

JANUARY 2023

calendar of events

SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																				
1	9:30	YouTube Stretch	2	9:30	Stay Fit w/Courage	3	9:30	Early Bird Fitness	4	9:30	Stay Fit w/Courage	5	9:30	Early Bird Fitness	6	9:30	Stay Fit w/Courage	7	9:30	YouTube Cardio																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																		
	10:15	Worship with Sue		10:30	London Symphony Orchestra Casual Concert		10:15	Yoga w/John		10:30	Rummikub		10:30	Yoga Stretch & Strength		11:30	Fellowship		1:30	Bridge	1:30	Rick Steves Europe	10:30	Blood Pressure Clinic	11:00	Morning Bingo	10:15	YOGA	1:30	Meditation w/Monica	2:00	Great Course: Great Piano Solos	3:00	Coffee Hour	1:30	Who, What Where Trivia	2:00	Afternoon Movie	11:00	Current Events	3:00	Movie Matinee	3:00	Coffee Hour	3:00	Coffee Hour	3:00	Book Club Organization Meeting 2023	3:00	Knitting with Mariann	3:00	Coffee Hour	3:00	Coffee Hour	3:00	Movie/Popcorn	3:00	Coffee Hour					4:00	Kenwood Newsletter Mtg					6:30	Mindfulness Writing						8	9:30	YouTube Stretch	9	9:30	Stay Fit w/Courage	10	9:30	Exercise w/Brandy	11	9:30	Stay Fit w/Courage	12	9:30	Early Bird Fitness	13	9:30	Stay Fit w/Courage	14	9:30	YouTube Cardio	10:15	Hymn Sing and Worship with Sue	10:30	London Symphony Orchestra Casual Concert	10:15	Yoga w/John	10:30	Rummikub	10:30	Blood Pressure Clinic	11:30	Fellowship	11:00	Tech Help w/Brandy	1:30	Travel with Mariann	10:30	Blood Pressure Clinic	11:00	Morning Bingo	10:15	YOGA	1:30	Meditation w/Monica	1:30	Bridge	2:30	Happy Hour	1:30	Cranium Crunches	2:00	Afternoon Movie	11:00	Current Events	3:00	Movie Matinee	2:00	All Resident Meeting	3:00	Coffee Hour	3:00	Knitting with Mariann	3:00	Coffee Hour	3:00	Coffee Hour	3:00	Coffee Hour	3:00	Coffee Hour	3:30	Music for Life	4:00	Tech Help w/Graham	3:00	Coffee Hour	3:00	Coffee Hour	3:00	Coffee Hour	3:00	Coffee Hour	6:30	Bingo	3:00	Coffee Hour					6:30	Mindfulness Writing										15	9:30	YouTube Stretch	16	9:30	Stay Fit w/Courage	17	9:30	Exercise w/Brandy	18	9:30	Stay Fit w/Courage	19	9:30	Early Bird Fitness	20	9:30	Stay Fit w/Courage	21	9:30	YouTube Cardio	10:15	Hymn Sing and Worship with Sue	10:30	Music Stream: J.S. Bach	10:30	Yoga w/John	10:30	Rummikub	10:30	Blood Pressure Clinic	11:30	Fellowship	11:00	Tech Help w/Brandy	2:00	Birthday Party with Dale Dahlquist	11:00	Outing: Lunch at Umbra	11:00	Morning Bingo	10:15	YOGA	1:30	Meditation w/Monica	1:30	Bridge	3:00	Coffee Hour	1:30	Group Giant Crossword	2:00	Afternoon Movie	11:00	Current Events	3:00	Movie Matinee	2:00	Let's Play Black Jack	3:00	Coffee Hour	3:00	Knitting with Mariann	3:00	Coffee Hour	3:00	Coffee Hour	3:00	Coffee Hour	3:00	Coffee Hour	3:00	Coffee Hour	3:30	Music for Life	4:00	Tech Help w/Graham	3:00	Coffee Hour	3:00	Coffee Hour	3:00	Coffee Hour	6:30	Bingo							6:30	Mindfulness Writing										22	9:30	YouTube Stretch	23	9:30	Stay Fit w/Courage	24	9:30	Exercise w/Brandy	25	9:30	Stay Fit w/Courage	26	9:30	Early Bird Fitness	27	9:30	Stay Fit w/Courage	28	9:30	YouTube Cardio	10:15	Hymn Sing and Worship with Sue	10:30	Music Stream: J.S. Bach	10:30	Yoga w/John	10:30	Rummikub	10:30	Blood Pressure Clinic	11:30	Fellowship	11:00	Tech Help w/Brandy	2:00	Tea & Talk	12:30	Pet Therapy w/Bea	10:15	YOGA	1:30	Meditation w/Monica	1:30	Bridge	3:00	Coffee Hour	1:30	Brain Twisters	2:00	Afternoon Movie	11:00	Current Events	3:00	Movie Matinee	2:30	Music Unwrapped with Andrea Leap	3:00	Coffee Hour	3:00	Knitting with Mariann	3:00	Coffee Hour	3:00	Coffee Hour	3:00	Coffee Hour	3:00	Coffee Hour	3:00	Coffee Hour															6:30	Bingo																		29	9:30	YouTube Stretch	30	9:30	Stay Fit w/Courage	31	9:30	YouTube Exercise	*HAPPY* Birthday! JANUARY BIRTHDAYS Tom S. • Mita B. • Tony M. • David J. • Jean B. • Maria B.												10:15	Hymn Sing and Worship with Sue	11:30	Fellowship	1:30	Meditation w/Monica	3:00	Movie Matinee	3:00	Coffee Hour	6:30	Bingo																																																																																																						
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