

JANUARY "2025" HIGHLIGHTS

Wednesday, January 1st

Happy New Year! & Happy Hanukkah

Offices Closed No Transportation
New Years Buffet 11:00 to 2:00
5:00 Menorah Lighting (TN)

Thursday, January 2nd

8:30 Patrick SFB Must have Military ID

Hanukkah Ends at Sunset

Friday, January 3rd

1:00 Travel "Journey Through Tunisia Africa" 1h (TC)

8:00 Movie "Pelican Brief" PG-13 2h 21m (CH 1-1)

Saturday, January 4th

1:00 Movie & Popcorn "Joy: The Birth of IVF" (TD)

2:30 Rick's 20th Century Musical History Tour

"Willie Nelson" (TC)

Sunday, January 5th

7:00 Movie "Funny Face" 1957 1h 43m (CH 1-1)

Monday, January 6th

2:00 The Ringling Brothers Kings of the Circus 46 m (TD)

Tuesday, January 7th

9:30 Technology: How to send E-mails & Texts (TG)

10:00 Dining Meeting (TC)

Wednesday, January 8th

10:30 Love Garden Plant Sale & Repotting (TC)

1:00 Only Artisan Class "Photo Albums"

Part 1 (TG) Sign Up Req'd

4:00 Happy Hour with Rene on the Accordion (TC)

Thursday, January 9th

10:00 Champion Home Care Donuts & Discussion

"How can we take care of you"? (TC)

10:00 Parkinson's Support Group "What's on Your Mind? Memory Challenges" (*TD)

3:30 Out to Dinner "New England Eatery" Sign Up by 3rd

Friday, January 10th

1:00 Travel: "Wild El Salvador: In the Shadow of the Volcanoes" (TC)

2:00 Nooks Cook with Hilda Salvadorean Salpicon (TN)

8:00 Movie "Shall We Dance" 2004 PG 1h 46m (CH 1-1)

Saturday, January 11th

Winter Art Showcase 1:00 to 3:00

Featuring the residents and associates art paintings, jewelry, wood, glass, photography, quilts and more! (TC & TD)

Sunday, January 12th

10:00 Space Coast Church worship & music (TG)

7:00 Movie "Queen of Katwe" 2016 PG 2h 4m (CH 1-1)

Monday, January 13th

1:00 Out to "Blue Springs Park & Dinner at Olive Garden" Sign up Req'd

2:00 Submarine Titans: Breaking records 52m (TD)

Tuesday, January 14th

9:30 Technology How to add & delete Apps (TG)

11:00 Hymn Sing (TC)

3:00 Out to See the "Manatees & Ice Cream" at Surfin' Turtle Sign Up Req'd

Wednesday, January 15th Poker Run Today

10:00 -11:00 Poker Run Stop #1 Pick up your Card \$5. (LB)

11:00 -12:00 Poker Run Stop #2 (TG)

1:00 Only Artisan Class "Photo Albums" Part 2 (TG)

1:00-2:00 Poker Run Stop #3 (TN)

2:00 Poets & Writers Group (TD)

2:30-3:30 Poker Run Stop #4 (LB)

4:00 Stay & Play Poker Happy Hour Last Stop #5 (TC)

7:00 The Fountains Book Club (CH)

Thursday, January 16th

10:30 "Art & Illusions" by amazing Artists (TC)

3:00 Residents Association Meeting

6:15 Municipal Free Band Concert Sign Up Req'd by the 13th

6:30 Bonfire, Smore's & Hotdogs

Friday, January 17th

1:00 Travel: "Switzerland with a Thousand Wonders" (TC)

4:00 Ashley The Entertainer (TC)

8:00 Movie "Sahara" 2005 PG-13 2h 4m (CH 1-1)

Saturday, January 18th

10:00 "MY Plate" Nutrition Class (TD)

1:00 Movie & Popcorn "Barbie" 2023 PG-13 1h 54m (TD)

Sunday, January 19th

7:00 Movie "John Q" PG-13 1h 56m (CH 1-1)

