

January 2025

ClarkLindsey Village
FC

US/Central (CST)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			8:00am-8:25 Strength & Balance, FC 8:40am-9:10 Strength & Balance, FC 9:30am-10:15 Aquacize, P 10:30am-11:00 Zumba Gold, FC 1:30pm-2:15 Aquacize, P 3:15pm-3:45 Brain, Body, Balance, MLAR3	8:00am-8:25 Strength & Balance, FC 8:30am-8:55 Stretch, FC 9:00am-9:45 Beginner Tai Chi, HPDR 10:00am-10:30 Guided Meditation with Lisa, S 10:15am-11:00 Aquacize, P 10:45am-11:15 One-on-One Yoga (by appointment), NT 11:05am-11:45 Aqua Zumba, P 1:30pm-3:00 Resident Only Lap Swim, P	8:00am-8:25 Strength & Balance, FC 8:40am-9:10 Strength & Balance, FC 9:30am-10:15 Aquacize, P 10:00am-10:30 Exercise with Liz, B 10:20am-11:00 Aqua Strength & Stretch, P 10:35am-11:00 Sit & Be Fit, FC 11:15am-11:45 Core & More, FC 11:15am-11:45 Strength with Bands, MLAR3	11:00am-11:50 Chair Yoga with Robin, AC
5 8:00am-8:25 Strength & Balance, FC 8:40am-9:10 Strength & Balance, FC 9:15am-9:45 Balance & Agility, FC 9:30am-10:15 Aquacize, P 10:00am-10:30 Exercise with Liz, B 10:20am-11:00 Aqua Strength & Stretch, P 10:35am-11:00 Sit & Be Fit, FC 1:30pm-2:15 Aquacize, P 3:15pm-3:45 Brain, Body, Balance, MLAR2	6 8:00am-8:25 Strength & Balance, FC 8:30am-8:55 Stretch, FC 9:00am-9:45 Beginner Tai Chi, HPDR 9:45am-10:15 Guided Meditation with Lisa, S 10:15am-11:00 Aquacize, P 11:00am-12:00 Chair Yoga with Robin, AC 11:05am-11:45 Aqua Zumba, P 1:15pm-1:45 Renaerobics, MLAR2 1:30pm-3:00 Resident Only Lap Swim, P	7 8:00am-8:25 Strength & Balance, FC 8:40am-9:10 Strength & Balance, FC 9:30am-10:15 Aquacize, P 10:00am-10:30 Exercise with Liz, MLAR3 10:30am-11:00 Zumba Gold, FC 1:30pm-2:15 Aquacize, P 3:00pm-3:30 Exercise with Liz, B 3:15pm-3:45 Brain, Body, Balance, MLAR2	8 8:00am-8:25 Strength & Balance, FC 8:30am-8:55 Stretch, FC 9:00am-9:45 Beginner Tai Chi, HPDR 10:00am-10:30 Guided Meditation with Lisa, S 10:15am-11:00 Aquacize, P 10:45am-11:15 One-on-One Yoga (by appointment), NT 11:05am-11:45 Aqua Zumba, P 1:30pm-3:00 Resident Only Lap Swim, P	9 8:00am-8:25 Strength & Balance, FC 8:40am-9:10 Strength & Balance, FC 9:30am-10:15 Aquacize, P 10:00am-10:30 Exercise with Liz, B 10:20am-11:00 Aqua Strength & Stretch, P 10:35am-11:00 Sit & Be Fit, FC 11:15am-11:45 Core & More, FC 11:15am-11:45 Strength with Bands, MLAR3	10 11:00am-11:50 Chair Yoga with Robin, AC	
12 8:00am-8:25 Strength & Balance, FC 8:40am-9:10 Strength & Balance, FC 9:15am-9:45 Balance & Agility, FC 9:30am-10:15 Aquacize, P 10:00am-10:30 Strength & Balance with Liz, FC 10:20am-11:00 Aqua Strength & Stretch, P 10:35am-11:00 Sit & Be Fit, FC 1:30pm-2:15 Aquacize, P 3:15pm-3:45 Brain, Body, Balance, MLAR2	13 8:00am-8:25 Strength & Balance, FC 8:30am-8:55 Stretch, FC 9:00am-9:45 Beginner Tai Chi, HPDR 9:45am-10:15 Guided Meditation with Lisa, S 10:15am-11:00 Aquacize, P 11:00am-12:00 Chair Yoga with Robin, AC 11:05am-11:45 Aqua Zumba, P 1:15pm-1:45 Renaerobics, MLAR2 1:30pm-3:00 Resident Only Lap Swim, P	14 8:00am-8:25 Strength & Balance, FC 8:40am-9:10 Strength & Balance, FC 9:30am-10:15 Aquacize, P 10:00am-10:30 Exercise with Liz, MLAR3 10:30am-11:00 Zumba Gold, FC 1:30pm-2:15 Aquacize, P 3:00pm-3:30 Exercise with Liz, B 3:15pm-3:45 Brain, Body, Balance, MLAR2	15 8:00am-8:25 Strength & Balance, FC 8:30am-8:55 Stretch, FC 9:00am-9:45 Beginner Tai Chi, HPDR 10:00am-10:30 Guided Meditation with Lisa, S 10:15am-11:00 Aquacize, P 10:45am-11:15 One-on-One Yoga (by appointment), NT 11:05am-11:45 Aqua Zumba, P 1:30pm-3:00 Resident Only Lap Swim, P	16 8:00am-8:25 Strength & Balance, FC 8:40am-9:10 Strength & Balance, FC 9:30am-10:15 Aquacize, P 10:00am-10:30 Exercise with Liz, B 10:20am-11:00 Aqua Strength & Stretch, P 10:35am-11:00 Sit & Be Fit, FC 11:15am-11:45 Core & More, FC 11:15am-11:45 Strength with Bands, MLAR3	17 11:00am-11:50 Chair Yoga with Robin, AC	
19 8:00am-8:25 Strength & Balance, FC 8:40am-9:10 Strength & Balance, FC 9:15am-9:45 Balance & Agility, FC 9:30am-10:15 Aquacize, P 10:00am-10:30 Strength & Balance with Liz, FC 10:20am-11:00 Aqua Strength & Stretch, P 10:35am-11:00 Sit & Be Fit, FC 1:30pm-2:15 Aquacize, P 3:15pm-3:45 Brain, Body, Balance, MLAR2	20 8:00am-8:25 Strength & Balance, FC 8:30am-8:55 Stretch, FC 9:00am-9:45 Beginner Tai Chi, HPDR 9:45am-10:15 Guided Meditation with Lisa, S 10:15am-11:00 Aquacize, P 11:00am-12:00 Chair Yoga with Robin, AC 11:05am-11:45 Aqua Zumba, P 1:15pm-1:45 Renaerobics, MLAR2 1:30pm-3:00 Resident Only Lap Swim, P	21 8:00am-8:25 Strength & Balance, FC 8:40am-9:10 Strength & Balance, FC 9:30am-10:15 Aquacize, P 10:00am-10:30 Exercise with Liz, MLAR3 10:30am-11:00 Zumba Gold, FC 1:30pm-2:15 Aquacize, P 3:00pm-3:30 Exercise with Liz, B 3:15pm-3:45 Brain, Body, Balance, MLAR2	22 8:00am-8:25 Strength & Balance, FC 8:30am-8:55 Stretch, FC 9:00am-9:45 Beginner Tai Chi, HPDR 10:00am-10:30 Guided Meditation with Lisa, S 10:15am-11:00 Aquacize, P 10:45am-11:15 One-on-One Yoga (by appointment), NT 11:05am-11:45 Aqua Zumba, P 1:30pm-3:00 Resident Only Lap Swim, P	23 8:00am-8:25 Strength & Balance, FC 8:40am-9:10 Strength & Balance, FC 9:30am-10:15 Aquacize, P 10:00am-10:30 Exercise with Liz, B 10:20am-11:00 Aqua Strength & Stretch, P 10:35am-11:00 Sit & Be Fit, FC 11:15am-11:45 Core & More, FC 11:15am-11:45 Strength with Bands, MLAR3	24 11:00am-11:50 Chair Yoga with Robin, AC	
26 8:00am-8:25 Strength & Balance, FC 8:40am-9:10 Strength & Balance, FC 9:15am-9:45 Balance & Agility, FC 9:30am-10:15 Aquacize, P 10:00am-10:30	27 8:00am-8:25 Strength & Balance, FC 8:30am-8:55 Stretch, FC 9:00am-9:45 Beginner Tai Chi, HPDR 9:45am-10:15 Guided Meditation with Lisa, S 10:15am-11:00	28 8:00am-8:25 Strength & Balance, FC 8:40am-9:10 Strength & Balance, FC 9:30am-10:15 Aquacize, P 10:00am-10:30 Exercise with Liz, MLAR3 10:30am-11:00	29 8:00am-8:25 Strength & Balance, FC 8:30am-8:55 Stretch, FC 9:00am-9:45 Beginner Tai Chi, HPDR 10:00am-10:30 Guided Meditation with Lisa, S 10:15am-11:00	30 8:00am-8:25 Strength & Balance, FC 8:40am-9:10 Strength & Balance, FC 9:30am-10:15 Aquacize, P 10:00am-10:30 Exercise with Liz, B 10:20am-11:00	31	

