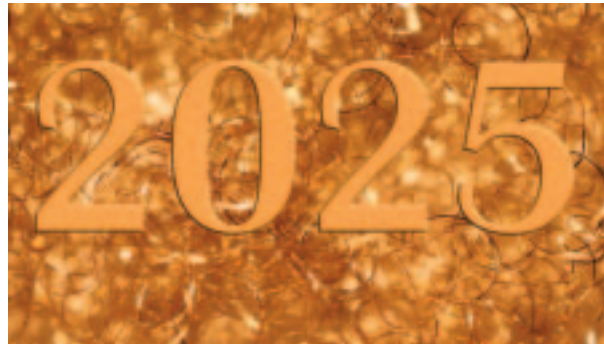


## UPCOMING COMMUNITY EVENTS



HERE'S TO A HAPPY & HEALTHY  
NEW YEAR!

CELEBRATE NEW YEAR'S DAY  
WITH YOUR ALLEGRO FRIENDS  
FOR A SPECIAL TOAST TO THE  
NEW YEAR!

3PM IN THE PENTHOUSE PUB!  
CHEERS TO YOU!



AS WE LEAVE 2024 BEHIND,  
WE EMBARK ON A BRAND NEW  
YEAR!

LET'S MAKE 2025 AN AMAZING  
YEAR FILLED WITH  
POSSIBILITIES, SPARKLE, JOY AND  
LOVE!

## DON'T MISS THESE EVENTS!

January 1st from 3:00 to 4:00|New Year's Champagne Toast- Penthouse Pub

January 2nd from 3:00 to 4:00|Discovery Series with HealthPro Heritage

January 6th from 2:00 to 3:30|Opera Appreciation with Joe Lawliss

January 13th from 2:00 to 3:00|Live Lecture with Bob Suffus

January 19th from 2:00 to 3:00|Celebrating National Popcorn Day

January 31st from 2:00 to 3:00|Hot Chocolate Bar w/ Lifestyle

### **Allegro at Harrington Park**

200 Old Hook Road  
Harrington Park, NJ 07640  
(201) 899-4440



# FLOURISH

JANUARY 2025

## WHAT'S INSIDE

**Pg 2-3**  
Social Calendar

**Pg 4**  
Upcoming Events + News

*"WINTER FORMS OUR CHARACTER AND BRINGS OUT OUR BEST."*

*—TIM ALLEN*



### Sunday



**5**  
9:15 **PTH** Catholic Mass Livestream  
10:00 **T** Communion  
10:30 **ACT** Tai Chi  
11:00 **PTH** Sunday Stretch w/Laura  
11:15 **T** Art History Lecture  
11:30 **GR** Wall Scrabble  
1:45 **T** Movie Matinee  
2:15 **ACT** Bingo  
3:30 **PTH** Social Hour  
8:00 **T** Movie Musicals

**12**  
9:15 **PTH** Catholic Mass Livestream  
10:00 **T** Communion  
10:30 **ACT** Qigong  
11:00 **PTH** Sunday Stretch w/Laura  
11:15 **T** Art History Lecture  
11:30 **GR** Wall Scrabble  
1:45 **T** Movie Matinee  
2:15 **ACT** Bingo  
3:30 **PTH** Social Hour  
8:00 **T** Virtual Sunday Symphony

**19**  
9:15 **PTH** Catholic Mass Livestream  
10:00 **T** Communion  
10:30 **ACT** Tai Chi  
11:00 **PTH** Sunday Stretch w/Laura  
11:15 **T** Art History Lecture  
11:30 **GR** Wall Scrabble  
1:45 **T** Movie Matinee  
2:15 **ACT** Bingo  
3:30 **PTH** Social Hour  
8:00 **T** Movie Musicals

**26**  
9:15 **PTH** Catholic Mass Livestream  
10:00 **T** Communion  
10:30 **ACT** Qigong  
11:00 **PTH** Sunday Stretch w/Laura  
11:15 **T** Art History Lecture  
11:30 **GR** Wall Scrabble  
1:45 **T** Movie Matinee  
2:15 **ACT** Bingo  
3:30 **PTH** Social Hour  
8:00 **T** Movie Classics

