





# ENJOYING JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				11:30am Café Corner 1 1:00pm Wellness Clinic with Pat 2:00pm Bridge	10:00am CrossFit Fun-Core Conditioning 2 11:15am Ageless Yoga with Annette 2:00pm Bridge 5:00pm Candle Lighting & Cocktail Music	11:15am Ageless Yoga with Annette 3 6:30pm Trivial Pursuit
11:15am Ageless Yoga with Annette-Community 4 2:00pm Bridge 7:30pm Various Card Games	11:15am Ageless Yoga with Annette 5 12:15pm Piano Playing by Annette 1:30pm Mystery Outing 7:30pm Evening Cinema	10:00am CrossFit Fun-Circuit Training 6 11:00am Piano Entertainment by Hoy Yip 11:30am Floral Art Club 1:30pm Classic Matinee 3:30pm Guys & Doll's Billiards	11:15am Ageless Yoga with Annette 7 12:00pm Piano Entertainment by Hoy Yip 1:30pm Creative Arts 3:30pm Cribbage Tournament	10:00am CrossFit Fun-Strength Training 8 11:30am Café Corner with Pat 1:00pm Wellness Clinic 2:00pm Bridge	10:00am CrossFit Fun-Core Conditioning 9 11:15am Ageless Yoga with Annette 2:00pm Bridge 5:00pm Candle Lighting & Cocktail Music	11:15am Ageless Yoga with Annette 10 3:30pm PERK Activities with Rosemary 6:30pm Trivial Pursuit
11:15am Ageless Yoga with Annette-Community 11 2:00pm Bridge 4:30pm Family Buffet 7:30pm Various Card Games	11:15am Ageless Yoga with Annette 12 12:15pm Piano Playing by Annette 1:30pm Mystery Outing 7:30pm Evening Cinema	10:00am CrossFit Fun-Circuit Training 13 11:00am Piano Entertainment by Hoy Yip 11:30am Floral Art Club 1:30pm Classic Matinee 3:30pm Guys & Doll's Billiards	11:15am Ageless Yoga with Annette 14 12:00pm Piano Entertainment by Hoy Yip 2:00pm Resident Meeting with Julie 3:30pm Cribbage Tournament	10:00am CrossFit Fun-Strength Training 15 11:30am Café Corner with Pat 1:00pm Wellness Clinic 2:00pm Bridge	10:00am CrossFit Fun-Core Conditioning 16 11:15am Ageless Yoga with Annette 2:00pm Bridge 5:00pm Candle Lighting & Cocktail Music	11:15am Ageless Yoga with Annette 17 3:30pm PERK Activities with Rosemary 6:30pm Trivial Pursuit
11:15am Ageless Yoga with Annette-Community 18 2:00pm Bridge 4:30pm Family Buffet 7:30pm Various Card Games	11:15am Ageless Yoga with Annette 19 12:15pm Piano Playing by Annette 2:30pm Brock house Choir 7:30pm Evening Cinema	10:00am CrossFit Fun-Circuit Training 20 11:00am Piano Entertainment by Hoy Yip 11:30am Floral Art Club 1:30pm Classic Matinee 3:30pm Guys & Doll's Billiards	11:15am Ageless Yoga with Annette 21 12:00pm Piano Entertainment by Hoy Yip 2:30pm Chef Demo with Rob 3:30pm Cribbage Tournament	10:00am CrossFit Fun-Strength Training 22 11:30am Café Corner with Pat 1:00pm Wellness Clinic 1:30pm Estate Planning Seminar 2:00pm Bridge	10:00am CrossFit Fun-Core Conditioning 23 11:15am Ageless Yoga with Annette 2:00pm Falls Prevention with Medical Pharmacy 2:00pm Bridge 5:00pm Candle Lighting & Cocktail Music	11:00am "Breakfast at Legacy" Brunch 24 11:15am Ageless Yoga with Annette 3:30pm PERK Activities with Rosemary 6:30pm Trivial Pursuit
11:15am Ageless Yoga with Annette-Community 25 2:00pm Bridge 4:30pm Robbie Burns Day Buffet 7:30pm Various Card Games	11:15am Ageless Yoga with Annette 26 12:15pm Piano Playing by Annette 1:30pm Mystery Outing 7:30pm Evening Cinema	10:00am CrossFit Fun-Circuit Training 27 11:00am Piano Entertainment by Hoy Yip 11:30am Floral Art Club 1:30pm Classic Matinee 3:30pm Guys & Doll's Billiards	11:15am Ageless Yoga with Annette 28 12:00pm Piano Entertainment by Hoy Yip 3:00pm Fireside Chat with Walter	10:00am CrossFit Fun-Strength Training 29 11:30am Café Corner with Pat 1:00pm Wellness Clinic 1:30pm Estate Planning Seminar Pt. 2 2:00pm Bridge	10:00am CrossFit Fun-Core Conditioning 30 11:15am Ageless Yoga with Annette 2:00pm Bridge 5:00pm Candle Lighting & Cocktail Music	11:15am Ageless Yoga with Annette 31 3:30pm PERK Activities with Rosemary 6:30pm Trivial Pursuit