

Cadbury Commons

January 2023

Community Programs

SUN	MON	TUES	WED	THURS	FRI	SAT
<p>1 New Year's Day 9:30 Morning Stretch ft. Matter of Balance 10:00 Folk Music with Bill Perry 2:00 Yoga with Emily 3:00 "Call the Midwife," Season 9, ep 3&4 6:30 Evening Film: <i>Fiddler on the Roof</i> (1971)</p>	<p>2 9:30 Morning Stretch ft. Matter of Balance 10:00 Wordle 1:30 NY Times Crossword 2:30 Afternoon Exercise with Forever Fit 3:30 Singalong with Michelle 6:30 Evening Film: <i>Lady Chatterley's Lover</i> (2022)</p>	<p>3 9:30 Morning Stretch 10:00 Pictionary 10:30 The Great Courses: <i>Experiencing Hubble</i> 2:00 Poker for Beginners 3:00 Boyd's Documentary Film 6:30 Evening Film: <i>The Bicycle Thief</i> (1949)</p>	<p>4 9:30 Morning Stretch 10:00 Trivia Questions 10:30 Nature Documentary 1:30 Easy Origami 2:30 Classical Music Listening 3:30 Happy Hour! 6:30 Evening Film: <i>Tucker: The Man and His Dream</i> (1988)</p>	<p>5 9:30 Morning Stretch 10:00 Outburst 10:30 Gentle Yoga with Carabeth 1:30 Literature Out Loud 3:30 Bingo! with Prizes! 6:30 Evening Film: <i>Runaway Bride</i> (1999)</p>	<p>6 Full "Wolf" Moon 9:30 Morning Stretch ft. Matter of Balance 10:00 Morning Crossword 10:30 Apples to Apples Game 1:30 Afternoon Exercise with Forever Fit 2:30 Live Jazz Piano with Elan Mehler 3:30 Happy Hour! 6:30 Evening Film: <i>On the Town</i> (1949)</p>	<p>7 10:00 Morning Stretch 10:30 Literary Games 1:30 Current Events 3:00 Expressive Arts 6:30 Evening Film: <i>Les Miserables</i> (2012)</p>
<p>8 9:30 Morning Stretch ft. Matter of Balance 10:00 Folk Music with Paul and Pam 2:00 Literature Out Loud 3:00 "Call the Midwife," Season 9, ep 5&6 6:30 Evening Film: <i>Vertigo</i> (1958)</p>	<p>9 9:30 Morning Stretch ft. Matter of Balance 10:00 Wordle 1:30 NY Times Crossword 2:30 Afternoon Exercise with Forever Fit 3:30 Singalong with Brian 6:30 Evening Film: <i>The Peanut Butter Falcon</i> (2019)</p>	<p>10 9:30 Morning Stretch 10:00 Pictionary 10:30 The Great Courses: <i>Experiencing Hubble</i> 1:30 Resident Forum 2:00 Poker for Beginners 3:00 Boyd's Documentary Film 6:30 Evening Film: <i>National Lampoon's Vacation</i> (1983)</p>	<p>11 9:30 Morning Stretch 10:00 Trivia Questions 10:30 Nature Documentary 1:30 Live Performance by the Band "Senior Moments" 2:30 Classical Music Listening 3:30 Happy Hour! 6:30 Evening Film: <i>Ordinary People</i> (1980)</p>	<p>12 9:30 Morning Stretch 10:00 Outburst 10:30 Gentle Yoga with Carabeth 1:30 Literature Out Loud 3:30 Bingo! with Prizes! 6:30 Evening Film: <i>Loving</i> (2016)</p>	<p>13 9:30 Morning Stretch ft. Matter of Balance 10:00 Morning Crossword 10:30 Guided Meditation Practice 1:30 Afternoon Exercise with Forever Fit 2:30 Music with Michelle 3:30 Happy Hour! 6:30 Evening Film: <i>Royal Wedding</i> (1951)</p>	<p>14 10:00 Morning Stretch 10:30 Short Story Review 1:30 Current Events 3:00 Expressive Arts 6:30 Evening Film: <i>Catch Me If You Can</i> (2002)</p>
<p>15 9:30 Morning Stretch ft. Matter of Balance 10:00 Folk Music with Bill Perry 2:00 Literature Out Loud 3:00 "Call the Midwife," Season 9, ep 7&8 6:30 Evening Film: <i>Dave</i> (1993)</p>	<p>16 Dr. MLK Jr. Day 9:30 Morning Stretch ft. Matter of Balance 10:00 Wordle 1:30 NY Times Crossword 2:30 Afternoon Exercise with Forever Fit 3:30 Brian Reads Speeches of Dr. King 6:30 Evening Film: <i>Dream Horse</i> (2021)</p>	<p>17 9:30 Morning Stretch 10:00 Pictionary 10:30 The Great Courses: <i>Experiencing Hubble</i> 1:30 Food for Thought Meeting w/ Jeff 2:00 Poker for Beginners 3:00 Boyd's Documentary Film 6:30 Evening Film: <i>A Knight's Tale</i> (2001)</p>	<p>18 9:30 Morning Stretch ft. Matter of Balance 10:00 Trivia Questions 10:30 Nature Documentary 1:30 Live Piano Music with Matt McCabe 2:30 Classical Music Listening 3:30 Happy Hour! 6:30 Evening Film: <i>The Good Liar</i> (2019)</p>	<p>19 9:30 Morning Stretch 10:00 Outburst 10:30 Gentle Yoga with Carabeth 1:30 Literature Out Loud 3:30 Bingo! with Prizes! 6:30 Evening Film: <i>RV</i> (2006)</p>	<p>20 9:30 Morning Stretch ft. Matter of Balance 10:00 Morning Crossword 10:30 Apples to Apples Game 1:30 Afternoon Exercise with Forever Fit 2:30 Music with Michelle 3:30 Happy Hour! 6:30 Evening Film: <i>Anchors Aweigh</i> (1945)</p>	<p>21 10:00 Morning Stretch 10:30 Poetry Aloud: Bring and Read Your Favorites 1:30 Current Events 3:00 Expressive Arts 6:30 Evening Film: <i>Love and Death</i> (1975)</p>

