


JANUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	LOCATION Activity Room (AR) Centerview 2nd FL Lounge (C2FL) Centerview 3rd Floor Lounge (C3FL) Centerview Lobby (CL) Dining Room (DR) Fitness Center (FC) Garden Cafe (GC) Learning Center (LC) Library (L) Northridge 2nd FL lounge (N2FL) Northridge 3rd Floor Lounge (N3FL) Prayer Garden (PG) Private Dining Room (PDR) Putting Green/Dog Park (PGDP)	ACTIVITY LEGEND ♥ Heart ▲ Body ● Mind ✦ Spirit	Happy New Year!! 1	2 8:00am ▲ Cornhole (AR) 8:00am ● Good Morning Meditations (AR) 9:00am ▲ Tai Chi (FC) 10:00am ● Thinkin' Thursdays (GC) 10:00am ▲ Late Morning Strolls (PG) 11:00am ▲ Cornhole Challenge (FC) 11:00am ● I'm Feeling Blue (PDR) 11:00am ✦ Working Hands (C3FL) 11:30am ▲ "Move to the Beat" Chair Exercise with Kelley (AR) 1:00pm Activity Chat (AR) 2:00pm ● Craft: Repurpose Pasta Sauce Jars* (AR) 6:00pm ♥ Evening Entertainment: Rick Cyge (AR)	3 8:00am ● Good Morning Meditations (AR) 9:00am ▲ Senior Fit (AR) 9:00am Post Office 9:30am ▲ Balance & Mobility (AR) 10:00am Shopping: Safeway, Walgreens or CVS 10:00am ▲ Late Morning Strolls (PG) 10:30am ▲ StairMasters Hike Interest Meeting (AR) 12:30pm ● Bridge (C2FL) 12:30pm ♥ LCR (N3FL) 3:00pm ♥ Fondue Fellowship* (GC) 6:00pm ● Bridge (AR)	4 9:00am ▲ Axe Throwing & Horse Shoes! (AR) 10:30am ● Bingo (AR) 12:00pm ♥ Rummikub (AR) 1:30pm ♥ Cinema Saturday: Going in Style (AR) 2:00pm ♥ Colorful Creations with Katy! (L) 3:00pm ▲ Cornhole (FC) 6:00pm ♥ Game Night (GC)	
	3:00pm Worship Hour- Pastor Bud Downs (AR) 5	6 8:00am ● Good Morning Meditations (AR) 9:00am ▲ Senior Fit (AR) 9:00am Shopping: Fry's 9:30am ▲ Stretch & Flex (AR) 10:00am ▲ Late Morning Strolls (PG) 10:30am ● NEW! Make & Mingle Monday (AR) 11:00am ▲ Bocce (PGDP) 11:30am ▲ Chair Yoga with Kelley (AR) 12:00pm ♥ Meal Out Monday: Let's Do Lunch* 1:00pm ✦ NEW! Creating for the Creator (C3FL) 1:00pm ● Farkle (C2FL) 1:00pm ▲ NEW! Mobile Movement Games 1:30pm Shopping: Fry's 2:00pm ✦ Catholic Communion Service (AR) 2:30pm ✦ Rosary (AR) 6:00pm ● Bingo (AR)	7 8:00am ● Good Morning Meditations (AR) 9:00am ▲ Tai Chi (FC) 9:30am ♥ Lap Quilts (AR) 10:00am ▲ Music & Melodies (DR) 10:00am ▲ Late Morning Strolls (PG) 11:00am ▲ NEW! StairMasters Hike Prep Group (CL) 11:00am ▲ Putting Challenge (PGDP) 11:00am ● NEW! Teach Me Tuesday: Lindberg, Babe Ruth, & Tom Mix* (LC) 12:15pm ▲ Wii Bowling (AR) 