

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<h1>January</h1>			Fitness Van Trips Resident Association Religious	Lutheran Manor Holidays/Observances / Other	1 <b>OFFICE CLOSED</b> 	2
3	4 8:30 Van trip Paper Drop off 9:30 CVS 9:30 Weekly Update with Kierra (98) 10:00 Fit For Life (98) 11:00 Stand up for Strength (98) 1:00 Movie #1- The Man Who invented Christmas 3:00 Surprise Episodes: Staff Choice (98)	5 10:00 Joyful Joints (98) 11:00 Yoga (98) 12:00 Tai Chi (98) 1:00 Afternoon Aerobics (98) 2:00 Church (98) 2:00 CLINIC: Blood Pressure Checks 3:00 Surprise Episodes: Staff Choice (98)	6 9:00 VALLEY FARMS 10:00 Fit For Life(98) 11:00 Speaker: Boost Your Immune System (98) 12:30 Bible Study(98) 1:00 VALLEY FARMS 2:00 Pastor Movie: Andre Rieu(98) 3:00 Candy/IceCream	7 10:00 Joyful Joints(98) 11:00 DVD: Healthy Cooking (98) 12:30 Second Harvest Food Bank 1:00 Afternoon Meditation (98) 2:00 Church Spanish (98) 3:00 Surprise Episodes: Staff Choice (98)	8 9:00 Great News! (98) 10:00 Tai Chi (98) 11:00 Yoga (98) 1:00 Movie: The Founder (98) 3:00 Surprise Episodes: Staff Choice (98)	9
10	11 9:30 Weekly Update with Kierra (98) 10:00 Fit For Life (98) 11:00 Stand up for Strength (98) 1:00:Movie #2- SOUL (98) 3:00 Surprise Episodes: Staff Choice (98)	12 9:30 WEIS 10:00 Joyful Joints (98) 11:00 Yoga (98) 12:00 Tai Chi (98) 1:00 Afternoon Aerobics (98) 2:00 General MTG (98)	13 10:00 Fit For Life(98) 11:00 Speaker: Improve your Mental Health (98) 12:30 Bible Study(98) 3:00 Candy/IceCream	14 9:00 CLINIC: Millis Eye Associates 10:00 Joyful Joints(98 ) 2:00 Church (98) 3:00 Surprise Episodes: Staff Choice (98)	15 9:30 GIANT 10:00 Tai Chi (98) 11:00 Yoga (98) 3:00 Surprise Episodes: Staff Choice (98)	16
17	18 <b>OFFICE CLOSED</b> 	19 10:00 Joyful Joints (98) 11:00 Yoga (98) 12:00 Tai Chi (98) 1:00 Afternoon Aerobics (98) 3:00 Surprise Episodes: Staff Choice (98)	20 9:00 WALMART 10:00 Fit For Life(98) 12:30 Bible Study(98) 1:00 WALMART 3:00 Candy/IceCream	21 10:00 Joyful Joints(98 ) 2:00 Church (98) 3:00 Surprise Episodes: Staff Choice (98)	22 9:00 Great News! (98) 10:00 Tai Chi (98) 11:00 Yoga (98) 1:00 Movie #3-The Honest Thief (98) 3:00 Surprise Episodes: Staff Choice (98)	23
24	25 9:30 GIANT 9:30 Weekly Update with Kierra (98) 10:00 Fit For Life(98) 11:00 Stand up for Strength (98) 3:00 Surprise Episodes: Staff Choice (98)	26 APT Inspections 10:00 Joyful Joints (98) 11:00 Yoga (98) 12:00 Tai Chi (98) 1:00 Afternoon Aerobics (98) 2:00 TDAP Clinic 3:00 Surprise Episodes: Staff Choice (98)	27 APT Inspections 9:00 WEGMANS 10:00 Fit For Life(98) 12:30 Bible Study(98) 1:00 WEGMANS 3:00 Candy/IceCream	28 APT Inspections 10:00 Joyful Joints(98 ) 2:00 Church-Memorial service/Holy Communion (98) 3:00 Surprise Episodes: Staff Choice (98)	29 APT Inspections 10:00 Tai Chi (98) 11:00 Yoga (98) 1:00 Movie #4- The War with Grandpa (98) 3:00 Surprise Episodes: Staff Choice (98)	30 31