Monday, January 20th Martin Luther King Day

Offices Closed No Transportation Buffet 11:00 to 2:00

Tuesday, January 21st

9:30 Technology How to send attachments & Emojis (TG)

Wednesday, January 22nd

11:00 Out to Lunch "El Ambia Cubano Cuban"

Sign Up Req'd by the 17th

4:00 Happy Hour Live Music with Sound Traveler (TC)

Thursday, January 23rd

10:00 Parkinson's Support Group (CH)

2:00 Meet My Dog Social at the Dog Park

Friday, January 24th Belly Laugh Day

9:00, 10 & 11 Laughter Yoga (FS)

1:00 Travel "Quebec, Montreal to the Vast Expanse" (TC)

8:00 Movie "One Flew Over the Cuckoo's Nest: (CH 1-1)

Saturday, January 25th

3:00 January Birthday with Barbara on the piano (TC)

Sunday, January 26th

7:00 Movie "Miss Potter" 2006 PG 1h 28m (CH 1-1)

Monday, January 27th

2:00 How did America Become the World's Greatest

Naval Power 43 m (TD)

3:30 Out to Dinner "Urban Prime" Sign Up Req'd by the 23rd

Tuesday, January 28th

9:30 Technology How to add someone to my contacts (TG)

10:30 Sit Down With Sandy (TC)

Thursday, January 30th

10:30 "How'd they do that?" amazing people from

Americas got Talent (TC)

6:15 Community Orchestra Concert Sign Up by the 27th

Friday, January 31st

1:00 Travel "Wonders of Italy, Secret Place Calabria" (TC)

8:00 Movie "Florence Foster Jenkins" PG-13 1h 51m (CH 1-1)



Meet The Board

January 2025

Hello everyone! Wishing you all a very happy New Year! This is Mary Malone, and on behalf of the entire team, we send you our warmest wishes for a joyful New Year. May this year bring you happiness and fulfillment, and may 2025 be even better for all of us. And let's not forget Rosie, my Yorkie, who will continue to spread smiles to everyone she encounters throughout the year!

Best wishes, Mary Malone, VP of the Resident Association.





HEALTHY LIFESTYLE

Start Today. For a Better Future

2025



Stretching is an excellent method to relieve tension and safeguard your joints. Join us for our Thursday Stretching class at 9:00 AM or 11:00 AM

Stay active! Engaging in regular physical activity is essential for managing and preventing a range of chronic conditions, including heart disease, diabetes, and obesity. It also strengthens muscles and boosts flexibility, leading to improved balance and coordination.

Step outside! Spending time in nature can alleviate stress and anxiety, while boosting your mood. It may also enhance your sleep quality, sharpen your focus, and spark your creativity. Consider taking a stroll through the garden or along the walking path.

Enjoy More Fruits and Vegetables! Discover creative ways to add new veggies to your meals. Turn grocery shopping into a fun challenge by picking out a new fruit or vegetable each time you go. Remember, we should all strive to include a colorful variety in our diets!

Engage socially! Connecting with others is essential. Consider trying out a new game or activity to meet new friends. You could also invite someone over to enjoy a game or watch the latest Netflix series together.

Don't Worry Be Happy! Being happy and managing stress effectively are crucial for overall well-being and a fulfilling life. Happiness promotes physical and mental health, while reducing stress helps prevent various health problems.

The Artisan Class

Wednesdays

In The Gathering Sign Up Req'd

January 8th, 15th & 22nd

1:00 pm Only

Photo Albums



Saturdays at 9:30am

Watercolor Class with Jessie



Sundays starting on January 12th
from 12:30 to 2:00pm

Open Art Studio, work on your
own to paint or craft with friends



Everyone has a story...

It's Time to tell your story!

Thursday, January

23rd & 30th at 7:00 pm

"Life Stories told by "You" TC
Please see Victoria if you would like
to be our featured Storyteller!

Every person has an interesting story to tell – one that belongs to you and no one else. Storytelling is **"a fundamental part of being human"** because it allows us to connect.

Celebrate life's journey through Storytelling. We will have one resident each time to share a part of their life through storytelling. Everyone is encouraged to come and listen.