Strength & Balance with Liz, FC
10:20am-11:00
 Aqua Strength & Stretch, P
10:35am-11:00
 Sit & Be Fit, FC
1:30pm-2:15
 Aquacize, P
3:15pm-3:45
 Brain, Body, Balance, MLAR2

Aquacize, P
11:00am-12:00
 Chair Yoga with Robin, AC
11:05am-11:45
 Aqua Zumba, P
1:15pm-1:45
 Renaeobics, MLAR2
1:30pm-3:00
 Resident Only Lap Swim, P

Zumba Gold, FC
1:30pm-2:15
 Aquacize, P
3:00pm-3:30
 Exercise with Liz, B
3:15pm-3:45
 Brain, Body, Balance, MLAR2

Aquacize, P
10:45am-11:15
 One-on-One Yoga (by appointment), NT
11:05am-11:45
 Aqua Zumba, P
1:30pm-3:00
 Resident Only Lap Swim, P

Aqua Strength & Stretch, P
10:35am-11:00
 Sit & Be Fit, FC
11:15am-11:45
 Core & More, FC
11:15am-11:45
 Strength with Bands, MLAR3

AC = Activity Center B = Bistro FC = Fitness Center HPDR = Horsfall Private Dining Room MLAR2 = MeadowLark Act Rm 2 MLAR3 = MeadowLark Act Rm 3 NT = no meeting place 2

P = Pool S = Solarium

JANUARY 2025

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Dimensions of Wellness

-  Physical
-  Emotional
-  Spiritual
-  Environmental
-  Vocational
-  Social
-  Intellectual
-  Health Services
-  Nutritional

Meeting Places

- HL** Huegy Lounge
- LDR** Laing Dining Room
- MBL** Main Building Lobby
- MBAR** MeadowBrook Act Rm
- MBDR** MeadowBrook Dining Rm
- MLAR3** MeadowLark Act Rm 3
- NT** no meeting place 2
- NT** no meeting place 3
- P** Pool

Family and friends are invited to attend all events and programs.

