



THE PEAKS

A Senior Living Community

THE LODGE

JANUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>LOCATIONS Alpine Room, ALP Library, LIB Pool, PL</p>	<p>Bistro, BIS Malapais Room, MR Second Floor Balcony, SFB</p>	<p>Desert Sheep Dining, DSD Outing, OUT Spiritual Care Office, SCO</p>	<p>NEW YEAR'S DAY 10:30 FIT Chair Yoga®, ALP 1:00 Bridge, LIB 2:30 Beautiful Nails, SFB 4:00 Happy Hour, BIS</p>	<p>9:30 Gratitude and 12 Steps, SCO 10:30 FIT to be Strong®, ALP 1:30 Pets, Pups & Smiles, ALP 2:30 Life Enrichment Forum, BIS 3:00 Catholic Rosary, LIB 4:00 Happy Hour, BIS</p>	<p>9:00 Current Events & Coffee, MR 9:30 Water Aerobics, PL 10:30 FIT Chair Yoga®, ALP 3:00 New Beginnings Happy Hour, ALP</p>	<p>8:45 Morning News, BIS 9:30 Jigsaw Puzzles, BIS 10:30 FIT to Balance®, ALP 1:30 Creative Crafters: Coaster Set Painting, BIS 3:30 Beautiful Nails, BIS</p>
<p>5 9:00 Televised Catholic Mass, BIS 10:30 FIT to be Strong®, ALP 11:00 Sunday NFL Football, MR 1:00 Sunday Church Service, MR 2:30 Sugar Cookie Social, BIS</p>	<p>6 9:15 Donuts, Coffee and Trivia, BIS 9:45 Mindful Monday, BIS 10:30 FIT to Balance®, ALP 2:00 Grief Discussions, SFB 2:15 Helen Keller & Braille History Hour, BIS 4:00 Happy Hour, BIS</p>	<p>7 10:00 Meditation, SCO 10:30 FIT to be Strong®, ALP 11:30 La Fonda's Lunch Outing, OUT 1:00 Classical Piano Music, MR 2:30 Prize Bingo, BIS 4:00 Happy Hour, BIS</p>	<p>8 9:00 Stories of the Bible, SCO 10:30 FIT Chair Yoga®, ALP 1:00 Bridge, LIB 1:00 Bashas' Shopping, OUT 2:30 Beautiful Nails, SFB 4:00 Happy Hour, BIS</p>	<p>9 9:30 Gratitude and 12 Steps, SCO 10:30 FIT to be Strong®, ALP 1:00 2025 Vision Boards, BIS 3:00 Catholic Rosary, LIB 4:00 Happy Hour, BIS</p>	<p>10 9:00 Current Events & Coffee, MR 9:30 Water Aerobics, PL 10:30 FIT Chair Yoga®, ALP 3:00 Summer in Winter Happy Hour, ALP</p>	<p>11 8:45 Morning News, BIS 9:30 Jigsaw Puzzles, BIS 10:30 FIT to Balance®, ALP 1:30 Movie & Popcorn: Love, Actually, BIS 3:30 Beautiful Nails, BIS</p>
<p>12 9:00 Televised Catholic Mass, BIS 10:30 FIT to be Strong®, ALP 11:00 Sunday NFL Football, MR 1:00 Sunday Church Service, MR 2:30 Hot Cocoa Social, BIS 3:00 Live Music with B, BIS</p>	<p>13 9:15 Donuts, Coffee and Trivia, BIS 9:45 Mindful Monday, BIS 10:30 FIT to Balance®, ALP 2:15 Washington & the First Flag History, BIS 4:00 Happy Hour, BIS</p>	<p>14 10:00 Meditation, SCO 10:30 FIT to be Strong®, ALP 11:30 Parkinson's Support Luncheon, DSD 1:00 Classical Piano Music, MR 2:30 Prize Bingo, BIS 4:00 Happy Hour, BIS</p>	<p>15 9:00 Stories of the Bible, SCO 10:30 FIT Chair Yoga®, ALP 1:00 Bridge, LIB 1:00 Fry's Shopping, OUT 2:30 Beautiful Nails, SFB 4:00 Happy Hour, BIS</p>	<p>16 9:30 Gratitude and 12 Steps, SCO 10:30 