### calendar & activities

## The Estate At Hyde Park -1st floor

# JAN 2021

- Connect
- Contribute

- Move
- Reflect

#### RESIDENTS BIRTHDAYS

Mary S. 1/12

WELCOME NEW RESIDENTS Edward P.

Your Life, Your Style

### **SUNDAY**

January cont'd



MONDAY

WEDNESDAY



AM • The Joy Club [TVR] AM • Stretch & Flex [PAR]

THURSDAY

New Year's Day AM • Stretch & Flex [PAR] AM • The Joy Club [TVR] AM • News & Views [PAR] AM • Thymeless Gardening Club [CY] AM • Thymeless Cooking Club [PAR] AM Reminiscing New Year's Traditions [PAR] PM • Essence PM • Daily Chronicle [PAR] PM • Sunshine Club [PAR] PM • Finish the Phrase [PAR] PM • Color with Me [PAR] PM • Word Games [PAR]

FRIDAY

AM • Knitting Club PM • iN2L Exploration [PAR] PM 

Daily Chronicle [PAR] PM Bingo [PAR] PM • Family Feud [PAR] PM • Brain Aerobics [PAR] PM • Therapeutic Music [PAR] PM • Music Trivia [PAR] PM • Therapeutic Music [PAR] AM • The Joy Club [TVR] AM Morning Exercise [PAR]

AM • News & Views [PAR]

AM • Thymeless Gardening Club [CY]
AM • Thymeless Cooking Club [PAR]

AM • Coffee and Conversation [PAR]

AM Resident's Choice [PAR]

PM • iN2L Exploration [PAR]

PM • Daily Chronicle [PAR]

PM • Brain Aerobics [PAR]

PM • Therapeutic Music [PAR]

PM • Family Feud [PAR]

PM Music Trivia [PAR]

AM • The Joy Club [TVR]

AM • Cross Craft [PAR]

AM • Knitting Club

PM Bingo [PAR]

AM • The Joy Club [TVR]

AM • News & Views [PAR]

AM • Categories [PAR]

AM Morning Exercise [PAR]

AM Resident's Choice [PAR]

AM • Thymeless Gardening Club [CY]

AM • Thymeless Cooking Club [PAR]

AM • Coffee and Conversation [PAR]

SATURDAY

9

16

LOCATIONS COURTYARD - CY ENTIRE COMMUNITY - EC LIVING ROOM - LR OUTING - O PARLOR - PAR TVROOM - TVR

AM • Morning Energy [PAR] AM • The Joy Club [TVR] AM • News & Views [PAR] AM . Hymns and Harmonies

AM • Thymeless Cooking Club [PAR] AM • Thymeless Gardening Club

AM Bean Bag Twister [PAR] AM • I Am Blessed Because... [PAR] PM • Bingo [PAR] PM • Daily Chronicle [PAR]

PM • Scrapbooking [PAR] PM • Trivia and Brain Teasers [PAR] PM • Creative Musings [PAR]

PM • Conversation with Friends [PAR]

AM • Morning Energy [PAR]

AM • The Joy Club [TVR]

AM • News & Views [PAR]

AM • Hymns and Harmonies

AM • Thymeless Cooking Club [PAR]

PM • Trivia and Brain Teasers [PAR]

PM • Conversation with Friends [PAR]

**△M** ■ Thymeless Gardening Club

AM • Mala Project [PAR]

PM Bingo [PAR]

AM • Table Top Games [PAR]

PM • Daily Chronicle [PAR]

PM • Scrapbooking [PAR]

PM • Creative Musings [PAR]

Harmonies [PAR]

AM • Thymeless Gardening Club

AM • Thymeless Cooking Club [PAR]

PM • Conversation with Friends [PAR]

AM • Hymns and

AM • News & Views [PAR] AM • Thymeless Cooking Club [PAR] AM • Kick off- Better Together [EC] AM • Thymeless Cooking Club [PAR] AM • Globetrotters [PAR] AM • Cranium Crunches [PAR]

AM • The Joy Club [TVR]

AM . Chair Yoga [PAR]

PM • Daily Chronicle [PAR] PM • Group Reading [PAR] PM Resident Council Meeting [PAR] PM • Travel Talk [PAR] AM • Sing Along [PAR]

PM • Heads Up Game [PAR] PM Name the Tune [PAR] PM • Spelling Bee [PAR] AM • The Joy Club [TVR]

AM Chair Yoga [PAR] AM • News & Views [PAR] AM • Thymeless Gardening Club [CY]

