



Sunday			Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			
<div><b>LEGEND</b></div> <div><div></div> Registration Required</div> <div><div></div> Special Events</div> <div>* Changes will be highlighted in RED</div> <div>Please refer to the Community App or Channel 970 for more info</div>			<b>NO exercise</b>		1	<b>morning exercise</b>		2	<b>morning exercise</b>		3	<b>morning exercise</b>		4	<b>morning exercise</b>		5			6	
			1:00	Drop In Color	B	COTTAGE RECYCLING			9:00	BANK & POST OFFICE	L	10:30	Chair Yoga	Q	10:15	Recyclers	L	10:00	Water Volleyball	P	
			1:00	Balance Class	A	10:00	Ping Pong	PP	9:30	Painting Group	C	12:00	LADIES LUNCH	L	11:00	Water Waves	P	1:00	Game Day	B	
			7:00	Five Crowns	B	1:00	Trivia & Treats	Q	10:15	GROCERY - GIANT	L		Irish Eyes - Milton		3:45	Birthday Happy Hour	B	1:30	AFTERNOON MOVIE	A	
			*Wellness Committee Mtg moved to 1/3 due to the holiday			1:00	Recorders	A	11:00	Water Waves	P	1:00	OPERA & BALLET BUFFS	A		7:00	MOVIE NIGHT	A	Music Man		
						1:00	Aqua Rockets	P	11:00	Catholic Prayer Group	AL		Anna Bolena								
						2:00	Bark In The Park		1:00	WALMART	L	1:00	Aqua Rockets	P							
			<div>2024</div> <div>HAPPY NEW YEAR</div>			3:30	Afternoon Exchange	A	1:00	Program Committee	W	1:15	Crossword	LR							
						7:00	Cribbage	LR	1:00	Balance Class	A	3:00	Ping Pong	PP	2:00	Bark In The Park					
						* Trivia & Treats has moved to the Quiet Room going forward!			3:00	Episcopal Service	Q	3:00	Episcopal Service	Q	3:00	Dining Committee	W				
3:30	Wellness Committee	W							4:00	3 Strikes	A										
4:00	RESIDENT SERIES	A								Shuffleboard Mtg											
									The Empress 1												
									7:00	Canasta	LR	10:30	Needlework	C	10:15	Recyclers	L			13	
									<b>morning exercise</b>		10	10:30	Chair Yoga	Q	11:00	Water Waves	P	10:00	Water Volleyball	P	
									8:00	ELECTRONICS PICK UP		11:00	Catholic Eucharist	AL	2:00	90's Club	A	12:15	CONCERT	L	
									9:00	BANK & POST OFFICE	L	1:00	Aqua Rockets	P	3:45	Happy Hour	B	Coastal Concerts - \$43.00 American String Quartet - Bethel UM 1 pm Insights 2 pm Concert			
						9:30	Painting Group	C	1:15	Crossword	LR	7:00	MOVIE NIGHT	A							
						10:15	GROCERY - ACME	L	2:00	Bark In The Park											
						11:00	Water Waves	P	3:30	Do I Hear Music	Q	302-344-3250 to order dinner									
						1:00	Balance Class	A													
						1:00	PHARMACY & WEIS	L													
						3:00	Ping Pong	PP													
						3:00	Episcopal Service	Q													
						4:00	RESIDENT SERIES	A													
									The Empress 2												
									4:00 Library Committee Mtg												
									7:00 Play Readers												
									7:00 Canasta												

## MORNING EXERCISE CLASSES M W T H F

9:00 Move it, Shake it, Lift it  
9:30 Advanced Conditioning  
9:45-10:15 "Fun"ctional Strength  
TU  
9:00 Cardio Endurance & Toning  
9:30 Advanced Conditioning  
9:45-10:15 "Fun"ctional Strength

## Movies & Lunch

Monday January 8th at Midway Movie Theater  
You pick the movie between 12:30 - 1:30  
We will leave at 11:30 to pick up lunch.  
Wednesday, January 24th at Cinema Arts Theater  
in Lewes, Lunch at 12:00,  
2 pm Show \$10.00  
Klimt & the Kiss (Must Order Tickets in Advance  
RSVP by 1/10)

## ELECTRONICS PICK UP

All Computers, Laptops,  
TVs, Printers, Microwaves,  
Fans, Telephones, Scanners,  
Toasters etc. must be  
outside your door by 8AM  
January 10th!


"If poverty is a disease that infects the  
entire community in the form of  
unemployment and violence, failing  
schools and broken homes, then we can't  
just treat those symptoms in isolation. We  
have to heal that entire community."  
Please consider donating non perishable  
food in the bin this month to be donated  
to a shelter in need.

## Calendar Key

A-Auditorium AL-Assisted Living  
B-Bistro C-Creative Arts Room  
CR-Chart Room DR-Skilled Dining Room  
F-Fitness Center FE-Front Entrance  
IS-Indoor Shuffleboard L-Lobby LB-Library  
LR-Living Room O-Outside P-Pool  
PP- Ping Pong Room PT-Patio  
Q-Quiet Room S-Shuffleboard  
W-Welcome Room Z-Zoom

302-344-3250  
to order dinner

# POVERTY AWARENESS MONTH Calendar of Fun - January 14 - 31

Sunday			Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			
			14	morning exercise		15	morning exercise		16	morning exercise		17	morning exercise		18	morning exercise		19			20
				11:00	Qigong/Tai Chi	A	COTTAGE RECYCLING			9:00	BANK & POST OFFICE	L	9:30	CADBURY CRUISERS	LR	10:15	Recyclers	L			
10:00	Quaker Meeting	Q		11:00	Water Waves	P	10:00	Ping Pong	PP		9:30	Painting Group	C	Biggs Museum-Wyeth Exhibit		11:00	Water Waves	P	10:00	Water Volleyball	P
12:00	SUNDAY BRUNCH	CR		1:00	Drop In Color	B	11:00	Cadbury Chorus	A		10:15	GROCERY - GIANT	L	\$8.00 Ticket & Lunch		3:45	Happy Hour	B	1:00	Game Day	B
2:00	Mah Jong	LR		1:00	Balance Class	A	1:00	Trivia & Treats	Q	11:00	Water Waves	P	10:30	Chair Yoga	Q	7:00	MOVIE NIGHT	A			
4:00	Sunday Service	A		3:30	TMALRA All	A	1:00	Recorders	A	1:00	Balance Class	A	1:00	Aqua Rockets	P	Lilies of the Field					
				Resident Meeting			1:00	Aqua Rockets	P	1:00	PHARMACY & WEIS	L	1:00	OPERA & BALLET BUFFS	A						
				6:50	Bridge	LR	2:00	Bark In The Park		1:30	Resident Life Committee	W	Maria Stuarda								
				7:00	Five Crowns	B	7:00	Cribbage	LR	3:00	Ping Pong	PP	1:15	Crossword	LR						
							7:00	PROGRAM NIGHT	A	3:00	Episcopal Service	Q	2:00	Bark In The Park							
							Gil Kaufman on China			4:00	RESIDENT SERIES	A									
											The Empress 3										
										7:00	Canasta	LR									
											morning exercise	24									