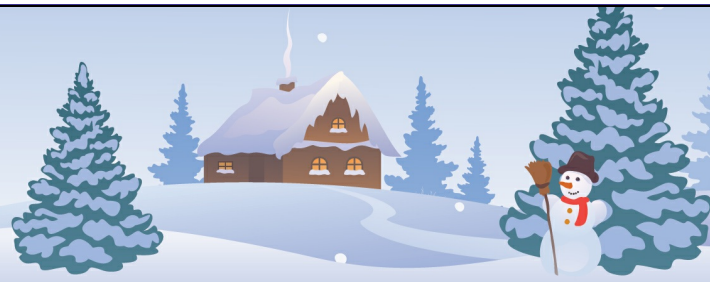


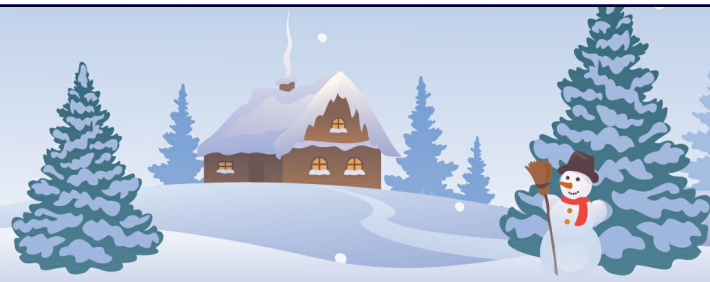
JANUARY 2022

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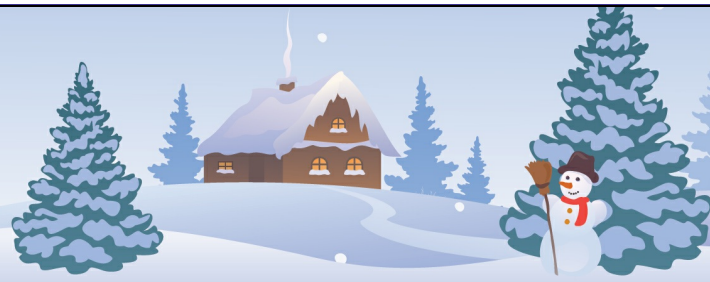
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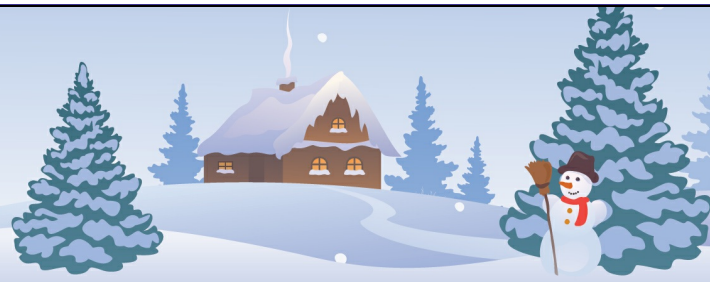
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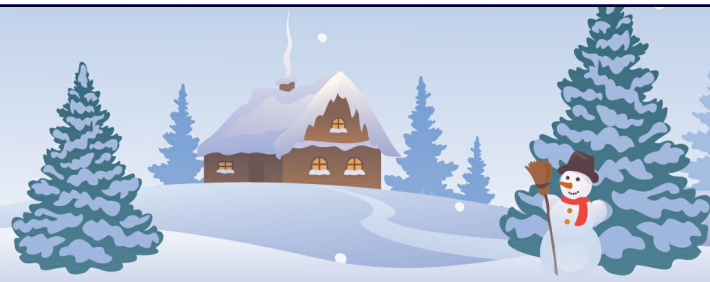
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2 Balance Guess the Animal Livestream Exercise Channel 2 Sausage & Peppers Hawaiian Sliders Relax & Recharge	3 What a Wonderful World Chair Yoga Memory Box Livestream Exercise Channel 2 Peanut Butter Cookie Cups Relax & Recharge	4 Drum Circle Tell Me Something Good Livestream Exercise Channel 2 Cookies & Cream Ice Cream Relax & Recharge Live stream movie Channel 2	5 Quick Qigong Famous Pairs Livestream Exercise Channel 2 Monster Cookie Energy Bites Relax & Recharge Live stream movie Channel 2	6 80s Flashback Life Story Livestream Exercise Channel 2 Pizza Quesadillas Relax & Recharge Live stream movie Channel 2	7 Mindfulness Matters Rolling 31 Days Livestream Exercise Channel 2 Chocolate T ruffles Relax & Recharge Live stream movie Channel 2	8 Roll in the New Year New Year Word Poem Livestream Exercise Channel 2 Bacon Cheese Balls Relax & Recharge Live stream movie Channel 2
9 Balance Guess the Animal Livestream Exercise Channel 2 Ham, Egg & Cheese Hawaiian Sliders Relax & Recharge	10 What a Wonderful World Chair Yoga Memory Box Livestream Exercise Channel 2 Chocolate Cookie Cups Relax & Recharge	11 Drum Circle Tell Me Something Good Livestream Exercise Channel 2 Strawberry Ice Cream Relax & Recharge Live stream movie Channel 2	12 Quick Qigong Famous Pairs Livestream Exercise Channel 2 Blueberry Muffin Energy Bites Relax & Recharge Live stream movie Channel 2	13 80s Flashback Life Story Livestream Exercise Channel 2 Strawberry Peanut Butter Quesadilla Relax & Recharge	14 Mindfulness Matters Rolling 31 Days Livestream Exercise Channel 2 Nutty T ruffles Relax & Recharge Live stream movie Channel 2	15 Roll in the New Year New Year Word Poem Livestream Exercise Channel 2 Chocolate Chip Cheesecake Balls Relax & Recharge Live stream movie Channel 2
16 Balance Guess the Animal Livestream Exercise Channel 2 Philly Cheesesteak Hawaiian Sliders Sunday Brunch	17 Martin Luther King Day What a Wonderful World Chair Yoga Memory Box Livestream Exercise Channel 2 Caramel Cookie Cups Relax & Recharge	18 Drum Circle Tell Me Something Good Livestream Exercise Channel 2 Chocolate Ice Cream Relax & Recharge Live stream movie Channel 2	19 Quick Qigong Famous Pairs Livestream Exercise Channel 2 Bible Study w/Jim Peanut Butter Chocolate Chip Energy Bites	20 80s Flashback Life Story Livestream Exercise Channel 2 Art with Molly Veggie Quesadillas Relax & Recharge	21 Mindfulness Matters Rolling 31 Days Livestream Exercise Channel 2 Candy T ruffles Relax & Recharge Live stream movie Channel 2	22 Roll in the New Year New Year Word Poem Livestream Exercise Channel 2 Salami Cheese Balls Relax & Recharge Live stream movie Channel 2
23 Balance Guess the Animal Livestream Exercise Channel 2 Caprese Hawaiian Sliders Relax & Recharge Live stream movie Channel 2	24 What a Wonderful World Chair Yoga Memory Box Livestream Exercise Channel 2 Cookies & Cream Cookie Cups Relax & Recharge	25 Drum Circle Tell Me Something Good Livestream Exercise Channel 2 Caramel Ice Cream Relax & Recharge Live stream movie Channel 2	26 Quick Qigong Famous Pairs Livestream Exercise Channel 2 Sweet and Salty Energy Bites Relax & Recharge Live stream movie Channel 2	27 80s Flashback Life Story Livestream Exercise Channel 2 PB & J S'mores Quesadilla Relax & Recharge Live stream movie Channel 2	28 Mindfulness Matters Rolling 31 Days Livestream Exercise Channel 2 Cranberry T ruffles Relax & Recharge Live stream movie Channel 2	29 Roll in the New Year New Year Word Poem Livestream Exercise Channel 2 Nutty Pimento Cheese Balls Relax & Recharge Live stream movie Channel 2
30 Balance Guess the Animal Livestream Exercise Channel 2 Roasted Veggie Hawaiian Sliders Relax & Recharge Live stream movie Channel 2	31 What a Wonderful World Chair Yoga Memory Box Livestream Exercise Channel 2 Dark Chocolate Cookie Cups Relax & Recharge					



