Cadbury Commons

January 2024

Community Programs

Happy Birthday 9:3 N 10 10 1:3 1:3 1:3 1:3 1:3 1:3 1:3 1:3 1:3 1:3 1:3 1:3 1:3 1:3	New Year's Day :30 Morning Stretch ft. Matter of Balance 0:00 Wordle :30 Afternoon Exercise with Forever Fit :15 NY Times Crossword :30 Singalong with	9:30 Morning Stretch 10:00 Pictionary 10:30 The Great Courses: The Concerto 1:30 Literature Out Loud 2:30 TED Talks – Ideas Worth Spreading	 3 9:30 Morning Stretch ft. Matter of Balance 10:00 Trivia Questions 10:30 Gentle Yoga with Carabeth 1:30 Easy Origami with 	9:30 Morning Stretch ft. Matter of Balance 10:00 Outburst 10:30 Nature Documentary	9:30 Morning Stretch 10:00 Morning Crossword 10:30 Guided Meditation 2:00 Music with Michelle	10:00 Morning Stretch 10:30 Show and Tell: Bring something interesting and tell us
Happy Birthday 9:3 N 10 10 1:3 1:3 1:3 1:3 1:3 1:3 1:3 1:3 1:3 1:3 1:3 1:3 1:3 1:3 1:3 1:3 1:3 1:	:30 Morning Stretch ft. Matter of Balance 0:00 Wordle :30 Afternoon Exercise with Forever Fit :15 NY Times Crossword :30 Singalong with	10:00 Pictionary 10:30 The Great Courses: <i>The Concerto</i> 1:30 Literature Out Loud 2:30 TED Talks – Ideas	Matter of Balance 10:00 Trivia Questions 10:30 Gentle Yoga with Carabeth	Matter of Balance 10:00 Outburst 10:30 Nature	10:00 Morning Crossword 10:30 Guided Meditation 2:00 Music with Michelle	10:30 Show and Tell: Bring something
Aileen – 1/5 Bob B – 1/15 2: 0 3:3	Matter of Balance 0:00 Wordle :30 Afternoon Exercise with Forever Fit :15 NY Times Crossword :30 Singalong with	10:00 Pictionary 10:30 The Great Courses: <i>The Concerto</i> 1:30 Literature Out Loud 2:30 TED Talks – Ideas	Matter of Balance 10:00 Trivia Questions 10:30 Gentle Yoga with Carabeth	Matter of Balance 10:00 Outburst 10:30 Nature	10:00 Morning Crossword 10:30 Guided Meditation 2:00 Music with Michelle	10:30 Show and Tell: Bring something
Bob B – 1/15 V 2: 0 3:	:30 Afternoon Exercise with Forever Fit :15 NY Times Crossword :30 Singalong with	10:30 The Great Courses: <i>The Concerto</i> 1:30 Literature Out Loud 2:30 TED Talks – Ideas	10:30 Gentle Yoga with Carabeth	10:30 Nature	10:30 Guided Meditation 2:00 Music with Michelle	
Bob B – 1/15 2: 0 3:3	with Forever Fit :15 NY Times Crossword :30 Singalong with	1:30 Literature Out Loud 2:30 TED Talks – Ideas	Carabeth			
2: 0 3:	:15 NY Times Crossword :30 Singalong with	2:30 TED Talks – Ideas		Documentary		
3:3	Crossword :30 Singalong with		1:30 Fasy Origami with		3:30 Happy Hour!	about it
3:	:30 Singalong with	Worth Spreading	indo Eddy Origanii With	1:30 Afternoon Exercise	6:30 Evening Film: <i>The</i>	1:30 Current Events
	<u> </u>		Michelle	with Forever Fit	<i>Upside</i> (2017)	3:00 Expressive Arts
	Drion	3:30 Boyd's	2:30 Classical Music	2:15 Poker for Beginners		6:30 Evening Film:
