
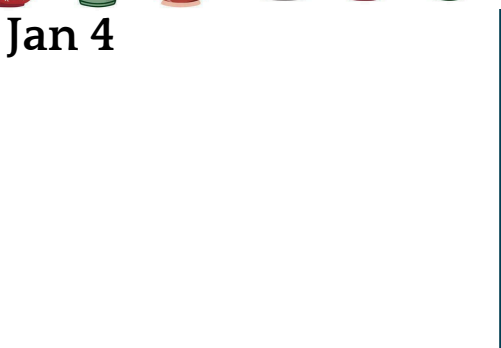


January

Jan 1 
 Our office is closed. We will resume business hours, Thursday, Jan. 2nd at 8:30am. Have a safe, happy, & healthy New Year!

Jan 2
 8:30 am - Stamina/Strength/Stretch - GR
 9:00 am - 1:00 pm - Dr Appt - B
 9:45am-10:45am - Aqua Aerobics - P
 11:00am - 4:00pm - Swim w/Buddy - P
 1:30pm - Mahjong - GR

Jan 3
 8:30 am - 4:00pm - Swim w/Buddy - P
 11:00am-Kunkel Ambulance - GR
 Blood Pressure/Sugar Checks
 1:00pm Table Tennis - GR
 4:00pm - Frank Cannistra - GR
 Frank will be back to entertain us with music & laughter!



Jan 5

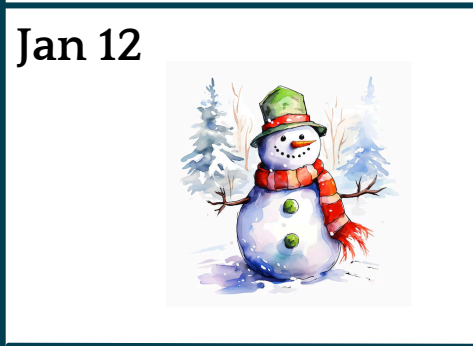
Jan 6
 8:30am - Fitness w/ Lauren GR
 8:30am - 4:00pm - Swim w/Buddy - P
 10:00am - Pool/Billiards - G
 1:30pm - Bingo GR

Jan 7
 8:30am-Balance & Stretch-GR
 9:00 am - 1:00 pm - Dr Appt - B
 9:45 am - Aqua Aerobics P
 11:00am - 4:00pm - Swim w/Buddy P
 6:30pm - Game Night - GR

Jan 8
 8:30am-Flexible Fitness GR
 8:30am - 4:00pm - Swim w/Buddy - P
 9:00 am - Grocery Shopping - B
 1:30pm-Bible Study - GR

Jan 9
 8:30 am - Stamina/Strength/Stretch - GR
 9:00 am - 1:00 pm - Dr Appt - B
 9:45am-10:45am - Aqua Aerobics - P
 11:00am - 4:00pm - Swim w/Buddy - P
 11:30am-DiGiorgio Law Firm- GR
 Information about wills, proxies, poa's, etc.

Jan 10
 8:30 am - 4:00pm - Swim w/Buddy - P
 10:00am - Turning Stone - B
 11:00am - National Houseplant Day Seminar - What plants are good for your health?!
 1:30pm Table Tennis - GR



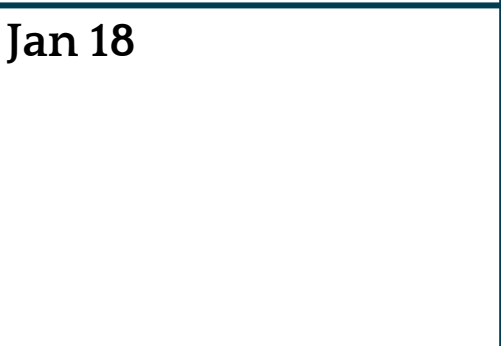
Jan 12
 8:30am - Fitness w/ Lauren GR
 8:30am - 4:00pm - Swim w/Buddy - P
 10:00am - Pool/Billiards - G
 1:30pm - Bingo GR
 3:00pm- Book Club - GR
 "Demon Copperhead"

Jan 13
 8:30am-Balance & Stretch-GR
 9:00 am - 1:00 pm - Dr Appt - B
 9:45 am - Aqua Aerobics P
 11:00am - 4:00pm - Swim w/Buddy P
 1:30pm-DIY Cardmaking w/Dorothy - CR
 6:30pm - Game Night - GR

Jan 14
 8:30am-Flexible Fitness GR
 8:30am - 4:00pm - Swim w/Buddy - P
 9:00 am - Grocery Shopping - B
 9:30am- National Bagel Day - GR
 1:30pm-Bible Study - GR

Jan 15
 8:30 am - Stamina/Strength/Stretch - GR
 9:00 am - 1:00 pm - Dr Appt - B
 9:45am - Aqua Aerobics - P
 10:00 am - BOSCOV's - B
 1:30pm - Mahjong - L