1:30pm ● Pick A Prize Bingo (AR) 2:30pm ● NEW! Pinochle (C2FL) 6:00pm ● Hand & Foot (AR)	8 7:30am Men's Breakfast (DR) 8:00am ● Good Morning Meditations (AR) 9:00am ▲ Senior Fit (AR) 9:45am ▲ Tai Chi (FC) 10:00am ✦ Bible Study (AR) 10:00am ▲ Late Morning Strolls (PG) 11:00am ▲ Billiards (N2FL) 11:00am ✦ Breaking Bread (AR) 1:00pm ● NEW! Mobile Wellness Games 1:00pm ● Winning Wednesday: Wheel of Fortune (AR) 1:30pm Bank Run 1:30pm Shopping: Super Walmart (19th Ave & Bell) (Limit 14) 2:00pm ● Presentation: Get Educated on Estate Planning (AR) 6:00pm ♥ Bunco (AR)	9 8:00am ▲ Cornhole (AR) 8:00am ● Good Morning Meditations (AR) 9:00am ▲ Tai Chi (FC) 10:00am ● Thinkin' Thursdays (GC) 10:00am ▲ Late Morning Strolls (PG) 11:00am ▲ Cornhole Challenge (FC) 11:00am ● I'm Feeling Blue (PDR) 11:00am ✦ Working Hands (C3FL) 11:30am ▲ "Move to the Beat" Chair Exercise with Kelley (AR) 1:00pm ▲ Wisdom Wellness (L) 2:00pm ● Craft: Repurpose CDs* (GC)	10 8:00am ● Good Morning Meditations (AR) 9:00am ▲ Senior Fit (AR) 9:30am ▲ Balance & Mobility (AR) 10:00am Shopping: Safeway, Walgreens or CVS 10:00am ▲ Late Morning Strolls (PG) 12:30pm ▲ NEW! Beginners Fitness (AR) 12:30pm ● Bridge (C2FL) 12:30pm ♥ LCR (N3FL) 1:30pm Shopping: Trader Joe's 3:00pm ♥ Happy Hour- Vodka Cranberry* (L) 6:00pm ● Bridge (AR)	11 9:00am ▲ Axe Throwing & Horse Shoes! (AR) 10:30am ● Bingo (AR) 12:00pm ♥ Rummikub (AR) 2:00pm ♥ Colorful Creations with Katy! (L) 3:00pm ▲ Cornhole (FC) 6:00pm ♥ Game Night (GC)
	3:00pm Worship Hour- Chaplain Lee Spivey (AR) 12	13 8:00am ● Good Morning Meditations (AR) 9:00am ▲ Senior Fit (AR) 9:00am Shopping: Fry's 9:30am ▲ Stretch & Flex (AR) 10:00am ▲ Late Morning Strolls (PG) 10:30am ● NEW! Make & Mingle Monday (AR) 11:00am ▲ Bocce (PGDP) 11:30am ▲ Chair Yoga with Kelley (AR) 1:00pm ✦ NEW! Creating for the Creator (C3FL) 1:00pm ● Farkle (C2FL) 1:00pm ▲ NEW! Mobile Movement Games 1:30pm Shopping: Fry's 2:00pm ✦ Catholic Communion Service (AR) 2:30pm ✦ Rosary (AR) 6:00pm ● Bingo (AR)	14 8:00am ● Good Morning Meditations (AR) 9:00am ▲ Tai Chi (FC) 9:30am ♥ Lap Quilts (AR) 10:00am ▲ Music & Melodies (DR) 10:00am ▲ Blood Pressure Clinic (C2FL) 10:00am ▲ Late Morning Strolls (PG) 10:00am Mary Kay Cosmetics (GC) 11:00am ▲ NEW! StairMasters Hike Prep Group (CL) 11:00am ▲ Putting Challenge (PGDP) 11:00am ● NEW! Teach Me Tuesday: Curana Presentation* (LC) 