### Monday

#### Allegro at Harrington Park

200 Old Hook Road  
Harrington Park, NJ 07640  
(201) 899-4440

<https://www.allegroliving.com/senior-living-harrington-park.html>

**6** Three Kings Day  
10:30 **ACT** Morning Yoga w/ Jen  
11:30 **PTH** Allegro Book Club  
11:30 **ACT** Honoring Three Kings Day  
1:00 **BC** Knit Wits Club  
1:30 **T** Weekday Movie Matinee  
2:00 **T** Opera Appreciation w/Joe  
3:15 **ACT** Centering Yoga Class  
3:30 **PTH** Social Hour  
7:00 **GR** Evening Games w/ Cindy  
8:00 **T** Monday Movie Night

**13**  
10:00 **L** News & Views  
10:30 **ACT** Morning Yoga w/ Jen  
11:30 **T** Ted Talk & Discussion  
1:00 **BC** Knit Wits Club  
1:30 **T** Weekday Movie Matinee  
2:00 **ACT** Lecture w/ Bob Suffus  
3:15 **ACT** Centering Yoga Class  
3:30 **PTH** Social Hour  
7:00 **ACT** Evening Games w/ Cindy  
8:00 **T** Monday Night Movie

**20** MLK Jr. Day  
10:00 **L** News & Views  
10:30 **ACT** Morning Yoga w/ Jen  
11:30 **T** Ted Talk & Discussion  
1:00 **BC** Knit Wits Club  
1:15 **ML** Walking Club  
2:00 **GR** LCR Game  
3:15 **ACT** Centering Yoga Class  
3:30 **PTH** Social Hour  
7:00 **ACT** Evening Games w/ Cindy  
8:00 **T** Monday Night Movie

**27**  
10:00 **L** News & Views  
10:30 **ACT** Morning Yoga w/ Jen  
11:30 **T** Ted Talk & Discussion  
1:00 **BC** Knit Wits Club  
1:30 **T** Weekday Movie Matinee  
2:00 **GR** LCR Game  
3:15 **ACT** Centering Yoga Class  
3:30 **PTH** Social Hour  
7:00 **GR** Evening Games w/ Cindy  
8:00 **T** Monday Night Movie

### Tuesday

**7**  
9:30 **Bus** Post Office & Bank Outing  
10:30 **ACT** Total Body Movement w/Deb  
11:30 **ACT** Wall Scrabble  
1:15 **BC** Tech Tuesday - Help Desk  
2:00 **ACT** Food Forum  
2:00 **GR** Poker  
3:00 **ACT** Balloon Volleyball  
3:30 **PTH** Sunset Stretch  
6:30 **ACT** Evening Bingo w/ Gloria O  
8:00 **T** Movie Night- Resident Pick

**14**  
9:30 **Bus** Post Office & Bank Outing  
10:30 **ACT** Total Body Movement w/Deb  
11:30 **T** Lecture w/ Paul White  
1:15 **BC** Tech Tuesday - Help Desk  
2:00 **GR** Poker  
2:30 **PTH** Readers Rendezvous w/ Laura  
3:30 **PTH** Sunset Stretch  
6:30 **ACT** Evening Bingo w/ Gloria O  
8:00 **T** Movie Night- Resident Pick

**21**  
9:30 **Bus** Post Office & Bank Outing  
10:30 **ACT** Total Body Movement w/Deb  
11:30 **ACT** Tuesday Trivia Fun  
1:15 **BC** Tech Tuesday - Help Desk  
2:00 **ACT** Lifestyle Committee  
2:00 **GR** Poker  
3:00 **ACT** Balloon Volleyball  
3:30 **PTH** Sunset Stretch  
6:30 **ACT** Evening Bingo w/ Gloria O  
8:00 **T** Movie Night- Resident Pick

