

# JANUARY 2022 LIFE ENRICHMENT

\*Calendar is subject to change

All events that are underlined will cost a fee for residents to participate.



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY   |
|--------|--------|---------|-----------|----------|--------|--|
|        |        |         |           |          |        | <p><b>1</b></p> <p><b>11:00 Fitness with Ben (Channel 1-2)</b></p> <p><b>3:30 Movie Matinee (Activity Room) Red Notice (2021).</b> <i>Starring Ryan Reynolds and Dwayne Johnson. Synopsis: An FBI profiler pursuing the world's most wanted art thief becomes his reluctant partner in crime to catch an elusive crook who's always one step ahead. Running Time 1h &amp; 57m</i></p> <p><b>7:00 Movie (Activity Room) The Shack (2017).</b> <i>Starring: Sam Worthington. Synopsis: After suffering a tragic loss, Mack Phillips seeks answers from a mysterious letter urging him to visit a deserted shack in the Oregon wilderness. Running Time 2h 12m</i></p> <p> <b>Happy Birthday Mary Bartholomew!</b> </p> |

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| SUNDAY   | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY  |
|--|---|--|--|---|--|---|
| <p><b>2</b></p> <p><b>10:00 Bible and Art (Channel 1-2)</b></p> <p><b>11:00 Sunday Worship (Chapel) or in your Apartment (Channel 1-2)</b><br/><i>Ecumenical Christian worship led by staff Chaplains.</i></p> <p><b>1:30 Rosary (Channel 1-2)</b><br/><i>Catholic prayer structured around the Joyful, Sorrowful, Glorious, and Luminous Mysteries of faith.</i></p> <p><b>7:00 Classic Movie Night (Activity Room)</b><br/><b>Coe Porter's CAN-CAN (1946)</b><br/><i>Frank Sinatra, Shirley McClaine, Maurice Chevalier, Louis Jourdain, &amp; Juliet Prowse. Synopsis: In 1896 Paris, a female nightclub proprietor fights against the forces of public morality for the right to feature her performers doing the risqué dance, the Can-Can. Running Time 128m</i></p> | <p><b>3</b></p> <p><b>10:00 Hearing of America (City of Lakes)</b> <i>Sign-up to receive hearing aid services from Dr. Jerry Zhou.</i></p> <p><b>10:00 Issues of Today (Activity Room)</b> <i>Bring ONE news article that interests you to spark up a discussion.</i></p> <p><b>10:30 Music Notes with Malcolm (Channel 1-2)</b></p> <p><b>11:15 Better Balance (Fitness center)</b> <i>Fitness Center Membership required to participate in this class.</i></p> <p><b>11:30 Fitness with Ben (Channel 1-2)</b></p> <p><b>1:00 Chuck McCreary Piano Concert (Lower-Level Atrium)</b></p> <p><b>1:30 Yoga (Fitness Center)</b> <i>Fitness Center Membership Required to participate in this class.</i></p> <p><b>1:50 OUTING—AMC Theaters West Side Story.</b> <u><b>SIGN-UP!</b></u> <i>A city divided. Their love will change everything. Directed by Steven Spielberg. \$7.69 + Tax. Sign-up!</i></p> <p><b>5:00 Bridge (Activity Room)</b> <i>It's a classic! With a strong group of players each week—come join!</i></p> <p><b>6:00 Scrabble (Activity Room)</b> <i>Game on! All are welcome to come play one of the world's favorite word games!</i></p> | <p><b>4</b></p> <p><b>Bus Day: Personal Request(s)</b><br/><i>By Request Only. Request must be made by Thursday, December 30th at 4:30 PM.</i></p> <p><b>10:30 Strength and Stability (Fitness Center)</b> <i>Fitness Center Membership required to participate in this class.</i></p> <p><b>11:30 Fitness with Ben (Channel 1-2)</b></p> <p><b>1:00 Char Guitar Playing (Lower-Level Atrium)</b></p> <p><b>2:00 Bingo! (Activity Room)</b></p> <p><b>3:00 Classical Piano with Anna (Channel 1-2)</b></p> <p><b>3:30 Spiritual Conversations (Activity Room)</b> <i>We each have spiritual needs, hopes, and resources related to meaning, purpose, values, relationships, and transcendence. Topical prompts spark group conversation and insight.