




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>KEY</b> AS: Art Studio BR: Billiards Room GR: Gathering Room FR: Family Room LR: Living Room Lobby: Front Lobby MR: Media Room Pines: Pines Activity Room VD: Veranda WS: Wellness Studio 1341: Channel 1341		
<b>2</b> 10:00 Church Service w/ Pastor Will Joslin (GR) 3:30 Repeat of Saturday Movie (MR)	<b>3</b> 9:15 Circuit Fitness w/ Armondo (WS) 10:00 Yoga w/ Vivien (WS) ★ 11:15 Core Balance 1 w/ Armondo (WS) ★ 1:00 Mahjongg w/ Missy (BR) 2:00 Presentation w/ Eileen Buch: "Back to Basics: How to Use Your Mobile Phone" (MR) 3:30 Sing-a-Long w/ Don (Pines) 7:30 Monday Night Movie: "Witness" (1341)	<b>4</b> 9:15 CardioFit w/ Ashley (WS) ★ 9:30 Men of The Cardinal (BR) 10:00 Aquacize 10:30 Movercize with Rich (Pines) 11:00 Trader Joe's (Lobby) ★ 11:15 Sit & Be Fit w/ Armondo (WS) ★ 1:00 Wii Bowling (LR) ★ 2:00 Bridge w/ Rachel (Pines)	<b>5</b> 9:15 Circuit Fitness w/ Armondo (WS) 9:30 St. Timothy's Episcopal Communion Service (Pines) 10:00 Tai Chi w/ Tish (WS) ★ 11:15 Core Balance 1 (WS) ★ 1:30 The Who (Women Helping Others) interest meeting (GR) ★ 2:00 Culinary Chat (MR) 3:00 Book Club- "The Wright Brothers" (FR) ★	<b>6</b> 9:15 CardioFit w/ Ashley (WS) ★ 10:00 Aquacize 11:00 Harris Teeter (Lobby) ★ 11:15 Sit & Be Fit w/ Ashleigh (WS) ★ 2:00 Health and Fitness Chat w/ Armondo (WS) 5:15 Bus Outing: Chinese Lantern Festival (Lobby) \$★	<b>7</b> 9:15 Core Balance 2 w/ Armondo (WS) ★ 10:00 Yoga w/ Vivien (WS) ★ 11:00 Health Discussion w/ Dr. Mike: "Hypertension" (MR) 3:30 Sing Along w/ Don (Pines) 4:00 Shabbat Service (FR) 7:30 Friday Night Flick: "Blood Diamond" (1341)	<b>8</b> 3:30 Popcorn and a Movie: "Kramer vs. Kramer" (MR)
<b>9</b> 10:00 Church Service w/ Pastor Will Joslin (GR) 3:30 Repeat of Saturday Movie (MR)	<b>10</b> 9:15 Circuit Fitness w/ Armondo (WS) 10:00 Yoga w/ Vivien (WS) ★ 11:15 Core Balance 1 w/ Armondo (WS) ★ 11:30 Lunch Outing: Mason's Famous Lobster Rolls (Lobby) \$★ 1:00 Mahjongg w/ Missy (BR) 2:30 Sing-a-Long w/ Don (Pines) 3:30 The History of Pandemics: "Smallpox Variolation and Vaccination" Presented by Dr. Amy O'Keefe (MR) 7:30 Monday Night Movie: "The Prestige" (1341)	<b>11</b> 8:30 Breakfast w/ The Boys- "Separation of Church and State: Truth be Told" by Phil Carlton (GR) ★ 9:15 CardioFit w/ Ashley (WS) ★ 10:00 Aquacize 10:00 Writing Group (AS) 11:00 Target (Lobby) ★ 11:15 Sit & Be Fit w/ Armondo (WS) ★ 1:00 Wii Bowling (LR) ★ 2:00 Bridge w/ Rachel (Pines) 2:00 Friendship Committee (FR) 3:00 Low Vision Support Group (MR)	<b>12</b> 9:15 Circuit Fitness w/ Armondo (WS) 9:30 St. Timothy's Episcopal Communion Service (Pines) 10:00 Tai Chi w/ Tish (WS) ★ 11:15 Core Balance 1 (WS) ★ 3:30 "American Composers" performance by Fred Jacobowitz & Anatomy Larkin (GR)	<b>13</b> 9:00 - 12:00 Stand Strong Assessments (BR) ✓ 9:15 CardioFit w/ Ashley (WS) ★ 10:00 Aquacize 11:00 Harris Teeter (Lobby) ★ 11:15 Sit & Be Fit w/ Ashleigh (WS) ★ 1:00 BLD & Grounds Comm. (FR) 2:00 Raleigh's Victorian Homes Tour w/ Parker Call (Lobby) ★ 2:00 The Color Wheel Pt. 2: Mixing Colors w/ Barb (AS) ★	<b>14</b> 9:15 Core Balance 2 w/ Armondo (WS) ★ 10:00 Yoga w/ Vivien (WS) ★ 2:00 Chess with James Stancil (BR) 3:30 Sing Along w/ Don (Pines) 7:00 Symphony Outing: Beethoven Triple Concerto (Lobby) \$★ 7:30 Friday Night Flick: "The Usual Suspects" (1341)	<b>15</b> 1:30 Contemporary Political Debates w/ Professor Steven Greene (GR) 3:30 Popcorn and a Movie: "Lady in The Van" (MR)
