

SUN	MON	TUE	WED	THUR	FRI	SAT							
		1:30 Low Vision Bridge (Club Room) 1:30 Recreational Bridge (Club Room) 2:30 Movie (LA)	1	9:00 Nutritionist Office Hours (Living Room Nook) 9:45 Aerobics (LA) 10:00 Quilting Group (Art Studio) 10:00 Aqua Aerobics (Pool) 11:00 Drawing and Painting with Johanna (Art Studio) 1:00 Canasta (Club Room) 1:00 Drawing and Painting with Johanna (Art Studio) 2:00 Knitting Group (Living Room) 3:00 Afternoon Tea (Living Room) 3:15 Better Balance (Aerobics Room) 7:00 Duplicate Bridge (Club Room)	2	9:45 Aerobics (LA) 10:00 Gentle Aquacise (Pool) 1:30 Recreational Bridge (Club Room) 1:30 Parkinson's Fitness (Aerobics Room) 2:00 Scrabble (Club Room) 3:15 Afternoon Stretch (Aerobics Room) 3:50 Meditation Thursdays (Aerobics Room) 7:15 Thursday Night Movie (LA)	3	10:00 Aqua Aerobics (Pool) 10:30 Caregivers Support Group (AL Private Dining Room) 1:30 Recreational Bridge (Club Room) 2:00 Crocheting (Living Room Nook) 3:15 Arthritis Fitness Class (Aerobics Room) 4:30 First Friday Cocktail Party (Living Room)	4	1:30 Game Hour (Club Room) 1:30 Afternoon Bridge (Club Room) 7:30 Program Committee Presents: (LA)	5		
2:30 Sunday Afternoon Movie (LA)	6	9:45 Restorative Yoga (LA) 10:00 Aqua Aerobics (Pool) 10:30 Clay Soft Sculpture (Art Studio) 11:00 Aqua Arthritis (Pool) 1:00 Stonebridge Singers Rehearsal (LA) 2:30 TED Talk Discussion Group (LA) 3:15 Seated Body Tune-Up (Aerobics Room) 3:50 Slow Paced Walking Group (Aerobics Room) 4:00 Great Courses Series: A History of European Art (LA)	7	9:45 Aerobics (LA) 10:00 Gentle Aquacise (Pool) 11:00 Town Hall Meeting (LA) 1:30 Parkinson's Exercise (Aerobics Room) 1:30 Low Vision Bridge (Club Room) 1:30 Recreational Bridge (Club Room) 2:00 Great Courses Series: Turning Points in Middle Eastern History (LA) 3:15 Total Body Tune-Up (Aerobics Room) 3:50 Fast Paced Walking Group (Aerobics Room) 6:30 Princeton Girl Choir Performance (LA)	8	10:00 Quilting Group (Art Studio) 10:00 Aqua Aerobics (Pool) 10:30 Book Club Meeting (Club Room) 11:00 Loss, Transition & Renewal (AL Private Dining Room) 11:00 Drawing and Painting with Johanna (Art Studio) 1:00 Canasta (Club Room) 1:00 Drawing and Painting with Johanna (Art Studio) 2:00 Knitting Group (Living Room) 3:00 Afternoon Tea (Living Room) 3:15 Better Balance (Aerobics Room) 4:00 Grace and Frankie TV Series (LA) 7:00 Duplicate Bridge (Club Room)	9	9:45 Aerobics (LA) 10:00 Gentle Aquacise (Pool) 1:30 Recreational Bridge (Club Room) 1:30 Parkinson's Fitness (Aerobics Room) 2:00 Scrabble (Club Room) 2:00 Snack Bag Decorating for HomeFront (SA) 3:15 Afternoon Stretch (Aerobics Room) 3:50 Meditation Thursdays (Aerobics Room) 7:15 Thursday Night Movie (LA)	10	9:45 Mindful Movement (Aerobics Room) 10:00 Aqua Aerobics (Pool) 1:30 Recreational Bridge (Club Room) 2:00 Crocheting (Living Room Nook) 3:15 Arthritis Fitness Class (Aerobics Room)	11	1:30 Game Hour (Club Room) 1:30 Afternoon Bridge (Club Room) 7:30 Program Committee Presents: (LA)	12
2:30 Sunday Afternoon Movie (LA)	13	9:45 Restorative Yoga (LA) 10:00 Aqua Aerobics (Pool) 10:30 Clay Soft Sculpture (Art Studio) 11:00 Aqua Arthritis (Pool) 1:00 Stonebridge Singers Rehearsal (LA) 2:30 TED Talk Discussion Group (LA) 3:15 Seated Body Tune-Up (Aerobics Room) 3:50 Slow Paced Walking Group (Aerobics Room) 4:00 Great Courses Series: A History of European Art (LA)	14	9:30 Memoir Writing (GR) 9:45 Aerobics (LA) 10:00 Gentle Aquacise (Pool) 11:00 Resident's Association Meeting (LA) 1:30 Parkinson's Exercise (Aerobics Room) 1:30 Low Vision Bridge (Club Room) 1:30 Recreational Bridge (Club Room) 2:00 Great Courses Series: Turning Points in Middle Eastern History (LA) 3:15 Total Body Tune-Up (Aerobics Room) 3:50 Fast Paced Walking Group (Aerobics Room)	15	10:00 Quilting Group (Art Studio) 10:00 Aqua Aerobics (Pool) 11:00 Drawing and Painting with Johanna (Art Studio) 1:00 Canasta (Club Room) 1:00 Drawing and Painting with Johanna (Art Studio) 2:00 Knitting Group (Living Room) 3:00 Afternoon Tea (Living Room) 3:15 Better Balance (Aerobics Room) 4:00 Grace and Frankie TV Series (LA) 7:00 