AM • Thymeless Cooking Club [PAR] AM • Globetrotters [PAR] AM Buddhism 101 [PAR] PM Fssence

PM • Daily Chronicle [PAR] PM • Group Reading [PAR] PM • Travel Talk [PAR] AM • Sing Along [PAR]

PM • Heads Up Game [PAR] PM • Name the Tune [PAR] PM • Spelling Bee [PAR]

AM • Thymeless Gardening Club [CY]

AM • Thymeless Cooking Club [PAR]

AM • The Life of Dr. King [PAR]

AM • Cranium Crunches [PAR]

PM • Daily Chronicle [PAR]

PM • Group Reading [PAR]

PM • Heads Up Game [PAR]

PM • Name the Tune [PAR]

PM • Spelling Bee [PAR]

PM • Travel Talk [PAR]

AM • Sing Along [PAR]

Martin Luther King, Jr. Day

AM • Chair Yoga [PAR]

PM • Essence

AM • The Joy Club [TVR]

AM • News & Views [PAR]

PM • Crafty Crew [PAR] PM • Wisdom From The Dalai Lama [PAR] PM • Music Bingo [PAR] PM • Music Appreciation: Dance Along [PAF PM • Reminisce Corner [PAR] AM • The Joy Club [TVR] 8 AM • Morning Exercise [PAR] AM • News & Views [PAR]

AM • Thymeless Cooking Club [PAR]

PM Music Appreciation: Dance Along [PAF

AM • Thymeless Gardening

AM Discuss and Recall [PAR]

Club [CY]

AM • Word Games [PAR]

AM Judaism 101 [PAR]

PM • Daily Chronicle [PAR]

PM • Crafty Crew [PAR]

PM • Crosswords [PAR]

PM • Music Bingo [PAR]

PM • Reminisce Corner [PAR]

PM • Essence

AM • Thymeless Cooking Club [PAR] PM • Fill in the Blank [PAR] PM • Essence PM • Daily Chronicle [PAR] PM • Trivia [PAR] PM • Mandalas and Meditations [PAR] AM • Art and Unwind [PAR] PM • Complete the Song [PAR] PM • Audiobook Club [PAR]

AM • Thymeless Cooking Club [PAR]

PM • Fill in the Blank [PAR]

PM • Daily Chronicle [PAR]

AM • Art and Unwind [PAR]

PM • Audiobook Club [PAR]

AM • The Joy Club [TVR]

AM News & Views [PAR]

AM • Brain Aerobics [PAR]

The Jov Club [TVR]

AM • Thymeless Gardening Club [CY]

AM • Dance to the Beat [PAR]

PM • Complete the Song [PAR]

PM • Essence

PM • Essence

 $\Delta M$ 

PM • Trivia [PAR]

PM • Bible Bingo [PAR]

PM • Essence PM • Daily Chronicle [PAR] PM • Music for the Heart [PAR] 3:00 • Game Show Games [PAR] PM • Bible Scavenger Hunt [PAR] PM • Name that Tune [PAR] PM Reminisce Corner [PAR] AM • The Joy Club [TVR] AM Dance to the Beat [PAR] AM News & Views [PAR] AM Random Acts of Kindness [PAR]

AM • Dance to the Beat [PAR]

Kindness [PAR]

AM • iN2L Exploration [PAR]

AM • Thymeless Gardening Club [CY]

AM • Thymeless Cooking Club [PAR]

AM • News & Views [PAR]

AM Random Acts of

AM • Pictionary [PAR]

AM • Thymeless Gardening Club [CY] AM • Thymeless Cooking Club [PAR]

AM • Pictionary [PAR] AM • Hinduism 101 [PAR] PM • Essence PM • Daily Chronicle [PAR] PM • Music for the Heart [PAR] 3:00 • Game Show Games [PAR] PM • Letter Lists [PAR] PM • Name that Tune [PAR]

PM • Reminisce Corner [PAR]

AM • Dance to the Beat [PAR]

Kindness [PAR]

AM • Tzedakah Boxes [PAR]

PM • Daily Chronicle [PAR]

PM • Letter Lists [PAR]

PM • Music for the Heart [PAR]

3:00 • Game Show Games [PAR]

AM • Thymeless Gardening Club [CY]

AM • Thymeless Cooking Club [PAR]

AM • The Joy Club [TVR]

AM • News & Views [PAR]

AM Random Acts of

AM • Pictionary [PAR]