<b>16</b> 3:30 Repeat of Saturday Movie (MR)	<b>17</b> <b>Martin Luther King Jr. Day</b> 9:15 Circuit Fitness w/ Armondo (WS) 10:00 Yoga w/ Vivien (WS) ★ 11:15 Core Balance 1 w/ Armondo (WS) ★ 1:00 Mahjongg w/ Missy (BR) 1:30 Res. Board Meeting (GR) 2:00 Presentation w/ Eileen Buch: "How to Use Apps on Your Mobile Phone" (MR) 3:30 Sing-a-Long w/ Don (Pines) 5:00 Dinner Outing: Angus Barn (Lobby) \$★ 7:30 Monday Night Movie: "King in The Wilderness" (1341)	<b>18</b> 9:15 CardioFit w/ Ashley (WS) ★ 9:30 Men of The Cardinal (BR) 10:00 Aquacize 10:30 Movercize with Rich (Pines) 11:00 Wegmans (Lobby) ★ 11:15 Sit & Be Fit w/ Armondo (WS) ★ 1:00 Wii Bowling (LR) ★ 2:00 Bridge w/ Rachel (Pines) 3:30 The Cardinal Expedition Kickoff: Presented by The Wellness Team (MR)	<b>19</b> 9:15 Circuit Fitness w/ Armondo (WS) 9:30 St. Timothy's Episcopal Communion Service (Pines) 10:00 Tai Chi w/ Tish (WS) ★ 11:15 Core Balance 1 (WS) ★ 2:00 Dance Lessons w/ The Silver Shuffles (WS) 2:00 Dining Committee (FR) 3:30 Happy Hour Social and Music Performance w/ Dennis Redoblado (GR)	<b>20</b> 9:15 CardioFit w/ Ashley (WS) ★ 10:00 Aquacize 11:00 Harris Teeter (Lobby) ★ 11:15 Sit & Be Fit w/ Ashleigh (WS) ★ 12:00 Resident Birthday Luncheon (Bleu) ✓ 2:00 Raleigh's Victorian Homes Tour w/ Parker Call (Lobby) ★ 2:00 Wellness Committee (FR) 3:00 Construction Update from Mike Goodwin (GR/MR)	<b>21</b> 9:15 Core Balance 2 w/ Armondo (WS) ★ 10:00 Yoga w/ Vivien (WS) ★ 2:00 Now Hear This Audiology presents: "Tips for Healthy Hearing" (MR) 3:30 Sing Along w/ Don (Pines) 7:30 Friday Night Flick: "The Ides of March" (1341)	<b>22</b> 3:30 Popcorn and a Movie: "Green Book" (MR)
<b>23</b> 3:30 Repeat of Saturday Movie (MR)	<b>24</b> 10:00 Yoga w/ Vivien (WS) ★ 2:30 Sing-a-Long w/ Don (Pines) 3:30 The History of Pandemics: "Cholera and the Birth of Public Health" presented by Dr. Amy O'Keefe (MR)	<b>25</b> 9:15 CardioFit w/ Ashley (WS) ★ 9:30 Men of The Cardinal (BR) 10:00 Aquacize 10:00 Writing Group (AS) 11:00 Walmart (Lobby) ★ 11:15 Sit & Be Fit w/ Armondo (WS) ★ 1:00 Newsletter Club (FR) 1:00 Wii Bowling (LR) ★ 2:00 Bridge w/ Rachel (Pines)	<b>26</b> 9:15 Circuit Fitness w/ Armondo (WS) 9:30 St. Timothy's Episcopal Communion Service (Pines) 10:00 Tai Chi w/ Tish (WS) ★ 11:15 Core Balance 1 (WS) ★ 3:00 Understanding Classical Music with Mary Ann Nillson (GR)	<b>27</b> 9:15 CardioFit w/ Ashley (WS) ★ 10:00 Aquacize 11:00 Harris Teeter (Lobby) ★ 11:15 Sit & Be Fit w/ Ashleigh (WS) ★ 2:00 CNH Five Year Anniversary Celebration (MR/GR)	<b>28</b> 9:15 Core Balance 2 w/ Armondo (WS) ★ 10:00 Yoga w/ Vivien (WS) ★ 2:00 Chess with James Stancil (BR) 3:30 Sing Along w/ Don (Pines) 7:30 Friday Night Flick: "Casablanca" (1341)	<b>29</b> 3:30 Popcorn and a Movie: "Good Will Hunting" (MR)
<b>30</b> 3:00 Quarterly Resident Association Meeting (MR/GR)	<b>31</b> 9:15 Circuit Fitness w/ Armondo (WS) 10:00 Yoga w/ Vivien (WS) ★ 11:15 Core Balance 1 w/ Armondo (WS) ★ 2:00 Quick & Easy Cooking w/ Nathalie and Taylor (GR)					