

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday														
1	HAPPY NEW YEAR 2023! 9:00 MUSIC IN THE MORNING 9:30 NEW YEAR, NEW NEWS 10:00 COMMUNION WITH JAMES 10:00 IT HAPPENED IN JANUARY 10:30 WALKING CLUB 11:00 WHO AM I? BIRTHDAY QUIZ 1:15 NYD MOVIE MARATHON 1:30 NEW YEAR BINGO 2:00 MANICURES 3:00 HOT TOTTTIE HAPPY HOUR 3:00 SMARTBOARD SHOWING 4:15 TRIVIA AT THE BAR 6:00 NEW YEAR MOVIE NIGHT	DV LV N DR DV LV N LV DV LV N M N LV DV B DV/NB N SB N B A M		2	KNITTING CLUB 9:00 MORNING TUNES 9:30 WHAT'S IN THE NEWS? 10:00 PILATES 10:00 KNITTING CLUB & CROCHET 10:30 WALKING CLUB 11:00 BIOGRAPHY ON:GEORGE REEVES 1:15 MID-DAY MATINEE 1:30 BINGO BLITZ 2:00 WORD WATERFALL 3:00 HAPPY HOUR SOCIAL 4:15 CARDS AT THE BAR 6:00 CASH BINGO 7:00 MOVIES AT NIGHT	D LV D LV D LV N/V LV D LV D LV N M D/N LV D/N LV D/N B N B J BI J M		3	MENS CLUB 9:00 MORNING SING-A-LONG 9:30 NEWSDAY 10:00 DANCE AEROBICS 10:30 WALKING CLUB 11:00 GIB GAB WITH DEB 11:30 TRAVEL TUESDAY: TAHITI 1:15 MID-DAY MATINEE 1:30 MUSICAL HANGMAN 2:00 SHARE A STORY 3:00 CHEFS CHOICE SOCIAL 4:15 GAMES AT THE BAR 4:15 MENS CLUB 6:00 JACKPOT BINGO 7:00 NIGHTLY MOVIE	D LV D LV DV LV D LV DV LV D M D LV DV LV DV/DB DV B VS GR VS BI VS M		4	TRIVIA DAY 9:00 CROONERS AND SWOONERS 9:30 NEWS DISCUSSION 10:00 KNITTING & CROCHET CLUB 10:00 CHAIR PILATES 10:30 WALKING CLUB 11:00 QUIPO QUIZ 11:30 NAME THAT FAMOUS FACE 1:15 MID-DAY MOVIES 1:30 TRIVIA SHOWDOWN 3:00 WINE DOWN WEDNESDAY 3:00 KARAOKE ON THE SMARTBOARD 4:15 SCATTAGORIES AT THE BAR 6:00 BINGO AT NIGHT 7:00 MOVIE NIGHT	D LV A LV I/V LV D/A LV D LV A LV A M ALL LV D/A/G BI G/D/A BI A BI JO BI JO M		5	NATIONAL BIRD DAY 9:00 WINTER JAZZ 9:30 THE FRONT PAGE NEWS 10:00 SIT AND BE FIT 10:30 WALKING CLUB 11:00 NAME 10: BIRDS 11:30 BIRD WATCHING ON THE SMARTBOARD 1:00 MANICURES WITH DEB 1:15 MID-DAY MOVIE 1:30 CRAFTY CREATIONS: WINTER BIRD CARD 3:00 HAPPY HOUR 3:00 SMARTBOARD CONCERTS 4:15 CARDS AT THE BAR 6:00 NIGHTTIME BINGO 7:00 NIGHTTIME MOVIE	DV LV DV LV DV LV D LV D LV DV LV DV B D M D B DV/DB DV/DB DV B VS M VS M		6	EPIPHANY 9:00 SING YOUR HEART OUT 9:30 DAILY CHRONICALS 10:00 KNITTING & CROCHET CLUB 9:45 ROSARY 10:00 CHAIR ZUMBA 10:30 