

A woman and a man are paddling canoes on a body of water. The woman is in the foreground, wearing a blue life jacket and smiling. The man is in the background, wearing a green life jacket and also smiling. They are both holding yellow paddles. The background shows a marina with many sailboats.

# FLOURISH

JANUARY 2021

## WHAT'S INSIDE

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Social Calendar

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Upcoming Events + News

*"WRINKLES WILL ONLY GO WHERE THE SMILES HAVE BEEN." —JIMMY BUFFETT*

Sunday

Monday



Tuesday

Wednesday

Thursday

Friday

Saturday

<p>* Events marked with an *Asterisk are available in person at the building and online. Events with a Double Asterisk ** are resident initiated events. Any questions, feel free to contact Amy via phone or email.</p>		<p><b>Calendar Reminders</b></p> <ul style="list-style-type: none"> <li>Please note that many things listed on this calendar may change as COVID-19 Restrictions are changing weekly.</li> <li>Sign up for weekly activity email updates by contacting Amy to be on this list. If you do not have an email, you can pick up a paper copy of these weekly updates at the Breakfast on Mondays.</li> </ul>	<p><b>COVID-19 Reminders</b></p> <ul style="list-style-type: none"> <li>Please remember to always have a mask on while in common areas when not eating or drinking.</li> <li>Maintain 6 feet distance from others as much as possible</li> <li>Stay home if you are feeling ill.</li> <li>Wipe down Coffee and Water station before and after use.</li> </ul>		<p><b>New Year's Day</b> 1</p> <p>8:00 <span>GR</span> Continental Breakfast 8-9:30          10:30 <span>YS</span> Virtual Yoga with Nicki <span>♥</span>          1:00 <span>GR</span> Bridge Club          5:00 <span>GR</span> Happy Hour: Happy New Year!</p>	<p>2</p> <p>8:00 <span>GR</span> Continental Breakfast 8-9:30          10:00 <span>GR</span> Meet Your Neighbors Coffee Social</p>
<p>3          11:30 <span>GR</span> Bloody Mary Social          12:00 <span>MT</span> Vikings @ Lions          5:00 <span>MT</span> Popcorn &amp; a Musical Night at Avidor**</p>	<p>4  <b>National Trivia Day</b>          8:00 <span>GR</span> Continental Breakfast 8-9:30          10:30 <span>YS</span> Virtual Yoga with Nicki <span>♥</span>          2:00 <span>01</span> Technology Assistance with Amy          6:00 <span>GR</span> Trivia Night*</p>	<p>5          8:00 <span>GR</span> Continental Breakfast 8-9:30          11:00 <span>YS</span> *Strength Circuit Limit 6 in person <span>♥</span>          1:00 <span>GR</span> Mahjongg</p>	<p>6          8:00 <span>GR</span> Continental Breakfast 8-9:30          10:30 <span>YS</span> Virtual Yoga with Nicki <span>♥</span>          5:00 <span>GR</span> Happy Hour: Wine Down Wednesday</p>	<p>7          8:00 <span>GR</span> Continental Breakfast 8-9:30          11:00 <span>YS</span> *Strength Circuit Limit 6 in person <span>♥</span>          1:00 <span>GR</span> Bridge Club          3:00 <span>PD</span> Women's Bible Study Group</p>	<p>8          8:00 <span>GR</span> Continental Breakfast 8-9:30          10:30 <span>YS</span> Virtual Yoga with Nicki <span>♥</span>          5:00 <span>GR</span> Happy Hour: Fresh Fruit Friday</p>	<p>9          8:00 <span>GR</span> Continental Breakfast 8-9:30          10:00 <span>GR</span> Meet Your Neighbors Coffee Social          12:05 <span>MT</span> AFC/NFC Wild Card Game 1          4:40 <span>MT</span> AFC/NFC Wild Card Game 2          8:15 <span>MT</span> AFC/NFC Wild Card Game 3</p>
<p>10          12:00 <span>CD</span> Walking Club with Healthy Snack <span>♥</span>          5:00 <span>MT</span> Popcorn &amp; a Movie Night at Avidor**</p>	<p>11          8:00 <span>GR</span> Continental Breakfast 8-9:30          10:30 <span>YS</span> Virtual Yoga with Nicki <span>♥</span>          1:00 Virtual Writers' Group          5:30 <span>GR</span> Avidor Board Game Night          7:00 <span>MT</span> College Football Championship**</p>	<p>12          8:00 <span>GR</span> Continental Breakfast 8-9:30          11:00 <span>YS</span> *Strength Circuit Limit 6 in person <span>♥</span>          1:00 <span>GR</span> Mahjongg</p>	<p>13          8:00 <span>GR</span> Continental Breakfast 8-9:30          10:30 <span>YS</span> Virtual Yoga with Nicki <span>♥</span>          3:00 <span>PD</span> Women's Bible Study          5:00 <span>GR</span> Happy Hour: Wine Down Wednesday</p>	<p>14          8:00 <span>GR</span> Continental Breakfast 8-9:30          11:00 <span>YS</span> *Strength Circuit Limit 6 in person <span>♥</span>          1:00 <span>GR</span> Bridge Club          3:00 <span>DK</span> Cooking Demo with Valerie</p>	<p>15          8:00 <span>GR</span> Continental Breakfast 8-9:30          10:30 <span>YS</span> Virtual Yoga with Nicki <span>♥</span>          11:00 <span>GR</span> Ladies Who Lunch          1:30 <span>CR</span> Man-Up with Maintenance          5:00 <span>GR</span> Happy Hour: French Fry Friday</p>	<p>16          8:00 <span>GR</span> Continental Breakfast 8-9:30          10:00 <span>GR</span> Meet Your Neighbors Coffee Social</p>