</i></p> <p><b>7:00 Documentary (Activity Room) My Octopus Teacher</b> <i>Synopsis: A filmmaker forges an unusual friendship with an octopus living in a South African kelp forest, learning as the animal shares the mysteries of her world. Running Time: 1h 25m</i></p> | <p><b>5</b></p> <p><b>Bus Shopping Day!</b></p> <p><b>10:00 Southdale Loop</b> <i>The locations we can bring you to are listed in the sign-up binder! Sign-up!</i></p> <p><b>11:15 Better Balance (Fitness Center)</b> <i>Fitness Center Membership required to participate in this class.</i></p> <p><b>11:30 Fitness with Ben (Channel 1-2)</b></p> <p><b>1:00 Grace Harkness Sing-a-long (Lower-Level Atrium)</b></p> <p><b>1:30 Chair Yoga Plus (Fitness Center)</b> <i>Fitness Center Membership required to participate in this class.</i></p> <p><b>1:30 Blood Pressure Clinic (Bryant Room)</b> <i>Health Services will check your blood pressure for free; they can let you know if you should follow-up with a medical professional. This clinic ends promptly at 2:00 PM.</i></p> <p><b>2:00 Cooking with Char: Depression Cake (Activity Room)</b></p> <p><b>3:00 CODA in Concert (Channel 1-2)</b></p> <p><b>6:00 Scrabble (Activity Room)</b> <i>Game on! All are welcome to come play one of the world's favorite word games!</i></p> | <p><b>6</b></p> <p><b>Bus Shopping Day!</b></p> <p><b>10:00 Uptown Loop</b> <i>The locations we can bring you to are listed in the sign-up binder! Sign-up!</i></p> <p><b>10:30 Strength and Stability (Fitness Center)</b> <i>Fitness Center Membership required to participate in this class.</i></p> <p><b>11:30 Fitness with Ben (Channel 1-2)</b></p> <p><b>1:00 Chuck McCreary Piano Concert (Lower-Level Atrium)</b></p> <p><b>2:30 On The Basis of Sex Showing (2019). (Activity Room)</b> <i>Felicity Jones stars as a young Ruth Bader Ginsburg, who brings a groundbreaking case to the U.S. Court of Appeals that overturns a century of gender discrimination. Running Time 2h</i></p> <p><b>3:00 Flower Delivery!</b> <i>Each week, we will have fresh flowers at the front desk. Resident's may make small-sized bouquets to bring to their apartments. First come, first served. When they're gone—they're gone!</i></p> <p><b>3:30 Bible Study w/Rev. Cobb (City of Lakes)</b> <i>Bring your preferred translation and enrich your understanding of the Bible by reading it aloud with others, raising questions, considering historical context, and discussing each other's insights.</i></p> <p><b>5:00 Bridge (Activity Room)</b> <i>It's a classic! With a strong group of players each week—come join!</i></p> | <p><b>7</b></p> <p><b>10:30 Poetry w/ Rev. Cobb (Channel 1-2)</b> <i>Classic and contemporary poems read aloud around a weekly theme.</i></p> <p><b>11:15 Better Balance (Fitness Center)</b> <i>Fitness Center Membership required to participate in this class.</i></p> <p><b>11:30 Fitness with Ben (Channel 1-2)</b></p> <p><b>1:00 Chuck McCreary Piano Concert (Lower-Level Atrium)</b></p> <p><b>1:30 Chair Yoga (Fitness Center)</b> <i>Fitness Center Membership required to participate in this class.</i></p> <p><b>2:00 Happy Hour! (Main Dining Room)</b> <i>Come to the Main Dining Room to pick-up a drink to bring back to your room. Drink of the week: Whiskey Sour</i></p> <p><b>7:00 Movie (Activity Room) Captain Fantastic (2016).</b> <i>Starring Viggo Mortensen. Synopsis: A father raising his children off the grid begins to question his anti-establishment, utopian views when a tragic loss pulls them back into society. Running Time 1h 59m</i></p> | <p><b>8</b></p> <p><b>11:00 Fitness with Ben (Channel 1-2)</b></p> <p><b>3:30 Movie Matinee (Activity Room) Captain Fantastic (2016).</b> <i>Starring Viggo Mortensen. Running Time 1h 59m</i></p> <p><b>7:00 Movie (Activity Room) Robinhood: Prince of Thieves (1991)</b> <i>Starring Kevin Costner and Morgan Freeman. Synopsis: When the dastardly Sheriff of Nottingham murders Robin Hood's father, the legendary outlaw vows vengeance and joins a band of exiled villagers. Running time 2h 23m</i></p> |