WALKING CLUB 11:00 ABOUT EPIPHANY 11:30 WISE MEN TRIVIA 1:00 ARTISTIC EXPRESSIONS 1:15 MENS MOVIE MATINEE 1:30 SCRABBLE CLUB 2:00 A-Z WORD GAME 3:00 FRIDAY FLOATS 3:00 SMARTBOARD CONCERT 4:00 RUMMIKUB 6:00 JACKPOT BINGO 7:00 TGIF MOVIES	D LV D LV V/I B V MR D LV D LV J LV J B D MR V B D LV D/J B J B J/G B J BI J MR		7	BALLOON VOLLEYBALL 9:00 MUSIC IN THE MORNING 9:30 WEEKEND UPDATE 10:00 WALKING CLUB 10:15 EAST V. WEST VOLLEYBALL 10:30 NEWSDAY PUZZLES 11:00 HOT CHOCOLATE & CROSSWORDS 1:15 MOVIES IN THE MEDIA ROOM 1:30 MUSICAL HANGMAN & SING A LONG 3:00 CHEFS TASTING SOCIAL 3:00 SMARTBOARD CONCERTS 4:15 POT LUCK QUIZ 6:00 JACKPOT BINGO 7:00 SATURDAY NIGHT SHOWING	G LV G LV G LV G E G LV JO LV JO MR JO LV JO GB JO B JO B JO BI JO MR
8	ELVIS BIRTHDAY 9:00 ELVIS IN THE AM 9:30 NEWS AND VIEWS 10:00 COMMUNION 10:30 WALKING CLUB 11:00 COOKING CLUB: MINI HOT DOGS 1:15 AFTERNOON MOVIE 1:30 ELVIS BIO & QUIZ 3:00 HOMEMADE SOCIAL 4:15 LAUGHTER IS THE BEST MEDICINE 6:00 TONIGHT AT THE MOVIES	D LV D LV N MR N KV D/N B N MR D/N LV N/D B D B A MR		9	KNITTING AND CROCHET CLUB 9:00 SING-A-LONG-SONGS 9:30 MORNING NEWS 10:00 KNITTING CLUB & CROCHET 10:00 PILATES CLASS 10:30 WALKING CLUB 11:00 DAILY CROSSWORD 1:15 MOVIE MATINEE 1:00 SCRABBLE WITH NORA 3:00 HAPPY HOUR 3:00 SMARTBOARD CONCERTS 4:15 CARDS AND CHAT AT THE BAR 6:00 JACKPOT BINGO 7:00 MOVIE AT NIGHT	D LV D LV N B D LV D LV N/D LV N MR V B D/N B N B N B J BI J MR		10	WELCOME TEA PARTY 9:00 MELODIES IN THE MORNING 9:30 TODAYS NEWS 10:00 MOVEMENTS TO MUSIC 10:30 WALKING CLUB 10:45 LIBRARY VISIT 11:00 PET THERAPY 11:15 NAME 10 2:00 WELCOME TEA PARTY 3:00 HAPPY HOUR 3:00 SMARTBOARD CONCERTS 4:15 GAMES AT THE BAR 4:15 MENS CLUB 6:00 CASH BINGO 7:00 NIGHTLY MOVIE	D LV DV LV DV LV D BI V BI V LV D LV D/G LV D/DVB DV B DV BI VS GR VS BI VS M		11	WINE DOWN WEDNESDAY 9:00 ACOUSTIC SUNRISE 9:30 NEWS AND VIEWS 9:30 KNITTING & CROCHET CLUB 10:00 MORNING STRETCHING 10:30 WALKING CLUB 11:00 A-Z WORD GAME 11:30 GONE WITH THE WIND WORDSEARCH 1:00 SCRABBLE AT THE BAR 1:15 MID-DAY MATINEE 2:00 MAGAZINE SCAVENGER HUNT 3:00 HAPPY HOUR SOCIAL! 