1	Brian	Documentary Film	Listening	3:30 Bingo! with Prizes!		Charlie Wilson's War
6:	:30 Evening Film:	6:30 Evening Film:	3:30 Happy Hour!	6:30 Evening Film:		(2007)
	On the Town (1949)	Maestro (2023)	6:30 Evening Film: <i>The</i>	Sommersby (1993)		
			Laundromat (2019)			
7		9	10	11	12	13
		9:30 Morning Stretch	9:30 Morning Stretch ft.	9:30 Morning Stretch ft.	9:30 Morning Stretch ft.	10:00 Morning Stretch
I	Matter of Balance	10:00 Pictionary	Matter of Balance	Matter of Balance	Matter of Balance	10:30 Short Story
1	0:00 Wordle	10:30 The Great	10:00 Trivia Questions	10:00 Outburst	10:00 Morning Crossword	Review
,	:30 Afternoon Exercise	Courses: The Concerto	10:30 Gentle Yoga with	10:30 Nature	10:30 Creative	1:30 Current Events
	with Forever Fit	1:30 Resident Forum	Carabeth	Documentary	Movement with Caitlin	3:00 Expressive Arts
J	:15 NY Times	2:30 TED Talks – Ideas	1:30 Arts and Crafts	1:30 Afternoon Exercise	1:30 Literature Out Loud	6:30 Evening Film:
	Crossword	Worth Spreading	with Michelle	with Forever Fit	2:30 Live Jazz with Elan	Vertigo (1958)
	:30 Singalong with	3:30 Boyd's	2:30 Classical Music	2:15 Poker for Beginners	Mehler	
	Brian	Documentary Film	Listening	3:30 Bingo! with Prizes!	3:30 Happy Hour!	
_	:30 Evening Film: <i>The</i>	6:30 Evening Film: <i>Bank</i>	3:30 Happy Hour!	6:30 Evening Film: <i>Free</i>	6:30 Evening Film:	
_	Bucket List (2007)	of Dave (2023)	6:30 Evening Film: <i>Mank</i>	Solo (2018)	Benediction (2021)	I
(2015)		10	(2020)	10	10	
I I	5 MLK Jr. Day	16	17	18	19	20
_	:30 Morning Stretch ft.	9:30 Morning Stretch	9:30 Morning Stretch	9:30 Morning Stretch ft.	9:30 Morning Stretch ft.	10:00 Morning Stretch
I	Matter of Balance	10:00 Pictionary	10:00 Trivia Questions	Matter of Balance	Matter of Balance	10:30 Non-Fiction Article
1	0:00 Wordle :30 Afternoon Exercise	10:30 The Great	10:30 Gentle Yoga with	10:00 Outburst	10:00 Morning Crossword	Review
,	with Forever Fit	Courses: The Concerto	Carabeth 1:30 Ukulele Music	10:30 Nature	10:30 Creative Movement with Caitlin	1:30 Current Events
	:15 Brian reads	1:30 Food for Thought Meeting w/ Jimmy	with Morningside	Documentary 1:30 Afternoon Exercise	2:00 Silent film with	3:00 Expressive Arts 6:30 Evening Film:
- I	Speeches of Dr. King	2:30 TED Talks – Ideas	2:30 Classical Music	with Forever Fit	Live Accomagniment	Stanley and Iris (1990)
	:30 Singalong with	Worth Spreading	Listening	2:15 Poker for Beginners	by Richard Hughes	Startiey and this (1990)
· ·	Brian	3:30 Boyd's	3:30 Happy Hour!	3:30 Bingo! with Prizes!	3:30 Happy Hour!	I
1 ·	:30 Evening Film:	Documentary Film	6:30 Evening Film: <i>Lady</i>	6:30 Evening Film:	6:30 Evening Film: <i>The</i>	I
_	Rustin (2023)	6:30 Evening Film: <i>Nyad</i>	Bird (2017)	Splash (1984)	Big Year (2011)	1
(2004)	(2020)	(2023)	2.13 (2017)		2.9 / Car (2011)	

