



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LOCATIONS 2nd Floor TV Lounge, 2FL 3rd Floor TV Lounge, 3FL Bus/Lobby, BUS Channel 1-2 On The TV, TV Conference Call-Dial In, CC					NEW YEAR'S DAY 1 9:00 Interactive Games*, GS 10:00 Chair Yoga*, GFH 1:00 Walk 1 Mile, TV 3:00 Great Decisions, TV 3:45 Great Decisions Discussion, CC 7:00 Music to Enjoy, TV	
9:00 Praying the Rosary, TV 3 10:00 Music for Worship, TV 1:00 Walk 1 Mile, TV 4:00 Chair Yoga, TV 7:00 Music to Enjoy, TV 8:00 Evening Hymns, TV	9:00 Interactive Games*, GS 4 10:00 FIT to Balance® & Stretch*, GFH 11:00 Joy for the Journey, RR 1:00 Bingo, RR 1:00 Walk 1 Mile, TV 2:00 FIT to Be Strong®*, GFH 4:00 Chair Yoga, TV	10:00 FIT to Pedal®*, GFH 5 10:30 Technology Office Hour, LE 1:00 Holiday Clean Up, SL 1:00 Walk 1 Mile, TV 2:00 S.E.W. Pilot Program*, GS 4:00 Chair Yoga, TV	8:00 Pastry Day!, SB 6 10:00 FIT to Balance® & Stretch*, GFH 11:00 Worship*, GFH 1:00 Wii Wednesday*, GS 1:00 Walk 1 Mile, TV 2:00 FIT to Be Strong®*, GFH	10:00 FIT to Pedal®*, GFH 7 11:00 Fit for All, GFH 1:00 Walk 1 Mile, TV 1:30 B-day Party Group 1, SL 2:00 Creative Coloring Group*, GS 2:30 B-day Party Group 2, SL	8 9:00 Interactive Games*, GS 10:00 Chair Yoga*, GFH 1:00 Walk 1 Mile, TV 2:00 Pictionary*, RR 3:00 Knit & Crochet Club*, SL 7:00 Music to Enjoy, TV	9 10:00 FIT to Stretch®, TV 10:15 FIT to Balance®, TV 1:00 Walk 1 Mile, TV 2:00 Yahtzee w/ Friends*, LOB 4:00 Chair Yoga, TV
9:00 Praying the Rosary, TV 10 10:00 Music for Worship, TV 1:00 Walk 1 Mile, TV 4:00 Chair Yoga, TV 7:00 Music to Enjoy, TV 8:00 Evening Hymns, TV	9:00 Interactive Games*, GS 11 10:00 FIT to Balance® & Stretch*, GFH 11:00 Joy for the Journey, RR 1:00 Bingo, RR 1:00 Walk 1 Mile, TV 2:00 FIT to Be Strong®*, GFH 4:00 Chair Yoga, TV	10:00 FIT to Pedal®*, GFH 12 10:30 Technology Office Hour, LE 1:00 Walk 1 Mile, TV 2:00 S.E.W. Pilot Program*, GS 3:00 Book Club*, L 4:00 Chair Yoga, TV	8:00 Pastry Day!, SB 13 10:00 FIT to Balance® & Stretch*, GFH 11:00 Worship*, GFH 1:00 Wii Wednesday*, GS 1:00 Walk 1 Mile, TV 2:00 FIT to Be Strong®*, GFH	10:00 FIT to Pedal®*, GFH 14 11:00 Fit for All, GFH 1:00 Walk 1 Mile, TV 1:30 Happy Hour Group 1, SL 2:30 Happy Hour Group 2, SL	15 9:00 Interactive Games*, GS 10:00 Chair Yoga*, GFH 11:00 Growing in the Word, RR 1:00 Walk 1 Mile, TV 2:00 Men's Club, SL 3:00 Great Decisions, TV 3:45 Great Decisions Discussion, CC 7:00 Music to Enjoy, TV	16 10:00 FIT to Stretch®, TV 10:15 FIT to Balance®, TV 1:00 Walk 1 Mile, TV 2:00 Tenzi Dice Game, LOB 4:00 Chair Yoga, TV