12:15pm ▲ Wii Bowling (AR) 1:30pm ● Pick A Prize Bingo (AR) 2:30pm ● NEW! Pinochle (C2FL) 6:00pm ● Hand & Foot (AR)	15 8:00am ● Good Morning Meditations (AR) 9:00am ▲ Senior Fit (AR) 9:45am ▲ Tai Chi (FC) 10:00am ✦ Bible Study (AR) 10:00am ▲ Late Morning Strolls (PG) 11:00am ▲ Billiards (N2FL) 11:00am ✦ Breaking Bread (AR) 11:00am Cholla Library (Metrocenter) 1:00pm ● NEW! Mobile Wellness Games 1:00pm ● Winning Wednesday: Horse Races (AR) 1:30pm Bank Run 2:00pm ▲ Low Vision Group (N3FL) 6:00pm ♥ Bunco (AR)	16 8:00am ▲ Cornhole (AR) 8:00am ● Good Morning Meditations (AR) 9:00am ▲ Tai Chi (FC) 10:00am ● Thinkin' Thursdays (GC) 10:00am Vet to Vet (AR) 10:00am ▲ Late Morning Strolls (PG) 11:00am ▲ Cornhole Challenge (FC) 11:00am ● I'm Feeling Blue (PDR) 11:00am ✦ Working Hands (C3FL) 11:30am ▲ "Move to the Beat" Chair Exercise with Kelley (AR) 1:00pm ▲ Wisdom Wellness (L) 2:00pm ● Craft: Repurpose Coffee Cup Lids* (GC) 6:00pm ♥ Evening Entertainment: Gabriel Magno (AR)	17 8:00am ● Good Morning Meditations (AR) 9:00am ▲ Senior Fit (AR) 9:00am Post Office 9:30am ▲ Balance & Mobility (AR) 10:00am Shopping: Safeway, Walgreens or CVS 10:00am ▲ Late Morning Strolls (PG) 11:00am ♥ Happy Birthday Party!! (Invite Only) (AR) 12:30pm ▲ NEW! Beginners Fitness (AR) 12:30pm ● Bridge (C2FL) 12:30pm ♥ LCR (N3FL) 3:00pm Caregiver Support Group (L) 3:00pm ♥ Fondue Fellowship* (GC) 6:00pm ● Bridge (AR)	18 9:00am ▲ Axe Throwing & Horse Shoes! (AR) 10:30am ● Bingo (AR) 12:00pm ♥ Rummikub (AR) 1:30pm ♥ Cinema Saturday: Inside Out (AR) 2:00pm ♥ Colorful Creations with Katy! (L) 3:00pm ▲ Cornhole (FC) 6:00pm ♥ Game Night (GC)

JANUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>3:00pm Worship Hour- Chaplain Tom Haney (AR) 19</p>	<p>8:00am ♥ Meal Out Monday: First Watch* 20</p> <p>8:00am ■ Good Morning Meditations (AR)</p> <p>9:00am ▲ Senior Fit (AR)</p> <p>9:00am Shopping: Fry's</p> <p>9:30am ▲ Stretch & Flex (AR)</p> <p>10:00am ▲ Late Morning Strolls (PG)</p> <p>10:30am ■ NEW! Make & Mingle Monday (AR)</p> <p>11:00am ▲ Bocce (PGDP)</p> <p>11:30am ▲ Chair Yoga with Kelley (AR)</p> <p>1:00pm ✦ NEW! Creating for the Creator (C3FL)</p> <p>1:00pm ■ Farkle (C2FL)</p> <p>1:00pm ▲ NEW! Mobile Movement Games</p> <p>1:30pm Shopping: Fry's</p> <p>2:00pm ✦ Catholic Communion Service (AR)</p> <p>2:30pm ✦ Rosary (AR)</p> <p>3:00pm Book Club Meeting (L)</p> <p>6:00pm ■ Bingo (AR)</p>	<p>8:00am ■ Good Morning Meditations (AR) 21</p> <p>9:00am ▲ Tai Chi (FC)</p> <p>9:30am ♥ Lap Quilts (AR)</p> <p>10:00am ♥ Music & Melodies (DR)</p> <p>10:00am ▲ Late Morning Strolls (PG)</p> <p>11:00am ▲ NEW! StairMasters Hike Prep Group (CL)</p> <p>11:00am ▲ Putting Challenge (PGDP)</p> <p>11:00am ■ NEW! Teach Me Tuesday: Lincoln & African Americans through MLK Jr* (AR)</p> <p>11:30am Avon (GC)</p> <p>12:15pm ▲ Wii Bowling (AR)</p> <p>1:30pm ■ Pick A Prize Bingo (AR)</p> <p>2:30pm ■ NEW! Pinochle (C2FL)</p> <p>6:00pm ■ Hand & Foot (AR)</p>	<p>8:00am ■ Good Morning Meditations (AR) 22</p> <p>9:00am ▲ Senior Fit (AR)</p> <p>9:45am ▲ Tai Chi (FC)</p> <p>10:00am ✦ Bible Study (AR)</p> <p>10:00am ▲ Late Morning Strolls (PG)</p> <p>11:00am ▲ Billiards (N2FL)</p> <p>11:00am ✦ Breaking Bread (AR)</p> <p>1:00pm ■ NEW! Mobile Wellness Games</p> <p>1:00pm ■ Winning Wednesday: Guess Who (AR)</p> <p>1:30pm Bank Run</p> <p>1:30pm Shopping: Super Walmart (19th Ave & Bell) (Limit 14)</p> <p>6:00pm ♥ Bunco (AR)</p>	<p>8:00am ▲ Cornhole (AR) 23</p> <p>8:00am ■ Good Morning Meditations (AR)</p> <p>9:00am ▲ Tai Chi (FC)</p> <p>10:00am Scooter & Walker Repair*</p> <p>10:00am ■ Thinkin' Thursdays (GC)</p> <p>10:00am ▲ Late Morning Strolls (PG)</p> <p>11:00am ▲ Cornhole Challenge (FC)</p> <p>11:00am ■ I'm Feeling Blue (PDR)</p> <p>11:00am ✦ Working Hands (C3FL)</p> <p>11:30am New Resident's Luncheon (DR)</p> <p>11:30am ▲ "Move to the Beat" Chair Exercise with Kelley (AR)</p> <p>1:00pm ▲ Wisdom Wellness (L)</p> <p>2:00pm ■ Crafts with Teresa! (Limit 10)* (GC)</p>	<p>8:00am ■ Good Morning Meditations (AR) 24</p> <p>9:00am ▲ Senior Fit (AR)</p> <p>9:30am ▲ Balance & Mobility (AR)</p> <p>10:00am Shopping: Safeway, Walgreens or CVS</p> <p>10:00am ▲ Late Morning Strolls (PG)</p> <p>12:30pm ▲ NEW! Beginners Fitness (AR)</p> <p>12:30pm ■ Bridge (C2FL)</p> <p>12:30pm ♥ LCR (N3FL)</p> <p>3:00pm ♥ Happy Hour- Pink Lemonade Tequila* (L)</p> <p>6:00pm ■ Bridge (AR)</p>	<p>9:00am ▲ Axe Throwing & Horse Shoes! (AR) 25</p> <p>10:30am ■ Bingo (AR)</p> <p>12:00pm ♥ Rummikub (AR)</p> <p>2:00pm ♥ Colorful Creations with Katy! (L)</p> <p>3:00pm ▲ Cornhole (FC)</p> <p>6:00pm ♥ Game Night (GC)</p>