**28**  
9:30 **Bus** Post Office & Bank Outing  
10:30 **ACT** Total Body Movement w/Deb  
11:30 **ACT** Tuesday Trivia Fun  
1:15 **BC** Tech Tuesday - Help Desk  
2:00 **ACT** Crossword Game  
2:00 **GR** Poker  
3:00 **ACT** Balloon Volleyball  
3:30 **PTH** Sunset Stretch  
6:30 **ACT** Evening Bingo w/ Gloria O  
8:00 **T** Movie Night- Resident Pick

### Wednesday

**1** New Years Day  
10:00 **PTH** Current Events w/ Bob  
10:30 **ACT** Morning Work Out!  
11:30 **ACT** Crossword Challenge  
12:00 **B** Cooking Demo w/ Connor  
1:15 **ML** Walking Club  
1:45 **T** University Lecture  
2:00 **GR** Mahjong w/ Stacy  
2:15 **ACT** New Year's Bingo  
3:00 **PTH** New Years Social Hour  
8:00 **T** Movie Action

**8**  
10:00 **PTH** Current Events w/ Bob  
10:30 **ACT** Balance Fitness w/ Tammie  
11:30 **ACT** Crossword Challenge  
12:00 **B** Cooking Demo w/ Connor  
1:15 **ML** Walking Club  
1:45 **T** University Lecture  
2:00 **GR** Mahjong w/ Stacy  
2:15 **ACT** Bingo Prize Table  
3:30 **PTH** Social Hour  
8:00 **T** Movie Comedy

**15**  
10:00 **L** Current Events w/ Bob  
10:30 **ACT** Balance Fitness w/ Tammie  
11:30 **ACT** Crossword Challenge  
12:00 **B** Cooking Demo w/ Connor  
1:15 **ML** Walking Club  
1:45 **T** University Lecture  
2:00 **GR** Mahjong w/ Stacy  
2:15 **ACT** Bingo  
3:30 **PTH** Social Hour  
8:00 **T** Movie Action

**22**  
10:00 **L** Current Events w/ Bob  
10:30 **ACT** Balance Fitness w/ Tammie  
11:30 **ACT** Crossword Challenge  
11:30 **PTH** Welcome Allegro Newcomers  
12:00 **B** Cooking Demo w/ Connor  
1:45 **T** University Lecture  
2:00 **GR** Mahjong w/ Stacy  
2:15 **ACT** Bingo  
3:30 **PTH** Social Hour  
8:00 **T** Movie Comedy

**29** Chinese New Year  
10:00 **L** Current Events w/ Bob  
10:30 **ACT** Balance Fitness w/ Tammie  
11:30 **ACT** Crossword Challenge  
12:00 **B** Cooking Demo w/ Connor  
1:15 **ML** Walking Club  
1:45 **T** University Lecture  
2:00 **GR** Mahjong w/ Stacy  
2:15 **ACT** Bingo  
3:15 **B** Resident Birthday Bash  
8:00 **T** Movie Action

### Thursday

**2**  
10:30 **ACT** Gentle Yoga w/ Jen  
11:30 **AS** Paint & Sip w/ Cindy  
12:00 **Bus** Davey's Locker Lunch Trip  
2:00 **GR** Rummikub Club  
2:00 **ACT** Cornhole Challenge  
2:00 **GR** LCR Game  
3:00 **ACT** HealthPro Discovery w/ Amy  
3:00 **AS** Jewelry Making Class  
3:30 **PTH** Mind-Body Exercise  
7:30 **PTH** Evening Concert

**9**  
10:30 **ACT** Gentle Yoga w/ Jen  
11:15 **GH** Gardening w/ Laura  
11:30 **AS** Crafting w/ Cindy  
12:00 **Bus** Hanami Lunch Outing  
2:00 **GR** Rummikub Club  
2:00 **GR** LCR Game  
3:00 **T** Tell it Like it Was  
3:30 **PTH** Mind-Body Exercise  
7:00 **GR** Poker  
8:00 **T** Documentary Film

**16**  
10:30 **ACT** Gentle Yoga w/ Jen  
10:30 **T** Documentary Film  
10:30 **Bus** NYC Art Museum Trip  
11:30 **ACT** January Trivia  
2:00 **GR** Rummikub Club  
2:00 **AS** Jewelry Making  
2:00 **GR** LCR Game  
3:30 **PTH** Mind-Body Exercise  
7:00 **GR** Poker  
8:00 **T** Movie Musicals

