



# January 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>30</b> 9:30 Mass 1:30 Movie "Fiddler on the Roof"-TH	<b>31</b> 8:30 Yoga 9:30 Mass 11:00 Balance Class 1:30 Shadowlands: Movie & Spirituality Talk-TH 2:00 Silver Strength-FIT 2:45 Pilates-FIT	<b>*Calendar and Activities are subject to change*</b>  <b>See posters for most current information</b>  <b>Activities Hotline: Dial *5454</b>	Programs can be watched on Channel 990 if it does not have a room listed after it.	<b>KEY</b> AUD- Auditorium TH- Movie Theater BIS-Bistro 4th Floor- Common Corridor PDR-Private Dining Room FIT-Wellness Fitness Studio ART-Art Room (on 3rd Floor) CH-Chapel	<b>KEY</b> NBH-Neighborhood in the Commons Assisted Living PDR-Private Dining Room VL-Village Lounge (on 2nd Floor) BIS-Bistro CDR-Commons Dining Room (2nd Floor Assisted Living)	<b>1</b> 1:30 Movie "Elf"-TH
<b>2</b> 9:30 Mass 1:30 Movie "Elf"-TH	<b>3</b> 8:30 Yoga 9:30 Mass 11:00 Balance Class 1:00 Memory Café- (ZOOM) 2:00 Silver Strength-FIT 2:45 Pilates-FIT	<b>4</b> 8:30 Yoga 9:30 Mass 11:00 Balance Class 1:30 Documentary Hour -TH 2:00 Tai Chi-FIT 2:00 Crossword Puzzle-NBH/3 2:45 Dance-FIT 6:00-8:00 Computer Tutor	<b>5</b> 8:30 Yoga 9:30 Mass 11:00 Balance Class 1:00 Knitting Group-CH Fireplace 2:00 Silver Strength-FIT 2:45 Pilates-FIT 3:00 Story Time 6:30 Game Night-BIS	<b>6</b> 8:30 Yoga 9:30 Mass 10:30 Bingo-AUD 11:00 Balance Class 1:00-4:00 Computer Tutor 1:30 Movie "A River Runs Through It" -TH 2:00 Tai Chi-FIT 2:45 Dance-FIT	<b>7</b> 8:30 Yoga 9:30 Mass 11:00 Balance Class 1:30 Armchair Travel-TH 2:00 Silver Strength-FIT 4:00 Lizard Lounge-4th Floor	<b>8</b> 1:30 Movie "A River Runs Through It" -TH 2:00 Arts & Crafts with Liz-CDR
<b>9</b> 9:30 Mass 1:30 Movie "A River Runs Through It" -TH	<b>10</b> 8:30 Yoga 9:30 Mass 11:00 Balance Class 1:00-3:00 Fix-It Clinic-ART 1:30 Shadowlands: Movie & Spirituality Talk-TH 2:00 Silver Strength-FIT 2:45 Pilates-FIT	<b>11</b> 8:30 Yoga 9:30 Mass 11:00 Balance Class 1:30 Documentary Hour-TH 2:00 Tai Chi-FIT 2:00 Crossword Puzzle-NBH/3 2:45 Dance-FIT 3:00 Bookies-VL 6:00-8:00 Computer Tutor	<b>12</b> 8:30 Yoga 9:30 Mass 10:30 Painting with Sally-ART 10:30 Senator John Marty Visit-AUD 10:30 Caritas Group-PDR 1:00 Knitting Group-CH Fireplace 11:00 Balance Class 2:00 Silver Strength-FIT 2:45 Pilates-FIT 3:00 Story Time 6:30 Game Night-BIS	<b>13</b> 8:30 Yoga 9:30 Mass 10:30 Bingo-AUD 11:00 Balance Class 1:30 Movie "Alive Inside"-TH 2:00 Tai Chi-FIT 2:45 Dance-FIT	<b>14</b> 8:30 Yoga 9:30 Mass 11:00 Balance Class 1:30 Armchair Travel-TH 2:00 Silver Strength-FIT 2:00 Crossword Puzzle-NBH/3 4:00 Lizard Lounge-4th Floor	<b>15</b> 1:30 Movie "Alive Inside"-TH
<b>16</b> 9:30 Mass 1:30 Movie "Alive Inside"-TH	<b>17</b> 8:30 Yoga 9:30 Mass 11:00 Balance Class 1:00 Memory Café-PDR 1:30 Shadowlands: Movie & Spirituality Talk-TH 2:00 Silver Strength-FIT 2:45 Pilates-FIT	<b>18</b> 8:30 Yoga 9:30 Mass 10:30 Independent Living Meeting-AUD 11:00 Balance Class 1:30 Documentary Hour-TH 2:00 Tai Chi-FIT 2:00 Crossword Puzzle-NBH/3 2:45 Dance-FIT 6:00-8:00 Computer Tutor	<b>19</b> 8:30 Yoga 9:30 Mass 11:00 Balance Class 12:30 Mexican Train-PDR 1:00 Knitting Group-CH Fireplace 2:00 Silver Strength-FIT 2:45 Pilates-FIT 3:00 Story Time 6:30 Game Night-BIS	<b>20</b> 8:30 Yoga 9:30 Mass 10:30 Bingo-NBH/2 11:00 Blanket Project-AUD 11:00 Balance Class 1:30 Movie "Mona Lisa Smile"-TH 2:00 Tai Chi-FIT 2:45 Dance-FIT	<b>21</b> 8:30 Yoga 9:30 Mass 10:30 Assisted Living Meeting-AUD 11:00 Balance Class 1:30 Armchair Travel-TH 2:00 Silver Strength-FIT 4:00 Lizard Lounge-4th Floor	<b>22</b> 1:30 Movie "Mona Lisa Smile"-TH 2:00 Arts & Crafts with Liz-CDR
<b>23</b> 9:30 Mass 1:30 Movie "Mona Lisa Smile"-TH	<b>24</b> 8:30 Yoga 9:30 Mass 10:15 St. Kate's Wellness Fair-AUD 11:00 Balance Class 1:30 LeagueAires Performance-AUD 1:30 Shadowlands: Movie & Spirituality Talk-TH 2:00 Silver Strength-FIT 2:45 Pilates-FIT	<b>25</b> 8:30 Yoga 9:30 Mass 10:15 St. Kate's Wellness Fair-AUD 11:00 Balance Class 1:30 Documentary Hour-TH 2:00 Tai Chi-FIT 2:00 Crossword Puzzle-NBH/3 2:45 Dance-FIT 6:00-8:00 Computer Tutor	<b>26</b> 8:30 Yoga 9:30 Mass 10:15 St. Kate's Wellness Fair-AUD 10:30 Painting with Sally-ART 11:00 Balance Class 1:00 Knitting Group-CH Fireplace 2:00 Silver Strength-FIT 2:45 Pilates-FIT 3:00 Story Time 6:30 Game Night-BIS	<b>27</b> 8:30 Yoga 9:30 Mass 10:15 St. Kate's Wellness Fair-AUD 10:30 Bingo-NBH/2 11:00 Balance Class 1:30 Movie "Fiddler on the Roof"-TH 2:00 Tai Chi-FIT 2:45 Dance-FIT	<b>28</b> 8:30 Yoga 9:30 Mass 11:00 Balance Class 1:30 Armchair Travel-TH 2:00 Silver Strength-FIT 4:00 Lizard Lounge-4th Floor	<b>29</b> 1:30 Movie "Fiddler on the Roof"-TH