PM • Essence

AM • Thymeless Gardening Club [CY] AM • Thymeless Cooking Club [PAR] AM • Globetrotters [PAR] PM • Essence PM • Daily Chronicle [PAR] PM • Karma and Random Acts of Kindness [PAR]

AM • The Joy Club [TVR]

AM • News & Views [PAR]

PM • Daily Chronicle [PAR]

PM • Sunshine Club [PAR]

PM • Color with Me [PAR]

PM • Word Games [PAR]

AM . Stretch & Flex [PAR]

AM • The Joy Club [TVR]

AM • News & Views [PAR]

PM Finish the Phrase [PAR]

Gardening Club [CY]

AM • Inspirational Stories [PAR]

AM • Thymeless Cooking Club [PAR]

AM • Thymeless

PM • Essence

PM • Finish the Phrase [PAR] PM • Color with Me [PAR] PM • Word Games [PAR]

AM • Stretch & Flex [PAR]

AM • The Joy Club [TVR]

AM • Thymeless

PM • Essence

AM • News & Views [PAR]

AM • Globetrotters [PAR]

PM • Color with Me [PAR]

PM • Word Games [PAR]

AM Stretch & Flex [PAR]

AM • The Joy Club [TVR]

PM • Word Games [PAR]

Gardening Club [CY]

AM • Thymeless Cooking Club [PAR]

AM Morning Exercise [PAR] AM • News & Views [PAR] AM • Categories [PAR]
AM • Resident's Choice [PAR] AM • Thymeless Cooking Club [PAR] AM O Coffee and Conversation [PAR]

AM • Knitting Club PM • iN2L Exploration [PAR] PM • Daily Chronicle [PAR] PM Bingo [PAR] PM • Family Feud [PAR] PM • Brain Aerobics [PAR]

PM • Therapeutic Music [PAR] PM • Music Trivia [PAR] PM • Therapeutic Music [PAR]

AM • The Joy Club [TVR] AM Morning Exercise [PAR] AM • News & Views [PAR]

AM • Categories [PAR] AM • Discussion: Religion and Spirituality [PAR] AM Thymeless Gardening Club ICY AM • Thymeless Cooking Club [PAR] AM • Coffee and Conversation [PAR]

AM • Knitting Club
PM • iN2L Exploration [PAR] PM • Daily Chronicle [PAR] PM • Daily Chronicle [PAR] PM • Sunshine Club [PAR] PM Bingo [PAR] PM • Family Feud [PAR] PM • Finish the Phrase [PAR] PM 

Brain Aerobics [PAR]

PM • Music Trivia [PAR] PM • Therapeutic Music [PAR] PM • Therapeutic Music [PAR]

AM • The Joy Club [TVR]

AM Morning Exercise [PAR]

AM • Categories [PAR]
AM • Resident's Choice [PAR]

AM • News & Views [PAR]

PM Name that Tune [PAR] PM • Reminisce Corner [PAR] AM • The Joy Club ITVR AM • Dance to the Beat [PAR]

AM • News & Views [PAR] AM Random Acts of Kindness AM • Thymeless Gardening Club [CY] AM • Thymeless Cooking Club [PAR]

AM • Cross Stitch [PAR]

PM • Name that Tune [PAR]

AM • Thymeless Gardening Club [CY] AM • Thymeless Cooking Club [PAR]

AM • Globetrotters [PAR] AM • World Religion Jeopardy [PAR] PM • Essence PM • Daily Chronicle [PAR] PM • Sunshine Club [PAR]

AM O Coffee and Conversation [PAR] AM • Knitting Club PM • iN2L Exploration [PAR] PM Daily Chronicle [PAR] PM • Family Feud [PAR]

PM • Brain Aerobics [PAR] PM Therapeutic Music [PAR] PM Music Trivia [PAR]

AM • Morning Energy [PAR] AM • The Joy Club [TVR]

AM News & Views [PAR] AM • Hymns and Harmonies [PAR] AM • Thymeless Cooking Club [PAR] AM • Round Table Talk [PAR]

AM • Thymeless Gardening Club
PM • Bingo [PAR] PM • Daily Chronicle [PAR] PM • Scrapbooking [PAR] PM • Trivia and Brain Teasers [PAR] PM • Creative Musings [PAR]

AM • Morning Energy [PAR]

AM • The Joy Club [TVR]

AM • News & Views [PAR]

PM • Daily Chronicle [PAR]

PM • Scrapbooking [PAR]

PM • Creative Musings [PAR]