**23**  
10:30 **ACT** Gentle Yoga w/ Jen  
11:30 **AS** Origami w/ Cindy  
12:00 **Bus** Northvale Diner Trip  
2:00 **GR** Rummikub Club  
2:00 **ACT** AL Resident Council  
2:00 **GR** LCR Game  
2:00 **GH** Gardening w/ Lifestyle  
3:30 **PTH** Mind-Body Exercise  
7:00 **GR** Poker  
8:00 **T** Movie Musicals

**30**  
10:30 **ACT** Gentle Yoga w/ Jen  
10:30 **T** Documentary Series  
12:00 **Bus** Cheesecake Factory Trip  
2:00 **GR** Rummikub Club  
2:00 **GR** LCR Game  
2:00 **AS** Birdhouse Painting  
2:30 **T** Jeopardy Challenge  
3:30 **PTH** Mind-Body Exercise  
7:00 **GR** Poker  
8:00 **T** Movie Action

### Friday

**3**  
10:30 **ACT** Strength & Fitness  
11:30 **AS** Card Making Fun  
1:15 **ML** Walking Club  
2:00 **GR** Canasta Club w/ Lisa  
2:00 **ACT** Bingo Bash  
2:30 **L** Writer's Group  
3:15 **ACT** Yoga with Mimi  
3:30 **PTH** Social Hour  
4:30 **ACT** Shabbat  
8:00 **T** Movie Night - New Release

**10**  
10:30 **ACT** Strength & Fitness  
11:30 **ACT** Brain Teasers  
1:15 **ML** Walking Club  
2:00 **GR** Canasta Club w/ Lisa  
2:00 **ACT** Bingo Bash  
2:30 **L** Writer's Group  
3:15 **ACT** Yoga with Mimi  
3:30 **PTH** Meet New Residents Social  
4:30 **ACT** Shabbat  
8:00 **T** Movie Night - New Release

**17**  
10:30 **ACT** Strength & Fitness  
11:30 **AS** Art Workshop  
1:15 **ML** Walking Club  
2:00 **GR** Canasta Club w/ Lisa  
2:00 **ACT** Bingo Bash  
2:30 **L** Writer's Group  
3:15 **ACT** Yoga with Mimi  
3:30 **PTH** Social Hour  
4:30 **ACT** Shabbat  
8:00 **T** Movie Night - New Release

**24**  
10:30 **ACT** Strength & Fitness  
11:30 **ACT** Historical Trivia  
1:15 **ML** Walking Club  
2:00 **GR** Canasta Club w/ Lisa  
2:00 **ACT** Bingo Bash  
2:30 **L** Writer's Group  
3:15 **ACT** Yoga with Mimi  
3:30 **PTH** Social Hour  
4:30 **ACT** Shabbat  
8:00 **T** Movie Night - New Release

**31**  
10:30 **ACT** Strength & Fitness  
11:30 **ACT** Brain Teasers  
1:15 **ML** Walking Club  
2:00 **GR** Canasta Club w/ Lisa  
2:00 **ACT** Bingo Bash  
2:30 **L** Writer's Group  
3:15 **ACT** Yoga with Mimi  
3:30 **PTH** Social Hour  
4:30 **ACT** Shabbat  
8:00 **T** Movie Night - New Release

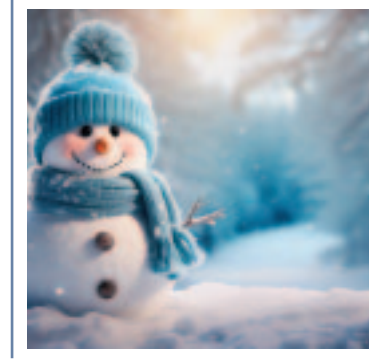
### Saturday

**4**  
10:00 **BC** Shabbat -Virtual Service  
10:00 **Bus** AM Shopping Shuttle  
10:30 **ACT** Yoga Flow  
11:30 **GR** Beginners Bridge Class  
1:00 **ACT** Line Dancing  
1:45 **T** Saturday Matinee  
2:15 **ACT** Bingo  
3:30 **PTH** Social Hour  
8:00 **T** Movie Musicals

