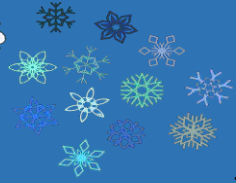




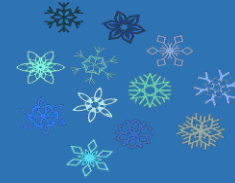
# January 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> 9:00a – Total Body Stretching (AR) 9:45a – Lower Body Exercise (AR) 10:30a – Seated Boxing (AR) <b>1p- Resolution Wall: Write your resolution (AR)</b> 2p-Refreshment Hour (AR) 7p- Movie: Six Triple Eight  HAPPY NEW YEAR!	<b>2</b> 9a – Neck and Back Strength/Stretching (AR) 9:45a – Seated Abs (AR) 10:30a – Choose Your Exercise (AR) 1p-Name that Tune 50's edition (AR) 2p- Riddles and Brain Teasers 7p- Movie: Passion Fish	<b>3</b> 9:00a – Mindful Meditation (AR) 9:45a – Balance Exercise (AR) 10:30a – Cardio (AR) <b>2p-Nick King (AR)</b> 3:15- Martial Arts (AR) 7p- Movie: The Ultimate Gift	<b>4</b> 10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 1p-The Word Game (AR) 2p- Karaoke (AR) 7p- Movie: The Pursuit of Happiness
<b>5</b> 10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 1p- Catholic Service (AR) 2p- Art in the Afternoon 7p- Movie: Toast	<b>6</b> 9:00a – Mindful Meditation (AR) 9:45a – Total Body exercise (AR) 10:30a – Seated Cardio (AR) 1p- Weekly Current Events (AR) 2p- Manicure Day (AR) 7p- Movie: Godzilla x Kong: The New Empire	<b>7</b> 9:00a – Seated Yoga (AR) 9:45a – Upper body exercise (AR) 10:30a – Step Class (AR) <b>1:30p- Writing Group (AR)</b> 2:30p- Bingo (AR) 7p- Movie: Carry On	<b>8</b> 9:00a – Total Body Stretching (AR) 9:45a – Lower Body Exercise (AR) 10:30a – Seated Boxing (AR) <b>1p- Family Feud (AR)</b> 3p-Trivia Hour (AR) 7p- Movie: The Whale (AR)	<b>9</b> 9:00a – Neck and Back Strength/Stretching (AR) 9:45a – Seated Abs (AR) 10:30a – Choose Your Exercise (AR) <b>1p- Dominoes Tournament (AR)</b> 2:30p- Karaoke (AR) 7p- Movie: The Notebook	<b>10</b> 9:00a – Mindful Meditation (AR) 9:45a – Balance Exercise (AR) 10:30a – Cardio (AR) <b>2p-Claire Taylor (AR)</b> 3:15p- Martial Arts (AR) 7p- Movie: Sixteen Candles	<b>11</b> 10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) <b>2p- Jewish Service (AR)</b> 3p- Virtual Concert: 7p- Movie: Rob Peace
<b>12</b> 10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 1p- Catholic Service (AR) 2:30p- Bingo (AR) 7p- Movie: Tall Girl (AR)	<b>13</b> 9:00a – Mindful Meditation (AR) 9:45a – Total Body Exercise (AR) 10:30a – Seated Cardio (AR) 1p- Weekly Current Events (AR) 2p- The Word Game (AR) 7p- Movie: We're the Millers	<b>14</b> 9:00a – Seated Yoga (AR) 9:45a – Upper Body Exercise (AR) 10:30a – Step Class (AR) <b>1p- Memory Scrapbooking (AR)</b> 3p-Refreshment Hour (AR) 7p- Movie: A Madea Home Coming (AR)	<b>15</b> 9:00a – Total Body Stretching (AR) 9:45a – Lower Body Exercise (AR) 10:30a – Seated Boxing (AR) <b>1p- Name that Tune (AR)</b> 2p- Karaoke (AR) 7p- Movie: Greater	<b>16</b> 9:00a – Neck and Back Stretching (AR) 9:45a – Seated Abs (AR) 10:30a – Choose Your Exercise 2:30p- Bingo (AR) 7p- Movie: My All American	<b>17</b> 9:00a – Mindful Mediation (AR) 9:45a – Balance (AR) 10:30a – Cardio (AR) 10a-MLK Day of Service w/ St. Bernard's School <b>2p-The Silver Tones (LB)</b> 3:15p- Martial Arts (AR) 7p- Movie: Dog Gone (AR)	<b>18</b> 10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) <b>1p- Movie Selection Day (AR)</b> 2p- Virtual Tour: Wonders of Greece (AR) 7p- Movie: The Sleepover (AR)