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|---|--|--|---|--|---|--|
| <p><b>9</b></p> <p><b>10:00 Bible and Art (Channel 1-2)</b></p> <p><b>11:00 Sunday Worship (Chapel) or in your Apartment (Channel 1-2)</b><br/><i>Ecumenical Christian worship led by staff Chaplains.</i></p> <p><b>1:30 Rosary (Channel 1-2)</b><br/><i>Catholic prayer structured around the Joyful, Sorrowful, Glorious, and Luminous Mysteries of faith.</i></p> <p><b>7:00 Classic Movie Night (Activity Room)</b><br/><i>The Met Opera: Verdi's AIDA (2009) Runtime 150 min)</i></p> | <p><b>10</b></p> <p><b>10:00 Issues of Today (Activity Room)</b> <i>Bring ONE news article that interests you to spark up a discussion.</i></p> <p><b>10:30 Music Notes with Malcolm (Channel 1-2)</b></p> <p><b>11:15 Better Balance (Fitness center)</b> <i>Fitness Center Membership required to participate in this class.</i></p> <p><b>11:30 Fitness with Ben (Channel 1-2)</b></p> <p><b>1:00 Chuck McCreary Piano Concert (Lower-Level Atrium)</b></p> <p><b>1:30 Yoga (Fitness Center)</b> <i>Fitness Center Membership Required to participate in this class.</i></p> <p><b>2:00 OUTING—Bell Museum</b> <i>Natural history museum established by The University of Minnesota. \$10 + tax. Sign-up!</i></p> <p><b>5:00 Bridge (Activity Room)</b> <i>It's a classic! With a strong group of players each week—come join!</i></p> <p><b>6:00 Scrabble (Activity Room)</b> <i>Game on! All are welcome to come play one of the world's favorite word games!</i></p> | <p><b>11</b></p> <p><b>Bus Day: Personal Requests / Appointment(s)</b><br/><i>By Request Only. Request must be made by Thursday, January 6th at 4:30 PM.</i></p> <p><b>9:30 Art and Coffee Gathering (Activity Room via Zoom)</b> <i>This month's theme is theater (plays)! All are welcome to join us as we share, learn and discover more about the art of theater!</i></p> <p><b>10:30 Strength and Stability (Fitness Center)</b> <i>Fitness Center Membership required to participate in this class.</i></p> <p><b>11:30 Fitness with Ben (Channel 1-2)</b></p> <p><b>2:00 Bingo (Activity Room)</b></p> <p><b>3:00 Classical Piano with Anna (Channel 1-2)</b></p> <p><b>3:30 Spiritual Conversations (Activity Room)</b> <i>We each have spiritual needs, hopes, and resources related to meaning, purpose, values, relationships, and transcendence. Topical prompts spark group conversation and insight.</i></p> <p><b>7:00 Documentary (Activity Room) Jackie: A Tale of Two Sisters</b><br/><i>Synopsis: Rachael Stirling narrates this multifaceted portrait of former First lady Jacqueline Kennedy Onassis and her younger sister, Lee Radziwill.</i></p> | <p><b>12</b></p> <p><b>Bus Shopping Day!</b></p> <p><b>10:00 Southdale Loop</b> <i>The locations we can bring you to are listed in the sign-up binder! Sign-up!</i></p> <p><b>10:00 Resident Council Meeting (City of Lakes)</b></p> <p><b>11:15 Better Balance (Fitness Center)</b> <i>Fitness Center Membership required to participate in this class.</i></p> <p><b>11:30 Fitness with Ben (Channel 1-2)</b></p> <p><b>1:00 Grace Harkness Sing-a-long (Lower-Level Atrium)</b></p> <p><b>1:30 Chair Yoga Plus (Fitness Center)</b> <i>Fitness Center Membership required to participate in this class.</i></p> <p><b>1:30 Blood Pressure Clinic (Bryant Room)</b> <i>Health Services will check your blood pressure for free; they can let you know if you should follow-up with a medical professional. This clinic ends promptly at 2:00 PM.</i></p> <p><b>1:30 Art Connection (Activity Room)</b> <i>Walker Place Atelier will meet for a recreation of Art of the Twentieth Century by painting copies in oil of work studies with Max Steele since August, 2021. Put yourselves in the shoes of the Greats! Sign-up!</i></p> <p><b>3:00 CODA in Concert (Channel 1-2)</b></p> <p><b>6:00 Scrabble (Activity Room)</b> <i>Game on! All are welcome to come play one of the world's favorite word games!