## January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul> <li>9:15am Walking Club</li> <li>9:45am Full body Exercise</li> <li>1:00pm Movie Matinee</li> <li>1:30pm Documentary</li> <li>3:00pm French &amp; English sing a long w/ Nathalie</li> <li>6:30pm Evening Movie</li> </ul>	<ul> <li>9:15am Walking Club</li> <li>9:45am Full body Exercise</li> <li>10:30am Creative Writing Class with Loren Kantor</li> <li>1:00pm Movie Matinee</li> <li>1:30pm Floral Arrangements</li> <li>3:00pm Poker</li> <li>6:30pm Evening Movie</li> </ul>	<ul> <li>9:15am Walking Club</li> <li>9:45am Full body Exercise</li> <li>10:30am Watercolor Painting Class</li> <li>11:00am Creative Talks</li> <li>1:00pm Movie Matinee</li> <li>2:00pm Exercise with BOOM!</li> <li>3:00pm Bingo</li> <li>4:00pm Rummikub</li> <li>6:30pm Evening Movie</li> </ul>	<ul> <li>9:15am Walking Club</li> <li>9:45am Full body Exercise</li> <li>10:30am Yoga</li> <li>12:30pm Trivia Handout</li> <li>1:00pm Movie Matinee</li> <li>2:00pm Resident Council Meeting</li> <li>3:30pm Documentary</li> <li>6:30pm Evening Movie</li> </ul>	<ul> <li>9:15am Walking Club</li> <li>10:30am Rummikub</li> <li>11:00am Flexibility Class with Melissa</li> <li>1:00pm Movie Matinee</li> <li>2:00pm Self Guided Support Group</li> <li>2:30pm Current Events from the Courier Paper</li> <li>3:00pm Community Happy Hour w/JD Sebastian</li> </ul>	<ul> <li>9:15am Walking Club</li> <li>9:45am Full body Exercise</li> <li>10:30am Current Events Speaker Margot</li> <li>1:00pm Movie Matinee</li> <li>1:00pm Yoga</li> <li>2:30pm Documentary</li> <li>4:00pm Shabbat Service</li> <li>6:30pm Evening Movie</li> </ul>	<ul> <li>9:15am Walking Club</li> <li>9:45am Full body Exercise</li> <li>10:00am Shopping at Ralphs Grocery Store</li> <li>10:30am Wii Bowling</li> <li>1:00pm Movie Matinee</li> <li>1:00pm Shopping at CVS</li> <li>2:00pm Standing Room Only!</li> <li>3:00pm Bingo</li> <li>6:30pm Evening Movie</li> </ul>
<ul> <li>9:15am Walking Club</li> <li>9:45am Full body Exercise</li> <li>1:00pm Movie Matinee</li> <li>2:30pm Documentary</li> <li>3:00pm Rummikub</li> <li>6:30pm Evening Movie</li> </ul>	<ul> <li>9:15am Walking Club</li> <li>9:45am Full body Exercise</li> <li>1:00pm Movie Matinee</li> <li>1:30pm Floral Arranging Activity</li> <li>2:30pm Composer Class</li> <li>2:30pm Composer Elizabeth</li> <li>3:00pm Poker</li> <li>6:30pm Evening Movie</li> </ul>	<ul> <li>9:15am Walking Club</li> <li>9:45am Full body Exercise</li> <li>11:00am B.I.N.G.O.</li> <li>1:00pm Exercise with BOOM!</li> <li>1:00pm Movie Matinee</li> <li>3:00pm Hollywood Review with Karie Bible</li> <li>4:00pm Red Carpet on TV</li> <li>6:30pm Evening Movie</li> </ul>	<ul> <li>9:15am Walking Club</li> <li>9:45am Full body Exercise</li> <li>10:30am Yoga</li> <li>11:00am Activity Selection Committee</li> <li>12:30pm New Residents Welcome Lunch-In</li> <li>1:00pm Movie Matinee</li> <li>3:30pm Barbara Le Moore Performance</li> <li>6:30pm Evening Movie</li> </ul>	<ul> <li>9:15am Walking Club</li> <li>10:30am Longest Word</li> <li>11:00am Flexibility Class with Melissa</li> <li>1:00pm Movie Matinee</li> <li>2:00pm Movie Selection Committee</li> <li>3:00pm Community Happy Hour w/Jason B</li> <li>6:30pm Evening Movie</li> </ul>	<ul> <li>9:15am Walking Club</li> <li>9:30am Essentials Exercise</li> <li>10:30am Current Events Speaker Margot</li> <li>12:30pm Movie Matinee</li> <li>1:00pm Yoga with Andrea</li> <li>2:30pm Documentary</li> <li>4:00pm Shabbat Service</li> <li>6:30pm Evening Movie</li> </ul>	<ul> <li>9:15am Walking Club</li> <li>9:30am Full body Exercise</li> <li>10:00am Shopping at Ralphs Grocery Store</li> <li>10:45am Shopping at CVS</li> <li>1:00pm Movie Matinee</li> <li>1:00pm Solo Guitarist Stan Ayeroff</li> <li>3:00pm Bingo</li> <li>6:30pm Evening Movie</li> </ul>