**11**  
10:00 **BC** Shabbat -Virtual Service  
10:00 **Bus** AM Shopping Shuttle  
10:30 **ACT** Yoga Flow  
11:30 **ACT** Finish the Story  
11:30 **GR** Beginners Bridge Class  
1:00 **ACT** Line Dancing  
1:45 **T** Saturday Matinee  
2:15 **ACT** Bingo  
3:30 **PTH** Social Hour  
8:00 **T** Virtual Theater

**18**  
10:00 **BC** Shabbat -Virtual Service  
10:00 **Bus** AM Shopping Shuttle  
10:30 **ACT** Yoga Flow  
11:30 **GR** Beginners Bridge Class  
1:00 **ACT** Line Dancing  
1:45 **T** Saturday Matinee  
2:15 **ACT** Bingo  
3:30 **PTH** Social Hour  
8:00 **T** Movie Classics

**25**  
10:00 **BC** Shabbat -Virtual Service  
10:00 **Bus** AM Shopping Shuttle  
10:30 **ACT** Yoga Flow  
11:30 **ACT** Finish the Lines  
11:30 **GR** Beginners Bridge Class  
1:00 **ACT** Line Dancing  
1:45 **T** Saturday Matinee  
2:15 **ACT** Bingo  
3:30 **PTH** Social Hour  
8:00 **T** Virtual Concert



#### Happy New Year!

##### Monthly Observances

Book Blitz Month  
National Hot Tea Month  
Family Fit Lifestyle Month  
Brain Teaser Month

##### Special Days

Jan 1- New Year's Day  
Jan 6- Three Kings Day  
Jan 20- Martin Luther King Jr. Day  
Jan 27- Holocaust Memorial Day  
Jan 29- Chinese New Year  
Jan 31- Grammy Awards Day  
Poker- Every Tuesday @ 2pm  
Yoga with Mimi- Mondays & Fridays @ 3:15pm  
Walking Club- Mondays & Fridays

*\*All Activities are Subject to Change*

#### LOCATION KEY

**PTH** Penthouse Pub  
**ACT** Activity Room  
**B** Bistro  
**ML** Meet in Lobby  
**T** Theater  
**GR** Game Room  
**AS** Art Studio  
**Bus** Bus Trip  
**L** Library  
**BC** Business Center

## Sunday



## Monday

### Allegro in Harrington Park

200 Old Hook Road  
Harrington Park, NJ 07640  
(201) 899-4440

<https://www.allegroliving.com/senior-living-harrington-park.html>

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

## Around our Community

- 5**  
10:00 **CR** Virtual Catholic Mass  
11:00 **LR** Therapeutic Arts  
11:30 **P** Gentle Stretching w/ Anne  
2:30 **P** Snack N' Chat  
2:45 **LR** Affirmation Nation  
3:00 **CR** Calm Breathing Bubble  
3:30 **LR** Golden Globe Showing  
4:00 **LR** Bingo  
6:00 **LR** Concert Series

- 12**  
10:00 **CR** Virtual Catholic Mass  
11:00 **LR** Therapeutic Arts  
11:30 **P** Gentle Stretching w/ Anne  
2:30 **P** Snack N' Chat  
2:45 **LR** Affirmation Nation  
3:00 **CR** Calm Breathing Bubble  
3:30 **LR** Today in History Trivia  
4:00 **LR** Bingo  
6:00 **LR** Concert Series

- 19**  
10:00 **CR** Virtual Catholic Mass  
11:00 **LR** Therapeutic Arts  
11:30 **P** Gentle Stretching w/ Anne  
2:30 **P** Snack N' Chat  
2:45 **LR** Affirmation Nation  
3:00 **CR** Calm Breathing Bubble  
3:30 **LR** In Review: Dolly Parton  
4:00 **LR** Bingo  
6:00 **LR** Concert Series