</i></p> | <p><b>13</b></p> <p><b>Bus Shopping Day!</b></p> <p><b>10:00 Uptown Loop</b> <i>The locations we can bring you to are listed in the sign-up binder! Sign-up!</i></p> <p><b>10:30 Strength and Stability (Fitness Center)</b> <i>Fitness Center Membership required to participate in this class.</i></p> <p><b>11:30 Fitness with Ben (Channel 1-2)</b></p> <p><b>1:00 Chuck McCreary Piano Concert (Lower-Level Atrium)</b></p> <p><b>2:30 Bocce Ball (Activity Room)</b></p> <p><b>3:00 Flower Delivery!</b> <i>Each week, we will have fresh flowers at the front desk. Resident's may make small-sized bouquets to bring to their apartments. First come, first served. When they're gone—they're gone!</i></p> <p><b>3:30 Bible Study w/Rev. Cobb (Activity Room)</b> <i>Bring your preferred translation and enrich your understanding of the Bible by reading it aloud with others, raising questions, considering historical context, and discussing each other's insights.</i></p> <p><b>5:00 Bridge (Activity Room)</b> <i>It's a classic! With a strong group of players each week—come join!</i></p> <p><b>7:00 Social Justice Group (Activity Room)</b></p> | <p><b>14</b></p> <p><b>10:30 Poetry w/ Rev. Cobb (Channel 1-2)</b> <i>Classic and contemporary poems read aloud around a weekly theme.</i></p> <p><b>11:15 Better Balance (Fitness Center)</b> <i>Fitness Center Membership required to participate in this class.</i></p> <p><b>11:30 Fitness with Ben (Channel 1-2)</b></p> <p><b>1:00 Chuck McCreary Piano Concert (Lower-Level Atrium)</b></p> <p><b>1:30 Chair Yoga (Fitness Center)</b> <i>Fitness Center Membership required to participate in this class.</i></p> <p><b>2:00 Happy Hour! (Main Dining Room)</b> <i>Come to the Main Dining Room to pick-up a drink to bring back to your room. Drink of the week: Bloody Mary</i></p> <p><b>7:00 Movie (Activity Room) Darkest Hour (2017).</b> <i>Starring Gary Oldman and Kristin Scott Thomas. Synopsis: As the threat of Nazi invasion looms, newly appointed British Prime Minister Winston Churchill rallies a nation to fight for its very survival. Running Time: 2h 5m</i></p> | <p><b>15</b></p> <p><b>11:00 Fitness with Ben (Channel 1-2)</b></p> <p><b>3:30 Movie Matinee (Activity Room) Darkest Hour (2017).</b> <i>Starring Gary Oldman and Kristin Scott Thomas. Running Time: 2h 5m</i></p> <p><b>7:00 Movie (Activity Room) As Good as it Gets (1997).</b> <i>Starring Jack Nicholson and Helen Hunt. Synopsis: The structured world of a grumpy author with OCD crumbles when he's drawn into the lives of his injured neighbor and a stressed-out single mom. Running Time 2h 18m</i></p> |

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|---|---|--|---|--|---|---|
| <p><b>16</b></p> <p><b>10:00 Bible and Art (Channel 1-2)</b></p> <p><b>11:00 Sunday Worship IN-PERSON (Chapel) or in your Apartment (Channel 1-2)</b><br/><i>Ecumenical Christian worship led by staff Chaplains.</i></p> <p><b>1:30 Rosary (Channel 1-2)</b> <i>Catholic prayer structured around the Joyful, Sorrowful, Glorious, and Luminous Mysteries of faith.</i></p> <p><b>7:00 Classic Movie Night (Activity Room) NIGHT AND DAY (1946)</b> <i>with Cary Grant, Alexis Smith, Jane Wyman, Eve Erden, Mary Martin. Synopsis: A fictionalized account of the life of American composer and songwriter Cole Porter. Running Time 128m</i></p> | <p><b>17</b></p> <p><b>9:00 Welcoming Committee Meeting (City of Lakes)</b></p> <p><b>10:00 Issues of Today (Activity Room)</b> <i>Bring ONE news article that interests you to spark up a discussion.</i></p> <p><b>10:30 Music Notes with Malcolm (Channel 1-2)</b></p> <p><b>11:15 Better Balance (Fitness center)</b> <i>Fitness Center Membership required to participate in this class.