























JANUARY 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 NEW YEARS 9:30 Ball Toss AR 10:15 Body Blast AR 11:00 Get To Know Your Body AR 2:00 Music Performance AR 	2 10:15 Define Gravity David AR 2:00 Autobiography Dr. Eve AR 	3 9:30 Ball Toss AR 10:15 Body Flow AR 2:00 Afternoon Series L 2:00 Drama Club AR 4:00 Yoga AR 	4 10:15 DM'S Body Pump AR 1:30 Rosary MR 2:00 Arts & Crafts AR 3:00 News & Views Priscilla L 	5 9:30 Ball Toss AR 10:15 Stretch It AR 11:00 Get To Know Your Body AR 2:00 Tai- Chi AR 4:00 Yoga AR 	6 3 KINGS DAY 10:15 Exercise Nikkie AR 2:00 Jazz Ensemble AR 3:00 Catholic Mass MR 
7 9:45 Communion MR 10:15 Exercise Noemi AR 2:00 Belly Dance Extravaqanza AR 	8 9:30 Ball Toss AR 10:15 Body Blast AR 11:00 Get To Know Your Body AR 2:00 Body Jam AR 3:00 Spanish Club L 	9 10:15 Define Gravity David AR 2:00 Outreach Singers w/ Larry AR 3:00 Piano Tunes AR 	10 9:30 Ball Toss AR 10:15 Body Flow AR 2:00 Afternoon Series L 2:00 Drama Club AR 4:00 Yoga AR 	11 10:15 DM'S Body Pump AR 1:30 Rosary MR 2:00 Rhythm Ryde L 	12 9:30 Ball Toss AR 10:15 Stretch It AR 11:00 Get To Know Your Body AR 2:00 Reuben Wilson Jazz Quartet AR 	13 10:15 Zumba w/Frances AR 2:00 N.Y.Cares Variety Day AR 3:00 Catholic Mass MR 
14 9:45 Communion MR 10:15 Exercise Noemi AR 2:00 Bingo AR 	15 MARTIN LUTHER KING 9:30 Ball Toss AR 10:15 Body Blast AR 11:00 Get To Know Your Body AR 2:00 Facercise AR 3:00 Spanish Club L 	16 10:15 Define Gravity David AR 2:00 Birthday Party AR 	17 9:30 Ball Toss AR 10:15 Body Flow AR 2:00 Afternoon Series L 2:00 Drama Club AR 4:00 Yoga AR 	18 10:15 DM'S Body Pump AR 1:30 Rosary AR 2:00 Ice Cream Social AR 	19 9:30 Ball Toss AR 10:15 Stretch It AR 11:00 Get To Know Your Body AR 2:00 Tai- Chi AR 4:00 Yoga AR 	20 10:15 Exercise AR 2:00 Drama Club L 2:00 Improv Skit AR 3:00 Catholic Mass MR 
21 9:45 Communion MR 10:15 Exercise Noemi AR 2:00 Cherub Improv AR 	22 9:30 Ball Toss AR 10:15 Body Blast AR 11:00 Get To Know Your Body AR 2:00 Body Jam AR 3:00 Spanish/English L Class 	23 10:15 Define Gravity David AR 2:00 Activities Meeting AR 3:00 Let's Write Poetry Nikkie L 	24 9:30 Ball Toss AR 10:15 Body Flow AR David 2:00 Danielle Hendrix 4:00 Yoga AR 	25 10:15 DM'S Body Pump AR 1:30 Rosary MR 2:00 Drama Club Performance AR 	26 9:30 Ball Toss AR 10:15 Stretch It AR 11:00 Get To Know Your Body AR 2:00 Classical Music Performance AR 4:00 Yoga AR 	27 10:15 Exercise Nikkie AR 2:00 Gospel Singing W/ Jerry & Eva AR 3:00 Catholic Mass MR 
28 9:45 Communion MR 10:15 Exercise Noemi AR 2:00 Bingo AR 	29 9:30 Ball Toss AR 10:15 Body Blast AR 1:30 Food Committee DR 2:00 Dance Party AR 3:00 Spanish Club L 	30 10:15 Define Gravity David AR 2:00 Resident Council Meeting AR 	31 9:30 Ball Toss AR 10:15 Body Flow AR David 2:00 Danielle Hendrix 4:00 Yoga AR 			AR - ACTIVITY ROOM L - LIBRARY M - MEDITATION ROOM