




SUN	MON	TUE	WED	THUR	FRI	SAT
New Year's Day 12:00 PM New Years Day Lunch - Box Dinner 1:30 PM Rummikub in the Afternoon (3LL) 	1:30 PM Monday Dominos (3LL)	11:00 AM Open Art Studio 11am-5pm (Apt 201) 1:30 PM Rummikub in the Afternoon (3LL) 2:00 PM Library Shuttle (LB)	11:00 AM Open Art Studio 11am-5pm (Apt 201) 2:00 PM Rachel's Exercise Class (HH) 5:30 PM Out to Dinner - Celia's Mexican Restaurant (LB\$) 7:15 PM Evening Cinema - 'Moonstruck' (HH)	10:30 AM Fireside Chat (HH) 11:00 AM Open Art Studio 11am-5pm (Apt 201) 3:00 PM Upper/Lower Body Strength Training (HH) 4:30 PM "Sing Along with Slim" (HH)	9:30 AM Friday 5-Mile Shopping w/ Victor (LB) 11:00 AM Line Dancing w/ Light Aerobics (HH) 11:00 AM Open Art Studio 11am-5pm (Apt 201) 4:45 PM Happy Hour (MDR) 7:15 PM Friday Cinema - 'Good Night Oppy' (HH)	11:00 AM Rhythm & Balance w/ Torri (HH) 1:30 PM Bridge (3LL)
10:30 AM Strength & Tone w/ Beth (HH) 1:30 PM Rummikub in the Afternoon (3LL) 2:30 PM Our Art Group (HH)	9:30 AM Let's Go Shopping! Corte Madera Town Center (LB) 11:00 AM Open Art Studio 11am-5pm (Apt 201) 1:30 PM Monday Dominos (3LL) 2:00 PM Strength & Balance w/ Select Rehab (HH)	11:00 AM Open Art Studio 11am-5pm (Apt 201) 11:00 AM Stretching w/ Back Care (HH) 12:30 PM IL Resident Birthday (MDR) 1:30 PM Art Lecture with Laura Shefler - 'Bayeux Tapestry' (HH) 1:30 PM Rummikub in the Afternoon (3LL)	9:15 AM Catholic Mass by St. Raphael's Church (HH) 11:00 AM Gym Equipment Training (Gym) 11:00 AM Open Art Studio 11am-5pm (Apt 201) 2:00 PM Rachel's Exercise Class (HH) 7:15 PM Evening Cinema - 'The Kite Runner' (HH)	10:00 AM Communion Service Non-denominational (HH) 11:00 AM Open Art Studio 11am-5pm (Apt 201) 1:30 PM Art Class w/ Katya (Apt 201) 3:00 PM Upper/Lower Body Strength Training (HH) 4:30 PM Bread & Roses presents Music in HH (HH)	9:30 AM Friday 5-Mile Shopping w/ Victor (LB) 11:00 AM Line Dancing w/ Light Aerobics (HH) 11:00 AM Open Art Studio 11am-5pm (Apt 201) 1:30 PM Buck Center for Aging Lecture-Daria Timonina (HH) 4:45 PM Happy Hour (MDR) 7:15 PM Friday Cinema - 'Respect' (HH)	11:00 AM Rhythm & Balance w/ Torri (HH) 1:30 PM Bridge (3LL)
10:30 AM Strength & Tone w/ Beth (HH) 1:30 PM Rummikub in the Afternoon (3LL)	Martin Luther King Jr. Day Van Not Available 1:30 PM Monday Dominos (3LL) 2:00 PM Strength & Balance w/ Select Rehab (HH) 	11:00 AM Open Art Studio 11am-5pm (Apt 201) 11:00 AM Stretching w/ Back Care (HH) 1:30 PM Rummikub in the Afternoon (3LL) 2:00 PM Library Shuttle (LB) 7:00 PM Trinity Alps Chamber Music Festival presents PRESIDIO TRIO (On Zoom in Hendrix Hall)	11:00 AM Book Club Meeting (3FL) 11:00 AM Open Art Studio 11am-5pm (Apt 201) 2:00 PM Rachel's Exercise Class (HH) 7:15 PM Evening Cinema - 'Lust for Life' (HH)	10:45 AM Residents Club Meeting (HH) 11:00 AM Open Art Studio 11am-5pm (Apt 201) 2:00 PM Cuisine Meeting with Chef Josh (MDR) 3:00 PM Upper/Lower Body Strength Training (HH) 4:30 PM A Musical Afternoon with Ian Scarfe (HH)	9:30 AM Friday 5-Mile Shopping w/ Victor (LB) 11:00 AM Line Dancing w/ Light Aerobics (HH) 11:00 AM Open Art Studio 11am-5pm (Apt 201) 1:30 PM Author Talk - Amy S. Peele (HH) 4:45 PM Happy Hour (MDR) 7:15 PM Friday Cinema - 'Broadway Rising' (HH)	11:00 AM Rhythm & Balance w/ Torri (HH) 1:30 PM Bridge (3LL)
Chinese New Year 10:30 AM Strength & Tone w/ Beth (HH) 1:30 PM Rummikub in the Afternoon (3LL) 	9:30 AM Target Shopping Bus (LB) 11:00 AM Open Art Studio 11am-5pm (Apt 201) 1:30 PM Monday Dominos (3LL) 2:00 PM Strength & Balance w/ Select Rehab (HH)	11:00 AM Open Art Studio 11am-5pm (Apt 201) 11:00 AM Stretching w/ Back Care (HH) 1:30 PM Rummikub in the Afternoon (3LL)	11:00 AM Healthy Living Lecture with Select Rehab (HH) 11:00 AM Open Art Studio 11am-5pm (Apt 201) 11:30 AM Out to Lunch Pings-Chinese Restaurant (LB\$) 2:00 PM Rachel's Exercise Class (HH) 7:15 PM Evening Cinema - 'Buena Vista Social Club' (HH)	10:00 AM Board Meeting 11:00 AM Open Art Studio 11am-5pm (Apt 201) 1:30 PM Art Class w/ Katya (Apt 201) 2:00 PM Activity Planning Meeting (HH) 3:00 PM Upper/Lower Body Strength Training (HH) 6:45 PM Ross Valley Players present 'Reservations' (LB \$)	9:30 AM Friday 5-Mile Shopping w/ Victor (LB) 11:00 AM Line Dancing w/ Light Aerobics (HH) 11:00 AM Open Art Studio 11am-5pm (Apt 201) 4:45 PM Happy Hour (MDR) 7:15 PM Friday Cinema - 'Jazztown' (HH)	11:00 AM Rhythm & Balance w/ Torri (HH) 1:30 PM Bridge (3LL)
10:30 AM Strength & Tone w/ Beth (HH) 12:15 PM Live Broadcast of Medea by the Metropolitan Opera at the Lark Theater (LB\$) 1:30 PM Rummikub in the Afternoon (3LL)	11:00 AM Open Art Studio 11am-5pm (Apt 201) 1:30 PM Monday Dominos (3LL) 2:00 PM Strength & Balance w/ Select Rehab (HH)	11:00 AM Open Art Studio 11am-5pm (Apt 201) 11:00 AM Stretching w/ Back Care (HH) 1:30 PM A Muttville visit! (HH) 1:30 PM Rummikub in the Afternoon (3LL) 2:00 PM Library Shuttle (LB)	LOCATION KEY 3LL - 3rd FL. Lounge HH - Hendrix Hall LB - Lobby MDR - Main Dining Room			

January 2023

Independent Living Programs