- 26**  
10:00 **CR** Virtual Catholic Mass  
11:00 **LR** Therapeutic Arts  
11:30 **P** Gentle Stretching w/ Anne  
2:30 **P** Snack N' Chat  
2:45 **LR** Affirmation Nation  
3:00 **CR** Calm Breathing Bubble  
3:30 **LR** Today in History Trivia  
4:00 **LR** Bingo  
6:00 **LR** Concert Series

- 6**  
10:00 **LR** Wheel of Fortune Tour  
10:45 **LR** Rosary Group  
11:00 **LR** Crafting Corner  
11:30 **LR** Gentle Yoga  
1:00 **O** Walk Around Allegro  
1:30 **LR** Let's Talk: New Mexico  
2:00 **LR** Afternoon Trivia  
3:00 **LR** Sports Galore  
4:00 **LR** Bingo  
6:00 **LR** Coffee and Conversations

- 13**  
10:00 **LR** Wheel of Fortune  
10:45 **LR** Rosary Group  
11:00 **LR** Crafting Corner  
11:30 **LR** Gentle Yoga  
1:00 **O** Walk Around Allegro  
1:30 **LR** Walk the Line Movie  
2:00 **LR** Afternoon Trivia  
3:00 **LR** Zumba Gold  
4:00 **LR** Bingo  
6:00 **LR** Coffee and Conversations

- 20** **MLK Jr. Day**  
10:00 **LR** Wheel of Fortune  
10:45 **LR** Rosary Group  
11:00 **LR** Crafting Corner  
11:30 **LR** Gentle Yoga  
1:00 **O** Walk Around Allegro  
1:30 **LR** MLK Jr. Legacy  
2:00 **LR** Afternoon Trivia  
3:00 **LR** Sports Galore  
4:00 **LR** Live Entertainment  
6:00 **LR** Coffee and Conversations

- 27**  
10:00 **LR** Wheel of Fortune  
10:45 **LR** Rosary Group  
11:00 **LR** Crafting Corner  
11:30 **LR** Gentle Yoga  
1:00 **O** Walk Around Allegro  
1:30 **LR** Good Advice  
2:00 **LR** Mad Hatter Trivia  
3:00 **LR** Zumba Gold  
4:00 **LR** Bingo  
6:00 **LR** Coffee and Conversations

- 7**  
10:00 **LR** Let's Talk: Galileo  
10:30 **LR** Paper Crafting  
11:30 **LR** Total Body Movement  
1:30 **LR** Afternoon Stretch  
1:45 **Bus** Scenic Ride  
2:00 **LR** Cooking Class  
3:00 **LR** Pass the Popcorn!  
3:30 **PTH** Wine and Unwind  
4:00 **P** Bingo  
6:00 **CR** Ensemble Singing Society

- 14**  
10:00 **LR** Let's Talk: Ancient Rome  
10:30 **LR** Paper Crafting  
11:30 **LR** Total Body Movement  
1:30 **LR** Afternoon Stretch  
1:45 **Bus** Starbucks Run  
2:00 **LR** Cooking Class  
3:00 **LR** Pass the Popcorn!  
3:30 **PTH** Wine and Unwind  
4:00 **P** Bingo  
6:00 **CR** Ensemble Singing Society

- 21**  
9:00 **Bus** Ensemble Shopping Trip  
10:00 **LR** Let's Talk  
10:30 **LR** Paper Crafting  
11:30 **LR** Total Body Movement  
1:30 **LR** Afternoon Stretch  
2:00 **LR** Cooking Class  
3:00 **LR** Pass the Popcorn!  
3:30 **PTH** Wine and Unwind  
4:00 **P** Bingo  
6:00 **CR** Ensemble Singing Society

- 28**  
10:00 **LR** Let's Talk: Eiffel Tower  
10:30 **LR** Paper Crafting  
11:30 **LR** Total Body Movement  
1:30 **LR** Afternoon Stretch  
2:00 **LR** Cooking Class  
3:00 **LR** Pass the Popcorn!  
3:30 **PTH** Wine and Unwind  
4:00 **P** Bingo  
6:00 **CR** Ensemble Singing Society