</i></p> <p><b>11:30 Fitness with Ben (Channel 1-2)</b></p> <p><b>1:00 Activities Committee Meeting (City of Lakes)</b></p> <p><b>1:00 Chuck McCreary Piano Concert (Lower-Level Atrium)</b></p> <p><b>1:30 Yoga (Fitness Center)</b> <i>Fitness Center Membership Required to participate in this class.</i></p> <p><b>2:30 Drumming (Activity Room)</b> <i>Drumming made easy! All are welcome! Simply follow the instructor at the front of the class to perform the routines to classic songs! Be prepared to laugh and make mistakes!</i></p> <p><b>5:00 Bridge (Activity Room)</b> <i>It's a classic! With a strong group of players each week—come join!</i></p> <p><b>6:00 Scrabble (Activity Room)</b> <i>Game on! All are welcome to come play one of the world's favorite word games!</i></p> | <p><b>18</b></p> <p><b>Bus Day: Personal Requests/ Appointment(s)</b><br/><i>By Request Only. Request must be made by Thursday, January 13th at 4:30 PM.</i></p> <p><b>10:30 Strength and Stability (Fitness Center)</b> <i>Fitness Center Membership required to participate in this class.</i></p> <p><b>11:30 Fitness with Ben (Channel 1-2)</b></p> <p><b>1:00 Char Guitar Playing (Lower-Level Atrium)</b></p> <p><b>2:00 Bingo (Activity Room)</b></p> <p><b>3:00 Classical Piano with Anna (Channel 1-2)</b></p> <p><b>3:30 Spiritual Conversations (Activity Room)</b> <i>We each have spiritual needs, hopes, and resources related to meaning, purpose, values, relationships, and transcendence. Topical prompts spark group conversation and insight.</i></p> <p><b>7:00 Documentary (Activity Room) Ella Fitzgerald: Just one of Those Things</b> <i>Synopsis: This documentary explores the exquisite artistry of the first lady of scat as she embraced civil rights issues and influenced US music and culture. Running Time: 1h &amp; 29m</i></p> | <p><b>19</b></p> <p><b>Bus Shopping Day!</b></p> <p><b>10:00 Southdale Loop</b> <i>The locations we can bring you to are listed in the sign-up binder! Sign-up!</i></p> <p><b>11:15 Better Balance (Fitness Center)</b> <i>Fitness Center Membership required to participate in this class.</i></p> <p><b>11:30 Fitness with Ben (Channel 1-2)</b></p> <p><b>1:30 Chair Yoga Plus (Fitness Center)</b> <i>Fitness Center Membership required to participate in this class.</i></p> <p><b>1:30 Blood Pressure Clinic (Bryant Room)</b> <i>Health Services will check your blood pressure for free; they can let you know if you should follow-up with a medical professional. This clinic ends promptly at 2:00 PM.</i></p> <p><b>2:30 All-Resident Birthday Bash with Entertainer Pianist Michael Nelson (Chapel)</b></p> <p><b>3:00 CODA in Concert (Channel 1-2)</b></p> <p><b>6:00 Scrabble (Activity Room)</b> <i>Game on! All are welcome to come play one of the world's favorite word games!</i></p> | <p><b>20</b></p> <p><b>Bus Shopping Day!</b></p> <p><b>10:00 Uptown Loop</b> <i>The locations we can bring you to are listed in the sign-up binder! Sign-up!</i></p> <p><b>10:30 Strength and Stability (Fitness Center)</b> <i>Fitness Center Membership required to participate in this class.</i></p> <p><b>11:30 Fitness with Ben (Channel 1-2)</b></p> <p><b>1:00 Chuck McCreary Piano Concert (Lower-Level Atrium)</b></p> <p><b>2:00 Book Club (Activity Room)</b> <i>All are welcome to join the discussion on "The Notorious RBG" by Irin Carmon to speak about the famous Supreme Court Justice.</i></p> <p><b>3:00 Flower Delivery!</b> <i>Each week, we will have fresh flowers at the front desk. Resident's may make small-sized bouquets to bring to their apartments. First come, first served. When they're gone—they're gone!</i></p> <p><b>3:30 Bible Study w/Rev. Cobb (Activity Room)</b> <i>Bring your preferred translation and enrich your understanding of the Bible by reading it aloud with others, raising questions, considering historical context, and discussing each other's insights.</i></p> <p><b>5:00 Bridge (Activity Room)</b> <i>It's a classic! With a strong group of players each week—come join!