FIT to be Strong®, ALP 1:00 Kitchen Forum, DSD 1:30 Pets, Pups & Smiles, ALP 3:00 Catholic Rosary, LIB 4:00 Happy Hour, BIS</p>	<p>17 9:00 Current Events & Coffee, MR 9:30 Water Aerobics, PL 10:30 FIT Chair Yoga®, ALP 1:00 Resident Council, DSD 3:00 Masquerade Happy Hour, ALP</p>	<p>18 8:45 Morning News, BIS 9:30 Jigsaw Puzzles, BIS 10:30 FIT to Balance®, ALP 1:30 Creative Crafters: Silhouette Painting, BIS 3:30 Beautiful Nails, BIS</p>
<p>19 9:00 Televised Catholic Mass, BIS 10:30 FIT to be Strong®, ALP 11:00 Sunday NFL Football, MR 1:00 Sunday Church Service, MR 2:30 Chocolate Swiss Roll Social, BIS</p>	<p>M.L. KING, JR. DAY 20 9:15 Donuts, Coffee and Trivia, BIS 9:45 Mindful Monday, BIS 10:30 FIT to Balance®, ALP 2:00 Grief Discussions, SFB 2:15 MLK Jr. History Hour, BIS 4:00 Happy Hour, BIS</p>	<p>21 10:00 Meditation, SCO 10:30 FIT to be Strong®, ALP 11:30 Cracker Barrel Lunch Outing, OUT 1:00 Classical Piano Music, MR 2:30 Prize Bingo, BIS 4:00 Happy Hour, BIS</p>	<p>22 9:00 Stories of the Bible, SCO 10:30 FIT Chair Yoga®, ALP 1:00 Bridge, LIB 1:00 Walmart Shopping, OUT 2:30 NAU Student Pen Pals, BIS 2:30 Beautiful Nails, SFB 4:00 Happy Hour, BIS</p>	<p>23 9:30 Gratitude and 12 Steps, SCO 10:30 FIT to be Strong®, ALP 1:00 Gourmet Gatherings: Popcorn Bar, BIS 3:00 Catholic Rosary, LIB 4:00 Happy Hour, BIS</p>	<p>24 9:00 Current Events & Coffee, MR 9:30 Water Aerobics, PL 10:30 FIT Chair Yoga®, ALP 1:00 Flagstaff Mobile Library, ALP 3:00 Monthly B-day Bash Happy Hour, ALP</p>	<p>25 8:45 Morning News, BIS 9:30 Jigsaw Puzzles, BIS 10:30 FIT to Balance®, ALP 1:30 Movie & Popcorn: Groundhog Day, BIS 3:30 Beautiful Nails, BIS</p>
<p>26 9:00 Televised Catholic Mass, BIS 10:30 FIT to be Strong®, ALP 11:00 Sunday NFL Football, MR 1:00 Sunday Church Service, MR 2:30 Hot Apple Cider Social, BIS 3:00 Live Music with B, BIS</p>	<p>27 9:15 Donuts, Coffee and Trivia, BIS 9:45 Mindful Monday, BIS 10:30 FIT to Balance®, ALP 1:30 Holocaust Remembrance Pres., BIS 4:00 Happy Hour, BIS</p>	<p>28 10:00 Meditation, SCO 10:30 FIT to be Strong®, ALP 1:00 Classical Piano Music, MR 2:30 Prize Bingo, BIS 4:00 Happy Hour, BIS</p>	<p>29 9:00 Stories of the Bible, SCO 10:30 FIT Chair Yoga®, ALP 1:00 Bridge, LIB 1:00 Fry's Shopping, OUT 2:30 Beautiful Nails, SFB 4:00 Happy Hour, BIS</p>	<p>30 9:30 Gratitude and 12 Steps, SCO 10:30 FIT to be Strong®, ALP 1:30 Pets, Pups & Smiles, ALP 3:00 Catholic Rosary, LIB 4:00 Happy Hour, BIS</p>	<p>31 9:00 Current Events & Coffee, MR 9:30 Water Aerobics, PL 10:30 FIT Chair Yoga®, ALP 3:00 Hot Cocoa Bar Happy Hour, ALP</p>	<p>Due to calendar space, all programs may not be reflected. To stay up to date with all events, please visit the GiGi Assistant® app.</p>