


EMPOWERED LIVING® EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<p>9:30 ➔ Pool - Exercise [P] 1</p> <p>9:30 ➔ Stretch, Strength, and Balance with Julie [F]</p> <p>10:00 ♡ Daily Movie - "Gran Turismo" [T]</p> <p>11:00 ♡ Book Club - Join us the first Monday of every month! [W]</p> <p>1:00 ♡ Chimp Empire [ES]</p> <p>3:00 ♡ New Years Crossword Packet</p>	<p>Happy Birthday, Verna B! 2</p> <p>8:00ai ♡ Medical Valet [L]</p> <p>9:30 ➔ Stretch, Strength, and Balance with Julie [F]</p> <p>10:00 ♡ Daily Movie - "A Walk to Remember" [T]</p> <p>10:30 ♡ In Person Devotional Services in Clearbrook [CMSA]</p> <p>1:00 ♡ Card Games - For the card shark! [AR]</p> <p>2:00 ♡ Classic 25 Cent Bingo [ES]</p> <p>3:00 ♡ Our Time Together - Join us for our peer support group! [W]</p> <p>4:00 ♡ Clearwater Crooners Musical Group Rehearsal [F]</p>	<p>9:15 ♡ Fry's Grocery 10% Senior Day [L] 3</p> <p>9:30 ➔ Balance and Coordination [F]</p> <p>10:00 ♡ Daily Movie - "Your Place or Mine" [T]</p> <p>10:30 ♡ Card Making Class [B]</p> <p>11:00 ♡ MasterClass - Mindfulness and Meditation with Jon Kabat-Zinn [ES]</p> <p>1:30 ♡ Canadian Salad [AR]</p> <p>2:00 ♡ Classic 25 Cent Bingo [ES]</p> <p>3:30 ♡ Wine Wednesday-Meet & Greet with Laura Leigh [B]</p>	<p>8:00ai ♡ Medical Valet [L] 4</p> <p>9:30 ➔ Stretch, Strength, and Balance with Julie [F]</p> <p>9:30 ➔ Swim Gym - Join your fellow residents in the pool! [P]</p> <p>10:00 ♡ Daily Movie - "I Wanna Dance With Somebody" [T]</p> <p>11:00 ♡ Moving Mindfully into the New Year</p> <p>1:00 ♡ Nintendo Switch Bowling [BR]</p> <p>2:00 ♡ Classic 25 Cent Bingo [ES]</p> <p>3:00 ♡ Karaoke with Friends [T]</p> <p>6:30 ♡ An Evening At The Cinema - "Book Club" [T]</p>	<p>8:00ai ♡ Personal & Medical Transportation Services 5</p> <p>9:30 ➔ Forever Fit Friday - Full Body Exercises with EmpowerMe [F]</p> <p>10:00 ♡ Daily Movie - "I Can Only Imagine" [T]</p> <p>11:00 ♡ Artistry and Craftmanship [AS]</p> <p>2:00 ♡ Classic 25 Cent Bingo [ES]</p> <p>3:00 ♡ Happy Hour and Entertainment [TUK]</p> <p>4:00 ♡ Avon Boutique [C]</p>	<p>9:30 ➔ Senior Strong - Stability & Stretching for Seniors [F] 6</p> <p>10:00 ♡ Daily Movie - "Harriet" [T]</p> <p>11:00 ♡ Come Play Left Right Center [B]</p> <p>1:30 ♡ Hand, Knee and Foot Card Game [AR]</p> <p>2:00 ♡ Classic 25 Cent Bingo [ES]</p> <p>2:00 ♡ Clearwater Crooners Musical Group Rehearsal [F]</p> <p>3:30 ♡ Meet 'n' Greet New Residents [B]</p>	
	<p>8:30 ♡ St. Benedicts Church [L] 7</p> <p>9:30 ♡ Coffee Chat [B]</p> <p>10:30 ♡ Brunch Bunch - Join your friends in the TUK [TUK]</p> <p>10:30 ♡ Desert Cross Lutheran Church Service on TV [T]</p> <p>12:45 ♡ Valley Presbyterian Traditional Worship Service on TV [T]</p> <p>1:00 ♡ Netflix Docuseries: Animal [ES]</p> <p>3:30 ♡ Special Screening Sunday Series - Virgin River Season 1 [T]</p>	<p>9:30 ➔ Pool - Exercise [P] 8</p> <p>9:30 ➔ Stretch, Strength, and Balance with Julie [F]</p> <p>10:00 ♡ Daily Movie - "The Next 3 Days" [T]</p> <p>1:00 ♡ Chimp Empire [ES]</p> <p>3:00 ♡ Calendar Chat - Lifestyle and Empowered