</i></p> | <p><b>21</b></p> <p><b>10:30 Poetry w/ Rev. Cobb (Channel 1-2)</b> <i>Classic and contemporary poems read aloud around a weekly theme.</i></p> <p><b>11:15 Better Balance (Fitness Center)</b> <i>Fitness Center Membership required to participate in this class.</i></p> <p><b>11:30 Fitness with Ben (Channel 1-2)</b></p> <p><b>1:00 Chuck McCreary Piano Concert (Lower-Level Atrium)</b></p> <p><b>1:30 Chair Yoga (Fitness Center)</b> <i>Fitness Center Membership required to participate in this class.</i></p> <p><b>2:00 Happy Hour! (Main Dining Room)</b> <i>Come to the Main Dining Room to pick-up a drink to bring back to your room. Drink of the week: Cranberry Thyme Gin and Tonic</i></p> <p><b>7:00 Movie (Activity Room) The Danish Girl (2015).</b> <i>Starring Eddie Redmayne. Synopsis: Two married artists in 1920's Denmark embark on a journey of unconditional love in this drama inspired by the story of trans pioneer Lili Elbe. Running Time: 1h 59m</i></p> | <p><b>22</b></p> <p><b>11:00 Fitness with Ben (Channel 1-2)</b></p> <p><b>3:30 Movie Matinee (Activity Room) The Danish Girl (2015).</b> <i>Starring Eddie Redmayne. Running Time: 1h 59m</i></p> <p><b>7:00 Movie (Activity Room) Five Feet Apart (2019).</b> <i>Starring Haley Lu Richardson and Cole Sprouse. Synopsis: A teen with cystic fibrosis shakes up her daily routine and challenges hospital protocol when she falls for a fellow patient. Running Time: 1h 56m</i></p> |



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|---|---|--|---|---|--|---|
| <p><b>23</b></p> <p><b>10:00 Bible and Art</b><br/>(Channel 1-2)</p> <p><b>11:00 Sunday</b><br/><b>Worship IN-PERSON</b><br/>(Chapel) or in your<br/><b>Apartment</b><br/>(Channel 1-2)<br/><i>Ecumenical Christian</i><br/><i>worship led by staff</i><br/><i>Chaplains.</i></p> <p><b>1:30 Rosary</b><br/>(Channel 1-2)<br/><i>Catholic prayer</i><br/><i>structured around the</i><br/><i>Joyful, Sorrowful,</i><br/><i>Glorious, and Luminous</i><br/><i>Mysteries of faith.</i></p> <p><b>7:00 Classic Movie</b><br/><b>Night (Activity Room)</b><br/><b>The Met Opera:</b><br/><b>Verdi's MACBETH,</b><br/>(2008) Running Time<br/>139m</p> | <p><b>24</b></p> <p><b>10:00 Issues of Today</b><br/>(Activity Room) <i>Bring ONE</i><br/><i>news article that interests you</i><br/><i>to spark up a discussion.</i></p> <p><b>10:30 Music Notes with</b><br/><b>Malcolm (Channel 1-2)</b></p> <p><b>11:15 Better Balance</b><br/>(Fitness Center) <i>Fitness</i><br/><i>Center Membership required to</i><br/><i>participate in this class.</i></p> <p><b>11:30 Fitness with Ben</b><br/>(Channel 1-2)</p> <p><b>1:00 Chuck McCreary</b><br/><b>Piano Concert</b><br/>(Lower-Level Atrium)</p> <p><b>1:30 Yoga (Fitness Center)</b><br/><i>Fitness Center Membership</i><br/><i>required to participate in this</i><br/><i>class.</i></p> <p><b>2:30 Community Forum</b><br/>(Activity Room) <i>Come hear</i><br/><i>updates about the following</i><br/><i>departments: Sales and</i><br/><i>Marketing, Environmental</i><br/><i>Services, Culinary, Life</i><br/><i>Enrichment, Health Services</i><br/><i>Resident Services and from</i><br/><i>our Executive Director.</i></p> <p><b>5:00 Bridge</b><br/>(Activity Room) <i>It's a</i><br/><i>classic! With a strong group of</i><br/><i>players each week—come join!</i></p> <p><b>6:00 Scrabble</b><br/>(Activity Room) <i>Game on!</i><br/><i>All are welcome to come play</i><br/><i>one of the world's favorite</i><br/><i>word games!</i></p> <p> <b>Happy Birthday</b><br/><b>Rob Gamble!</b></p> | <p><b>25</b></p> <p><b>Bus Day:</b><br/><b>Personal</b><br/><b>Requests/</b><br/><b>Appointment(s)</b><br/><i>By Request Only. Request</i><br/><i>must be made by Thursday,</i><br/><i>January 20th at 4:30 PM.</i></p> <p><b>10:30 Strength and</b><br/><b>Stability (Fitness Center)</b><br/><i>Fitness Center Membership</i><br/><i>required to participate in</i><br/><i>this class.