				New Year's Day 01	02	03	04
				9:30 Coffee & Conversation MBDR 11:00 Independent Activities NT	9:30 Coffee & Conversation MBDR 11:00 Independent Activities MBAR	All Day Happy Birthday NT Pat Wadsworth 9:15 Coffee & Conversation MBDR 11:00 Independent Activities MBAR	10:30 Jigsaw Puzzle Corner MBAR 3:00 Game Time MBAR
05	06	07	08	09	10	11	11
	10:15 Daily Chronicles & Headlines MBAR 11:15 Rena's Workout MBDR 1:30 Sing-along w/ Kristy MBDR 2:30 Epiphany Day - Taking Down Decorations MBAR 4:00 Jigsaw Puzzle Corner MBAR	9:30 Coffee & Conversation MBDR 11:15 Craft Corner MBAR 1:30 ClarkLindsey Library Visit MBAR 4:15 Cranium Crunches MBAR	9:30 Coffee & Conversation MBDR 11:15 Rena's Workout MBDR 1:30 Craft Corner MBAR 4:00 Twin City Bible Study w/ Alex and Stephen MBAR	9:30 Coffee & Conversation MBDR 10:30 Everything But The Kitchen Sink: Kay's Band LDR 1:30 Jigsaw Puzzle Time MBAR 4:15 Artistic Endeavors MBAR	All Day Resident and Staff Model Train Display 1/10-1/31/2025 MBL 9:15 Coffee & Conversation MBDR 11:00 Morning Movement MBDR 2:00 St. Pat's Bible Study MBAR 4:00 Trivia Time MBAR	10:30 Jigsaw Puzzle Corner MBAR 3:00 Game Time MBAR	10:30 Jigsaw Puzzle Corner MBAR 3:00 Game Time MBAR
12	13	14	15	16	17	18	18
	10:15 Daily Chronicles & Headlines MBAR 11:15 Rena's Workout MBDR 1:00 Fellowship & Prayer w/ Mark Jacobs MBAR 2:00 Movie Matinee MBAR 4:00 Jigsaw Puzzle Corner MBAR	9:30 Coffee & Conversation MBDR 11:00 Model Train Visit HL MBAR 1:30 ClarkLindsey Library Visit MBAR 4:15 Cranium Crunches MBAR	9:30 Coffee & Conversation MBDR 11:15 Rena's Workout MBDR 1:30 Craft Corner MBAR 4:00 Twin City Bible Study w/ Alex and Stephen MBAR	9:30 Coffee & Conversation MBDR 10:30 Everything But The Kitchen Sink: Kay's Band LDR 1:00 Art Therapy MBAR 2:15 Mapping with Randy MBAR	9:15 Coffee & Conversation MBDR 11:00 Morning Movement MBDR 1:30 Old School Addiction Band MLAR3 2:00 St. Pat's Bible Study MBAR 4:00 Trivia Time MBAR	10:30 Jigsaw Puzzle Corner MBAR 3:00 Game Time MBAR	10:30 Jigsaw Puzzle Corner MBAR 3:00 Game Time MBAR
19	20	21	22	23	24	25	25
7:00 Van Trip: U of I Women's Basketball Game MBL	10:15 Daily Chronicles & Headlines MBAR 11:15 Rena's Workout MBDR 2:00 Movie Matinee MBAR 4:00 Jigsaw Puzzle Corner MBAR	9:30 Coffee & Conversation MBDR 1:30 ClarkLindsey Library Visit MBAR 3:00 Dada Veda Singing Folk Songs MBAR 4:15 Cranium Crunches MBAR	9:30 Coffee & Conversation MBDR 11:15 Rena's Workout MBDR 1:30 Craft Corner MBAR 2:30 Dive In Movie P 4:00 Twin City Bible Study w/ Alex and Stephen MBAR	9:30 Coffee & Conversation MBDR 10:30 Everything But The Kitchen Sink: Kay's Band LDR 1:30 Baking Club MBAR 4:15 Artistic Endeavors MBAR	9:15 Coffee & Conversation MBDR 11:00 Morning Movement MBDR 2:00 St. Pat's Bible Study MBAR 4:00 Trivia Time MBAR	10:30 Jigsaw Puzzle Corner MBAR 3:00 Game Time MBAR	10:30 Jigsaw Puzzle Corner MBAR 3:00 Game Time MBAR
26	27	28	29	30	31		
	10:15 Signing Birthday Cards MBAR 11:15 Rena's Workout MBDR 1:00 Fellowship & Prayer w/ Mark Jacobs MBAR 2:00 Movie Matinee MBAR 4:00 Jigsaw Puzzle Corner MBAR	9:30 Coffee & Conversation MBDR 11:00 Craft Corner MBDR 2:00 Resident Council Meeting MBAR 4:15 Cranium Crunches MBAR	9:30 Coffee & Conversation MBDR 11:15 Rena's Workout MBDR 1:30 Lunar New Year Party MBAR 4:00 Twin City Bible Study w/ Alex and Stephen MBAR	9:30 Coffee & Conversation MBDR 10:30 Everything But The Kitchen Sink: Kay's Band LDR 1:30 Birthday Social MBAR 4:15 Artistic Endeavors MBAR	9:15 Coffee & Conversation MBDR 11:00 Morning Movement MBDR 2:00 St. Pat's Bible Study MBAR 4:00 Trivia Time MBAR		

JANUARY 2025

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Dimensions of Wellness

-  Physical
-  Emotional
-  Spiritual
-  Environmental
-  Vocational
-  Social
-  Intellectual
-  Health Services
-  Nutritional

Meeting Places

- GHH** Both Green House Homes
- EGH** East Green House
- HL** Huegy Lounge
- LDR** Laing Dining Room
- MBL** Main Building Lobby
- NT** no meeting place 2
- WGH** West Green House