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<p>22 9:30 Morning Stretch ft. Matter of Balance 10:00 Folk Music with Paul and Pam 2:00 Dance/Movement Session with Emily 3:00 "Call the Midwife," Season 9, sp pt1&2 6:30 Evening Film: <i>The Last Time I Saw Paris</i> (1954)</p>	<p>23 9:30 Morning Stretch ft. Matter of Balance 10:00 Wordle 1:30 NY Times Crossword 2:30 Afternoon Exercise with Forever Fit 3:30 Singalong with Brian 6:30 Evening Film: <i>Willow</i> (1988)</p>	<p>24 9:30 Morning Stretch 10:00 Pictionary 10:30 The Great Courses: <i>Experiencing Hubble</i> 1:30 Movie Selection Meeting 2:00 Poker for Beginners 3:00 Boyd's Documentary Film 6:30 Evening Film: <i>The Trial of the Chicago 7</i> (2020)</p>	<p>25 9:30 Morning Stretch ft. Matter of Balance 10:00 Trivia Questions 10:30 Nature Documentary 1:30 Ukulele Music with Morningside 2:30 Classical Music Listening 3:30 Happy Hour! 6:30 Evening Film: <i>Shenandoah</i> (1965)</p>	<p>26 9:30 Morning Stretch 10:00 Outburst 10:30 Gentle Yoga with Carabeth 1:30 Literature Out Loud 3:30 Bingo! with Prizes! 6:30 Evening Film: <i>A Call to Spy</i> (2019)</p>	<p>27 9:30 Morning Stretch ft. Matter of Balance 10:00 Morning Crossword 10:30 Guided Meditation Practice 1:30 Afternoon Exercise with Forever Fit 2:30 Balance Clinic with Fox Rehab 3:30 Happy Hour! 6:30 Evening Film: <i>The King's Daughter</i> (2022)</p>	<p>28 10:00 Morning Stretch 10:30 Short Story Review 1:30 Current Events 3:00 Expressive Arts 6:30 Evening Film: <i>The Discreet Charm of the Bourgeoisie</i> (1972)</p>
<p>29 9:30 Morning Stretch ft. Matter of Balance 10:00 Folk Music with Bill Perry 2:00 Yoga with Emily 3:00 "Call the Midwife," Season 9, sp2020 6:30 Evening Film: <i>Twelfth Night</i> (1996)</p>	<p>30 9:30 Morning Stretch ft. Matter of Balance 10:00 Wordle 1:30 NY Times Crossword 2:30 Afternoon Exercise with Forever Fit 3:30 Singalong with Brian 6:30 Evening Film: <i>Mrs. Brown</i> (1997)</p>	<p>31 9:30 Morning Stretch 10:00 Pictionary 10:30 The Great Courses: <i>Experiencing Hubble</i> 1:30 Poker for Beginners 3:00 Boyd's Documentary Film 6:30 Evening Film: <i>Glass Onion</i> (2022)</p>			<p><u>Happy Birthday</u></p> <p>Nancy – 1/2</p> <p>Aileen – 1/5</p> <p>Bob Ber – 1/15</p>	<p><u>Spiritual Support</u> =violet typeface</p> <p><u>Creative Expression</u> = green typeface</p> <p><u>Physical Fitness:</u> = red typeface</p> <p><u>Brain Fitness:</u> = blue typeface</p> <p><u>Entertainers</u> = BOLD typeface</p>