<b>19</b> 10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 1p- Catholic Service (AR) 2p- Art in the Afternoon (AR) 7p- Movie: Oblivion (AR)	<b>20</b> 9:00a – Mindful Mediation (AR) 9:45a – Total Body Exercise (AR) 10:30a – Seated Cardio (AR) 1p- Weekly Current Events (AR) 2p- Bingo (AR) 7p- Movie: The Wrong Missy (AR)	<b>21</b> 9:00a – Seated yoga (AR) 9:45a – Upper Body Exercise (AR) 10:30a – Step Class (AR) 1p- Team Hangman (AR) 2p-Manicure Day (AR) <b>1:30p- Writing Group (LIB)</b> 7p- Movie: Time Trap (AR)	<b>22</b> 9:00a – Total Body Stretching (AR) 9:45a – Lower Body Exercise (AR) 10:30a –Seated Boxing (AR) <b>1p- Trivia: Name that Celebrity (AR)</b> 7p- Movie: Atlas (AR)	<b>23</b> t9a – Neck and Back Stretching (AR) 9:45a – Seated Abs (AR) 10:30a – Choose your Exercise (AR) 1p- The Word Game (AR) 1p- Virtual Concert (AR) 7p- Movie: In Good Hands (AR)	<b>25</b> 9:00a – Mindful Mediation (AR) 9:45a – Balance (AR) 10:30a – Cardio (AR) <b>2p-January Birthday Celebration and singing by Claire Taylor (AR)</b> 3:15p- Martial Arts (AR) 7p- Movie: The Idea of You (AR)	<b>25</b> 10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 2p: Bingo (AR) 7p- Movie: Emperor (AR)
<b>26</b> 10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 1p- Catholic Service (AR) 2p-Art in the afternoon (AR) 7p- Movie: My Foolish Heart (AR)	<b>27</b> 9:00a – Mindful Mediation (AR) 9:45a – Total Body Exercise (AR) 10:30a – Seated Cardio (AR) 1p- Weekly Current Events (AR) 2p- The Word Game (AR) 7p- Movie: Die Hard (AR)	<b>28</b> 9:00a – Seated yoga (AR) 9:45a – Upper Body Exercise (AR) 10:30a – Step Class (AR) 1:30p- Food Committee (AR) 2p- Resident Council Meeting (AR) 7p- Movie: Shadow of Suspicion (AR)	<b>29</b> 9:00a – Total Body Stretching (AR) 9:45a – Lower Body Exercise (AR) 10:30a –Seated Boxing (AR) 2p- Bingo (AR) 7p- Movie: Beaches 2017 (AR)	<b>30</b> 9a – Neck and Back Stretching (AR) 9:45a – Seated Abs (AR) 10:30a – Choose your Exercise (AR) 2p- Karaoke (AR) 7p- Movie: Beyond a Reasonable Doubt (AR)	<b>31</b> 9:00a – Mindful Mediation (AR) 9:45a – Balance (AR) 10:30a – Cardio (AR) <b>2p- Chatham Chamber Ensemble (AR)</b> 3:15p- Martial Arts (AR) 7p- Movie: The Sentinel (AR)	<b>The Salon is open every Wednesday from 9a-3p</b>  Location Key: AR- Activity Room LB- Lobby LIB- Library CY- Courtyard

*happy new year*



**January 2025**



*happy new year*

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