Living Forum [ES]</p>	<p>8:00ai ♡ Medical Valet [L] 9</p> <p>9:30 ➔ Stretch, Strength, and Balance with Julie [F]</p> <p>10:00 ♡ Daily Movie - 2000s & 90s [T]</p> <p>10:30 ♡ In Person Devotional Services in Clearbrook [CMSA]</p> <p>1:00 ♡ Card Games - For the card shark! [AR]</p> <p>2:00 ♡ Classic 25 Cent Bingo [ES]</p> <p>3:00 ♡ Our Time Together - Join us for our peer support group! [W]</p> <p>4:00 ♡ Clearwater Crooners Musical Group Rehearsal [F]</p>	<p>Happy Birthday Bill B! 10</p> <p>9:15 ♡ Fry's Grocery 10% Senior Day [L]</p> <p>9:30 ➔ Balance and Coordination [F]</p> <p>10:00 ♡ Daily Movie - 80s & 70s [T]</p> <p>10:30 ♡ Card Making Class [B]</p> <p>11:00 ♡ MasterClass - Mindfulness and Meditation with Jon Kabat-Zinn [ES]</p> <p>1:30 ♡ Canadian Salad [AR]</p> <p>2:00 ♡ Classic 25 Cent Bingo [ES]</p> <p>3:30 ♡ Wine Wednesday [B]</p>	<p>8:00ai ♡ Medical Valet [L] 11</p> <p>9:30 ➔ Stretch, Strength, and Balance with Julie [F]</p> <p>9:30 ➔ Swim Gym - Join your fellow residents in the pool! [P]</p> <p>10:00 ♡ Daily Movie - Oscars [T]</p> <p>1:00 ♡ Nintendo Switch Bowling [BR]</p> <p>2:00 ♡ Classic 25 Cent Bingo [ES]</p> <p>3:00 ♡ Clearwater Crooners Musical Group Rehearsal</p> <p>3:30 ♡ Tea Party [TR]</p> <p>6:30 ♡ An Evening At The Cinema - [T]</p>	<p>8:00ai ♡ Personal & Medical Transportation Services 12</p> <p>9:30 ➔ Forever Fit Friday - Full Body Exercises with EmpowerMe [F]</p> <p>10:00 ♡ Daily Movie - Hidden Gems [T]</p> <p>11:00 ♡ Artistry and Craftmanship [AS]</p> <p>2:00 ♡ Classic 25 Cent Bingo [ES]</p> <p>3:00 ♡ Happy Hour and Entertainment [TUK]</p>	<p>Happy Birthday Barrie G! 13</p> <p>Happy Birthday Carolyn R!</p> <p>9:30 ➔ Senior Strong - Stability & Stretching for Seniors [F]</p> <p>10:00 ♡ Daily Movie - Blockbuster Hits [T]</p> <p>11:00 ♡ Come Play Left Right Center [B]</p> <p>1:30 ♡ Hand, Knee and Foot Card Game [AR]</p> <p>2:00 ♡ Classic 25 Cent Bingo [ES]</p> <p>2:00 ♡ Clearwater Crooners Musical Group Rehearsal [F]</p> <p>3:30 ♡ Meet 'n' Greet New Residents [B]</p>
	<p>8:30 ♡ St. Benedicts Church [L] 14</p> <p>9:30 ♡ Coffee Chat [B]</p> <p>10:30 ♡ Brunch Bunch - Join your friends in the TUK [TUK]</p> <p>10:30 ♡ Desert Cross Lutheran Church Service on TV [T]</p> <p>12:45 ♡ Valley Presbyterian Traditional Worship Service on TV [T]</p> <p>1:00 ♡ Netflix Docuseries: Animal [ES]</p> <p>3:30 ♡ Special Screening Sunday Series - Virgin River Season 1 [T]</p>	<p>9:30 ➔ Pool - Exercise [P] 15</p> <p>9:30 ➔ Stretch, Strength, and Balance with Julie [F]</p> <p>10:00 ♡ Daily Movie - New Releases [T]</p> <p>1:00 ♡ Chimp Empire [ES]</p> <p>3:00 ♡ Veteran's Club Meeting - All veteran's and spouses welcome [ES]</p>	<p>Happy Birthday Carol F! 16</p> <p>Happy Birthday Jody G!</p> <p>Happy Birthday Mina R!</p> <p>8:00ai ♡ Medical Valet [L]</p> <p>9:30 ➔ Stretch, Strength, and Balance with Julie [F]</p> <p>10:00 ♡ Daily Movie - 2000s & 90s [T]</p> <p>10:30 ♡ In Person Devotional Services in Clearbrook [CMSA]</p> <p>1:00 ♡ Card Games - For the card shark! [AR]</p> <p>2:00 ♡ Classic 25 Cent Bingo [ES]</p> <p>3:00 ♡ Our Time Together - Join us for our peer support group! [W]</p> <p>4:00 ♡ Clearwater Crooners Musical Group Dress Rehearsal [F]</p>	<p>Happy Birthday Greg D! 17</p> <p>Happy Birthday Sharon B!