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activity Locations CH - Clubhouse	Make sure you are watching for any fun upcoming activity notices in your mail! **At this time the clubhouse is not available for any family gatherings	GG - Group Games I - Inspirations IG - Just the Guys K - Keeping it Sharp/Reminisce S - Signature Events V - Vitality	Key CH=Clubhouse Come to the clubhouse and check out Kathy's activity board for all things fun happening in			1 New Year's Day V exercise room open
2 V exercise room open	3 V exercise room open	4 V exercise room open I 10:00 Rosary in Clubhouse K 3:00 Bingo (CH)	5 V exercise room open GG 2:00 Pinnacle (CH)	6 V exercise room open K 3:00 Bingo (CH) IG 4:00 Men's Group with snacks (CH) Men Only Please	7 V exercise room open S 2:30 Happy Hour in the clubhouse	8 V exercise room open
9 V exercise room open	10 V exercise room open	11 V exercise room open I 10:00 Rosary in Clubhouse K 3:00 Bingo (CH)	12 V exercise room open GG 2:00 Pinnacle (CH)	13 V exercise room open S 1:30 Senior Executive Luncheon - AL Dining Room (CANCELLED)	14 V exercise room open S 2:30 Happy Hour in the clubhouse	15 V exercise room open
16 V exercise room open	17 Martin Luther King Day V exercise room open	18 V exercise room open I 10:00 Rosary in Clubhouse K 11:00 Bellevue Mobile Library (CH)	19 V exercise room open GG 2:00 Pinnacle (CH)	20 V exercise room open I 1:30 Catholic Mass Assisted Living Activity Room K 2:00 Bingo (CH)	21 V exercise room open S 2:30 Happy Hour in the clubhouse	22 V exercise room open
23 V exercise room open	24 V exercise room open	25 V exercise room open I 10:00 Rosary in Clubhouse K 3:00 Bingo (CH)	26 V exercise room open GG 2:00 Pinnacle (CH)	27 V exercise room open K 3:00 Bingo (CH) IG 4:00 Men's Group with snacks (CH) Men Only Please	28 V exercise room open S 2:30 Happy Hour in the clubhouse	29 V exercise room open
30 V exercise room open	31 V exercise room open					