</i></p> <p><b>11:30 Fitness with Ben</b><br/>(Channel 1-2)</p> <p><b>1:00 Char Guitar Playing</b><br/>(Lower-Level Atrium)</p> <p><b>2:00 Bingo (Activity</b><br/><b>Room)</b></p> <p><b>3:30 Spiritual</b><br/><b>Conversations</b><br/>(Activity Room) <i>We each</i><br/><i>have spiritual needs, hopes,</i><br/><i>and resources related to</i><br/><i>meaning, purpose, values,</i><br/><i>relationships, and</i><br/><i>transcendence. Topical</i><br/><i>prompts spark group</i><br/><i>conversation and insight.</i></p> <p><b>7:00 Documentary</b><br/>(Activity Room) <b>There's</b><br/><b>something in the Water</b><br/><i>Synopsis: This documentary</i><br/><i>spotlights the struggle of</i><br/><i>minority communities in</i><br/><i>Nova Scotia as they fight</i><br/><i>officials over the lethal</i><br/><i>effects of industrial waste.</i><br/><i>Running Time: 1h 11m</i></p> | <p><b>26</b></p> <p><b>Bus Shopping</b><br/><b>Day!</b></p> <p><b>10:00 Southdale Loop</b><br/><i>The locations we can bring</i><br/><i>you to are listed in the</i><br/><i>sign-up binder! Sign-up!</i></p> <p><b>11:15 Better Balance</b><br/>(Fitness Center) <i>Fitness</i><br/><i>Center Membership required</i><br/><i>to participate in this class.</i></p> <p><b>11:30 Fitness with Ben</b><br/>(Channel 1-2)</p> <p><b>1:00 Grace Harkness</b><br/><b>Sing-a-long</b><br/>(Lower-Level Atrium)</p> <p><b>1:30 Chair Yoga Plus</b><br/>(Fitness Center) <i>Fitness</i><br/><i>Center Membership required</i><br/><i>to participate in this class.</i></p> <p><b>1:30 Blood Pressure Clinic</b><br/>(City of Lakes) <i>Health</i><br/><i>Services will check your blood</i><br/><i>pressure for free; they can let</i><br/><i>you know if you should</i><br/><i>follow-up with a medical</i><br/><i>professional. <b>This clinic</b></i><br/><i><b>ends promptly at 2:00 PM.</b></i></p> <p><b>2:30 Roving Cart Floors</b><br/><b>2-8</b></p> <p><b>3:00 CODA in Concert</b><br/>(Channel 1-2)</p> <p><b>6:00 Scrabble</b><br/>(Activity Room) <i>Game on!</i><br/><i>All are welcome to come play</i><br/><i>one of the world's favorite</i><br/><i>word games!</i></p> | <p><b>27</b></p> <p><b>Bus Shopping Day!</b></p> <p><b>10:00 Uptown Loop</b> <i>The</i><br/><i>locations we can bring you to are</i><br/><i>listed in the sign-up binder!</i><br/><i>Sign-up!</i></p> <p><b>10:30 Strength and Stability</b><br/>(Fitness Center) <i>Fitness</i><br/><i>Center Membership required to</i><br/><i>participate in this class.</i></p> <p><b>11:30 Fitness with Ben</b><br/>(Channel 1-2)</p> <p><b>1:00 Chuck McCreary</b><br/><b>Piano Concert</b><br/>(Lower-Level Atrium)</p> <p><b>2:30 Chess Club</b><br/>(Activity Room) <i>Come down</i><br/><i>and play this classic game with</i><br/><i>us—we can teach you if you</i><br/><i>don't know how to play!</i></p> <p><b>3:00 Flower Delivery!</b> <i>Each</i><br/><i>week, we will have fresh flowers</i><br/><i>at the front desk. Resident's may</i><br/><i>make small-sized bouquets to</i><br/><i>bring to their apartments. First</i><br/><i>come, first served. When they're</i><br/><i>gone—they're gone!</i></p> <p><b>3:30 Bible Study w/Rev.</b><br/><b>Cobb (Activity Room)</b> <i>Bring</i><br/><i>your preferred translation and</i><br/><i>enrich your understanding of the</i><br/><i>Bible by reading it aloud with</i><br/><i>others, raising questions,</i><br/><i>and discussing each other's</i><br/><i>insights.</i></p> <p><b>5:00 Bridge (Activity Room)</b><br/><i>It's a classic! With a strong group</i><br/><i>of players each week—come join!</i></p> | <p><b>28</b></p> <p><b>10:00 Resident Association</b><br/><b>Meeting (Activity Room)</b></p> <p><b>10:30 Poetry w/ Rev. Cobb</b><br/>(Channel 1-2) <i>Classic and</i><br/><i>contemporary poems read</i><br/><i>aloud around a weekly theme.</i></p> <p><b>11:15 Better Balance</b><br/>(Fitness Center) <i>Fitness</i><br/><i>Center Membership required to</i><br/><i>participate in this class.