- 8**  
10:00 **LR** Price is Right  
11:00 **LR** Nature's Art  
11:15 **LR** Balance & Strength Fitness  
1:00 **LR** Walking Club  
1:15 **P** Wellness Melodies  
2:15 **LR** The Passport Series  
3:00 **CR** Karaoke  
3:30 **LR** Music for Joy  
4:15 **LR** Bingo  
6:00 **DR** Posi-ti-vi Tea

- 15**  
10:00 **LR** Price is Right  
11:00 **LR** Nature's Art  
11:15 **LR** Balance & Strength Fitness  
1:00 **LR** Walking Club  
1:15 **P** Wellness Melodies  
3:00 **CR** Let's Talk: Flight 1549  
3:30 **LR** Bingo  
4:15 **LR** Live Entertainment  
6:00 **DR** Posi-ti-vi Tea

- 22**  
10:00 **LR** Price is Right  
11:00 **LR** Nature's Art  
11:15 **LR** Balance & Strength Fitness  
1:00 **LR** Walking Club  
1:15 **P** Wellness Melodies  
3:00 **CR** Let's Talk  
3:30 **LR** Music for Joy  
4:15 **LR** Bingo  
6:00 **DR** Posi-ti-vi Tea

- 29**  
10:00 **LR** Price is Right  
11:00 **LR** Nature's Art  
11:15 **LR** Balance & Strength Fitness  
1:00 **LR** Walking Club  
1:15 **P** Wellness Melodies  
3:00 **CR** Let's Talk  
3:30 **LR** Music for Joy  
4:15 **LR** Bingo  
6:00 **DR** Posi-ti-vi Tea

- 2**  
10:00 **LR** Let's Talk  
11:00 **P** Mindful Moments  
11:30 **LR** Total Body Fitness  
1:30 **P** Wellness Melodies  
2:00 **P** Chapter's Inc.  
2:30 **LR** Freestyle Workout  
2:45 **LR** Affirmation Nation  
4:15 **CR** Karaoke  
6:00 **CR** Life Long Learning

- 9**  
10:00 **LR** Let's Talk  
11:00 **P** Mindful Moments  
11:30 **LR** Calm Breathing Bubble  
1:00 **LR** Bingo  
2:45 **LR** Affirmation Nation  
3:00 **DR** Cooking Class  
3:30 **LR** Gentle Workouts w/ Debbie  
4:15 **CR** Karaoke  
6:00 **CR** Life Long Learning

- 16**  
10:00 **LR** Let's Talk  
11:00 **P** Mindful Moments  
11:15 **LR** Total Body Fitness  
1:30 **P** Wellness Melodies  
2:00 **P** Chapter's Inc.  
2:30 **LR** Freestyle Workout  
2:45 **LR** Affirmation Nation  
4:15 **CR** Karaoke  
6:00 **CR** Life Long Learning

- 23**  
10:00 **LR** Let's Talk  
11:00 **P** Mindful Moments  
11:30 **LR** Calm Breathing Bubble  
1:00 **LR** Bingo  
2:45 **LR** Affirmation Nation  
3:00 **DR** Cooking Class  
3:30 **LR** Gentle Workouts w/ Debbie  
4:15 **CR** Karaoke  
6:00 **CR** Life Long Learning

- 30**  
10:00 **LR** Let's Talk  
11:00 **P** Mindful Moments  
11:15 **LR** Total Body Fitness  
1:30 **P** Wellness Melodies  
2:00 **P** Chapter's Inc.  
2:30 **LR** Freestyle Workout  
2:45 **LR** Affirmation Nation  
4:15 **CR** Karaoke  
6:00 **CR** Life Long Learning

- 3**  
10:00 **LR** In Review: Alaska  
11:00 **LR** Crafting Corner  
11:30 **LR** Latin Fusion Revolution  
1:00 **LR** Music Therapy  
1:15 **T** Fridays at the Movies  
2:30 **LR** Drum Fitness  
3:30 **LR** Bingo  
4:15 **LR** You Name It! Pictionary  
6:00 **CR** Virtual Shabbat Services