Cadbury Commons

January 2024

Community Programs					
FRI	SAT				
9:30 Morning Stretch ft.Matter of Balance10:00 Morning Crossword	10:00 Morning Stretch 10:30 Short Story Review				

SUN	MON	TUES	WED	THURS	FRI	SAT
21	22	23	24	25 Full "Wolf" Moon	26	27
9:30 Morning Stretch ft.	9:30 Morning Stretch ft.	9:30 Morning Stretch	9:30 Morning Stretch ft.	9:30 Morning Stretch ft.	9:30 Morning Stretch ft.	10:00 Morning Stretch
Matter of Balance	Matter of Balance	10:00 Pictionary	Matter of Balance	Matter of Balance	Matter of Balance	10:30 Short Story
10:00 Folk Music with	10:00 Wordle	10:30 The Great	10:00 Trivia Questions	10:00 Outburst	10:00 Morning Crossword	Review
Bill Perry	1:30 Afternoon Exercise	Courses: The Concerto	10:30 Gentle Yoga with	10:30 Nature	10:30 Apples to Apples	1:30 Current Events
1:30 Literature Out Loud	with Forever Fit	1:30 Movie Selection	Carabeth	Documentary	Game	3:00 Expressive Arts
2:30 TV Series: "Monty	2:15 NY Times	Meeting	1:30 Resident Round	1:30 Afternoon Exercise	2:00 Music with Michelle	6:30 Evening Film:
Python's Flying	Crossword	2:30 TED Talks – Ideas	Table Meeting	with Forever Fit	3:00 Surprise Party	Nicholas Nickleby
Circus" S2,	3:30 Singalong with	Worth Spreading	2:30 Classical Music	2:15 Poker for Beginners		(2002)
eps 12-13, S3 eps 1-2	Brian	3:30 Boyd's	Listening	3:30 Bingo! with Prizes!	6:30 Evening Film: <i>Jiro</i>	
6:30 Evening Film: Love	6:30 Evening Film:	Documentary Film	3:30 Happy Hour!	6:30 Evening Film: <i>The</i>	Dreams of Sushi (2012)	
and Death (1975)	Swing Kids (1993)	6:30 Evening Film:	6:30 Evening Film:	Associate (1996)		
		Darkest Hour (2017)	Kodachrome (2018)			
		2 di 1 (2 di 1)	, ,			
28	29	30	31			
9:30 Morning Stretch ft.	9:30 Morning Stretch ft.	9:30 Morning Stretch ft.	9:30 Morning Stretch ft.			Spiritual Support
9:30 Morning Stretch ft. Matter of Balance	9:30 Morning Stretch ft. Matter of Balance	9:30 Morning Stretch ft. Matter of Balance	9:30 Morning Stretch ft. Matter of Balance			
9:30 Morning Stretch ft. Matter of Balance 10:00 Folk Music with	9:30 Morning Stretch ft. Matter of Balance 10:00 Wordle	9:30 Morning Stretch ft. Matter of Balance 10:00 Pictionary	9:30 Morning Stretch ft. Matter of Balance 10:00 Trivia Questions			= violet typeface
9:30 Morning Stretch ft. Matter of Balance 10:00 Folk Music with Bill Perry	9:30 Morning Stretch ft. Matter of Balance 10:00 Wordle 1:30 Afternoon Exercise	9:30 Morning Stretch ft. Matter of Balance 10:00 Pictionary 10:30 The Great	9:30 Morning Stretch ft. Matter of Balance 10:00 Trivia Questions 10:30 Gentle Yoga with			= violet typeface Creative Expression
9:30 Morning Stretch ft. Matter of Balance 10:00 Folk Music with Bill Perry 1:30 Literature Out Loud	9:30 Morning Stretch ft. Matter of Balance 10:00 Wordle 1:30 Afternoon Exercise with Forever Fit	9:30 Morning Stretch ft. Matter of Balance 10:00 Pictionary 10:30 The Great Courses: The Concerto	9:30 Morning Stretch ft. Matter of Balance 10:00 Trivia Questions 10:30 Gentle Yoga with Carabeth			= violet typeface Creative Expression = green typeface
9:30 Morning Stretch ft. Matter of Balance 10:00 Folk Music with Bill Perry 1:30 Literature Out Loud 2:30 TV Series: "Monty	9:30 Morning Stretch ft. Matter of Balance 10:00 Wordle 1:30 Afternoon Exercise with Forever Fit 2:15 NY Times	9:30 Morning Stretch ft. Matter of Balance 10:00 Pictionary 10:30 The Great Courses: The Concerto 1:30 Literature Out Loud	31 9:30 Morning Stretch ft. Matter of Balance 10:00 Trivia Questions 10:30 Gentle Yoga with Carabeth 1:30			= violet typeface Creative Expression = green typeface Physical Fitness:
9:30 Morning Stretch ft. Matter of Balance 10:00 Folk Music with Bill Perry 1:30 Literature Out Loud 2:30 TV Series: "Monty Python's Flying	9:30 Morning Stretch ft. Matter of Balance 10:00 Wordle 1:30 Afternoon Exercise with Forever Fit 2:15 NY Times Crossword	9:30 Morning Stretch ft. Matter of Balance 10:00 Pictionary 10:30 The Great Courses: The Concerto 1:30 Literature Out Loud 2:30 TED Talks – Ideas	9:30 Morning Stretch ft. Matter of Balance 10:00 Trivia Questions 10:30 Gentle Yoga with Carabeth 1:30 2:30 Classical Music			= violet typeface Creative Expression = green typeface Physical Fitness: = red typeface
