

Cadbury Commons

January 2024

Community Programs

SUN	MON	TUES	WED	THURS	FRI	SAT
<div><div><div>Happy Birthday</div><div>Aileen – 1/5</div><div>Bob B – 1/15</div></div></div>	<div><div>1 New Year's Day</div><div>9:30 Morning Stretch ft. Matter of Balance</div><div>10:00 Wordle</div><div>1:30 Afternoon Exercise with Forever Fit</div><div>2:15 NY Times Crossword</div><div>3:30 Singalong with Brian</div><div>6:30 Evening Film: <i>On the Town</i> (1949)</div></div>	<div><div>2</div><div>9:30 Morning Stretch</div><div>10:00 Pictionary</div><div>10:30 The Great Courses: <i>The Concerto</i></div><div>1:30 Literature Out Loud</div><div>2:30 TED Talks – Ideas Worth Spreading</div><div>3:30 Boyd's Documentary Film</div><div>6:30 Evening Film: <i>Maestro</i> (2023)</div></div>	<div><div>3</div><div>9:30 Morning Stretch ft. Matter of Balance</div><div>10:00 Trivia Questions</div><div>10:30 Gentle Yoga with Carabeth</div><div>1:30 Easy Origami with Michelle</div><div>2:30 Classical Music Listening</div><div>3:30 Happy Hour!</div><div>6:30 Evening Film: <i>The Laundromat</i> (2019)</div></div>	<div><div>4</div><div>9:30 Morning Stretch ft. Matter of Balance</div><div>10:00 Outburst</div><div>10:30 Nature Documentary</div><div>1:30 Afternoon Exercise with Forever Fit</div><div>2:15 Poker for Beginners</div><div>3:30 Bingo! with Prizes!</div><div>6:30 Evening Film: <i>Sommersby</i> (1993)</div></div>	<div><div>5</div><div>9:30 Morning Stretch</div><div>10:00 Morning Crossword</div><div>10:30 Guided Meditation</div><div>2:00 Music with Michelle</div><div>3:30 Happy Hour!</div><div>6:30 Evening Film: <i>The Upside</i> (2017)</div></div>	<div><div>6</div><div>10:00 Morning Stretch</div><div>10:30 Show and Tell: Bring something interesting and tell us about it</div><div>1:30 Current Events</div><div>3:00 Expressive Arts</div><div>6:30 Evening Film: <i>Charlie Wilson's War</i> (2007)</div></div>
<div><div>7</div><div>9:30 Morning Stretch ft. Matter of Balance</div><div>10:00 Folk Music with Bill Perry</div><div>1:30 Literature Out Loud</div><div>2:30 TV Series: "Monty Python's Flying Circus" Season 2, episodes 4-7</div><div>6:30 Evening Film: Leoncavallo's <i>Pagliacci</i> (2015)</div></div>	<div><div>8</div><div>9:30 Morning Stretch ft. Matter of Balance</div><div>10:00 Wordle</div><div>1:30 Afternoon Exercise with Forever Fit</div><div>2:15 NY Times Crossword</div><div>3:30 Singalong with Brian</div><div>6:30 Evening Film: <i>The Bucket List</i> (2007)</div></div>	<div><div>9</div><div>9:30 Morning Stretch</div><div>10:00 Pictionary</div><div>10:30 The Great Courses: <i>The Concerto</i></div><div>1:30 Resident Forum</div><div>2:30 TED Talks – Ideas Worth Spreading</div><div>3:30 Boyd's Documentary Film</div><div>6:30 Evening Film: <i>Bank of Dave</i> (2023)</div></div>	<div><div>10</div><div>9:30 Morning Stretch ft. Matter of Balance</div><div>10:00 Trivia Questions</div><div>10:30 Gentle Yoga with Carabeth</div><div>1:30 Arts and Crafts with Michelle</div><div>2:30 Classical Music Listening</div><div>3:30 Happy Hour!</div><div>6:30 Evening Film: <i>Mank</i> (2020)</div></div>	<div><div>11</div><div>9:30 Morning Stretch ft. Matter of Balance</div><div>10:00 Outburst</div><div>10:30 Nature Documentary</div><div>1:30 Afternoon Exercise with Forever Fit</div><div>2:15 Poker for Beginners</div><div>3:30 Bingo! with Prizes!</div><div>6:30 Evening Film: <i>Free Solo</i> (2018)</div></div>	<div><div>12</div><div>9:30 Morning Stretch ft. Matter of Balance</div><div>10:00 Morning Crossword</div><div>10:30 Creative Movement with Caitlin</div><div>1:30 Literature Out Loud</div><div>2:30 Live Jazz with Elan Mehler</div><div>3:30 Happy Hour!</div><div>6:30 Evening Film: <i>Benediction</i> (2021)</div></div>	<div><div>13</div><div>10:00 Morning Stretch</div><div>10:30 Short Story Review</div><div>1:30 Current Events</div><div>3:00 Expressive Arts</div><div>6:30 Evening Film: <i>Vertigo</i> (1958)</div></div>
<div><div>14</div><div>9:30 Morning Stretch ft. Matter of Balance</div><div>10:00 Folk Music with Bill Perry</div><div>1:30 Literature Out Loud</div><div>2:30 TV Series: "Monty Python's Flying Circus" Season 2, episodes 8-11</div><div>6:30 Evening Film: <i>Finding Neverland</i> (2004)</div></div>	<div><div>15 MLK Jr. Day</div><div>9:30 Morning Stretch ft. Matter of Balance</div><div>10:00 Wordle</div><div>1:30 Afternoon Exercise with Forever Fit</div><div>2:15 Brian reads Speeches of Dr. King</div><div>3:30 Singalong with Brian</div><div>6:30 Evening Film: <i>Rustin</i> (2023)</div></div>	<div><div>16</div><div>9:30 Morning Stretch</div><div>10:00 Pictionary</div><div>10:30 The Great Courses: <i>The Concerto</i></div><div>1:30 Food for Thought Meeting w/ Jimmy</div><div>2:30 TED Talks – Ideas Worth Spreading</div><div>3:30 Boyd's Documentary Film</div><div>6:30 Evening Film: <i>Nyad</i> (2023)</div></div>	<div><div>17</div><div>9:30 Morning Stretch</div><div>10:00 Trivia Questions</div><div>10:30 Gentle Yoga with Carabeth</div><div>1:30 Ukulele Music with Morningside</div><div>2:30 Classical Music Listening</div><div>3:30 Happy Hour!</div><div>6:30 Evening Film: <i>Lady Bird</i> (2017)</div></div>	<div><div>18</div><div>9:30 Morning Stretch ft. Matter of Balance</div><div>10:00 Outburst</div><div>10:30 Nature Documentary</div><div>1:30 Afternoon Exercise with Forever Fit</div><div>2:15 Poker for Beginners</div><div>3:30 Bingo! with Prizes!</div><div>6:30 Evening Film: <i>Splash</i> (1984)</div></div>	<div><div>19</div><div>9:30 Morning Stretch ft. Matter of Balance</div><div>10:00 Morning Crossword</div><div>10:30 Creative Movement with Caitlin</div><div>2:00 Silent film with Live Accompaniment by Richard Hughes</div><div>3:30 Happy Hour!</div><div>6:30 Evening Film: <i>The Big Year</i> (2011)</div></div>	<div><div>20</div><div>10:00 Morning Stretch</div><div>10:30 Non-Fiction Article Review</div><div>1:30 Current Events</div><div>3:00 Expressive Arts</div><div>6:30 Evening Film: <i>Stanley and Iris</i> (1990)</div></div>