Jan 16
 8:30 am - 2:00pm - Swim w/Buddy - P
 1:30am Table Tennis - GR



Jan 17
 8:30am - Fitness w/ Lauren GR
 8:30am - 4:00pm - Swim w/Buddy-P
 10:00am - Pool/Billiards - G
 10:30am - DIY Cheese Gyoza - GR
 1:30pm - Bingo GR
 3:00pm - Needles Niche -Bldg. 3

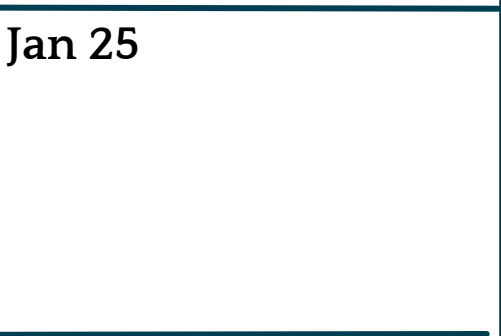
Jan 18
 8:30am-Balance & Stretch-GR
 9:00 am - 1:00 pm - Dr Appt - B
 9:45 am - Aqua Aerobics P
 11:00am - 4:00pm - Swim w/Buddy P
 6:30pm - Game Night - GR

Jan 19
 8:30am-Flexible Fitness GR
 8:30am - 4:00pm - Swim w/Buddy - P
 9:00 am - Grocery Shopping - B
 1:30pm-Bible Study - GR

Jan 20
 8:30 am - Stamina/Strength/Stretch - GR
 9:00 am - 1:00 pm - Dr Appt - B
 9:45am - Aqua Aerobics - P
 1:30pm - Mahjong - L

Jan 21
 8:30 am - 2:00pm - Swim w/Buddy - P
 11:00am - Lunch Bunch - B
 Olive Garden
 11:00am-The Neighborhood Center Round Table Talk
 1:30pm Table Tennis - GR

Jan 22
 8:30am - Fitness w/ Lauren GR
 8:30am - 4:00pm - Swim w/Buddy-P
 10:00am - Pool/Billiards - G
 1:30pm - Bingo GR



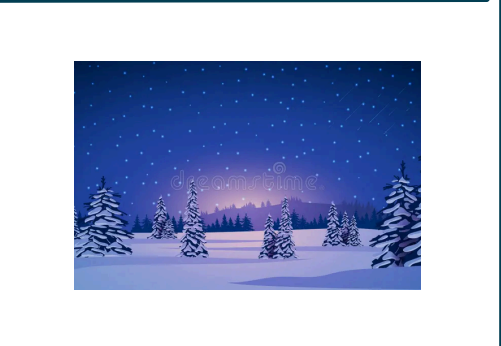
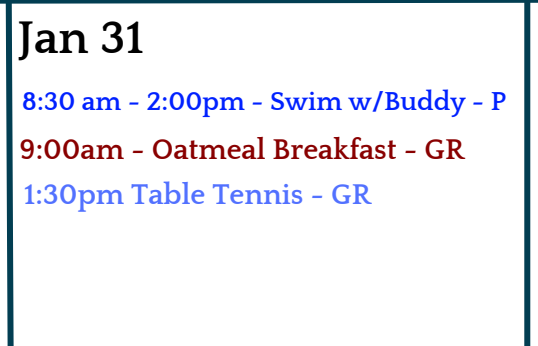
Jan 23
 8:30am - Fitness w/ Lauren GR
 8:30am - 4:00pm - Swim w/Buddy-P
 10:00am - Pool/Billiards - G
 1:30pm - Bingo GR

Jan 24
 8:30am-Balance & Stretch-GR
 9:00 am - 1:00 pm - Dr Appt - B
 9:45 am - Aqua Aerobics P
 11:00am - 4:00pm - Swim w/Buddy P
 6:30pm - Game Night - GR

Jan 25
 8:30am-Flexible Fitness GR
 8:30am - 4:00pm - Swim w/Buddy - P
 9:00 am - Grocery Shopping - B
 1:30pm-Bible Study - GR
 3:00pm-"Licorice Sticks" - GR
 Group of 4 that play & sing show songs, patriotic, marches, etc.

Jan 26
 8:30 am - Stamina/Strength/Stretch - GR
 9:00 am - 1:00 pm - Dr Appt - B
 9:45am - Aqua Aerobics - P
 1:30pm - Mahjong - L

Jan 27
 8:30 am - 2:00pm - Swim w/Buddy - P
 9:00am - Oatmeal Breakfast - GR
 1:30pm Table Tennis - GR



LOCATION KEY
 B = Bus
 BP = Back Patio
 CR = Craft Room
 FC = Fitness Center
 G = Game Room
 GR = Great Room
 L = Library
 P = Pool
 T = Theater

Allure Life
 ♦Healthy♦
 ♦Playful♦
 ♦Social♦
 ♦Creative♦
 ♦Centered♦
 ♦Mindful♦
 ♦Inquisitive♦

OFFICE HOURS
 Monday - Friday
 Saturday
 Sunday

8:30 am - 4:30 pm
 By Appointment
 CLOSED