


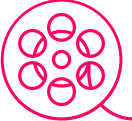


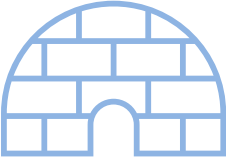




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 NEW YEAR'S DAY Office Closed; No Mail Delivery 12:00 Exercise w/ Michelle B 2:00 Movie: <i>New Year's Eve</i>	2 11:00 Walk-In Blood Pressure Clinic w/ Optimal Care (Library) 1:00 Tova's Travelogue: <i>Yosemite National Park</i> 3:30 Kabbalah w/ R. Rabin (Library) 7:15 Bingo w/ Bonnie, Danny, Mike, & Sandy	3 10:00 Walking Club w/ Sandy (H1 Lob.) 12:00 Balance In Action w/ Powerback 1:00 Artwork w/ Ashley: <i>Snow Luminaries, Part 1</i> (must sign up) 3:00 Variety Hour: <i>Rowan & Martin's Laugh-In</i> 4:30 Out Trip: <i>Dinner @ Rainbow Chinese Restaurant</i> (must sign up)	4 11:00 Crafting w/ Tova: <i>Mosaic Picture Frames, Part 1</i> (must sign up) 3:00 Free Bingo w/ Tova 7:00 Conversational English w/ Kendra (Library)	5 11:00 Age In Motion w/ Powerback 1:00 Murdle w/ Emily 2:00 Recorded Ballet: <i>Romeo & Juliet</i> 7:00 Movie: <i>Sleepless In Seattle</i>	6 7:00 Bingo w/ Ruthe & Stephen  <i>Shabbat Shalom!</i>
7 	8 10:00 Walking Club w/ Sandy (H1 Lob.) 12:00 Exercise w/ Michelle B 1:00 Brain Power w/ Sandy (Library) 2:15 Bingo w/ Carol B 3:30 Chair Yoga w/ Bharti	9 11:00 Sit & Fit w/ Michelle O 1:00 Cooking w/ Elizabeth: <i>Whole Wheat Pizza Bagels</i> (H2 Coffee Room; must sign up) 3:00 Freestyle Saxophone Duet Performs 3:30 Kabbalah w/ R. Polter (Library) 7:15 Bingo w/ Bonnie, Danny, Mike, & Sandy	10 10:00 Walking Club w/ Sandy (H1 Lob.) 12:00 Balance In Action w/ Powerback 2:00 We All Matter Discussion w/ Tova: <i>The Legacy of Martin Luther King, Jr.</i> (Fireside Lounge)	11 11:00 Sit & Fit w/ Michelle O 12:30 Beading w/ Carol C (Library; must sign up) 7:00 Conversational English w/ Kendra (Library)	12 11:00 Classic Comedy Hour: <i>I Love Lucy, Season One</i> 1:00 A Touch of Shabbat w/ R. Polter (Library)	13 1:00 Movie: <i>Titanic</i>  <i>Shabbat Shalom!</i>
14 1:30 News & Views w/ Su 	15 MARTIN LUTHER KING DAY Office Closed; No Mail Delivery 11:00 Current Events w/ Linda (Library) 12:00 Exercise w/ Michelle B 2:15 Bingo w/ Carol B 3:30 Movie: <i>Martin Luther King: I Have A Dream</i>	16 11:00 Sit & Fit w/ Michelle O 12:30 Tova's Travelogue: <i>Nashville, Tennessee</i> 2:00 Resident Council Meeting 3:30 Kabbalah w/ R. Polter (Library) 7:15 Bingo w/ Bonnie, Danny, Mike, & Sandy	17 10:00 Walking Club w/ Sandy (H1 Lob.) 11:00 Nutrition & Snacks w/ Elizabeth: <i>Understanding Protein</i> 12:00 Balance In Action w/ Powerback 1:00 Classic Matinee: <i>Roman Holiday</i> 4:30 Out Trip: <i>Dinner @ Rainbow Chinese Restaurant</i> (must sign up)	18 10:00 Out Trip: <i>Great Lakes Crossing Outlet Mall</i> (must sign up) 10:00 West Bloomfield Pop-Up Library w/ Emily (Library) 11:00 Sit & Fit w/ Michelle O 3:00 Free Bingo w/ Tova 7:00 Conversational English w/ Kendra (Library)	19 11:00 Popcorn Facts w/ Elizabeth 1:00 Food Committee Meeting (H2 Lobby, 3 rd Floor) 2:00 Recorded Musical: <i>An American In Paris</i> 7:00 Movie: <i>Quick Change</i>	20 7:00 Bingo w/ Ruthe & Stephen  <i>Shabbat Shalom!</i>
21 	22 10:00 Walking Club w/ Sandy (H1 Lob.) 12:00 Exercise w/ Michelle B 1:00 Brain Power w/ Sandy 2:15 Bingo w/ Carol B 3:30 Chair Yoga w/ Bharti 7:00 Cheryl Johnson Sings	23 11:00 Sit & Fit w/ Michelle O 3:30 Kabbalah w/ R. Polter (Library) 7:15 Bingo w/ Bonnie, Danny, Mike, & Sandy	24 10:00 Walking Club w/ Sandy (H1 Lob.) 12:00 Balance In Action w/ Powerback 1:00 Artwork w/ Ashley: <i>Snow Luminaries, Part 2</i> (must sign up; must attend Part 1 to attend Part 2) 3:00 Jewish History w/ Tova: <i>The History of Synagogue Architecture</i>	25 10:00 Out Trip: <i>Yankee Air Museum & Lunch @ Leo's Coney Island</i> (must sign up; museum tickets sponsored by the Ella Baker Fund) 11:00 Sit & Fit w/ Michelle O 12:30 Beading w/ Carol C (Library; must sign up) 12:45 Dor L'Dor Tu B'Shvat Program w/ Hillel Students (Fleischman) 2:00 Book Club Mtg. w/ Emily: <i>Lessons In Chemistry</i> (Fireside Lounge) 7:00 Conversational English w/ Kendra (Library)	26 11:00 Name That Tune w/ Tova: <i>Hits of '70s Rock</i> 1:00 A Touch of Shabbat w/ R. Polter (Library) 2:00 Recorded Concert: <i>Itzhak Perlman Plays Beethoven's Violin Concerto</i>	27 2:00 Movie: <i>Fatherhood</i>  <i>Shabbat Shalom!</i>
28 	29 10:00 Walking Club w/ Sandy (H1 Lob.) 12:00 Exercise w/ Michelle B 1:00 Brain Power w/ Sandy 2:15 Bingo w/ Carol B 3:30 Music Around the World w/ Tova: <i>Music of Mexico</i>	30 11:00 Sit & Fit w/ Michelle O 2:00 Rick Davis Performs (Guitar) 3:30 Kabbalah w/ R. Polter (Library) 7:15 Bingo w/ Bonnie, Danny, Mike, & Sandy	31 10:00 Walking Club w/ Sandy (H1 Lob.) 12:00 Balance In Action w/ Powerback 2:00 Crafting w/ Tova: <i>Mosaic Picture Frames, Part 2</i> (must sign up; must attend Part 1 to attend Part 2)	