Winter Art Showcase

Saturday, January 11st

1:00pm to 3:30pm TC & TD

Open to the Public

Featuring our residents & associates paintings, sculptures, jewelry, quilts, glass work & much more.

We are looking for artists that would like to display their pieces and demonstrate their craft. Please contact the Life Enrichment Team to sign up.



Mobility Scooter and Powered Chair Tips

Safety in the Hallways & Elevators:

Keep in mind that you are operating a motorized vehicle. You could cause

significant harm to a neighbor or the building, and you may be held responsible for any resulting damages.

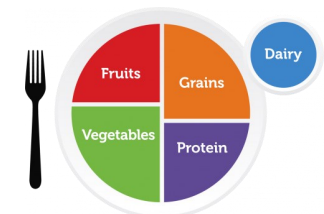
- Keep to a slow pace. Use the Turtle Pace, especially near elevators, corners and doorways.
- Be patient with your neighbors; they may not hear you or see you especially when backing up.
- You can purchase mirrors for under \$30. These will help you to backup out of the elevators.
- Communicate! Help others know you are there and where you would like to go.

For Your Own Health:

Relying on a mobility scooter or chair can contribute to a decline in physical health, with a reduced stamina and muscle strength. Walking is crucial for maintaining the health of your heart, lungs, bones, muscles, and brain. If you're concerned about falling while walking, the NuStep, designed to help you strengthen your muscles safely while seated.

"My Plate" Nutrition Class

Saturday, January 18th
10:00am TD



Begin with MyPlate for a

straightforward approach to healthy eating. The advantages of nutritious choices accumulate gradually, one bite at a time. Even minor adjustments can make a significant difference. Establishing a healthy eating routine is crucial at every life stage and can lead to lasting positive effects. Remember, every small change counts. Start Simple with MyPlate.

Share the Warmth

Kids Winter Coats & Sweatshirt Drive









Please drop off in the Lobby
new or slightly worn children's
coats & sweatshirts
sizes toddlers to teens

THE FOUNTAINS CALENDAR OF EVENTS

JANUARY 2025

"THE ART OF LIVING WELL"