9:00 Praying the Rosary, TV 17 10:00 Music for Worship, TV 1:00 Walk 1 Mile, TV 4:00 Chair Yoga, TV 7:00 Music to Enjoy, TV 8:00 Evening Hymns, TV	MARTIN LUTHER KING JR. DAY 18 9:00 Interactive Games*, GS 10:00 FIT to Balance® & Stretch*, GFH 11:00 Joy for the Journey, RR 1:00 Bingo, RR 1:00 Walk 1 Mile, TV 2:00 FIT to Be Strong®*, GFH 4:00 Chair Yoga, TV	10:00 FIT to Pedal®*, GFH 19 10:30 Technology Office Hour, LE 1:00 Thoughtful Q&A *, RR 1:00 Walk 1 Mile, TV 2:00 S.E.W. Pilot Program*, GS 4:00 Chair Yoga, TV	8:00 Pastry Day!, SB 20 10:00 FIT to Balance® & Stretch*, GFH 11:00 Worship*, GFH 1:00 Wii Wednesday*, GS 1:00 Walk 1 Mile, TV 2:00 FIT to Be Strong®*, GFH 3:00 Healing Hearts, RR	10:00 FIT to Pedal®*, GFH 21 11:00 Fit for All, GFH 1:00 Walk 1 Mile, TV 1:30 Hot Drinks & Cookies Group 1*, SL 2:00 Creative Coloring Group*, GS 2:30 Hot Drinks & Cookies Group 2*, SL	22 9:00 Interactive Games*, GS 10:00 Chair Yoga*, GFH 1:00 Walk 1 Mile, TV 2:00 Rendeever, GS 7:00 Music to Enjoy, TV	23 10:00 FIT to Stretch®, TV 10:15 FIT to Balance®, TV 1:00 Walk 1 Mile, TV 2:00 Yahtzee w/ Friends*, LOB 4:00 Chair Yoga, TV
9:00 Praying the Rosary, TV 24 10:00 Music for Worship, TV 1:00 Walk 1 Mile, TV 4:00 Chair Yoga, TV 7:00 Music to Enjoy, TV 8:00 Evening Hymns, TV	9:00 Interactive Games*, GS 25 10:00 FIT to Balance® & Stretch*, GFH 11:00 Joy for the Journey, RR 1:00 Bingo, RR 1:00 Walk 1 Mile, TV 2:00 FIT to Be Strong®*, GFH 4:00 Chair Yoga, TV	10:00 FIT to Pedal®*, GFH 26 10:30 Technology Office Hour, LE 1:00 Craft*, RR 1:00 Walk 1 Mile, TV 2:00 S.E.W. Pilot Program*, GS 4:00 Chair Yoga, TV	8:00 Pastry Day!, SB 27 10:00 FIT to Balance® & Stretch*, GFH 11:00 Worship*, GFH 1:00 Wii Wednesday*, GS 1:00 Walk 1 Mile, TV 2:00 FIT to Be Strong®*, GFH	10:00 FIT to Pedal®*, GFH 28 11:00 Fit for All, GFH 1:00 Walk 1 Mile, TV 1:30 Happy Hour Group 1, SL 2:30 Happy Hour Group 2, SL	29 9:00 Interactive Games*, GS 10:00 Chair Yoga*, GFH 11:00 Growing in the Word, RR 1:00 Walk 1 Mile, TV 2:00 Travelogue w/ Rebecca, GFH 7:00 Music to Enjoy, TV	30 10:00 FIT to Stretch®, TV 10:15 FIT to Balance®, TV 1:00 Walk 1 Mile, TV 2:00 Tenzi Dice Game, LOB 4:00 Chair Yoga, TV
9:00 Praying the Rosary, TV 31 10:00 Music for Worship, TV 1:00 Walk 1 Mile, TV 4:00 Chair Yoga, TV 7:00 Music to Enjoy, TV 8:00 Evening Hymns, TV	<p>Remember to sign-up at the front desk to reserve a time for open gym as well as activities listed with a * symbol.</p> <p>CALENDAR EVENTS SUBJECT TO CHANGE.</p>					