

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>Happy New Year!</i>	2 9:00-9:30 AM: Cardio Cognition Oxford Room, 19 th floor 12:15 PM: Catholic Mass Chapel, 19 th floor 1:30-2:00 PM: Chair/Standing Pilates, Oxford Room, 19 th floor 2:00-2:30 PM: Mat Pilates Oxford Room, 19 th floor	3 10:00 AM: Aqua Yoga Swimming Pool, 9 th floor 11:00 AM: Interfaith Liturgy of the Word followed by Liturgy of the Eucharist, Chapel, 11 th floor 1:00 PM: Needlework Network Ambassador Lounge, 17 th floor 3:00 PM: Resident Council Meets Conference Room, 19 th floor	4 9:00-9:30 AM: Sculpt and Tone Oxford Room, 19 th floor 11:00-11:45 AM: Total Body Circuit, Fitness Center, 9 th floor 12:15 PM: Catholic Mass Chapel, 19 th floor 7:30 PM: Poker Play! Library, 19 th floor	5 8:00 AM: Continental Breakfast with Michel, Dining Room, 17 th floor 10:00 AM: Town Hall Meeting Oxford Room, 19 th floor 12:15 PM: Mass, Chapel, 19 th floor 1:00 PM: Tournament Bridge Play Studio, 19 th floor 1:30-2:15 PM: Yoga Stretch Oxford Room, 19 th floor 4:00 PM: Current Events Aberdeen Room, 16 th floor	6 Epiphany 9:00-9:30 AM: Better Balance Oxford Room, 19 th floor 11:00 AM: Aquacize Swimming Pool, 9 th floor 2:00 PM: Brain Fitness Aberdeen Living Room, 16 th floor 7:30 PM: Evening Film Feature <i>No Country for Old Men</i> Screening Room, 19 th floor (2 hours, 2 minutes)	7 7:30-9:30 AM: Continental Breakfast with Your Neighbors Grafton Dining Room, 17 th floor 9:30-10:00 AM: <i>BeMoved</i> Dance Fitness, Oxford Room, 19 th floor 10:00 AM: Recitation of the Rosary, Chapel, 19 th floor 4:30 PM: Weekend Catholic Mass, Chapel, 19 th floor
8 7:30-9:30 AM: Continental Breakfast with Your Neighbors Grafton Dining Room, 17 th floor 2:00 PM: Afternoon Film Feature <i>No Country for Old Men</i> Screening Room, 19 th floor (2 hours, 2 minutes) 4:00 PM: Friends of Bill W. Meeting, Studio, 19 th floor	9 9:00-9:30 AM: Cardio Cognition Oxford Room, 19 th floor 1:30-2:00 PM: Chair/Standing Pilates, Oxford Room, 19 th floor 2:00-2:30 PM: Mat Pilates Oxford Room, 19 th floor 4:00 PM: Lyric Opera Lecture <i>Aida</i> , Oxford Room, 19 th floor	10 10:00 AM: Aqua Yoga Swimming Pool, 9 th floor 10:00 AM: Book Club Meets Library, 19 th floor 1:00 PM: Needlework Network Ambassador Lounge, 17 th floor 2:15 PM: <i>Clarion</i> Newsletter Meeting, Studio, 19 th floor 3:00 PM: <i>The Daily Whale</i> Oxford Room, 19 th floor (see insert)	11 9:00-9:30 AM: Yoga Stretch Oxford Room, 19 th floor 11:00-11:45 AM: Total Body Circuit, Fitness Center, 9 th floor 2:00 PM: Afternoon Film Feature <i>Aida</i> , Screening Room, 19 th floor (2 hours, 30 minutes) 7:00 PM: Friars Club Meets Abbey, 53 rd floor (see insert for program details)	12 8:00 AM: Continental Breakfast with the Executive Director Grafton Dining Room, 17 th floor 10:00-10:45 AM: Cardio