CR) 12-Lunch &amp; Learn: History of the Silk Road (M/WC) *12:30-2:30-Ride for \$5 (Car) 1:30-Fitter Sitters (IL/CR) 2-Yoga For Better Balance (IL/CR) 2-Wii Bowling (FC) 2-Beyond the Legend: Burt Reynolds (AL3) 4-Monthly Mixer with Jenny Wayne (AL1) 6-10-Game Night (IL/CA)</p>	<p><b>14</b></p> <p>*9:30-Food Lion, Walgreens &amp; Harmony Farms (B) 10:30-Backwards Game (AL1) 11-Balance Worx (IL/CR) 12:30-Get Fit with Frankie (IL/CR) *12:30-2:30-Ride for \$5 (Car) 2-Wii Bowling (FC) 2-Team Trivia (IL/CA) *2-Winter Whimsy Coasters Craft (AL3) 3-Scholar Series: Amy O'Keefe-<i>Buddhist Art on the Silk Road</i> (IL/CR) 6-10-Game Night (IL/CA)</p>	<p><b>15</b></p> <p>9:15-Aquatone (P) 10:30-12-Fitness Center Drop In (FC) 10:30-Choral Group (M/WC) 10:30-Wednesday Project (AL3) 10:30-Flex &amp; Balance (FC Hall) 11-Hand Exercise (IL/CR) 12-Bible Study (IL/CR) 1:30-Fitter Sitters (IL/CR) 2-Kombucha Tasting (Pub) 2-Wii Bowling (FC) 3-Low Vision (Lib) 4-New Song Music (AL1) 6-10-Game Night (IL/CA)</p> 	<p><b>16</b></p> <p>9-10-Hearing Aid Check (AL3) *9:30-Harris Teeter Shuttle (B) 10:30-Tai Chi (IL/CR) 11-Hand Exercise (AL/DR1) 11-Balance Worx (IL/CR) 1-Welcome Ambassador Committee Meeting (IL/CA) 1-BINGO (IL/CR) 1:30-Legacy Walker/ Wheelchair Wash (AL1) 2-Building and Grounds Committee (M/WC) 2-Yoga for Better Balance (AL3) <b>2-Residents' Association Board Meeting (Lib)</b> 2-Wii Bowling (FC) 6-10-Game Night (IL/CA)</p>	<p><b>17</b></p> <p>*8:30-Banks (Car) 9:15-Aquatone (P) 10-Morning Meditation (M/WC) <b>10-Library Volunteers (Lib)</b> 10:30-Flexible Friday (AL1) 10:30-Flex &amp; Balance (FC Hall) 11-Honoring Dr. King (M/WC) 12-Flower Pick-up (IL/CR) *1-Book Club Outing- Beow's Books &amp; Brew (B) 1-2-Blood Pressure Check (IL/CA) 2-Nintendo Switch Sports: Golf (AL3) 2-Artworks! Dramatic Reading (Lib) 2-Wii Bowling (FC) 4-Game of the Week: Skipbo (AL1) 6-10-Game Night (IL/CA)</p>	<p><b>18</b></p> <p>10:30-Stitch In Time (AL1) 1-BINGO (IL/CR) 2-Standing Tai Chi (MGTV) 2-Creative Studio (IL/CR) 3-Let it Snow Humor (AL1) 3-Poetry (Lib) 3:30-Rosary Prayer (M/WC) 4-Eucharistic Service (M/WC) 7-Saturday Night Movie: <i>An Unfinished Life</i> (MGTV &amp; Pub)</p>
					<p><b>19</b></p> <p>10-Morning Stretch (MGTV) 11-Worship Live (M/WC) 2-Wii Bowling (FC) 3-Meditative Moments (MGTV) <b>3-Mary's Quarterly Meeting (Oak Room)</b> 4-Music Video: <i>Beethoven Symphony 6</i> (MGTV &amp; Pub) 6-Wii Bowling (FC) 7-Sunday Night Movie: <i>The Big Sleep</i> (MGTV &amp; Pub)</p>