</p> <p>9:15 ♡ Fry's Grocery 10% Senior Day [L]</p> <p>9:30 ➔ Balance and Coordination [F]</p> <p>10:00 ♡ Daily Movie - 80s & 70s [T]</p> <p>10:30 ♡ Card Making Class [B]</p> <p>10:30 ♡ New Resident Orientation [ES]</p> <p>11:00 ♡ Lunch Bunch [L]</p> <p>11:00 ♡ MasterClass - Mindfulness and Meditation with Jon Kabat-Zinn [ES]</p> <p>1:30 ♡ Canadian Salad [AR]</p> <p>2:00 ♡ Classic 25 Cent Bingo [ES]</p> <p>3:30 ♡ Wine Wednesday [B]</p>	<p>8:00ai ♡ Medical Valet [L] 18</p> <p>9:30 ➔ Stretch, Strength, and Balance with Julie [F]</p> <p>9:30 ➔ Swim Gym - Join your fellow residents in the pool! [P]</p> <p>10:00 ♡ Daily Movie - Oscars [T]</p> <p>11:00 ♡ Town Hall - Forum with Executive Director [ES]</p> <p>1:00 ♡ Nintendo Switch Bowling [BR]</p> <p>2:00 ♡ Classic 25 Cent Bingo [ES]</p> <p>3:00 ♡ Crooners Performance [BR]</p> <p>6:30 ♡ An Evening At The Cinema - [T]</p>	<p>8:00ai ♡ Personal & Medical Transportation Services 19</p> <p>9:30 ➔ Forever Fit Friday - Full Body Exercises with EmpowerMe [F]</p> <p>10:00 ♡ Daily Movie - Hidden Gems [T]</p> <p>11:00 ♡ Artistry and Craftmanship [AS]</p> <p>2:00 ♡ Classic 25 Cent Bingo [ES]</p> <p>3:00 ♡ Happy Hour and Entertainment [TUK]</p> <p>3:30 ♡ Paparazzi Jewelry Lady [C]</p>	<p>Happy Birthday Elsie O! 20</p> <p>9:30 ➔ Senior Strong - Stability & Stretching for Seniors [F]</p> <p>10:00 ♡ Daily Movie - Blockbuster Hits [T]</p> <p>10:30 ♡ Coffee Chat [B]</p> <p>11:00 ♡ Come Play Left Right Center [B]</p> <p>1:30 ♡ Hand, Knee and Foot Card Game [AR]</p> <p>2:00 ♡ Classic 25 Cent Bingo [ES]</p>
	<p>8:30 ♡ St. Benedicts Church [L] 21</p> <p>9:30 ♡ Senior Strong w/ LL [F]</p> <p>10:30 ♡ Brunch Bunch - Join your friends in the TUK [TUK]</p> <p>10:30 ♡ Desert Cross Lutheran Church Service on TV [T]</p> <p>12:45 ♡ Valley Presbyterian Traditional Worship Service on TV [T]</p> <p>1:00 ♡ Netflix Docuseries [ES]</p>	<p>9:30 ➔ Pool - Exercise [P] 22</p> <p>9:30 ➔ Stretch, Strength, and Balance with Julie [F]</p> <p>10:00 ♡ Daily Movie - New Releases [T]</p> <p>10:30 ♡ Nintendo Switch Bowling - Strike! [BR]</p> <p>3:30 ♡ Scrabble w/ LL [S]</p>	<p>8:00ai ♡ Medical Valet [L] 23</p> <p>9:30 ➔ Stretch, Strength, and Balance with Julie [F]</p> <p>10:00 ♡ Daily Movie - 2000s & 90s [T]</p> <p>10:30 ♡ In Person Devotional Services in Clearbrook [CMSA]</p> <p>1:00 ♡ Card Games - For the card shark! [AR]</p> <p>2:00 ♡ Classic 25 Cent Bingo [ES]</p> <p>3:00 ♡ Our Time Together - Join us for our peer support group! [W]</p> <p>3:30 ♡ BirthDay Entertainment with Carl Block [TUK]</p>	<p>9:15 ♡ Fry's Grocery 10% Senior Day [L] 24</p> <p>9:30 ➔ Balance and Coordination [F]</p> <p>10:00 ♡ Daily Movie - 80s & 70s [T]</p> <p>10:30 ♡ Card Making Class [B]</p> <p>10:30 ➔ Target Store Run [L]</p> <p>11:00 ♡ MasterClass - Mindfulness and Meditation with Jon