Strength Fusion, Oxford Room, 19 th floor 12:15 PM: Catholic Mass Chapel, 19 th floor 1:30-2:15 PM: Yoga Stretch Oxford Room, 19 th floor 2:00 PM: Social Bridge Studio, 19 th floor	13 9:00-9:30 AM: Better Balance Oxford Room, 19 th floor 11:00-11:45 AM: Aquacize Swimming Pool, 9 th floor 12:15 PM: Catholic Mass Chapel, 19 th floor 1:00 PM: Mahjong Play Studio, 19 th floor 7:30 PM: Evening Film Feature <i>Aida</i> , Screening Room, 19 th floor (2 hours, 30 minutes)	14 7:30-9:30 AM: Continental Breakfast with Your Neighbors Grafton Dining Room, 17 th floor 10:00 AM: Recitation of the Rosary, Chapel, 19 th floor 10:00 AM: Pinocle Card Play Studio, 19 th floor 4:30 PM: Weekend Catholic Mass, Chapel, 19 th floor
15 7:30-9:30 AM: Continental Breakfast with Your Neighbors Grafton Dining Room, 17 th floor 2:00 PM: Afternoon Film Feature <i>The Help</i> , Screening Room, 19 th floor (2 hours, 25 minutes)	16 ML King Day 9:00-9:30 AM: Cardio Cognition Oxford Room, 19 th floor 12:15 PM: Catholic Mass Chapel, 19 th floor 1:30-2:00 PM: Chair/Standing Pilates, Oxford Room, 19 th floor 2:00-2:30 PM: Mat Pilates Oxford Room, 19 th floor 3:00 PM: Nutrition Talk with Dietitian, Rachel, Aberdeen Living Room, 16 th floor	17 10 AM: Aqua Yoga, Pool, 9 th floor 11:00 AM: Interfaith Liturgy of the Word followed by Liturgy of the Eucharist, Chapel, 11 th floor 1:00 PM: Needlework Network Ambassador Lounge, 17 th floor 2:00 PM: Hearts Card Play Studio, 19 th floor 3:00 PM: Women's Club Meets Oxford Room, 19 th floor (see insert for program details)	18 9:00 AM: Sculpt and Tone Oxford Room, 19 th floor 11:00-11:45 AM: Total Body Circuit, Fitness Center, 9 th floor 12:15 PM: Catholic Mass Chapel, 19 th floor 3:00 PM: <i>Confident Decisions in an Uncertain World</i> , Oxford Room 19 th floor (see insert)	19 8:00 AM: Breakfast with Michel Grafton Dining Room, 17 th floor 10:00 AM: Cardio Strength, 19 th fl. 1:00 PM: Tournament Bridge Play Studio, 19 th floor 1:30-2:15 PM: Yoga Stretch Oxford Room, 19 th floor 3:00 PM: <i>Mr. Rickey Calls a Meeting</i> at Lookingglass (see insert) 4:00 PM: Current Events Aberdeen Room, 16 th floor 5:00 PM: Memory Loss Support Group, Board Room, 19 th floor	20 9:00-9:30 AM: Better Balance Oxford Room, 19 th floor 11:00-11:45 AM: Aquacize Swimming Pool, 9 th floor 12:15 PM: Catholic Mass Chapel, 19 th floor 4:30 PM: Jewish Shabbat led by resident Marilyn Cohen, Aberdeen Living Room, 16 th floor 7:30 PM: Evening Film Feature <i>The Help</i> , Screening Room, 19 th floor (2 hours, 25 minutes)	21 7:30-9:30 AM: Continental Breakfast with Your Neighbors Grafton Dining Room, 17 th floor 9:30-10:00 AM: <i>BeMoved</i> Dance Fitness, Oxford Room, 19 th floor 10:00 AM: Recitation of the Rosary, Chapel, 19 th floor 1:00 PM: Canasta Play Studio, 19 th floor 4:30 PM: Weekend Catholic Mass, Chapel, 19 th floor