3:30 TRIVIA AND SIP 4:15 BINGO AT THE BAR 6:00 NIGHTTIME BINGO 7:00 MOVIES AT DUSK	D LV A LV V/I BI A LV A/D LV A/D LV A LV V BI A MR A/D LV D/A BI A/D/G BI A BI JO BI JO MR		12	RAINFOREST BUTTERFLIES 9:00 HAPPY MUSIC 9:30 HAPPENINGS AND HOROSCOPES 10:00 STRETCH AND FLEX 10:30 WALKING CLUB 11:00 DEXTERITY THERAPY 11:00 WORD IN A WORD 11:30 T.V CLASSICS ON THE SMARTBOARD 1:15 RAINFOREST BUTTERFLY SHOW 3:00 HAPPY HOUR 4:15 RUMMY CLUB 6:00 BINGO AT NIGHT \$ 7:00 MEET ME AT THE CINEMA	D LV DV LV DV LV D LV DV BI D LV DV LV DV/DLV D/DVB DV B VS BI VS MR		13	FRIDAY THE 13TH 9:00 MUSICAL MUSINGS 9:30 NEWSDAY 10:00 KNITTING & CROCHET CLUB 10:00 CHAIR ZUMBA 11:00 SUPERSTITIONS AROUND THE WORLD 1:00 SCRABBLE CLUB 1:00 ARTISTIC EXPRESSIONS 1:15 MENS MOVIE MATINEE 2:00 WORD SCRAMBLES 3:00 FRIDAY FLOATS 4:15 RUMMIKUB 6:00 JACKPOT BINGO 7:00 MOVIES AT NIGHT	D LV D LV V/I B D LV D/J LV V B J B J MR D LV D/J B J/G B J BI J MR		14	BUS TRIP 9:00 MUSIC IN THE MORNING 9:30 WEEKEND IN REVIEW 10:00 WALKING CLUB 10:15 EAST V. WEST VOLLEYBALL 10:30 SCRABBLE-GRAMS 10:30 MILLERS LUNCH TRIP 11:00 COFFEE AND CROSSWORDS 1:15 MOVIE MATINEE 1:30 CLIMB THE MOUNTAIN 3:00 SMARTBOARD CONCERTS 3:00 CHEFS TASTING SOCIAL 4:15 CARDS AT THE BAR 6:00 CASH BINGO 7:00 SATURDAY SHOWING	G LV G LV G LV G E G LV D/WAN O JO LV JO MR JO GB JO B JO/G B JO B JO BI JO MR
15	COOKING CLUB 9:00 MORNING SONGS 9:30 WEEKEND NEWS 10:00 COMMUNION 10:30 WALKING CLUB 11:00 COOKING CLUB: PASTA SALAD 1:15 AFTERNOON MOVIE 1:30 BINGO 3:00 HOMEMADE SOCIAL 3:00 SMARTBOARD CONCERTS 4:15 REMINISCING WITH DEB 6:00 SUNDAY SHOWING	D LV D LV N DR N LV D B N M N/D LV N/D B N/D SB D B A MR		16	MARTIN LUTHER KING JR DAY 9:00 MORNING TUNES 9:30 TODAY'S NEWS 9:30 KNITTING & CROCHET CLUB 10:00 WAKE UP, WORK OUT! 10:30 WALKING CLUB 11:00 BIOGRAPHY: MARTIN LUTHER KING JR. 12:00 SCRABBLE WITH NORA 1:00 MID DAY MOVIE 2:00 DAILY CROSSWORD 3:00 HAPPY HOUR 4:15 CARDS AT THE BAR 6:00 JACKPOT BINGO 7:00 MOVIES WE LOVE	D LV D LV N/V B D LV D LV N/D LV V B N MR D/N LV D/N B N B J BI J MR		17	PIZZA TAKE-IN 9:00 CROONERS AND SWOONERS 9:30 WHATS IN THE NEWS? 10:00 NOODLECIZE 10:30 WALKING CLUB 11:00 WORD WATERFALL 11:30 TRAVEL TO: MADAGASCAR 12:00 PIZZA TAKE-IN 1:15 AFTERNOON MOVIE 2:00 FAMILY FEUD 3:00 HAPPY HOUR SOCIAL 