Family and friends are invited to attend all events and programs.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				New Year's Day 01 9:00 Morning Mingle GHH 10:00 Seated Exercises WGH 11:00 Craft Corner EGH 2:00 Movie Matinee WGH 3:15 Jigsaw Puzzle Corner EGH	02 9:00 Morning Mingle GHH 10:30 Everything But The Kitchen Sink: Kay's Band LDR 2:00 Art Therapy EGH 3:00 Baking Club WGH 4:00 Throwback Thursday Reminiscing EGH	03 9:30 Morning Mingle GHH 11:30 Scholarly Series GHH 1:30 Music & Movement w/ Rena EGH 2:00 Artistic Endeavors WGH 3:15 Movie Matinee GHH	04 1:00 Pretty Nails EGH 4:00 Jigsaw Puzzle Corner EGH
05		06 9:00 Morning Mingle GHH 10:00 Epiphany Day - Taking Down Decorations GHH 2:00 Sing-along w/ Kira EGH 3:00 Helping Hands WGH	07 9:00 Morning Mingle GHH 10:00 Sensory Wellness EGH 10:30 Dada Veda Singing Folk Songs WGH 2:00 Artistic Endeavors EGH 3:15 Music & Memory GHH	08 9:00 Morning Mingle GHH 10:00 Seated Exercises EGH 11:00 Craft Corner WGH 2:00 Movie Matinee EGH 3:15 Jigsaw Puzzle Corner WGH	09 9:00 Morning Mingle GHH 10:30 Everything But The Kitchen Sink: Kay's Band LDR 2:00 Artistic Endeavors WGH 3:00 Baking Club EGH 4:00 Throwback Thursday Reminiscing WGH	10 All Day Resident and Staff Model Train Display 1/10-1/31/2025 MBL 9:30 Morning Mingle GHH 11:30 Scholarly Series GHH 1:30 Music & Movement w/ Rena WGH 2:00 Artistic Endeavors EGH 3:15 Movie Matinee GHH	11 1:00 Seated Exercises WGH 4:00 Game Time EGH
12		13 9:00 Morning Mingle GHH 11:00 Fellowship & Prayer w/ Mark Jacobs EGH 2:00 Sing-along w/ Kristy EGH 3:00 Helping Hands WGH	14 9:00 Morning Mingle GHH 10:00 Sensory Wellness EGH 10:45 Chair Yoga WGH 2:00 Artistic Endeavors EGH 3:15 Music & Memory GHH	15 9:00 Morning Mingle GHH 10:30 Church Service & Songs w/ Jon Norris EGH 1:00 Model Train Visit HL 2:00 Seated Exercises WGH 3:15 Jigsaw Puzzle Corner EGH	16 9:00 Morning Mingle GHH 10:30 Everything But The Kitchen Sink: Kay's Band LDR 2:00 Art Therapy WGH 3:00 Baking Club EGH 4:00 Throwback Thursday Reminiscing WGH	17 9:30 Morning Mingle GHH 11:30 Scholarly Series GHH 1:30 Music & Movement w/ Rena EGH 2:00 Artistic Endeavors WGH 3:15 Movie Matinee GHH	18 1:00 Pretty Nails EGH 4:00 Jigsaw Puzzle Corner WGH
19		20 Birthday of Martin Luther King, Jr. 9:00 Morning Mingle GHH 10:00 Craft Corner EGH 2:00 Sing-along w/ Kira WGH 3:00 Helping Hands EGH	21 9:00 Morning Mingle GHH 10:00 Sensory Wellness WGH 11:00 Model Train Visit HL 2:00 Artistic Endeavors WGH 3:15 Music & Memory GHH	22 9:00 Morning Mingle GHH 10:30 Chelle's Experience with Tigers - Presentation WGH 11:30 Craft Corner EGH 2:00 Movie Matinee EGH 3:15 Jigsaw Puzzle Corner WGH	23 9:00 Morning Mingle GHH 10:30 Everything But The Kitchen Sink: Kay's Band LDR 2:00 Artistic Endeavors EGH 3:00 Baking Club WGH 4:00 Throwback Thursday Reminiscing EGH	24 9:30 Morning Mingle GHH 11:30 Scholarly Series GHH 1:30 Music & Movement w/ Rena WGH 2:00 Artistic Endeavors EGH 3:15 Movie Matinee GHH	25 1:00 Seated Exercises EGH 4:00 Game Time WGH
26		27 All Day Happy Birthday Jim Taeger NT 9:00 Signing Birthday Cards GHH 11:00 Fellowship & Prayer w/ Mark Jacobs WGH 2:00 Sing-along w/ Kristy WGH 3:00 Helping Hands EGH	28 9:00 Morning Mingle GHH 9:30 Chair Yoga EGH 10:30 Everything But the Kitchen Sink: Kay's Band WGH 3:15 Resident Council Meeting EGH	29 9:00 Morning Mingle GHH 10:30 Lunar New Year Party WGH 11:30 Artistic Endeavors EGH 2:00 Movie Matinee WGH 3:15 Jigsaw Puzzle Corner EGH	30 9:00 Morning Mingle GHH 10:30 Everything But The Kitchen Sink: Kay's Band LDR 2:00 Artistic Endeavors WGH 3:00 Birthday Social EGH 4:00 Throwback Thursday Reminiscing WGH	31 9:30 Morning Mingle GHH 11:30 Scholarly Series GHH 1:30 Music & Movement w/ Rena EGH 2:00 Artistic Endeavors WGH 3:15 Movie Matinee GHH	