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>New for 2024 "Life Enrichment Concierge" The Concierge will be here: Monday to Friday, between 10:00 AM & 2:00 PM. In The Lobby Register for all tech support, events and outings marked in green or labeled "sign up required"</p>  <p>Independent Living (IL) residents this includes your medical and beauty appointments. Assisted Living (AL) residents should continue to sign up in the care office for Medical Apts.</p>			 <p>Happy New Year! Offices Closed No Transportation New Years Buffet 11:00 to 2:00 5:00 Menorah Lighting (TN) Hanukkah</p>	<p>8:30 Patrick SFB 2 <i>Must have Military ID</i> 9:00 Active <i>Stretch</i> (FS) 10:00 Train Dominoes (TG) 11:00 Seated <i>Stretch</i> (FS) 12:00 Friendly Bridge Sign Up Req'd (TD) 1:00 American Mahjong (TG) 1:00 Out to the Mall 1:00 Line Dance Practice (FS) 1:30 Walgreens and CVS 1:30 Prayer Group (CH) 2:00 Private AL Meeting (TC) Hanukkah Ends at Sunset</p>	<p>9:00 Active Fitness (FS) 3 10:00 Cornhole (TC) 10:00 Moderate Fitness (FS) 10:30 Visit with the Goldens (TG) 11:00 Sit and Fit (FS) 12:30 Rummikub (TG) 1:00 Travel "Journey Through Tunisia Africa" 1h (TC) 1:30 Out to Publix 2:30 Texas Hold'em (TG) 3:00 Double Bingo \$.50 (TC) 3:00 Blackjack (TG) 7:00 Professor Mental Variety Show (TC) 7:00 The Chosen (TD) 8:00 Movie "Pelican Brief" PG-13 2h 21m (CH 1-1)</p>	<p>9:30 Watercolor Class with Jessie (TG) 4 10:00 Saturday Shuttle Service 10:00 Hand & Foot (TC) 12:30 Bridge (TG) 1:00 Train Dominoes (TG) 1:00 Movie & Popcorn "Joy: The Birth of IVF" 2024 PG-13 1h55m (TD) 2:30 Texas Hold'em (TG) 2:30 Rick's 20th Century Musical History Tour "Willie Nelson" (TC)</p> 
<p>8:30 Out to Church 5 11:00 Catholic Service (CH) 12:30 Bridge (TD) 1:30 Rummikub (TD) 2:30 Non-Denominational Church Service CH 3:00 Quarter Bingo (TC) 7:00 Movie "Funny Face" 1957 1h 43m (CH 1-1)</p>	<p>9:00 Active <i>Balance</i> (FS) 6 10:00 Knitting Club (TD) 10:00 Moderate <i>Balance</i> (FS) 10:00 Man Chat (TG) 11:00 Sit and Fit <i>Balance</i> (FS) 1:00 Cornhole (TC) 1:30 Out to Publix 2:00 The Ringling Brothers Kings of the Circus 46 m (TD) 3:00 Quarter Bingo (TC) 6:30 Hand and Foot Game (TG) 7:00 Virtual Bowling (TC)</p>	<p>9:00 Active Fitness (FS) 7 9:30 Technology Tuesday: How to send E-mails & Texts (TG) 10:00 Dining Meeting (TC) 11:00 Sit & Fit Sing (TG)  12:00 Friendly Bridge Sign Up Req'd (TD) 1:30 Pinochle TG 1:30 Out to Wal-Mart Marketplace 2:30 Texas Hold'em (TG) 3:00 Prize Bingo (TC) 7:00 Virtual Bowling (TC)</p>	<p>9:00 Active Fitness (FS) 8 9:00 to 11:00 <i>Blood Pressures</i> One Senior Place (WC) 10:00 Private Resident Board Meeting (CH) 10:00 Moderate Fitness (FS) 10:30 Love Garden Plant Sale & Repotting (TC) 11:00 Sit and Fit (FS) 1:00 Only Artisan Class "Photo Albums" RSVP 6th Part 1 (TG) Sign Up Req'd 1:30 Wal-Mart Marketplace 3:00 The Rosary (CH) 4:00 Happy Hour with Rene on the Accordion (TC) 7:00 Virtual Bowling (TC)</p>	<p>9:00 Active <i>Stretch</i> FS) 9 10:00 Train Dominoes (TG) 10:00 Champion Home Care Donuts & Discussion "How can we take care of you" (TC) 10:00 Parkinson's Support Group "What's on Your Mind? Memory Challenges" (*TD) 11:00 Seated <i>Stretch</i> (FS) 12:00 Friendly Bridge Sign Up Req'd (TD) 1:00 American Mahjong (TG) 1:00 Out to Kohls & Target 1:30 Walgreens and CVS 2:00 Private DR Meeting (TC) 2:00—4:00 Dinning Room Closed 3:30 Out to Dinner "New England Eatery" Sign Up by 3rd</p>	<p>9:00 Active Fitness (FS) 10 10:00 Cornhole (TC) 10:00 Moderate Fitness (FS) 11:00 Sit and Fit (FS) 11:00 Skits & Skats Improv (TG) 12:30 Rummikub (TG) 1:00 Welcome Committee Meeting Members only (TD) 1:00 Travel: "Wild El Salvador: In the Shadow of the Volcanoes" (TC) 1:30 Out to Publix 2:00 Nooks Cook with Hilda & Tiffani Salvadorean Salpicon (TN) 2:30 Texas Hold'em (TG) 3:00 Double Bingo .50 a card (TC) 3:00 Blackjack (TG) 7:00 The Chosen (TD) 7:00 Virtual Bowling (TC) 8:00 Movie "Shall We Dance" 2004 PG-13 1h 46m (CH 1-1)</p>	<p>9:30 Watercolor Class with Jessie (TG) 11 10:00 Saturday Shuttle Service 10:00 Hand & Foot *(TN) 12:30 Bridge (TG) 1:00 Train Dominoes (TG) Winter Art Showcase   1:00 to 3:00 Featuring the residents and associate art paintings, jewelry, wood, glass, photography, quilts and more! (TC & TD) 2:30 Texas Hold'em (TG)</p>