<ul> <li>9:15am Walking Club</li> <li>9:45am Full body Exercise</li> <li>1:00pm Movie Matinee</li> <li>1:30pm Documentary</li> <li>3:00pm Creative Outlet through Art and Magazines</li> <li>6:30pm Evening Movie</li> </ul>	<ul> <li>9:15am Walking Club</li> <li>9:45am Full body Exercise</li> <li>10:30am Creative Writing Class with Loren Kantor</li> <li>1:00pm Movie Matinee</li> <li>1:30pm Martin Luther King</li> <li>2:00pm Rummikub</li> <li>2:30pm Composer Elizabeth</li> <li>3:00pm Poker</li> </ul>	<ul> <li>9:15am Walking Club</li> <li>9:45am Full body Exercise</li> <li>10:30am Scarf Painting Class</li> <li>11:30am Planning Outing - Talks</li> <li>1:00pm Movie Matinee- "Roald Dahl's Matilda the Musical"</li> <li>2:00pm Exercise with BOOM!</li> <li>3:00pm Bingo</li> <li>6:30pm Evening Movie</li> </ul>	<ul> <li>9:15am Walking Club</li> <li>9:45am Full body Exercise</li> <li>10:30am Yoga</li> <li>11:30am Movie Selection Committee</li> <li>1:00pm Movie Matinee</li> <li>3:30pm Lyrics with Lawrie</li> <li>6:30pm Evening Movie</li> </ul>	<ul> <li>9:15am Walking Club</li> <li>10:00am Crossword Puzzle</li> <li>11:00am Flexibility Class with Melissa</li> <li>1:00pm Movie Matinee</li> <li>2:00pm Knitting &amp; Selection Meeting</li> <li>3:00pm Community Happy Hour</li> <li>6:30pm Evening Movie</li> </ul>	<ul> <li>9:15am Walking Club</li> <li>9:45am Full body Exercise</li> <li>10:30am Current Events Speaker Margot</li> <li>1:00pm Movie Matinee</li> <li>1:00pm Yoga with Andrea</li> <li>2:30pm Documentary</li> <li>4:00pm Shabbat Service</li> <li>6:30pm Evening Movie</li> </ul>	<ul> <li>9:15am Walking Club</li> <li>9:45am Full body Exercise</li> <li>10:00am Shopping at Ralphs Grocery Store</li> <li>10:30am Shopping at CVS</li> <li>1:00pm Movie Matinee</li> <li>3:00pm Bingo</li> <li>4:00pm Entertainment w/Jason B</li> <li>6:30pm Evening Movie</li> </ul>
<ul> <li>9:15am Walking Club</li> <li>9:45am Full body Exercise</li> <li>1:00pm Movie Matinee</li> <li>1:00pm Opera with Gladys</li> <li>1:30pm Documentary</li> <li>6:30pm Evening Movie</li> </ul>	<ul> <li>9:15am Walking Club</li> <li>9:45am Full body Exercise</li> <li>10:30am Rubber Block Printmaking</li> <li>1:00pm Movie Matinee</li> <li>1:30pm Ted Talks</li> <li>2:30pm Composer Elizabeth</li> <li>2:30pm Piano Music</li> <li>3:00pm Poker</li> <li>6:30pm Evening Movie</li> </ul>	<ul> <li>9:15am Walking Club</li> <li>9:45am Full body Exercise</li> <li>11:00am Creative Talks</li> <li>1:00pm Movie Matinee</li> <li>2:00pm Exercise with BOOM!</li> <li>3:00pm Bingo</li> <li>4:00pm Rummikub</li> <li>6:30pm Evening Movie</li> </ul>	<ul> <li>9:15am Walking Club</li> <li>9:45am Full body Exercise</li> <li>10:30am Yoga</li> <li>11:00am Movie Selection Committee</li> <li>1:00pm Movie Matinee</li> <li>2:00pm Residents' Council Meeting</li> <li>3:30pm Documentary</li> <li>6:30pm Evening Movie</li> </ul>	<ul> <li>9:15am Walking Club</li> <li>10:00am Crossword Puzzle</li> <li>11:00am Flexibility Class with Melissa</li> <li>1:00pm Schindler's film presentation and Lecture</li> <li>3:00pm Watermark University</li> <li>4:00pm The Best Vocalist in L.A Clarence U.</li> <li>6:30pm Evening Movie</li> </ul>	<ul> <li>9:15am Walking Club</li> <li>9:45am Full body Exercise</li> <li>10:30am Current Events Speaker Margot</li> <li>1:00pm Movie Matinee</li> <li>1:00pm Yoga with Andrea</li> <li>2:30pm Documentary</li> <li>4:00pm Shabbat Service</li> <li>6:30pm Evening Movie</li> </ul>	<ul> <li>9:15am Walking Club</li> <li>9:45am Full body Exercise</li> <li>10:00am Shopping at Ralphs Grocery Store</li> <li>10:30am Shopping at CVS</li> <li>1:00pm Movie Matinee</li> <li>1:00pm Shopping at CVS</li> <li>2:00pm Beverly Hills Library</li> <li>3:00pm Bingo</li> <li>6:30pm Evening Movie</li> </ul>
<ul> <li>9:15am Walking Club</li> <li>9:45am Full body Exercise</li> <li>1:00pm Movie Matinee</li> <li>1:30pm Documentary</li> <li>3:00pm The Longest Word</li> <li>6:30pm Evening Movie</li> </ul>	<ul> <li>9:15am Walking Club</li> <li>9:45am Full body Exercise</li> <li>1:00pm Movie Matinee</li> <li>2:30pm Composer Elizabeth</li> <li>3:00pm Poker</li> <li>6:30pm Evening Movie</li> </ul>	<ul> <li>9:15am Walking Club</li> <li>9:45am Full body Exercise</li> <li>11:00am Creative Talks</li> <li>1:00pm Movie Matinee</li> <li>2:00pm Exercise with BOOM!</li> <li>3:00pm Bingo</li> <li>4:00pm Rummikub</li> <li>6:30pm Evening Movie</li> </ul>	<ul><li>Body</li><li>Community</li><li>Entertainment</li><li>Mind</li><li>Outing</li><li>Spirit</li></ul>	Harriet M 1/13th Dolores B 1/14th John S 1/31st		