HAPPY NEW YEAR



JANUARY 2025

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Dimensions of Wellness

- Physical
- Emotional
- Spiritual
- Environmental
- Vocational
- Social
- Intellectual
- Health Services
- Nutritional

Meeting Places

- AC** Activity Center
- AS** Art Studio
- BGL** Billiards & Game Lounge
- B** Bistro
- HB** Happy Birthday
- HPDR** Horsfall Private Dining Room
- HL** Huegy Lounge
- LDR** Laing Dining Room
- MBL** Main Building Lobby
- MLAR2** MeadowLark Act Rm 2
- MLAR3** MeadowLark Act Rm 3
- MPR** Multi-Purpose Rm
- P** Pool
- S** Solarium

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				New Year's Day 01 10:00 Scrabble 7:00 St. Pats Bible Study	02 All Day Happy Birthday Tam Wei and David Sharpe 10:00 Guided Meditation with Lisa 10:15 Communion 1:00 Ping Pong 3:00 Watercolor Studio with Hedi: Still Life 4:30 Happy Hour	03 12:00 Kitchen Garden Project Monthly Meeting 2:30 Afternoon Social 7:15 Movie Night	04 9:30 Billiards 12:00 500 Card Game
	05 3:00 Rummikub	06 3:00 Communion 7:00 Euchre	07 9:45 Guided Meditation with Lisa 10:30 Indoor Activities Committee 1:00 Van Trip Committee 1:30 Mahjong 3:00 Video Scholars	08 All Day Happy Birthday Carol Augspurger 10:00 Scrabble 1:00 Technology Class with Michael 7:00 Cruising the Northwest Passage with Jon Liebman 7:00 St. Pats Bible Study	09 All Day Happy Birthday Judy Jones 10:00 Guided Meditation with Lisa 10:15 Communion 11:00 Village Voice 1:00 Natural Wonders of Brazil- Fred Delcomyn 1:00 Ping Pong 2:00 Nature Fix Film	10 All Day Happy Birthday David Dickson & Warren Ruby All Day Resident and Staff Model Train Display 1/10-1/31/2025 9:30 Matter of Balance- sign up in advance required 2:30 Afternoon Social 7:15 Movie Night	11 All Day Happy Birthday Holly Jordan 9:30 Billiards 12:00 500 Card Game
	12 All Day Happy Birthday Barbara Norton, Bonnie Switzer, and Millie Sims 2:00 Piano Recital: Bill Heiles 3:00 Rummikub	13 2:00 Floral Decorations Committee 3:30 Movie Committee 7:00 Euchre	14 9:30 Resident Council 9:45 Guided Meditation with Lisa 1:30 Mahjong 1:30 PB&J Making 3:00 Video Scholars 7:15 Trivial Pursuit with Jim Young	15 10:00 Scrabble 11:00 Van Trip: North Champaign Shopping 2:00 Library Committee 7:00 St. Pats Bible Study	16 10:00 Dining Committiee 10:00 Guided Meditation with Lisa 10:15 Communion 1:00 Ping Pong 1:30 The Readers 3:00 Watercolor Landscapes with Hedi Richter 4:30 Happy Hour	17 9:30 Matter of Balance- sign up in advance required 1:30 Caregiver Support Group 1:30 Old School Addiction Band 2:30 Afternoon Social 7:15 Movie Night	18 9:30 Billiards 12:00 500 Card Game
	19 1:30 Van Trip: Women's Basketball Game (Illini vs. Michigan State)- sign up with Susan, ext 114 3:00 Rummikub	20 Birthday of Martin Luther King, Jr. 1:00 Afternoon Movie 7:00 Euchre	21 All Day Happy Birthday Bob Switzer 9:45 Guided Meditation with Lisa 1:30 Mahjong 3:00 Video Scholars 7:00 Antarctic and Arctic: Compare and Contrast with David Gross	22 All Day Happy Birthday Janet Leslie 10:00 Scrabble 1:30 Writers Group 2:30 Dive In Movie 7:00 St. Pats Bible Study	23 All Day Happy Birthday James Kolak 10:00 Guided Meditation with Lisa 10:15 Communion 1:00 Ping Pong 4:30 Happy Hour	24 9:30 Matter of Balance- sign up in advance required 2:00 Bringing Nature Inside: Sound Sight Smell 2:30 Afternoon Social 7:15 Movie Night	25 9:30 Billiards 12:00 500 Card Game 7:00 Bingo 7:00 Van Trip: Krannert Great Hall Classical Series
	26 All Day Happy Birthday Prudy Spodek 3:00 Rummikub 5:00 Van Trip: Monical's Pizza- sign up required	27 1:00 Opera Appreciation 4:00 Rendezvous 7:00 Euchre	28 9:45 Guided Meditation with Lisa 1:30 Mahjong 1:30 PB&J Making 3:00 Video Scholars	29 All Day Happy Birthday Matti Aaltonen 10:00 Scrabble 3:00 Book Club 5:00 Lunar New Year 7:00 La Famille Belier with Marganit Weinberger-Rotman 7:00 St. Pats Bible Study	30 10:00 Guided Meditation with Lisa 10:15 Communion 1:00 Live Mural Painting with Leslie Kimble 4:30 Happy Hour	31 9:30 Matter of Balance- sign up in advance required 2:30 Afternoon Social 7:15 Movie Night	