<p>17          12:00 <span>CD</span> Walking Club with Healthy Snack <span>♥</span>          5:00 <span>MT</span> Popcorn &amp; a Movie Night at Avidor**</p>	<p>18  <b>Martin Luther King Jr. Day</b>          8:00 <span>GR</span> Continental Breakfast 8-9:30          10:30 <span>YS</span> Virtual Yoga with Nicki <span>♥</span>          2:00 <span>01</span> Technology Assistance with Amy</p>	<p>19          8:00 <span>GR</span> Continental Breakfast 8-9:30          11:00 <span>YS</span> *Strength Circuit Limit 6 in person <span>♥</span>          1:00 <span>GR</span> Mahjongg          2:30 <span>FC</span> Fitness Orientation <span>✓</span></p>	<p>20          8:00 <span>GR</span> Continental Breakfast 8-9:30          10:30 <span>YS</span> Virtual Yoga with Nicki <span>♥</span>          5:00 <span>GR</span> Happy Hour: Wine Down Wednesday</p>	<p>21          8:00 <span>GR</span> Continental Breakfast 8-9:30          11:00 <span>YS</span> *Strength Circuit Limit 6 in person <span>♥</span>          1:00 <span>GR</span> Bridge Club          3:00 <span>PD</span> Women's Bible Study Group          6:00 <span>GR</span> Bingo*</p>	<p>22          8:00 <span>GR</span> Continental Breakfast 8-9:30          10:30 <span>YS</span> Virtual Yoga with Nicki <span>♥</span>          5:00 <span>GR</span> Happy Hour: Flatbread Friday</p>	<p>23          8:00 <span>GR</span> Continental Breakfast 8-9:30          10:00 <span>GR</span> Meet Your Neighbors Coffee Social</p>
<p>24          3:05 <span>MT</span> NFC Championship Game          6:40 <span>MT</span> AFC Championship Game</p> <p>31          12:00 <span>CD</span> Walking Club with Healthy Snack <span>♥</span>          5:00 <span>MT</span> Popcorn &amp; a Movie Night at Avidor**</p>	<p>25          8:00 <span>GR</span> Continental Breakfast 8-9:30          10:30 <span>YS</span> Virtual Yoga with Nicki <span>♥</span>          1:00 Virtual Writers' Group          5:30 <span>GR</span> Avidor Board Game Night</p>	<p>26          8:00 <span>GR</span> Continental Breakfast 8-9:30          11:00 <span>YS</span> *Strength Circuit Limit 6 in person <span>♥</span>          1:00 <span>GR</span> Mahjongg          6:00 <span>GR</span> Sign Craft with Amanda \$5.00\$</p>	<p>27          8:00 <span>GR</span> Continental Breakfast 8-9:30          10:30 <span>YS</span> Virtual Yoga with Nicki <span>♥</span>          4:30 <span>GR</span> Town Hall Mtg          5:00 <span>GR</span> Happy Hour: Wine Down Wednesday</p>	<p>28          8:00 <span>GR</span> Continental Breakfast 8-9:30          11:00 <span>YS</span> *Strength Circuit Limit 6 in person <span>♥</span>          1:00 <span>GR</span> Bridge Club          3:00 <span>PD</span> Women's Bible Study Group</p>	<p>29          8:00 <span>GR</span> Continental Breakfast 8-9:30          10:30 <span>YS</span> Virtual Yoga with Nicki <span>♥</span>          5:00 <span>GR</span> Happy Hour: Fresh Fruit Smoothies</p>	<p>30          8:00 <span>GR</span> Continental Breakfast 8-9:30          10:00 <span>GR</span> Meet Your Neighbors Coffee Social</p>

## UPCOMING COMMUNITY EVENTS



### PLEASE JOIN OUR NEW WALKING CLUB IN 2021

We would love to have you join us for the new Walk Club! Get a few additional steps in along with meeting your neighbors. It's a great time to start a new routine. On nicer days we will walk outside and colder/not so nice we can walk in community. We will start off at the Concierge desk and finish in the Great Room with a healthy snack.

### BLOODY MARYS ARE BACK!

We hope to have some great football to watch in January! We will be offering some additional Bloody Mary socials in the Great Room that seem to go nicely on game days. Cheer on your favorite team! You don't have to be a football fan to enjoy a good Bloody Mary with all the fixings.



### NEW THEMED HAPPY HOURS

Look for our new themed happy hours featuring different foods and drink options for the adventurous. If you have suggestions, please be sure to let Amy know. In addition, we will be celebrating Wine on Wednesdays! As always, we will have a variety of beverages available for you.

**Allegro - Avidor**  
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# avidor

Edina