

Sample Lifestyle Calendar

EMPOWERED LIVING® EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30 ⇄ Pool - Exercise [P] 9:30 ⇄ Stretch, Strength, and Balance with Julie [F] 10:00 ♡ Daily Movie - "Gran Turismo" [T] 11:00 ♡ Book Club - Join us the first Monday of every month! [W] 1:00 ♡ Chimp Empire [ES] 3:00 ♡ New Years Crossword Packet	2 Happy Birthday, Verna B! 8:00ai ♡ Medical Valet [L] 9:30 ⇄ Stretch, Strength, and Balance with Julie [F] 10:00 ♡ Daily Movie - "A Walk to Remember" [T] 10:30 ♡ In Person Devotional Services in Clearbrook [CMSA] 1:00 ♡ Card Games - For the card shark! [AR] 2:00 ♡ Classic 25 Cent Bingo [ES] 3:00 ♡ Our Time Together - Join us for our peer support group! [W] 4:00 ♡ Clearwater Crooners Musical Group Rehearsal [F]	3 9:15 ♡ Fry's Grocery 10% Senior Day [L] 9:30 ⇄ Balance and Coordination [F] 10:00 ♡ Daily Movie - "Your Place or Mine" [T] 10:30 ♡ Card Making Class [B] 11:00 ♡ MasterClass - Mindfulness and Meditation with Jon Kabat-Zinn [ES] 1:30 ♡ Canadian Salad [AR] 2:00 ♡ Classic 25 Cent Bingo [ES] 3:30 ♡ Wine Wednesday-Meet & Greet with Laura Leigh [B]	4 8:00ai ♡ Medical Valet [L] 9:30 ⇄ Stretch, Strength, and Balance with Julie [F] 9:30 ⇄ Swim Gym - Join your fellow residents in the pool! [P] 10:00 ♡ Daily Movie - "I Wanna Dance With Somebody" [T] 11:00 ♡ Moving Mindfully into the New Year 1:00 ♡ Nintendo Switch Bowling [BR] 2:00 ♡ Classic 25 Cent Bingo [ES] 3:00 ♡ Karaoke with Friends [T] 6:30 ♡ An Evening At The Cinema - "Book Club" [T]	5 8:00ai ♡ Personal & Medical Transportation Services 9:30 ⇄ Forever Fit Friday - Full Body Exercises with EmpowerMe [F] 10:00 ♡ Daily Movie - "I Can Only Imagine" [T] 11:00 ♡ Artistry and Craftmanship [AS] 2:00 ♡ Classic 25 Cent Bingo [ES] 3:00 ♡ Happy Hour and Entertainment [TUK] 4:00 ♡ Avon Boutique [C]	6 9:30 ⇄ Senior Strong - Stability & Stretching for Seniors [F] 10:00 ♡ Daily Movie - "Harriet" [T] 11:00 ♡ Come Play Left Right Center [B] 1:30 ♡ Hand, Knee and Foot Card Game [AR] 2:00 ♡ Classic 25 Cent Bingo [ES] 2:00 ♡ Clearwater Crooners Musical Group Rehearsal [F] 3:30 ♡ Meet 'n' Greet New Residents [B]
8:30 ♡ St. Benedicts Church [L] 9:30 ♡ Coffee Chat [B] 10:30 ♡ Brunch Bunch - Join your friends in the TUK [TUK] 10:30 ♡ Desert Cross Lutheran Church Service on TV [T] 12:45 ♡ Valley Presbyterian Traditional Worship Service on TV [T] 1:00 ♡ Netflix Docuseries: Animal [ES] 3:30 ♡ Special Screening Sunday Series - Virgin River Season 1 [T]	8 9:30 ⇄ Pool - Exercise [P] 9:30 ⇄ Stretch, Strength, and Balance with Julie [F] 10:00 ♡ Daily Movie - "The Next 3 Days" [T] 1:00 ♡ Chimp Empire [ES] 