January 2025

US/Central (CST)

ClarkLindsey Village
MLN23

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			10:00 Scrabble, BGL 10:30 New Year resolutions, MLAR3 11:15 Eldergrow Program, NT 2:00 Movie - Hustle, MLAR2 7:00 St. Pats Bible Study, S	1 10:15 Communion, BGL 10:30 Everything But The Kitchen Sink: Kay's Band, LDR 1:00 Ping Pong, AC 2:00 Baking Club, MLAR3 4:30 Happy Hour, B	2 10:00 Excercise with Liz, FC 11:00 Strength exercise class with Ally, MLDR3 12:00 Kitchen Garden Project Monthly Meeting, HPDR 3:00 Afternoon Movie, MLAR2	3 11:30 Crossword puzzles, MLDR2 12:00 500 Card Game, BGL 2:00 Scrabble, DCA
3:00 Rummikub, HPDR	5 10:00 Exercise with Liz, B 11:00 Fireside Chat, DCA 1:00 Evans-Craft Hobby Shop Committee Meeting, MPR 1:15 Art Therapy, MLAR2 3:15 Brain, Body, Balance, MLAR2 4:15 Trivia, MLAR3	6 10:30 Daily Chronicles, MLAR3 11:00 Crafter Corner, MLAR2 1:15 Renaerobics, MLAR2 2:00 Bingo, MLDR2 3:00 Video Scholars, HPDR 4:15 Ted Talks, MLDR2	7 10:00 Scrabble, BGL 1:00 Technology Class with Michael, AC 3:15 Brain, Body, Balance, MLAR2 7:00 Cruising the Northwest Passage with Jon Liebman, AC 7:00 St. Pats Bible Study, S	8 10:15 Communion, BGL 10:30 Everything But The Kitchen Sink: Kay's Band, LDR 1:00 Natural Wonders of Brazil- Fred Delcomyn, LDR 1:00 Ping Pong, AC 2:00 Nature Fix Film Discussion: Desert Worlds, HPDR 4:30 Happy Hour, B	9 Resident and Staff Model Train Display 1/10-1/31/2025, MBL 9:30 Matter of Balance- sign up in advance required, MLAR2 10:00 Excercise with Liz, FC 11:00 Strength exercise class with Ally, MLDR3 2:30 Afternoon Social, HL 3:00 Afternoon Movie, MLAR2	10 11:30 Daily Chronicles, MLAR2 12:00 500 Card Game, BGL 2:00 Trivia, DCA
2:00 Piano Recital: Bill Heiles, AC 3:00 Rummikub, HPDR	12 10:00 Strength & Balance with Liz, FC 11:00 Fireside Chat, DCA 1:15 Art Therapy, MLAR2 3:15 Brain, Body, Balance, MLAR2 4:15 Trivia, MLAR3	13 10:30 Daily Chronicles, MLAR3 11:00 Crafter Corner, MLAR2 1:15 Renaerobics, MLAR2 2:00 Bridge Club, MLDR2 3:00 Video Scholars, HPDR 4:15 Ted Talks, MLDR2	14 10:00 Scrabble, BGL 11:00 Van Trip: North Champaign Shopping, MBL 3:15 Brain, Body, Balance, MLAR2 7:00 St. Pats Bible Study, S	15 10:15 Communion, BGL 10:30 Everything But The Kitchen Sink: Kay's Band, LDR 1:00 Ping Pong, AC 1:30 The Readers, HPDR 2:00 Dining Committee, MLDR3 3:00 Watercolor Landscapes with Hedi Richter, AS 4:30 Happy Hour, B	16 9:30 Matter of Balance- sign up in advance required, MLAR2 10:00 Excercise with Liz, FC 11:00 Strength exercise class with Ally, MLDR3 1:30 Old School Addiction Band, MLAR3 2:30 Afternoon Social, HL 3:00 Afternoon Movie, MLAR2	17 11:30 Birthday Card Signing, MLAR2 12:00 500 Card Game, BGL 2:00 Game - Hangman, DCA