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
<p><b>20 MLK Day Inauguration Day</b></p> <p>Podiatry Visit by Appointment (FD) 9:15-Aquatone Resident Led (P) 1:30-Fitter Sitters (IL/CR) 2-Yoga For Better Balance (IL/CR) 2-Wii Bowling (FC) 3-Special Movie Presentation: <i>Selma</i> (MGTV) 6-10-Game Night (IL/CA) 7-Special Movie Presentation: <i>King in the Wilderness</i> (MGTV)</p> 	<p><b>21</b></p> <p>*9:30-Food Lion, Walgreens &amp; Harmony Farms (B) 10:30-Squirrel Appreciation Day (AL3) 11-Balance Worx (IL/CR) 12:30-Movercise (IL/CR) *12:30-2:30-Ride for \$5 (Car) 2-Coping With Loss (M/WC) 2-Wii Bowling (FC) 2-Team Trivia (IL/CA) 2-Great Courses: Broadway Musicals (AL3) *4-AL Outing: Cracker Barrel (B) 6-10-Game Night (IL/CA)</p> 	<p><b>22</b></p> <p>9:15-Aquatone Resident Led (P) 10:30-12-Fitness Center Drop In (FC) 10:30-Choral Group (M/WC) 10:30-Wednesday Project (AL3) 10:30-Flex &amp; Balance (FC Hall) 11-Hand Exercise (IL/CR) 12-Bible Study (IL/CR) 1:30-Fitter Sitters (IL/CR) 2-Deep Cuts: One Hit Wonders (AL1) 2-Wii Bowling (FC) 3-Men of the Glen (IL/CR) 4-Family Feud (AL3) 6-10-Game Night (IL/CA)</p>	<p><b>23</b></p> <p>*9:30-Harris Teeter Shuttle (B) 10:30-Tai Chi (IL/CR) 11-Hand Exercise (AL/DR1) 11-Balance Worx (IL/CR) 1-BINGO (IL/CR) 2-Wii Bowling (FC) 2-"Band" Camp (AL3) 2-New Resident Essentials (M/WC) 3-Meet Your New Neighbor Social (IL/CR) 6-10-Game Night (IL/CA)</p> 	<p><b>24</b></p> <p>*8:30-Banks (Car) 9:15-Aquatone (P) 10:30-Flexible Friday (AL1) 10:30-Flex &amp; Balance (FC Hall) 12-Flower Pick-up (IL/CR) *12:30-IMAX Movie Outing (B) 1-2-Blood Pressure Check (IL/CA) 2-Book &amp; A Beverage: <i>Luck</i> by Mark Twain (AL3) 2-Artworks-Writing Memoirs (Lib) 2-Wii Bowling (FC) 4-Game of the Week: <i>Taboo</i> (AL1) 6-10-Game Night (IL/CA)</p>	<p><b>25</b></p> <p>10:30-Mad Libs (AL1) 1-BINGO (IL/CR) 2-Standing Tai Chi (MGTV) 2-Creative Studio (IL/CR) 3-Tea at Three (AL1) 3:30-Rosary Prayer (M/WC) 7-Saturday Night Movie: <i>The Boys from Brazil</i> (MGTV &amp; Pub)</p> <p><b>26</b></p> <p>10-Morning Stretch (MGTV) 11-Worship Live (M/WC) 2-Wii Bowling (FC) 3-Meditative Moments (MGTV) 4-Classical Music Video: <i>Mozart Symphony No. 39</i> (MGTV &amp; Pub) 6-Wii Bowling (FC) 7-Sunday Night Movie: <i>Is Anybody There?</i> (MGTV &amp; Pub)</p>