Duplicate Bridge (Club Room)	16	9:45 Aerobics (LA) 10:00 Gentle Aquacise (Pool) 11:30 Gentlemen's Luncheon (LA) 1:30 Recreational Bridge (Club Room) 1:30 Parkinson's Fitness (Aerobics Room) 2:00 Scrabble (Club Room) 3:15 Afternoon Stretch (Aerobics Room) 3:50 Meditation Thursdays (Aerobics Room) 4:00 Episcopal Eucharist (SA) 7:15 Thursday Night Movie (LA)	17	9:45 Mindful Movement (Aerobics Room) 10:00 Aqua Aerobics (Pool) 1:30 Recreational Bridge (Club Room) 2:00 Crocheting (Living Room Nook) 2:00 Hot Cocoa Bar (Living Room) 3:15 Arthritis Fitness Class (Aerobics Room)	18	1:30 Game Hour (Club Room) 1:30 Afternoon Bridge (Club Room) 7:30 Program Committee Presents: (LA)	19
2:30 Sunday Afternoon Movie (LA)	20	9:45 Restorative Yoga (LA) 10:00 Aqua Aerobics (Pool) 10:30 Clay Soft Sculpture (Art Studio) 11:00 5 Card Stud & 7 Card Stud Lessons (Club Room) 11:00 Aqua Arthritis (Pool) 1:00 Stonebridge Singers Rehearsal (LA) 2:30 TED Talk Discussion Group (LA) 3:15 Seated Body Tune-Up (Aerobics Room) 3:50 Slow Paced Walking Group (Aerobics Room) 4:00 Great Courses Series: A History of European Art (LA)	21	9:45 Aerobics (LA) 10:00 Gentle Aquacise (Pool) 11:00 NJ State Library Talking Book Presentation (LA) 12:00 Torah for Today (DINING ROOM) 1:30 Parkinson's Exercise (Aerobics Room) 1:30 Low Vision Bridge (Club Room) 1:30 Recreational Bridge (Club Room) 2:00 Great Courses Series: Turning Points in Middle Eastern History (LA) 3:15 Total Body Tune-Up (Aerobics Room) 3:50 Fast Paced Walking Group (Aerobics Room)	22	10:00 Quilting Group (Art Studio) 10:00 Aqua Aerobics (Pool) 10:30 Episcopal Bible Study Group (Club Room) 11:00 Loss, Transition & Renewal (AL Private Dining Room) 1:00 Canasta (Club Room) 2:00 Knitting Group (Living Room) 3:00 Afternoon Tea (Living Room) 3:15 Better Balance (Aerobics Room) 4:00 Grace and Frankie TV Series (LA) 7:00 Duplicate Bridge (Club Room)	23	9:45 Aerobics (LA) 10:00 Gentle Aquacise (Pool) 1:30 Recreational Bridge (Club Room) 1:30 Parkinson's Fitness (Aerobics Room) 2:00 Scrabble (Club Room) 3:15 Afternoon Stretch (Aerobics Room) 3:50 Meditation Thursdays (Aerobics Room) 7:15 Thursday Night Movie (LA)	24	9:45 Mindful Movement (Aerobics Room) 10:00 Aqua Aerobics (Pool) 11:00 Tax Lecture with Freedom Financial Advisors (LA) 1:30 Recreational Bridge (Club Room) 2:00 Eyes on the Prize: America's Civil Rights Years 1954-1965 (LA) 2:00 Crocheting (Living Room Nook) 3:15 Arthritis Fitness Class (Aerobics Room)	25	1:30 Game Hour (Club Room) 1:30 Afternoon Bridge (Club Room) 7:30 Program Committee Presents: (LA)	26
2:30 Sunday Afternoon Movie (LA) 4:00 Low Vision Book Club (AL Private Dining Room)	27	9:45 Restorative Yoga (LA) 10:00 Aqua Aerobics (Pool) 10:30 Clay Soft Sculpture (Art Studio) 11:00 Aqua Arthritis (Pool) 1:00 Stonebridge Singers Rehearsal (LA) 2:30 TED Talk Discussion Group (LA) 3:15 Seated Body Tune-Up (Aerobics Room) 3:50 Slow Paced Walking Group (Aerobics Room) 4:00 Great Courses Series: A History of European Art (LA)	28	9:45 Aerobics (LA) 10:00 Gentle Aquacise (Pool) 1:30 Parkinson's Exercise (Aerobics Room) 1:30 Low Vision Bridge (Club Room) 1:30 Recreational Bridge (Club Room) 2:00 Great Courses Series: Turning Points in Middle Eastern History (LA) 3:15 Total Body Tune-Up (Aerobics Room) 3:50 Fast Paced Walking Group (Aerobics Room)	29	10:00 Quilting Group (Art Studio) 10:00 Aqua Aerobics (Pool) 11:00 Drawing and Painting with Johanna (Art Studio) 1:00 Canasta (Club Room) 1:00 Drawing and Painting with Johanna (Art Studio) 2:00 Knitting Group (Living Room) 3:00 Afternoon Tea (Living Room) 3:15 Better Balance (Aerobics Room) 4:00 Grace and Frankie TV Series (LA) 7:00 Duplicate Bridge (Club Room)	30	9:45 Aerobics (LA) 10:00 Gentle Aquacise (Pool) 1:30 Recreational Bridge (Club Room) 1:30 Parkinson's Fitness (Aerobics Room) 2:00 Scrabble (Club Room) 3:15 Afternoon Stretch (Aerobics Room) 3:50 Meditation Thursdays (Aerobics Room) 7:15 Thursday Night Movie (LA)	31	ROOM KEY GR - Garden Room LA - Large Auditorium SA - Small Auditorium			

January 2019

Independent Living Monthly Calendar