<p>3:00pm Worship Hour- Pastor Arnie Frank (AR) 26</p>	<p>8:00am ■ Good Morning Meditations (AR) 27</p> <p>9:00am ▲ Senior Fit (AR)</p> <p>9:00am Shopping: Fry's</p> <p>9:30am ▲ Stretch & Flex (AR)</p> <p>10:00am ▲ Late Morning Strolls (PG)</p> <p>10:30am ■ NEW! Make & Mingle Monday (AR)</p> <p>11:00am ▲ Bocce (PGDP)</p> <p>11:30am ▲ Chair Yoga with Kelley (AR)</p> <p>1:00pm ✦ NEW! Creating for the Creator (C3FL)</p> <p>1:00pm ■ Farkle (C2FL)</p> <p>1:00pm ▲ NEW! Mobile Movement Games</p> <p>1:30pm Shopping: Fry's</p> <p>2:00pm ✦ Catholic Communion Service (AR)</p> <p>2:30pm ✦ Rosary (AR)</p> <p>6:00pm ■ Bingo (AR)</p>	<p>8:00am ■ Good Morning Meditations (AR) 28</p> <p>9:00am ▲ Tai Chi (FC)</p> <p>9:30am ♥ Lap Quilts (AR)</p> <p>10:00am ♥ Music & Melodies (DR)</p> <p>10:00am ▲ Late Morning Strolls (PG)</p> <p>11:00am ▲ NEW! StairMasters Hike Prep Group (CL)</p> <p>11:00am ▲ Putting Challenge (PGDP)</p> <p>12:15pm ▲ Wii Bowling (AR)</p> <p>1:30pm ■ Pick A Prize Bingo (AR)</p> <p>2:30pm ■ NEW! Pinochle (C2FL)</p> <p>3:00pm Activity Chat (AR)</p> <p>6:00pm ■ Hand & Foot (AR)</p>	<p>8:00am ■ Good Morning Meditations (AR) 29</p> <p>9:00am ▲ Senior Fit (AR)</p> <p>9:45am ▲ Tai Chi (FC)</p> <p>10:00am ✦ Bible Study (AR)</p> <p>10:00am ▲ Late Morning Strolls (PG)</p> <p>11:00am ▲ Billiards (N2FL)</p> <p>11:00am ✦ Breaking Bread (AR)</p> <p>1:00pm ■ NEW! Mobile Wellness Games</p> <p>1:00pm ■ Winning Wednesday: The Price is Right (AR)</p> <p>1:30pm Bank Run</p> <p>2:30pm Winedown Wednesday!* (AR)</p> <p>6:00pm ♥ Bunco (AR)</p>	<p>8:00am ▲ Cornhole (AR) 30</p> <p>8:00am ■ Good Morning Meditations (AR)</p> <p>9:00am ▲ Tai Chi (FC)</p> <p>10:00am ■ Thinkin' Thursdays (GC)</p> <p>10:00am ▲ Late Morning Strolls (PG)</p> <p>11:00am ▲ Cornhole Challenge (FC)</p> <p>11:00am ■ I'm Feeling Blue (PDR)</p> <p>11:00am ✦ Working Hands (C3FL)</p> <p>11:30am ▲ "Move to the Beat" Chair Exercise with Kelley (AR)</p> <p>1:00pm ▲ Wisdom Wellness (L)</p> <p>2:00pm Fellowship Resident Meeting (AR)</p> <p>2:00pm ■ Craft: Repurpose Socks* (GC)</p>	<p>8:00am ■ Good Morning Meditations (AR) 31</p> <p>9:00am ▲ Senior Fit (AR)</p> <p>9:30am ▲ Balance & Mobility (AR)</p> <p>10:00am Shopping: Safeway, Walgreens or CVS</p> <p>10:00am ▲ Late Morning Strolls (PG)</p> <p>12:30pm ▲ NEW! Beginners Fitness (AR)</p> <p>12:30pm ■ Bridge (C2FL)</p> <p>12:30pm ♥ LCR (N3FL)</p> <p>2:00pm ♥ "New Beginnings" Gift Exchange* (AR)</p> <p>6:00pm ■ Bridge (AR)</p>	<p>* For Any activity followed by an asterisk(*), please sign up at the concierge desk!</p>