Out to see the Manatees



Blue Spring State Park

Monday, January 13th
Leaving at 1:00 pm arrive back around 9:00 pm

Take a 2 hour bus trip to Blue Springs State Park Walk a mile around the springs to see Hundreds of manatees that make this park their home for the winter. Diner at Olive Garden

Manatee's at DeSoto Park

Thursday, January 23rd
3:30 pm arrive Back 6:00 pm
Manatee Sightseeing Adventure

DeSoto Park Canal & Ice Cream at Surfin' Turtle Ice Cream Shoppe



WHERE IS IT?

First Floor

The Commons TC
The Deck (Card Room) TD
Library
Lobby LB
Veranda & Oasis Dining Room

Second Floor

Bistro Dining Room BT
The Nook (Coffee) TN
Fitness Spot FS
Brain Gym (Computers) & Reference Library BG
Game Room "Billiards & Table Shuffleboard GR
Wellness Consultation WC
The Gathering TG

Third Floor

Chapel CH (South Side)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 Out to Church 12 10:00 Space Coast Church worship & music All Welcome! (TG) 11:00 Catholic Service (CH) 12:30 Bridge (TD) 12:30 to 2:00 Open Art Studio (TG) 1:30 Rummikub (TD) 2:30 Non-Denominational Church Service CH 3:00 Big Buck\$ Bingo (TC) 7:00 Movie "Queen of Katwe" 2016 PG 2h 4m (CH 1-1) 	9:00 Active <i>Balance</i> (FS) 13 9:30 to 4:00 Barber Nick walk-ins welcome  10:00 Knitting Club (TD) 10:00 Man Chat (TG) 10:00 Moderate <i>Balance</i> (FS) 11:00 Sit and Fit <i>Balance</i> (FS) 1:00 Cornhole (TC) 1:00 Out to "Blue Springs Park & Dinner at Olive Garden" Sign up Req'd RSVP 9th No Out to Publix 2:00 Submarine Titans: Breaking records 52m (TD) 3:00 Quarter Bingo (TC) 6:30 Hand and Foot Game (TG) 7:00 Virtual Bowling (TC)	9:00 Active Fitness (FS) 14 9:00 Library & Post Office 9:30 Technology Tuesday: How to add & delete Apps (TG) 11:00 Hymn Sing (TC) 11:00 Sit & Fit (FS) 12:00 Friendly Bridge (TD) NO Out to Wal-Mart 1:30 Pinochle (TG) 2:30 Texas Hold'em (TG) 3:00 Out to See the "Manatees & Ice Cream" at Surfin' Turtle Sign Up Req'd RSVP 10th 3:00 Prize Bingo (TC) 7:00 Virtual Bowling (TC)	Poker Run Today ♠ 15 9:00 Active Fitness (FS) 9:00 to 11:00 <i>Blood Pressures</i> (WC) 10:00 -11:00 Poker Run Stop #1 Pick up your Card \$5. (LB) 10:00 Moderate Fitness (FS) 11:00 Sit and Fit (FS) 11:00 -12:00 Poker ♥ Run Stop #2 (TG) 1:00 Only Artisan Class "Photo Albums" Part 2 (TG) 1:30 Wal-Mart Marketplace 1:00-2:00 Poker Run Stop #3 (TN) 2:00 Poets & Writers Group (TD) 2:30-3:30 Poker Run Stop #4 (LB) 3:00 The Rosary (CH) 4:00 Stay & Play Poker Happy Hour Last Stop #5 Winner Takes ALL (TC) ♣ 7:00 Virtual Bowling (TC) 7:00 The Fountains Book Club (CH)	9:00 Active Stretch (FS) 16 10:00 Train Dominoes (TG) 10:30 "Art & Illusions" will you be fooled by these amazing Artists? (TC) 11:00 Seated