3:00 SMARTBOARD CONCERTS 4:15 MENS CLUB WITH VINNIE 4:15 CARDS AT THE BAR 6:00 BINGO FOR CASH 7:00 NIGHT TIME MOVIES	D LV DV LV DV LV D LV D LV DV LV D/D/GDR D MR D/DV/LV D/DVB DV B VS GR DV B VS BI VS MR		18	WINE DOWN WEDNESDAY 9:00 SWEET MELODIES IN THE MORNING 9:30 DAILY NEWS 9:30 KNITTING & CROCHET CLUB 10:00 STRETCH AND FLEX 10:30 WALKING CLUB 11:00 WORD WATERFALL 11:30 NAME THAT FAMOUS FACE 1:00 SCRABBLE AT THE BAR 1:15 MOVIE MATINEE 2:00 JEOPARDY 3:00 WINE DOWN WEDNESDAY 3:00 KARAOKE ON THE SMARTBOARD 4:15 BINGO AT THE BAR 6:00 JACKPOT BINGO 7:00 MOVIE NIGHT	D LV A LV V/I BI A LV D LV D/A LV A LV V BI A MR A/D LV D/A BI A/D/G BI A BI JO BI JO MR		19	CRAZY HAT DAY 9:00 THURSDAY TUNES 9:30 NEWS & VIEWS 10:00 CHAIR YOGA 10:30 WALKING CLUB 11:00 RESIDENT COUNCIL 1:00 MANICURES WITH DEB 1:15 MID-DAY MOVIE: 1:30 CRAZY HAT CREATIONS 2:30 CRAZY HAT PARADE 3:00 HAPPY HOUR 4:00 ACTIVITY COMMITTEE 6:00 BINGO AT NIGHT \$ 7:00 MOVIE	D LV DV LV DV LV D LV G BI DV B D MR D B ALL D/DVB G B VS BI VS MR		20	ROSARY 9:00 MELODIES IN THE MORNING 9:30 HOROSCOPES AND HAPPENINGS 9:30 KNITTING & CROCHET CLUB 9:45 ROSARY 10:00 CHAIR ZUMBA 10:30 WALKING CLUB 11:00 BOWLING 1:00 ARTISTIC EXPRESSIONS 1:15 MENS MOVIE MATINEE 1:30 SCRABBLE CLUB 2:00 JEOPARDY 3:00 FRIDAY FLOATS 3:00 SMARTBOARD CONCERTS 4:15 JENGA AT THE BAR 6:00 CASH BINGO 7:00 MOVIES AT NIGHT	D LV D LV V/I B V MR D LV D LV J/D LV J B D MR V B D LV D/J B J B J BI J MR		21	BUS TRIP 9:00 SONGS FOR ALL 9:30 WEEKEND UPDATE 10:00 WALKING CLUB 10:15 EAST V. WEST VOLLEYBALL 10:30 J&R STEAK HOUSE 10:30 SCRABBLE-GRAMS 11:00 HOT COCOA AND CROSSWORDS 1:15 MOVIE IN THE MEDIA ROOM 1:30 CLIMB THE MOUNTAIN 3:00 CHEFS TASTING SOCIAL 3:00 SMARTBOARD CONCERTS 4:15 CARDS AT THE BAR 6:00 NIGHTTIME BINGO 7:00 MOVIE AT NIGHT	G LV G LV G LV G E ANDV O G LV JO LV JO MR JO LV JO B JO B JO BI JO MR
22	CHINESE NEW YEAR 9:00 SUNDAY SERENADES 9:30 DAILY CHRONICLES 10:00 COMMUNION 10:30 SUNDAY STROLL 11:00 ABOUT CHINESE NEW YEAR 11:30 WHAT'S YOUR CHINESE ZODIAC? 