



# January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>New Year's Day 1</b> Holiday Observed by Staff 2:00   Hot Cocoa w/Friends
2 10:00   Walk Meet 1:00   Coffee Chat w/Friends 7:20   Game Day Watch Party	3 8:00   Continental Breakfast 10:00   Yoga Flow 11:15   Gentle Yoga 1:00   Holiday Décor Deconstruction Party 3:00   Zumba	4 8:00   Continental Breakfast 10:00   Tai Chi 11:00   Strength 1:00   Mahjong 5:00   Happy Hour	5 8:00   Continental Breakfast 10:00   Yoga Sculpt 11:15   Gentle Yoga 11:30 – 1:30   Chair Massage 3:00   Men's Coffee Chat	6 8:00   Continental Breakfast 10:00   Tai Chi 11:00   Strength 1:00   Bridge Reset 5:00   Happy Hour	<b>Orthodox Christmas Day 7</b> 8:00   Hot Rolled Oats 11:15   Gentle Yoga 1:00   Weight Loss Group 2:00   Enjoy Greek Holiday Desserts w/Vanessa	8 9:00   Continental Breakfast 10:00   Walk Meet 1:00   Lash and Brow Tutorial w/Vanessa 4:00   Saturday Potluck
9 10:00   Walk Meet 11:00   Live Music Series 12:00   Watch Party of Vikings Game 7:00   Documentary Movie Night	10 8:00   Continental Breakfast 10:00   Yoga Flow 11:15   Gentle Yoga 1:00   Cooking Class 3:00   Zumba 4:00   Book Club	11 8:00   Continental Breakfast 10:00   Tai Chi 11:00   Strength 1:00   Mahjong 5:00   Happy Hour 6:00   "Decoding the Driftless"	12 8:00   Continental Breakfast 9:15   J.O.Y Physical Therapy 10:00   Yoga Sculpt 11:15   Gentle Yoga 11:30 – 1:30   Chair Massage	13 8:00   Continental Breakfast 10:00   Tai Chi 11:00   Strength 1:00   Bridge	14 8:00   Quiche 11:15   Gentle Yoga 1:00   Weight Loss Group 2:00   Coffee Talk /Vanessa	<b>National Strawberry Ice Cream Day 15</b> 9:00   Continental Breakfast 10:00   Walk Meet 1:00   Enjoy Strawberry Ice Cream With Other Residents
16 10:00   Walk Meet 11:00   Live Music Series 7:00   Documentary Movie Night	<b>Martin Luther King Jr. Day 17</b> 8:00   Continental Breakfast 10:00   Yoga Flow 11:15   Gentle Yoga 3:00   Zumba 6:30   Bingo	18 8:00   Continental Breakfast 10:00   Tai Chi 11:00   Strength 1:00   Mahjong 5:00   Happy Hour New Resident Meet & Greet	19 8:00   Continental Breakfast 10:00   Yoga Sculpt 11:15   Gentle Yoga 11:30-1:30   Chair Massage 2:00 – 4:00   "Hamilton Deconstructed" 3:00   Men's Coffee Chat	20 8:00   Continental Breakfast 10:00   Tai Chi 11:00   Strength 1:00   Bridge 5:00   Happy Hour "Joke Night"	21 8:00   Greek Yogurt Parfait 11:15   Gentle Yoga 1:00   Weight loss Group 2:00 – 4:00   "Hamilton Deconstructed"	<b>Hot Sauce Day 22</b> 9:00   Continental Breakfast 10:00   Walk Meet 1:00   Enjoy "Hot Wings" in the Great Room
23 10:00   Walk Meet 11:00   Live Music Series 1:30   Films Inspired by History Series 7:00   Documentary Movie Night	24 8:00   Continental Breakfast 10:00   Yoga Flow 11:15   Gentle Yoga 1:00   Art Class 3:00   Zumba	<b>Opposite Day 25</b> 8:00   Continental Breakfast 10:00   Tai Chi 11:00   Strength 1:00   Mahjong 5:00   Happy Hour "Opposite Day"	<b>Salvation Army Donation 26</b> 8:00   Continental Breakfast 9:15   J.O.Y. Physical Therapy 10:00   Yoga Sculpt 11:15   Gentle Yoga 11:30 – 1:30   Chair Massage 3:00   Men's Coffee Chat	<b>Salvation Army Donation 27</b> 8:00   Continental Breakfast 10:00   Tai Chi 11:00   Strength 1:00   Bridge 5:00   Happy Hour	<b>Salvation Army Donation 28</b> 8:00   Quiche 11:15   Gentle Yoga 1:00   Weight Loss Group	<b>Puzzle Day 29</b> 9:00   Continental Breakfast 10:00   Walk Meet 11:00   Puzzles
<b>Croissant Day 30</b> 10:00   Walk Meet 11:00   Croissant Day/Enjoy a Croissant in the Great Room 11:00   Live Music Series 7:00   Documentary Movie Night	31 8:00   Continental Breakfast 10:00   Yoga Flow 11:15   Gentle Yoga 3:00   Zumba 3:00   Yappy Hour 6:30   Bingo					<b>Ways to Wellness</b> Physical Emotional Intellectual Spiritual Environmental Social Occupational

## EVENTS

### Salvation Army Donation

Avidor Edina will be collecting gently used clothing to be donated to the Salvation Army.

### Bridge Reset

All Bridge players are welcome to join for a meeting for the reorganization of bridge. All levels and styles are welcome to attend.

### Walk Meet

Meet other residents in the lobby and go for a walk.