Stretch (FS) 12:00 Friendly Bridge Sign Up Req'd (TD) 1:00 American Mahjong (TG) 1:00 Line Dance Practice (FS) 1:30 Walgreens and CVS 3:00 Residents ↘ Association Meeting (TC) 6:15 Municipal Free Band Concert Sign Up Req'd by the 13th 6:30 Bonfire, Smore's 🔥 & Hotdogs Poolside	9:00 Active Fitness (FS) 17 10:00 Cornhole (TC) 10:00 Moderate Fitness (FS) 11:00 Garden Club Meeting in The Garden 11:00 Sit and Fit (FS) 11:00 Skits & Skats Improv (TG) 12:30 Rummikub (TG) 1:00 Travel: "Switzerland with a Thousand Wonders" 52 m (TC) 1:30 Out to Publix 2:30 Texas Hold'em (TG) 3:00 Double Bingo .50 a card (TC) 3:00 Blackjack (TG) 4:00 Ashley 🎭 The Entertainer (TC) 7:00 Virtual Bowling (TC) 7:00 The Chosen (TD) 8:00 Movie "Sahara" 2005 PG-13 2h 4m (CH 1-1)	9:30 Watercolor Class with Jessie (TG) 18 10:00 Saturday Shuttle Service 10:00 Hand & Foot (TC) 10:00 "MY Plate" Nutrition Class Learn to eat smarter in the 🍎 New Year! (TD) 12:30 Bridge (TG) 1:00 Train Dominoes (TG) 1:00 Movie & Popcorn "Barbie" 2023 PG-13 1h 54m (TD) 2:00 Private Party (TC) 2:30 Texas Hold'em (TG)
8:30 Out to Church 19 11:00 Catholic Service (CH) 12:30 Bridge (TD) 12:30 to 2:00 Open Art Studio (TG) 1:30 Rummikub (TD) 2:30 Non-Denominational Church Service CH 3:00 Quarter Bingo (TC) 7:00 Movie "John Q" PG-13 1h 56m (CH 1-1)	20  Martin Luther King Day Observed Offices Closed No Transportation Buffet 11:00 to 2:00	9:00 Active Fitness (FS) 21 9:30 Technology Tuesday: How to send attachments & Emojis (TG) 10:00 to 11:30 Private Event (TD) 11:00 Sit & 🎵 Fit Sing (TG) 12:00 Friendly Bridge (TD) 1:30 Out to Wal-Mart 1:30 Pinochle (TG) 2:30 Texas Hold'em (TG) 3:00 Prize Bingo (TC) 7:00 Virtual Bowling (TC)	9:00 Active Fitness (FS) 22 9:00 to 11:00 <i>Blood</i> <i>Pressures</i> One Senior Place (WC) 10:00 Moderate Fitness (FS) 11:00 Sit and Fit (FS) 11:00 Out to Lunch "El Ambia Cubano Cuban" Sign Up Req'd by the 17th 1:00 Only Artisan Class "Photo Albums" PT 3 (TG) 1:30 Wal-Mart Marketplace 3:00 The Rosary (CH) 3:00 Private Party (TD) 4:00 Happy Hour Live Music with Sound Traveler (TC) 7:00 Virtual Bowling (TC)	9:00 Active <i>Stretch</i> (FS) 23 10:00 Train Dominoes (TG) 10:00 Parkinson's Support Group (CH) 11:00 Seated <i>Stretch</i> (FS) 11:00 Friendly Bridge Sign Up Req'd (TD) 1:00 American Mahjong (TG) 1:00 Out to Bealls Outlet 1:00 Line Dance Practice (FS) 1:30 Walgreens and CVS 2:00 Meet My Dog Social at the Dog Park 7:00 Life Stories told by "You" (TC) 	Belly Laugh Day 24 9:00 Laughter Yoga (FS) 10:00 Cornhole (TC) 10:00 Laughter Yoga (FS) 11:00 Laughter Yoga (FS) 11:00 Skits & Skats Improv (TG) 12:30 Rummikub (TG) 1:00 Travel "Quebec, from Montreal to the vast Expanse" 51m (TC) 1:30 