1:15 MOVIE MATINEE 1:30 CHINESE NEW YEAR CRAFT 3:00 HAPPY HOUR 3:00 SMARTBOARD CONCERTS 4:15 FANTASY BINGO 6:00 NIGHTTIME MOVIE	D LV D LV N DR N LV D LV N LV N M N/D B D/N B N SB D/D B A M		23	SCRABBLE CLUB 9:00 MUSIC IN THE MORNING 9:30 HOROSCOPES & NEWS 9:30 KNITTING & CROCHET CLUB 10:00 MORNING EXERCISE 10:30 WALKING CLUB 11:00 BIOGRAPHY: SAM COOKE 11:30 SAM COOKE MUSIC 1:15 MID-DAY MOVIES 1:00 SCRABBLE WITH NORA 2:00 BINGO 3:00 HAPPY HOUR 3:00 SMARTBOARD CONCERTS 4:15 GAMES AT THE BAR 6:00 JACKPOT BINGO 7:00 NIGHTTIME MOVIE	D LV D LV N LV D LV D LV N LV N LV N M V B N/D LV N/D B N B N B J BI J M		24	SPELLING BEE 9:00 MUSIC IN THE MORNING 9:30 TODAY'S HEADLINERS 10:00 STRETCH AND FLEX 10:30 WALKING CLUB 11:00 PET THERAPY 11:15 TRAVEL TO: THE AMAZON RAINFOREST 1:15 MOVIE MATINEE 2:00 SPELLING BEE 3:00 CHEFS CHOICE 3:00 SMARTBOARD CONCERTS 4:15 FINISH THE LYRICS 4:15 MENS CLUB 6:00 CASH BINGO 7:00 NIGHTLY MOVIE	D LV DV LV DV LV D LV D LV V LV DV LV D LV D/DV/LV D/DVLV D B DV LV VS GR VS LV VS LV		25	VIOLIN WITH ALBERT MULLAD 9:00 LOVELY SONGS 9:30 DAILY DOSE 9:30 KNITTING & CROCHET CLUB 10:00 ALBERT MULLAD: VIOLIN 11:00 WALKING CLUB 11:30 BALLOON VOLLEYBALL 1:00 SCRABBLE AT THE BAR 1:15 MID DAY MOVIE 1:30 DEAL OR NO DEAL 3:00 WINE DOWN WEDNESDAY 3:00 TRIVIA AND SIP 4:15 GAMES AT THE BAR 6:00 NIGHTTIME BINGO 7:00 MOVIES AT NIGHT	D LV D LV V/I BI ALL LV D LV A LV V LV D MR A LV A/D/G BI A/D/G BI A BI JO BI JO MR		26	CRAFTY CREATIONS 9:00 SING-A-LONG SONGS 9:30 DAILY NEWS 10:00 SIT AND BE FIT 10:30 WALKING CLUB 11:00 WORD-IN-A-WORD 11:00 DEXTERITY THERAPY 11:00 FOOD COMMITTEE MEETING 11:30 DEAN MARTIN SHOW 1:00 MANICURES WITH DEB 1:15 AFTERNOON SHOWING 1:30 CRAFTY CREATIONS: GELLI PLATE PRINTS 3:00 HAPPY HOUR 4:15 RUMMIKUB 6:00 JACKPOT BINGO 7:00 MOVIE	D LV DV LV DV LV D LV D LV DV BI DV LV DV B D MR D LV D/DVB DV B VS B VS MR		27	KNITTING & CROCHET CLUB 9:00 MELODIC MORNINGS 9:30 BREAKING NEWS 9:30 KNITTING & CROCHET CLUB 10:00 CHAIR ZUMBA 10:30 WALKING CLUB 11:00 SEATED BOCCIE 1:15 MENS MOVIE MATINEE 1:00 ARTISTIC EXPRESSIONS 1:00 SCRABBLE CLUB 2:00 MAD LIBS STORY 3:00 HAPPY HOUR SOCIAL 3:00 SMARTBOARD CONCERT 4:15 RUMMIKUB 6:00 EVENING BINGO FOR \$ 7:00 MOVIES AT NIGHT	D LV D LV V/I B D LV D LV D/J LV J MR J B V B D LV D/J B J B J/G B J BI J MR		28	JACKSON POLLACK BIRTHDAY 9:00 SATURDAY SONGS 9:30 SATURDAY POST 