## Activity Professionals Week 01/20-01/24

<p><b>27</b></p> <p>9:15-Aquatone (P) *10-Target (B) 10:30-Master Gardeners (Pub) 11-Hand Exercise (IL/CR) *12:30-2:30-Ride for \$5 (Car) 1:30-Fitter Sitters (IL/CR) 2-Yoga For Better Balance (IL/CR) 2-Wii Bowling (FC) 2-Freedom Riders: A Journey of Courage (M/WC) 3-Life Enrichment Committee Mtg. (IL/CR) 4-Scrabble (AL3) 6-10-Game Night (IL/CA)</p>	<p><b>28</b></p> <p>*9:30-Food Lion, Walgreens &amp; Harmony Farms (B) 10-Dining Committee (IL/PDR) 10:30-Wheel of Fortune (AL3) 11-Balance Worx (IL/CR) 12:30-Get Fit with Frankie (IL/CR) *12:30-2:30-Ride for \$5 (Car) 2-Nintendo Switch (AL3) 2-Wii Bowling (FC) 2-Team Trivia (IL/CA) 3-NCDOJ: Avoiding Scams and Frauds Regina Johnson (IL/CR) 6-10-Game Night (IL/CA)</p> 	<p><b>29</b></p> <p>9:15-Aquatone (P) 10:30-12-Fitness Center Drop In (FC) 10:30-Choral Group (M/WC) 10:30-Wednesday Project (AL3) 10:30-Flex &amp; Balance (FC Hall) 11-Hand Exercise (IL/CR) 12-Bible Study (IL/CR) 1:30-Fitter Sitters (IL/CR) 2-Movie Matinee: <i>The Mummy</i> (AL3) 2-Wii Bowling (FC) *3-Cooking Demonstration: Healthy Comfort Foods (IL/CR) 4-New Song Music (AL1) 6-10-Game Night (IL/CA)</p>	<p><b>30</b></p> <p>*9:30-Harris Teeter Shuttle (B) 10:30-Tai Chi (IL/CR) 11-Hand Exercise (AL/DR1) 11-Balance Worx (IL/CR) 1-BINGO (IL/CR) 2-Wii Bowling (FC) 2-Yoga for Better Balance (AL3) 2-MG Travelers Interest Meeting (M/WC) 3-Jeopardy! (IL/CR) 6-10-Game Night (IL/CA)</p> 	<p><b>31</b></p> <p>9:15-Aquatone (P) 10:30-Flex &amp; Balance (FC Hall) 10:30-Flexible Friday (AL1) *11-NC Symphony: Bach Brandenburg No. 3 (B) 12-Flower Pick-up (IL/CR) 1-2-Blood Pressure Check (IL/CA) 2-Chinese New Year (AL3) 2-Wii Bowling (FC) 3-Art Appreciation (IL/CR) 4-Game of the Week: <i>Wordle</i> (AL1)</p> 
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## MG Traveler's Meeting

January 30th  
2 PM  
M/WC

Love to travel? Let's hit the road!  
Join us to explore exciting overnight trips, discover what's coming up, and share your dream destinations! Stop by to learn more—it's time to plan your next adventure!



AL: Assisted Living

AL/DR1: Assisted Living Dining Room

AL1: Assisted Living 1st Floor Living Room

AL/P: Assisted Living Garden Patio

AL2: Assisted Living 2nd Activity Room

AL3: Assisted Living 3rd Activity Room

B: MG Bus Outing

Car: Car Outing

Conf: Conference Room (IL 2nd Floor)

FC: Fitness Center (IL 1st Floor)

FD: Front Desk (IL 2nd Floor)

IL: Independent Living

Oak Room: IL Dining (IL 1st Floor)

IL/PDR: Private Dining Room

P: Pool (IL 1st Floor)

M/WC: Media/Worship Center (IL 1st Floor)

IL/CR: IL Craft Room (IL 1st Floor)

Pub: IL 1st Floor

IL/LR: IL Living Room (IL 2nd Floor)

IL/CA: IL Card Room (IL 2nd Floor)

Lib: IL Library (IL 2nd Floor)

IL3: IL 3rd Floor Lounge

IL4: IL 4th Floor Lounge

\*Denotes that you must sign-up/ preregistered for the program or event\*

Please sign up for all Bus Outings ASAP in the book located at the Front Desk!  
Medical Appointments are scheduled on Tuesdays, Wednesdays & Thursdays between 8:30 a.m. - 2:30 p.m. There will be a fee if you do not turn in your request 48 business hours before your appointment.

MGTV is your way to know what is going on!  
Tune in to Direct TV Channel 1-1 & the Community App for the latest information.

## Happy Birthday!

Evelyn Pizzolato Jan. 2	Margaret King Jan. 11	Pete Burnette Jan. 21
Martha Henderson Jan. 2	Betty Ellis Jan. 12	Jackie Maness Jan. 21
Fred Williams Jan. 3	Jean Freeman Jan. 14	Bea Stern Jan. 22
Nancy Vanstory Jan. 3	Bill Lazar Jan. 16	Odelle Holley Jan. 23
Ruth Lupton Jan. 5	Linda Lagua Jan. 18	Dale Hoover Jan. 24
Carol Means Jan. 7	Terry Swiger Jan. 18	Susan McKay Jan. 26
Ken Pollock Jan. 10	Diane Donovan Jan. 20	Gerry Ingram Jan. 28



Bill & Sally Lazar Jan. 7  
Don & Susan Linn Jan. 14  
Mike & Nancy Law Jan. 23