Harmonies [PAR]

AM • Thymeless Gardening Club

PM • Trivia and Brain Teasers [PAR]

PM • Conversation with Friends [PAR]

AM • Hymns and

PM • Bingo [PAR]

AM • The Joy Club [TVR] AM • The Joy Club [TVR]
AM The Joy Club [TVR] AM • Morning Exercise [PAR] AM • Dance to the Beat [PAR] AM • News & Views [PAR] AM • News & Views [PAR] AM • Thymeless Gardening Club [CY]
AM • Brain Aerobics [PAR]

**TUESDAY** 

AM • Word Games [PAR] AM • Thymeless Cooking Club [PAR] AM • Christianity 101 [PAR] AM • iN2L Exploration [PAR] PM • Essence

PM • Daily Chronicle [PAR] PM • Crafty Crew [PAR] PM • Crosswords [PAR] PM • Charades [PAR] PM • Music Appreciation: Dance Along [PAF PM Reminisce Corner [PAR]

AM • The Joy Club [TVR] AM Morning Exercise [PAR] AM • News & Views [PAR]

AM • Thymeless Gardening Club [CY] AM • Word Games [PAR] AM • Thymeless Cooking Club [PAR]

AM Discuss and Recall [PAR] AM • iN2L Exploration [PAR] PM • Essence PM • Daily Chronicle [PAR]

AM • The Joy Club [TVR] The Joy Club [TVR]

AM • Dance to the Beat [PAR] AM • News & Views [PAR] AM • Thymeless Gardening Club [CY]

AM • Thymeless Cooking Club [PAR] AM • What Does Kosher Mean? [PAR] PM • Fill in the Blank [PAR] PM • Essence

PM • Daily Chronicle [PAR] PM • Trivia [PAR] PM • Fact or Fiction [PAR] AM Art and Unwind [PAR] PM • Complete the Sona [PAR]

AM • News & Views [PAR]

PM • Audiobook Club [PAR] AM • The Joy Club [TVR] The Joy Club [TVR]

AM • Dance to the Beat [PAR] AM • Thymeless Gardening Club [CY]

AM • Pictionary [PAR]

PM • Essence PM • Daily Chronicle [PAR] PM • Music for the Heart [PAR] 3:00 • Game Show Games [PAR] PM • Letter Lists [PAR]

AM News & Views [PAR]

AM • Thymeless Cooking Club [PAR] PM Bingo [PAR]

PM • Bingo [PAR] SENIOR LIFESTYLE PM • Daily Chronicle [PAR] PM • Scrapbooking [PAR] PM • Trivia and Brain Teasers [PAR] PM • Creative Musings [PAR]

WWW.SENIORLIFESTYLE.COM Activities are subject to change AM Morning Energy [PAR] AM • The Joy Club [TVR] AM News & Views [PAR]

AM • The Joy Club [TVR] AM • Chair Yoga [PAR] AM • News & Views [PAR] AM • Thymeless Gardening Club [CY]

AM • Thymeless Cooking Club [PAR] AM • Globetrotters [PAR] AM Islam 101 [PAR]

PM • Essence PM • Daily Chronicle [PAR] PM • Group Reading [PAR] PM • Travel Talk [PAR] AM • Sing Along [PAR] PM • Heads Up Game [PAR]

PM • Name the Tune [PAR]

PM • Spelling Bee [PAR]

AM • The Joy Club [TVR] AM Morning Exercise [PAR]

AM News & Views [PAR] AM • Thymeless Gardening Club [CY] AM • Word Games [PAR] AM • Thymeless Cooking Club [PAR] AM Virtual Mecca [PAR]

AM • iN2L Exploration [PAR] PM • Essence PM • Daily Chronicle [PAR] PM • Crafty Crew [PAR] PM • Crosswords [PAR] PM • Music Bingo [PAR] PM • Music Appreciation: Dance Along [PAR]

PM • Reminisce Corner [PAR]

AM • Brain Aerobics [PAR] AM • Thymeless Cooking Club [PAR] PM • Essence

AM

PM • Fill in the Blank [PAR] PM • Daily Chronicle [PAR] PM • Trivia [PAR] PM • Fact or Fiction [PAR] AM • Gods, Prophets, & Idols [PAR] PM • Complete the Song [PAR] PM • Audiobook Club [PAR]

AM More Religions 101 [PAR]

PM • Reminisce Corner [PAR]

PM • Finish the Phrase [PAR] PM • Color with Me [PAR]

Continued at top