10:00 WALKING CLUB 10:15 EAST V. WEST VOLLEYBALL 10:30 WORDLE 11:00 HOT COCOA AND CROSSWORDS 1:15 AFTERNOON MOVIE 1:30 WHO WAS JACKSON POLLACK 2:00 JACKSON POLLACK PAINTING 3:00 CHEFS TASTING SOCIAL 3:00 SMARTBOARD CONCERT 4:15 SCATTAGORIES 6:00 BINGO AT NIGHT 7:00 MOVIE TIMEWALKING CLUB	G LV G LV G LV G E G LV JO LV JO MR G/JO LV G LV G/JO B JO B JO B JO BI JO
29	NATIONAL PUZZLE DAY 9:00 MUSIC IN THE MORNING 9:30 NEWS AND VIEWS 10:00 COMMUNION 10:30 WALKING CLUB 11:00 COOKING CLUB 1:15 MID-DAY MATINEE 1:30 PUZZLE PARTY 3:00 HAPPY HOUR 3:00 SMARTBOARD CONCERT 4:00 SHARE A STORY WITH DEB 4:00 MOVIES AT NIGHT	D LV D LV N DR N LV D B N M D/N B D/N B D SB D B A M		30	MELODIES IN THE MORNING 9:30 NEWS & VIEWS 9:30 KNITTING & CROCHET CLUB 10:00 SIT AND BE FIT 10:30 WALKING CLUB 11:00 BIOGRAPHY: NEIL DIAMOND 1:00 SCRABBLE WITH NORA 1:30 BINGO 3:00 SOCIAL HOUR 3:00 SMARTBOARD CONCERTS 4:15 CARDS AT THE BAR 6:00 EVENING BINGO \$ 7:00 MOVIES, MOVIES, MOVIES	D LV D LV N LV D LV D LV D/N LV V B N M N/D LV N/D B N SB N B J BI J M		31	PAINT NIGHT 9:00 COUNTRY MUSIC 9:30 WHATS IN THE NEWS 10:00 WAKE UP WORK-OUT 10:30 WALKING CLUB 11:00 NAME 10 1:15 MID DAY MOVIE 2:00 MUSICAL HANGMAN 3:00 CHEFS CHOICE SOCIAL 4:15 MENS CLUB 6:00 PAINT NIGHT WITH GINA 6:00 JACKPOT BINGO 7:00 MOVIES AT NIGHT	D LV DV LV DV LV D LV D MR D/DV/LV D/DVB VS GR G B VS BI VS MR		STAFF KEY G=Gina, Director of Recreation N=NATALIE SH=Sharon S=Sheryl VS=VINNY D=Diane DV=Deb AN=Andrea J=JASMINE AM=ANNEMARIE JO=JOSH I= INDEPENDENT RS=Recreation staff V=Volunteer AC=Activity Channel ***=Call 381 for Appt.	LOCATION KEY LV=LIVING ROOM L=LOUNGE AREA BI=BISTRO M=MEDIA ROOM LI=LIBRARY UP=UPPER PARLOR RR=RESIDENT'S ROOM 3F=3RD FLOOR CM=COMMUNITY CY=COURTYARD DR=DINING ROOM ES=EAST SIDE S=SALON O=OUTING	FOR YOUR DINING PLEASURE BREAKFAST 8AM LUNCH 12NOON DINNER 5PM *All trips are if weather permits. All programs are subject to change. All changes will be reflected on the Daily Board. Your Recreation Director Gina Scaffedi will be happy to answer any questions you may have regarding this calendar.	 PLEASE PRACTICE Facemask Suggested The Arbors ASSISTED LIVING COMMUNITIES SOCIAL DISTANCING											