</i></p> <p><b>11:30 Fitness with Ben</b><br/>(Channel 1-2)</p> <p><b>1:00 Chuck McCreary</b><br/><b>Piano Concert</b><br/>(Lower-Level Atrium)</p> <p><b>1:30 Chair Yoga</b><br/>(Fitness Center) <i>Fitness</i><br/><i>Center Membership required to</i><br/><i>participate in this class.</i></p> <p><b>2:00 Happy Hour!</b><br/>(Main Dining Room) <i>Come</i><br/><i>to the Main Dining Room to</i><br/><i>pick-up a drink to bring back</i><br/><i>to your room. Drink of the</i><br/><i>Week: Pomegranate Sparklers!</i></p> <p><b>7:00 Movie</b><br/>(Activity Room) <b>Miles</b><br/><b>Davis: Birth of the Cool</b><br/>(2019). <i>Starring Miles</i><br/><i>Davis and Carl Lumbly. Synopsis:</i><br/><i>Unpack the mythology of Miles</i><br/><i>Davis and learn the true story</i><br/><i>of a jazz legend with</i><br/><i>never-before-seen footage and</i><br/><i>celebrity interviews. Running</i><br/><i>Time 1h 55m</i></p> | <p><b>29</b></p> <p><b>11:00 Fitness with Ben</b><br/>(Channel 1-2)</p> <p><b>3:30 Movie Matinee</b><br/>(Activity Room) <b>Miles</b><br/><b>Davis: Birth of the Cool</b><br/>(2019). <i>Starring Miles</i><br/><i>Davis and Carl Lumbly.</i><br/><i>Running Time 1h 55m</i></p> <p><b>7:00 Movie</b><br/>(Activity Room) <b>The</b><br/><b>Unforgiveable (2021).</b><br/><i>Starring Sandra Bullock.</i><br/><i>Synopsis: Released from</i><br/><i>prison into a society that</i><br/><i>won't forgive her, a woman</i><br/><i>convicted of murder</i><br/><i>searches for the little sister</i><br/><i>she was forced to leave</i><br/><i>behind. Running Time 1h</i><br/><i>54m</i></p> <p><b>Happy Birthday</b><br/><b>Sarah Segal!</b><br/></p> |

# JANUARY 2022 LIFE ENRICHMENT



\*Calendar is subject to change

All events that are underlined will cost a fee for residents to participate.

| SUNDAY   | MONDAY  | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---------|-----------|----------|--------|----------|
| <p><b>30</b></p> <p><b>10:00 Bible and Art (Channel 1-2)</b></p> <p><b>11:00 Sunday Worship IN-PERSON (Chapel) or in your Apartment (Channel 1-2)</b><br/><i>Ecumenical Christian worship led by staff Chaplains.</i></p> <p><b>1:30 Rosary (Channel 1-2)</b><br/><i>Catholic prayer structured around the Joyful, Sorrowful, Glorious, and Luminous Mysteries of faith.</i></p> <p><b>2:00 OUTING Metropolitan Symphony Orchestra.</b><br/><i>Come listen to the story of Peter and The Wolf. Features African Dance from African Suite op. 35, Olympic Fanfare and Theme, The Thieving Magpie and Peter and The Wolf. Price: Free! Sign-up!</i></p> <p><b>7:00 Classic Movie Night (Activity Room) THE BAND WAGON (1953)</b> Starring: Fred Astaire, Cyd Charisse, Nanette Fabray, Jack Buchanan. Synopsis: A pretentiously artistic director is hired for a new Broadway musical and changes it beyond recognition. Running Time 112m</p> | <p><b>31</b></p> <p><b>10:00 Issues of Today (Activity Room)</b> <i>Bring ONE news article that interests you to spark up a discussion.</i></p> <p><b>10:30 Music Notes with Malcolm (Channel 1-2)</b></p> <p><b>11:15 Better Balance (Fitness Center)</b> <i>Fitness Center Membership required to participate in this class.</i></p> <p><b>11:30 Fitness with Ben (Channel 1-2)</b></p> <p><b>1:00 Chuck McCreary Piano Concert (Lower-Level Atrium)</b></p> <p><b>1:30 Yoga (Fitness Center)</b> <i>Fitness Center Membership required to participate in this class.</i></p> <p><b>2:30 Resident Speaker Ruth Ann Cioci (Activity Room)</b> <i>Come one, come all to hear more about the life of one of our community members!</i></p> <p><b>5:00 Bridge (Activity Room)</b> <i>It's a classic! With a strong group of players each week—come join!</i></p> <p><b>6:00 Scrabble (Activity Room)</b> <i>Game on! All are welcome to come play one of the world's favorite word games!</i></p> |         |           |          |        |          |