Kabat-Zinn [ES]</p> <p>12:00 ♡ Lunch Outing: Spinato's Pizzeria [L]</p> <p>1:30 ♡ Canadian Salad [AR]</p> <p>2:00 ♡ Classic 25 Cent Bingo [ES]</p> <p>3:30 ♡ Wine Wednesday [B]</p>	<p>Happy Birthday Darrel V! 25</p> <p>8:00ai ♡ Medical Valet [L]</p> <p>9:30 ➔ Stretch, Strength, and Balance with Julie [F]</p> <p>9:30 ➔ Swim Gym - Join your fellow residents in the pool! [P]</p> <p>10:00 ♡ Daily Movie - Oscars [T]</p> <p>1:00 ♡ Nintendo Switch Bowling [BR]</p> <p>2:00 ♡ Classic 25 Cent Bingo [ES]</p> <p>3:00 ♡ Taste and Talk - Culinary Forum and Menu Sampling [C]</p> <p>3:30 ♡ High Tea Party [TR]</p> <p>6:30 ♡ An Evening At The Cinema - [T]</p>	<p>8:00ai ♡ Personal & Medical Transportation Services 26</p> <p>9:30 ➔ Forever Fit Friday - Full Body Exercises with EmpowerMe [F]</p> <p>10:00 ♡ Daily Movie - Hidden Gems [T]</p> <p>11:00 ♡ Artistry and Craftmanship [AS]</p> <p>2:00 ♡ Classic 25 Cent Bingo [ES]</p> <p>3:00 ♡ Happy Hour and Entertainment [TUK]</p> <p>4:00 ♡ Crave What You Bling! [C]</p>	<p>9:30 ➔ Senior Strong - Stability & Stretching for Seniors [F] 27</p> <p>10:00 ♡ Daily Movie - Blockbuster Hits [T]</p> <p>11:00 ♡ Come Play Left Right Center [B]</p> <p>1:30 ♡ Hand, Knee and Foot Card Game [AR]</p> <p>2:00 ♡ Classic 25 Cent Bingo [ES]</p> <p>3:30 ♡ Meet 'n' Greet New Residents [B]</p>
	<p>Happy Birthday David A! 28</p> <p>8:30 ♡ St. Benedicts Church [L]</p> <p>10:30 ♡ Brunch Bunch - Join your friends in the TUK [TUK]</p> <p>10:30 ♡ Desert Cross Lutheran Church Service on TV [T]</p> <p>12:45 ♡ Valley Presbyterian Traditional Worship Service on TV [T]</p> <p>1:00 ♡ Netflix Docuseries [ES]</p>	<p>9:30 ➔ Pool - Exercise [P] 29</p> <p>9:30 ➔ Stretch, Strength, and Balance with Julie [F]</p> <p>10:00 ♡ Daily Movie - New Releases [T]</p> <p>10:30 ♡ Nintendo Switch Bowling - Strike! [BR]</p> <p>3:00 ♡ Piano with Ricki [L]</p>	<p>8:00ai ♡ Medical Valet [L] 30</p> <p>9:30 ➔ Stretch, Strength, and Balance with Julie [F]</p> <p>10:00 ♡ Daily Movie - 2000s & 90s [T]</p> <p>10:30 ♡ In Person Devotional Services in Clearbrook [CMSA]</p> <p>1:00 ♡ Card Games - For the card shark! [AR]</p> <p>1:00 ♡ Winter Bible Study [W]</p> <p>2:00 ♡ Classic 25 Cent Bingo [ES]</p> <p>3:00 ♡ Our Time Together - Join us for our peer support group! [W]</p>	<p>9:15 ♡ Fry's Grocery 10% Senior Day [L] 31</p> <p>9:30 ➔ Balance and Coordination [F]</p> <p>10:00 ♡ Daily Movie - 80s & 70s [T]</p> <p>10:30 ♡ Card Making Class [B]</p> <p>10:30 ➔ Target Store Run [L]</p> <p>11:00 ♡ Fire and Disaster Class [ES]</p> <p>1:30 ♡ Canadian Salad [AR]</p> <p>2:00 ♡ Classic 25 Cent Bingo [ES]</p> <p>3:30 ♡ Wine Wednesday [B]</p>	<p>Location Keys</p> <ul style="list-style-type: none"> 🌿 Environmental 💡 Mentally Stimulating 🍷 Nourish Mind & Body ➔ Physically Active 👤 Purpose & Meaning in Life 👥 Social Engagement <p>Activities Room AR Art Studio AS Ballroom BR Bistro B Clearbrook MS Activity Room CMSA Crave C Elite Studies ES Fitness Center F</p> <p>Lobby L Pool P Scrabble Room S Tea Room TR The Tuk TUK Theater T Wine Room W</p>		