- 10**  
10:00 **LR** Let's Talk: Houseplants  
11:00 **LR** Inner Spirit Art  
11:30 **LR** Latin Fusion Revolution  
1:15 **T** Fridays at the Movies  
2:00 **P** Chapters Inc.  
3:00 **LR** Fitness with HP  
3:30 **LR** Bingo  
4:15 **LR** You Name It! Pictionary  
6:00 **CR** Virtual Shabbat Services

- 17**  
10:00 **LR** In Review: Muhamma Ali  
11:00 **LR** Crafting Corner  
11:30 **LR** Latin Fusion Revolution  
1:00 **LR** Music Therapy  
1:15 **T** Fridays at the Movies  
2:30 **LR** Drum Fitness  
3:30 **LR** Bingo  
4:15 **LR** You Name It! Pictionary  
6:00 **CR** Virtual Shabbat Services

- 24**  
10:00 **LR** Storytelling 101  
11:00 **LR** Inner Spirit Art  
11:30 **LR** Latin Fusion Revolution  
1:15 **T** Fridays at the Movies  
2:00 **P** Chapters Inc.  
3:00 **LR** Fitness with HP  
3:30 **LR** Bingo  
4:15 **LR** You Name It! Pictionary  
6:00 **CR** Virtual Shabbat Services

- 31**  
10:00 **LR** Storytelling 101  
11:00 **LR** Crafting Corner  
11:30 **LR** Latin Fusion Revolution  
1:15 **T** Fridays at the Movies  
2:30 **LR** Drum Fitness  
3:30 **LR** Bingo  
4:15 **LR** You Name It! Pictionary  
6:00 **CR** Virtual Shabbat Services

- 4**  
9:00 **CR** HBD Sir Isaac Newton  
10:00 **LR** Family Feud  
10:30 **P** Paws & Relax  
11:15 **LR** Manicure Madness  
1:15 **LR** Color Me Happy  
2:00 **LR** Jogging your Noggin  
3:00 **LR** Balloon Volleyball  
3:30 **LR** Bingo  
4:00 **CR** The Price is Right  
6:00 **LR** Concert Series

- 11**  
9:00 **CR** Today in History  
10:00 **LR** Family Feud  
10:30 **P** Paws & Relax  
1:15 **LR** Color Me Happy  
2:00 **LR** Jogging your Noggin  
3:00 **LR** Balloon Volleyball  
3:30 **LR** Bingo  
4:00 **CR** The Price is Right  
6:00 **LR** Concert Series

- 18**  
9:00 **CR** Today in History  
10:00 **LR** Family Feud  
10:30 **P** Paws & Relax  
11:15 **LR** Manicure Madness  
1:15 **LR** Color Me Happy  
2:00 **LR** Jogging your Noggin  
3:00 **LR** Balloon Volleyball  
3:30 **LR** Bingo  
4:00 **CR** The Price is Right  
6:00 **LR** Concert Series

- 25**  
9:00 **CR** Today in History  
10:00 **LR** Family Feud  
10:30 **P** Paws & Relax  
1:15 **LR** Color Me Happy  
2:00 **LR** Jogging your Noggin  
3:00 **LR** Balloon Volleyball  
3:30 **LR** Bingo  
4:00 **CR** The Price is Right  
6:00 **LR** Concert Series



### What's Going On?

#### What's Happening?

- Boxing Month
- Creativity Month
- Hot Tea Month
- New Beginnings Month
- Self-Love Month
- Trivia Month

#### Special Days & Holidays

- New Year's Day  
1.1.2025
- Martin Luther King Jr. Day  
1.20.2025

#### Fun Fact

Americans drink 360 million glasses of champagne for New Years, and over one million people watch the ball drop in Time Square.

### LOCATION KEY

- LR** Living Room
- P** Patio
- DR** Dining Room
- CR** iN2L Computer
- T** Theater
- O** Outdoors
- Bus** Bus Trip
- PTH** Penthouse Pub