Out to Publix 2:30 Texas Hold'em (TG) 3:00 Double Bingo .50 a card (TC) 3:00 Blackjack (TG) 7:00 Virtual Bowling (TC) 7:00 The Chosen (TD) 8:00 Movie "One Flew Over the Cuckoo's Nest: 1975 R 2h 9m (CH 1-1)	9:30 Watercolor Class with Jessie (TG) 25 10:00 Saturday Shuttle Service 10:00 Hand & Foot (TC) 11:00 to 3:00 Private Event (TD) 12:30 Bridge (TG) 1:00 Train Dominoes (TG) 2:30 Texas Hold'em (TG) 3:00 January Birthday with Barbara on the piano (TC) All Welcome! 
8:30 Out to Church 26 11:00 Catholic Service (CH) 12:30 Bridge (TD) 12:30 to 2:00 Open Art Studio (TG) 1:30 Rummikub (TD) 2:30 Non-Denominational Church Service CH 3:00 Quarter Bingo (TC) 7:00 Movie "Miss Potter" 2006 PG 1h 28m (CH 1-1)	27 9:00 Active <i>Balance</i> (FS) 10:00 Knitting Club (TD) 10:00 Moderate <i>Balance</i> (FS) 10:00 Man Chat (TG) 11:00 Sit and Fit <i>Balance</i> (FS) 1:00 Cornhole (TC) 1:30 Out to Publix 2:00 How did America Become the World's Greatest Naval Power 43 m (TD) 3:00 Quarter Bingo (TC) 3:30 Out to Dinner "Urban Prime" Sign Up Req'd by the 23rd 6:30 Hand and Foot Game (TG) 7:00 Virtual Bowling (TC)	9:00 Active Fitness (FS) 28 9:30 Technology Tuesday: How to add someone to my contacts (TG) 10:30 Sit Down With Sandy (TC) 🎵 11:00 Sit & Fit Sing (TG) 12:00 Friendly Bridge (TD) 1:30 Out to Wal-Mart 1:30 Pinochle TG 2:30 Texas Hold'em (TG) No Bingo Today 3:30 to 4:00 Associate Event (TC) 7:00 Virtual Bowling (TC)	9:00 Active Fitness (FS) 29 9:00 to 11:00 <i>Blood Pressures</i> One Senior Place (WC) 10:00 Moderate Fitness (FS) 11:00 Sit and Fit (FS) 1:00 Only Artisan Class "Make up Day" (TG) Sign Up Req'd 1:30 Wal-Mart Marketplace 3:00 The Rosary (CH) 4:00 Happy Hour (TC) 7:00 Virtual Bowling (TC)	9:00 Active <i>Stretch</i> (FS) 30 10:00 Train Dominoes (TG) 10:30 "How'd they do that?" amazing people from Americas got Talent (TC) 11:00 Seated <i>Stretch</i> (FS) 12:00 Friendly Bridge Sign Up Req'd (TD) 1:00 American Mahjong (TG) 1:00 Line Dance Practice (FS) 1:30 Walgreens and CVS 6:15 Community Orchestra Concert Sign Up Req'd by the 27th 7:00 Life Stories told by "You" (TC)	9:00 Active Fitness (FS) 31 10:00 Cornhole (TC) 10:00 Moderate Fitness (FS) 11:00 Sit and Fit (FS) 11:00 Skits & Skats Improv (TG) 12:30 Rummikub (TG) 1:00 Travel "Wonders of Italy, Secret Place Calabria" 52 m (TC) 1:30 Out to Publix 2:30 Texas Hold'em (TG) 3:00 Double Bingo .50 a card (TC) 3:00 Blackjack (TG) 7:00 Virtual Bowling (TC) 7:00 The Chosen (TD) 8:00 Movie "Florence Foster Jenkins" PG-13 1h 51m (CH 1-1)	<p style="text-align: center;">If you have suggestions for the New Year or a program you'd like to see added to the calendar, please reach out to your Life Enrichment Department.</p>