1:30 Van Trip: Women's Basketball Game (Illini vs. Michigan State)- sign up with Susan, ext 114, MBL 3:00 Rummikub, HPDR 7:00 Van Trip: U of I Women's Basketball Game, MBL	19 10:00 Strength & Balance with Liz, FC 11:00 Fireside Chat, DCA 1:00 Afternoon Movie, AC 1:15 Art Therapy, MLAR2 3:15 Brain, Body, Balance, MLAR2 4:15 Trivia, MLAR3	20 9:30 Resident Council, MLDR3 10:30 Daily Chronicles, MLAR3 11:00 Crafter Corner, MLAR2 1:15 Renaerobics, MLAR2 3:00 Video Scholars, HPDR 4:15 Ted Talks, MLDR2 7:00 Antarctic and Arctic: Compare and Contrast with David Gross, AC	21 10:00 Scrabble, BGL 1:30 Writers Group, BGL 2:30 Dive In Movie, P 3:15 Brain, Body, Balance, MLAR2 7:00 St. Pats Bible Study, S	22 10:15 Communion, BGL 10:30 Everything But The Kitchen Sink: Kay's Band, LDR 1:00 Ping Pong, AC 2:00 Baking Club, MLAR3 4:30 Happy Hour, B	23 9:30 Matter of Balance- sign up in advance required, MLAR2 10:00 Excercise with Liz, FC 11:00 Strength exercise class with Ally, MLDR3 2:00 Bringing Nature Inside: Sound Sight Smell, HPDR 2:30 Afternoon Social, HL 3:00 Afternoon Movie, MLAR2	24 12:00 500 Card Game, BGL 2:00 Manicure, DCA 7:00 Bingo, AC 7:00 Van Trip: Krannert Great Hall Classical Series, MBL
3:00 Rummikub, HPDR 5:00 Van Trip: Monical's Pizza- sign up required, MBL	26 10:00 Strength & Balance with Liz, FC 11:00 Fireside Chat, DCA 1:00 Opera Appreciation, HPDR 1:15 Art Therapy, MLAR2 3:15 Brain, Body, Balance, MLAR2 4:00 Rendezvous, S 4:15 Trivia, MLAR3	27 10:30 Daily Chronicles, MLAR3 11:00 Crafter Corner, MLAR2 1:15 Renaerobics, MLAR2 2:00 Board Game - Sorry, MLDR2 3:00 Video Scholars, HPDR 4:15 Ted Talks, MLDR2	28 10:00 Scrabble, BGL 3:00 Book Club, AC 3:15 Brain, Body, Balance, MLAR2 5:00 Lunar New Year, LDR 7:00 La Famille Belier with Margarit Weinberger-Rotman, AC 7:00 St. Pats Bible Study, S	29 10:15 Communion, BGL 10:30 Everything But The Kitchen Sink: Kay's Band, LDR 1:00 Live Mural Painting with Leslie Kimble, AC 2:00 Baking Club, MLAR3 4:30 Happy Hour, B	30 9:30 Matter of Balance- sign up in advance required, MLAR2 10:00 Excercise with Liz, FC 11:00 Strength exercise class with Ally, MLDR3 2:00 Birthday Social, MLDR2 2:30 Afternoon Social, HL 3:00 Afternoon Movie, MLAR2	31

AC = Activity Center AS = Art Studio BGL = Billiards & Game Lounge B = Bistro DCA = Dining Common Area FC = Fitness Center HPDR = Horsfall Private Dining Room
 HL = Huegy LDR = Laing Dining MBL = Main Building MLAR2 = MeadowLark Act Rm MLAR3 = MeadowLark Act Rm MLDR2 = MeadowLark Dining Rm

Lounge Room Lobby 2 3 2

MLDR3 = MeadowLark Dining Rm MPR = Multi-Purpose Rm NT = no meeting place P = Pool S = Solarium