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SUN	MON	TUES	WED	THURS	FRI	SAT	
21 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” S2, eps 12-13, S3 eps 1-2 6:30 Evening Film: <i>Love and Death</i> (1975)	22 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: <i>Swing Kids</i> (1993)	23 9:30 Morning Stretch 10:00 Pictionary 10:30 The Great Courses: <i>The Concerto</i> 1:30 Movie Selection Meeting 2:30 TED Talks – Ideas Worth Spreading 3:30 Boyd’s Documentary Film 6:30 Evening Film: <i>Darkest Hour</i> (2017)	24 9:30 Morning Stretch ft. Matter of Balance 10:00 Trivia Questions 10:30 Gentle Yoga with Carabeth 1:30 Resident Round Table Meeting 2:30 Classical Music Listening 3:30 Happy Hour! 6:30 Evening Film: <i>Kodachrome</i> (2018)	25 Full “Wolf” Moon 9:30 Morning Stretch ft. Matter of Balance 10:00 Outburst 10:30 Nature Documentary 1:30 Afternoon Exercise with Forever Fit 2:15 Poker for Beginners 3:30 Bingo! with Prizes! 6:30 Evening Film: <i>The Associate</i> (1996)	26 9:30 Morning Stretch ft. Matter of Balance 10:00 Morning Crossword 10:30 Apples to Apples Game 2:00 Music with Michelle <hr/> 3:00 Surprise Party <hr/> 6:30 Evening Film: <i>Jiro Dreams of Sushi</i> (2012)	27 10:00 Morning Stretch 10:30 Short Story Review 1:30 Current Events 3:00 Expressive Arts 6:30 Evening Film: <i>Nicholas Nickleby</i> (2002)	
28 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: <i>Shopgirl</i> (2005)	29 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: <i>Four Weddings and a Funeral</i> (1994)	30 9:30 Morning Stretch ft. Matter of Balance 10:00 Pictionary 10:30 The Great Courses: <i>The Concerto</i> 1:30 Literature Out Loud 2:30 TED Talks – Ideas Worth Spreading 3:30 Boyd’s Documentary Film 6:30 Evening Film: <i>The Beguiled</i> (2017)	31 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: <i>The Squid and the Whale</i> (2005)			<u>Spiritual Support</u> = <i>violet typeface</i> <u>Creative Expression</u> = <i>green typeface</i> <u>Physical Fitness:</u> = <i>red typeface</i> <u>Brain Fitness:</u> = <i>blue typeface</i> <u>Entertainers</u> = BOLD typeface	