18 7:30-9:30 AM: Continental Breakfast with Your Neighbors Grafton Dining Room, 17 th floor 4:00 PM: Friends of Bill W. Meeting, Studio, 19 th floor	23 9:00-9:30 AM: Cardio Cognition Oxford Room, 19 th floor 12:15 PM: Catholic Mass Chapel, 19 th floor 1:30-2:00 PM: Chair/Standing Pilates, Oxford Room, 19 th floor 2:00-2:30 PM: Mat Pilates Oxford Room, 19 th floor	24 10:00 AM: Aqua Yoga Swimming Pool, 9 th floor 11:00 AM: Interfaith Liturgy of the Word followed by Liturgy of the Eucharist, Chapel, 11 th floor 1:00 PM: Needlework Network Ambassador Lounge, 17 th floor 7:30 PM: Evening Film Feature <i>Midnight in Paris</i> , Screening Room 19 th floor (1 hour, 34 minutes)	25 9:00-9:30 AM: Pilates Oxford Room, 19 th floor 11:00-11:45 AM: Total Body Circuit, Fitness Center, 9 th floor 12:15 PM: Catholic Mass Chapel, 19 th floor 3:00 PM: <i>Discovering and Training Staff for the Top Rehabilitation Hospital in America</i> , Oxford Room, 19 th floor (see insert)	26 8:00 AM: Breakfast with Michel Grafton Dining Room, 17 th floor 10:00-10:45 AM: Cardio Strength Fusion, Oxford Room, 19 th floor 12:15 PM: Mass, Chapel, 19 th floor 1:30-2:15 PM: Yoga Stretch Oxford Room, 19 th floor 2:00 PM: Social Bridge Studio, 19 th floor 4:00 PM: Lyric Opera Lecture <i>Showboat</i> , Oxford Room, 19 th floor	27 9:00-9:30 AM: Better Balance Oxford Room, 19 th floor 11:00-11:45 AM: Aquacize Swimming Pool, 9 th floor 1:00 PM: Mahjong Play Studio, 19 th floor 2:00 PM: JEOPARDY! Aberdeen Living Room, 16 th floor	28 7:30-9:30 AM: Continental Breakfast with Your Neighbors Grafton Dining Room, 17 th floor 10:00 AM: Recitation of the Rosary, Chapel, 19 th floor
29 7:30-9:30 AM: Continental Breakfast with Your Neighbors Grafton Dining Room, 17 th floor 9:00 AM: Weekend Catholic Mass, Chapel, 19 th floor 2:00 PM: Afternoon Film Feature <i>Midnight in Paris</i> , Screening Room, 19 th floor (1 hour, 34 minutes)	30 9:00-9:30 AM: Cardio Cognition Oxford Room, 19 th floor 12:15 PM: Catholic Mass Chapel, 19 th floor 1:30-2:00 PM: Chair/Standing Pilates, Oxford Room, 19 th floor 2:00-2:30 PM: Mat Pilates Oxford Room, 19 th floor 4:00 PM: <i>The Life and Works of Van Gogh</i> , Oxford Room, 19 th floor (see insert)	31 7:30-9:30 AM: Continental Breakfast with Your Neighbors Grafton Dining Room, 17 th floor 10 AM: Aqua Yoga, Pool, 9 th floor 11:00 AM: Interfaith Liturgy of the Word followed by Liturgy of the Eucharist, Chapel, 11 th floor 1:00 PM: Needlework Network Ambassador Lounge, 17 th floor 2:30 PM: Cooking Demonstration Aberdeen Room, 16 th floor			<i>Happy Birthday!</i> Jan. 2 - Diane Smith Jan. 11 - Marilyn Day Jan. 13 - Margaret Muster Jan. 14 - Judy Newell Jan. 18 - Bea Lehman Jan. 23 - Leon Diamond Jan. 24 - Bob Cousins Jan. 24 - Martha Wiltzie Jan. 28 - Dee Meheras	January 2012