3:00 ♡ Calendar Chat - Lifestyle and Empowered Living Forum [ES]	9 8:00ai ♡ Medical Valet [L] 9:30 ⇄ Stretch, Strength, and Balance with Julie [F] 10:00 ♡ Daily Movie - 2000s & 90s [T] 10:30 ♡ In Person Devotional Services in Clearbrook [CMSA] 1:00 ♡ Card Games - For the card shark! [AR] 2:00 ♡ Classic 25 Cent Bingo [ES] 3:00 ♡ Our Time Together - Join us for our peer support group! [W] 4:00 ♡ Clearwater Crooners Musical Group Rehearsal [F]	10 Happy Birthday Bill B! 9:15 ♡ Fry's Grocery 10% Senior Day [L] 9:30 ⇄ Balance and Coordination [F] 10:00 ♡ Daily Movie - 80s & 70s [T] 10:30 ♡ Card Making Class [B] 11:00 ♡ MasterClass - Mindfulness and Meditation with Jon Kabat-Zinn [ES] 1:30 ♡ Canadian Salad [AR] 2:00 ♡ Classic 25 Cent Bingo [ES] 3:30 ♡ Wine Wednesday [B]	11 8:00ai ♡ Medical Valet [L] 9:30 ⇄ Stretch, Strength, and Balance with Julie [F] 9:30 ⇄ Swim Gym - Join your fellow residents in the pool! [P] 10:00 ♡ Daily Movie - Oscars [T] 1:00 ♡ Nintendo Switch Bowling [BR] 2:00 ♡ Classic 25 Cent Bingo [ES] 3:00 ♡ Clearwater Crooners Musical Group Rehearsal 3:30 ♡ Tea Party [TR] 6:30 ♡ An Evening At The Cinema - [T]	12 8:00ai ♡ Personal & Medical Transportation Services 9:30 ⇄ Forever Fit Friday - Full Body Exercises with EmpowerMe [F] 10:00 ♡ Daily Movie - Hidden Gems [T] 11:00 ♡ Artistry and Craftmanship [AS] 2:00 ♡ Classic 25 Cent Bingo [ES] 3:00 ♡ Happy Hour and Entertainment [TUK]	13 Happy Birthday Barrie G! Happy Birthday Carolyn R! 9:30 ⇄ Senior Strong - Stability & Stretching for Seniors [F] 10:00 ♡ Daily Movie - Blockbuster Hits [T] 11:00 ♡ Come Play Left Right Center [B] 1:30 ♡ Hand, Knee and Foot Card Game [AR] 2:00 ♡ Classic 25 Cent Bingo [ES] 2:00 ♡ Clearwater Crooners Musical Group Rehearsal [F] 3:30 ♡ Meet 'n' Greet New Residents [B]
14 8:30 ♡ St. Benedicts Church [L] 9:30 ♡ Coffee Chat [B] 10:30 ♡ Brunch Bunch - Join your friends in the TUK [TUK] 10:30 ♡ Desert Cross Lutheran Church Service on TV [T] 12:45 ♡ Valley Presbyterian Traditional Worship Service on TV [T] 1:00 ♡ Netflix Docuseries: Animal [ES] 3:30 ♡ Special Screening Sunday Series - Virgin River Season 1 [T]	15 9:30 ⇄ Pool - Exercise [P] 9:30 ⇄ Stretch, Strength, and Balance with Julie [F] 10:00 ♡ Daily Movie - New Releases [T] 1:00 ♡ Chimp Empire [ES] 3:00 ♡ Veteran's Club Meeting - All veteran's and spouses welcome [ES]	16 Happy Birthday Carol F! Happy Birthday Jody G! Happy Birthday Mina R! 8:00ai ♡ Medical Valet [L] 9:30 ⇄ Stretch, Strength, and Balance with Julie [F] 10:00 ♡ Daily Movie - 2000s & 90s [T] 10:30 ♡ In Person Devotional Services in Clearbrook [CMSA] 1:00 ♡ Card Games - For the card shark! [AR] 2:00 ♡ Classic 25 Cent Bingo [ES] 3:00 ♡ Our Time Together - Join us for our peer support group! [W] 4:00 ♡ Clearwater Crooners Musical Group Dress Rehearsal [F]	17 Happy Birthday Greg D! Happy Birthday Sharon B! 9:15 ♡ Fry's Grocery 10% Senior Day [L] 9:30 ⇄ Balance and Coordination [F] 10:00 ♡ Daily Movie - 80s & 70s [T] 10:30 ♡ Card Making Class [B] 10:30 ♡ New Resident Orientation [ES] 11:00 ♡ Lunch Bunch [L] 11:00 ♡ MasterClass - Mindfulness and Meditation with Jon Kabat-Zinn [ES] 1:30 ♡ Canadian Salad [AR] 2:00 ♡ Classic 25 Cent Bingo [ES] 3:30 ♡ Wine Wednesday [B]	18 8:00ai ♡ Medical Valet [L] 9:30 ⇄ Stretch, Strength, and Balance with Julie [F] 9:30 ⇄ Swim Gym - Join your fellow residents in the pool! [P] 10:00 ♡ Daily Movie - Oscars [T] 11:00 ♡ Town Hall - Forum with Executive Director [ES] 1:00 ♡ Nintendo Switch Bowling [BR] 2:00 ♡ Classic 25 Cent Bingo [ES] 3:00 ♡ Crooners Performance [BR] 6:30 ♡ An Evening At The Cinema - [T]	19 8:00ai ♡ Personal & Medical Transportation Services 9:30 ⇄ Forever Fit Friday - Full Body Exercises with EmpowerMe [F] 10:00 ♡ Daily Movie - Hidden Gems [T] 11:00 ♡ Artistry and Craftmanship [AS] 2:00 ♡ Classic 25 Cent Bingo [ES] 3:00 ♡ Happy Hour and Entertainment [TUK] 3:30 ♡ Paparazzi Jewelry Lady [C]	20 Happy Birthday Elsie O! 9:30 ⇄ Senior Strong - Stability & Stretching for Seniors [F] 10:00 ♡ Daily Movie - Blockbuster Hits [T] 10:30 ♡ Coffee Chat [B] 11:00 ♡ Come Play Left Right Center [B] 1:30 ♡ Hand, Knee and Foot Card Game [AR] 2:00 ♡ Classic 25 Cent Bingo [ES]
21 8:30 ♡ St. Benedicts Church [L] 9:30 ♡ Senior Strong w/ LL [F] 10:30 ♡ Brunch Bunch - Join your friends in the TUK [TUK] 10:30 ♡ Desert Cross Lutheran Church Service on TV [T] 12:45 ♡ Valley Presbyterian Traditional Worship Service on TV [T] 1:00 ♡ Netflix Docuseries [ES]	22 9:30 ⇄ Pool - Exercise [P] 9:30 ⇄ Stretch, Strength, and Balance with Julie [F] 10:00 ♡ Daily Movie - New Releases [T] 10:30 ♡ Nintendo Switch Bowling - Strike! [BR] 3:30 ♡ Scrabble w/ LL [S]	23 8:00ai ♡ Medical Valet [L] 9:30 ⇄ Stretch, Strength, and Balance with Julie [F] 10:00 ♡ Daily Movie - 2000s & 90s [T] 10:30 ♡ In Person Devotional Services in Clearbrook [CMSA] 1:00 ♡ Card Games - For the card shark! [AR] 2:00 ♡ Classic 25 Cent Bingo [ES] 3:00 ♡ Our Time Together - Join us for our peer support group! [W] 3:30 ♡ BirthDay Entertainment with Carl Block [TUK]	24 9:15 ♡ Fry's Grocery 10% Senior Day [L] 9:30 ⇄ Balance and Coordination [F] 10:00 ♡ Daily Movie - 80s & 70s [T] 10:30 ♡ Card Making Class [B] 10:30 ⇄ Target Store Run [L] 11:00 ♡ MasterClass - Mindfulness and Meditation with Jon Kabat-Zinn [ES] 12:00 ♡ Lunch Outing: Spinato's Pizzeria [L] 1:30 ♡ Canadian Salad [AR] 2:00 ♡ Classic 25 Cent Bingo [ES] 3:30 ♡ Wine Wednesday [B]	25 Happy Birthday Darrel V! 8:00ai ♡ Medical Valet [L] 9:30 ⇄ Stretch, Strength, and Balance with Julie [F] 9:30 ⇄ Swim Gym - Join your fellow residents in the pool! [P] 10:00 ♡ Daily Movie - Oscars [T] 1:00 ♡ Nintendo Switch Bowling [BR] 2:00 ♡ Classic 25 Cent Bingo [ES] 3:00 ♡ Taste and Talk - Culinary Forum and Menu Sampling [C] 3:30 ♡ High Tea Party [TR] 6:30 ♡ An Evening At The Cinema - [T]	26 8:00ai ♡ Personal & Medical Transportation Services 9:30 ⇄ Forever Fit Friday - Full Body Exercises with EmpowerMe [F] 10:00 ♡ Daily Movie - Hidden Gems [T] 11:00 ♡ Artistry and Craftmanship [AS] 2:00 ♡ Classic 25 Cent Bingo [ES] 3:00 ♡ Happy Hour and Entertainment [TUK] 4:00 ♡ Crave What You Bling! [C]	27 9:30 ⇄ Senior Strong - Stability & Stretching for Seniors [F] 10:00 ♡ Daily Movie - Blockbuster Hits [T] 11:00 ♡ Come Play Left Right Center [B] 1:30 ♡ Hand, Knee and Foot Card Game [AR] 2:00 ♡ Classic 25 Cent Bingo [ES] 3:30 ♡ Meet 'n' Greet New Residents [B]
28 Happy Birthday David A! 8:30 ♡ St. Benedicts Church [L] 10:30 ♡ Brunch Bunch - Join your friends in the TUK [TUK] 10:30 ♡ Desert Cross Lutheran Church Service on TV [T] 12:45 ♡ Valley Presbyterian Traditional Worship Service on TV [T] 1:00 ♡ Netflix Docuseries [ES]	29 9:30 ⇄ Pool - Exercise [P] 9:30 ⇄ Stretch, Strength, and Balance with Julie [F] 10:00 ♡ Daily Movie - New Releases [T] 10:30 ♡ Nintendo Switch Bowling - Strike! [BR] 3:00 ♡ Piano with Ricki [L]	30 8:00ai ♡ Medical Valet [L] 9:30 ⇄ Stretch, Strength, and Balance with Julie [F] 10:00 ♡ Daily Movie - 2000s & 90s [T] 10:30 ♡ In Person Devotional Services in Clearbrook [CMSA] 1:00 ♡ Card Games - For the card shark! [AR] 1:00 ♡ Winter Bible Study [W] 2:00 ♡ Classic 25 Cent Bingo [ES] 3:00 ♡ Our Time Together - Join us for our peer support group! [W]	31 9:15 ♡ Fry's Grocery 10% Senior Day [L] 9:30 ⇄ Balance and Coordination [F] 10:00 ♡ Daily Movie - 80s & 70s [T] 10:30 ♡ Card Making Class [B] 10:30 ⇄ Target Store Run [L] 11:00 ♡ Fire and Disaster Class [ES] 1:30 ♡ Canadian Salad [AR] 2:00 ♡ Classic 25 Cent Bingo [ES] 3:30 ♡ Wine Wednesday [B]	Location Keys ♡ Environmental ♡ Mentally Stimulating ♡ Nourish Mind & Body ⇄ Physically Active ♡ Purpose & Meaning in Life ♡ Social Engagement Activities Room Art Studio Ballroom Bistro Clearbrook MS Activity Room Crave Elite Studies Fitness Center AR Lobby AS Pool BR Scrabble Room B Tea Room CMSA The Tuk C Theater ES Wine Room F		