9:30 Morning Stretch ft. Matter of Balance 10:00 Folk Music with Bill Perry 1:30 Literature Out Loud 2:30 TV Series: "Monty Python's Flying Circus" Season 3,	9:30 Morning Stretch ft. Matter of Balance 10:00 Wordle 1:30 Afternoon Exercise with Forever Fit 2:15 NY Times Crossword 3:30 Singalong with	9:30 Morning Stretch ft. Matter of Balance 10:00 Pictionary 10:30 The Great Courses: The Concerto 1:30 Literature Out Loud 2:30 TED Talks – Ideas Worth Spreading	9:30 Morning Stretch ft. Matter of Balance 10:00 Trivia Questions 10:30 Gentle Yoga with Carabeth 1:30 2:30 Classical Music Listening			= violet typeface Creative Expression = green typeface Physical Fitness:
9:30 Morning Stretch ft. Matter of Balance 10:00 Folk Music with Bill Perry 1:30 Literature Out Loud 2:30 TV Series: "Monty Python's Flying Circus" Season 3, episodes 3-6	9:30 Morning Stretch ft. Matter of Balance 10:00 Wordle 1:30 Afternoon Exercise with Forever Fit 2:15 NY Times Crossword 3:30 Singalong with Brian	9:30 Morning Stretch ft. Matter of Balance 10:00 Pictionary 10:30 The Great Courses: The Concerto 1:30 Literature Out Loud 2:30 TED Talks – Ideas Worth Spreading 3:30 Boyd's	9:30 Morning Stretch ft. Matter of Balance 10:00 Trivia Questions 10:30 Gentle Yoga with Carabeth 1:30 2:30 Classical Music Listening 3:30 Happy Hour!			= violet typeface Creative Expression = green typeface Physical Fitness: = red typeface
9:30 Morning Stretch ft. Matter of Balance 10:00 Folk Music with Bill Perry 1:30 Literature Out Loud 2:30 TV Series: "Monty Python's Flying Circus" Season 3, episodes 3-6 6:30 Evening Film:	9:30 Morning Stretch ft. Matter of Balance 10:00 Wordle 1:30 Afternoon Exercise with Forever Fit 2:15 NY Times Crossword 3:30 Singalong with Brian 6:30 Evening Film: Four	9:30 Morning Stretch ft. Matter of Balance 10:00 Pictionary 10:30 The Great Courses: The Concerto 1:30 Literature Out Loud 2:30 TED Talks – Ideas Worth Spreading 3:30 Boyd's Documentary Film	9:30 Morning Stretch ft. Matter of Balance 10:00 Trivia Questions 10:30 Gentle Yoga with Carabeth 1:30 2:30 Classical Music Listening 3:30 Happy Hour! 6:30 Evening Film: The			= violet typeface Creative Expression = green typeface Physical Fitness: = red typeface Brain Fitness:
9:30 Morning Stretch ft. Matter of Balance 10:00 Folk Music with Bill Perry 1:30 Literature Out Loud 2:30 TV Series: "Monty Python's Flying Circus" Season 3, episodes 3-6	9:30 Morning Stretch ft. Matter of Balance 10:00 Wordle 1:30 Afternoon Exercise with Forever Fit 2:15 NY Times Crossword 3:30 Singalong with Brian 6:30 Evening Film: Four Weddings and a	9:30 Morning Stretch ft. Matter of Balance 10:00 Pictionary 10:30 The Great Courses: The Concerto 1:30 Literature Out Loud 2:30 TED Talks – Ideas Worth Spreading 3:30 Boyd's Documentary Film 6:30 Evening Film: The	9:30 Morning Stretch ft. Matter of Balance 10:00 Trivia Questions 10:30 Gentle Yoga with Carabeth 1:30 2:30 Classical Music Listening 3:30 Happy Hour! 6:30 Evening Film: The Squid and the Whale			= violet typeface Creative Expression = green typeface Physical Fitness: = red typeface Brain Fitness: = blue typeface Entertainers
9:30 Morning Stretch ft. Matter of Balance 10:00 Folk Music with Bill Perry 1:30 Literature Out Loud 2:30 TV Series: "Monty Python's Flying Circus" Season 3, episodes 3-6 6:30 Evening Film:	9:30 Morning Stretch ft. Matter of Balance 10:00 Wordle 1:30 Afternoon Exercise with Forever Fit 2:15 NY Times Crossword 3:30 Singalong with Brian 6:30 Evening Film: Four	9:30 Morning Stretch ft. Matter of Balance 10:00 Pictionary 10:30 The Great Courses: The Concerto 1:30 Literature Out Loud 2:30 TED Talks – Ideas Worth Spreading 3:30 Boyd's Documentary Film	9:30 Morning Stretch ft. Matter of Balance 10:00 Trivia Questions 10:30 Gentle Yoga with Carabeth 1:30 2:30 Classical Music Listening 3:30 Happy Hour! 6:30 Evening Film: The			= violet typeface Creative Expression = green typeface Physical Fitness: = red typeface Brain Fitness: = blue typeface