

# January 2021

## Clubhouse

Sun

Mon

Tue

Wed

Thu

Fri

Sat



3

3p Syren's Café:  
Available at the  
Host Stand

Rotating Art Show  
Check out the new displays

10

3p Syren's Café:  
Available at the  
Host Stand

Rotating Art Show  
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4

8a Gentle Yoga *(see KeyNotes for link)*  
9a Morning Moves  
10a Stretch & Balance  
11a Bodies in Motion  
1p Mindful Meditation  
3p Lifelong Learning  
Programming Meeting  
3p Syren's Café Cart: Cottages

11

8a Gentle Yoga *(see KeyNotes for link)*  
9a Morning Moves  
10a Stretch & Balance  
10a Co-Ed Bible Study  
11a Bodies in Motion  
1p Mindful Meditation  
3p Photography Group  
3p Syren's Café Cart: Cottages

Previously scheduled activities such as the Fitness Expo, Conversation Starters, and Games in the Maritime will be re-started once the temporary COVID-19 restrictions are loosened by the Governor's office. Watch KeyNotes for details.

5

9a Strength & Stability  
10a Stretch & Balance  
11a Interval Training  
1p Programs of the Black Education  
Strategy Roundtable with Steve Smith  
2:30p Writing Group  
3p Syren's Café Cart: 1<sup>st</sup> & 6<sup>th</sup> Floors

12

9a Strength & Stability  
10a Stretch & Balance  
11a Interval Training  
11a Veteran's Group  
2:30p Writing Group  
3p Syren's Café Cart: 1<sup>st</sup> & 6<sup>th</sup> Floors  
7p One Nisei Family's  
Experiences in WWII  
with Resident Bev Cheney

6

8a Senior Yoga Flow *(See KeyNotes for link)*  
9a Morning Moves  
10a Stretch & Balance  
11a Bodies in Motion  
2p Who Am I:  
COVID Memories  
3p Syren's Café Cart: 2<sup>nd</sup> Floor  
5p New Recorded Message from Amy

13

8a Senior Yoga Flow *(See KeyNotes for link)*  
9a Morning Moves  
10a Stretch & Balance  
11a Bodies in Motion  
2p Heron's Key Nature Hour  
3p Book Club 1  
3p Syren's Café Cart: 2<sup>nd</sup> Floor  
5p New Recorded Message from Amy

7

9a Strength & Stability  
10a Stretch & Balance  
11a Presentation with Q&A:  
Jenifer Nazarowski, Counselor  
with Sound Options  
11a Interval Training  
1p Eight-Part Course with David Smith:  
Themes in Philosophy, pt. 2  
*(pre-registration required)*  
3p Fiber Arts Group  
3p Syren's Café Cart: 3<sup>rd</sup> Floor

14

9a Strength & Stability  
10a Resident Council Meeting  
10a Stretch & Balance  
11a Interval Training  
1p Eight-Part Course with David Smith:  
Themes in Philosophy, pt. 2  
*(pre-registration required)*  
3p Fiber Arts Group  
3p Syren's Café Cart: 3<sup>rd</sup> Floor

1

— Administrative Offices Closed —  
No Fitness  
No Grocery Shopping  
Syren's Grill Open from 10a-2p



8

8-10a Benevolent Brew  
10a Stretch & Balance  
1p Racial Justice Group  
2p Mind Matters  
3p Author Panel:  
*Alone Together: Love, Grief,  
and Comfort in the Time of COVID-19*  
3p Syren's Café Cart: 4<sup>th</sup> Floor

15

8-10a Benevolent Brew  
10a Stretch & Balance  
2p Mind Matters  
3p Syren's Café Cart: 4<sup>th</sup> Floor

2

8-10a Benevolent Brew  
10:30a Yin Yoga  
*(See KeyNotes for link)*  
3p Syren's Café Cart:  
5<sup>th</sup> Floor

9

8-10a Benevolent Brew  
10:30a Yin Yoga  
*(See KeyNotes for link)*  
3p Syren's Café Cart:  
5<sup>th</sup> Floor

16

8-10a Benevolent Brew  
10:30a Yin Yoga  
*(See KeyNotes for link)*  
3p Syren's Café Cart:  
5<sup>th</sup> Floor

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18

8a Gentle Yoga (*see KeyNotes for link*)  
9a Morning Moves  
10a Stretch & Balance  
11a Bodies in Motion  
1p Mindful Meditation  
3p Syren's Café Cart: Cottages

7p Monday Evening Music Series  
with Matt DelCiampo

19

9a Strength & Stability  
10a Stretch & Balance  
11a Interval Training  
1p Progress House's Societal  
Re-Entry Programs  
with Cornell Harris  
2:30p Writing Group

3p Syren's Café Cart:  
1st & 6th Floors

20

8a Senior Yoga Flow (*See KeyNotes for link*)  
9a Morning Moves  
10a Stretch & Balance  
11a Bodies in Motion  
3p Syren's Café Cart: 2nd Floor  
5p New Recorded Message from Amy

21

9a Strength & Stability  
10a Stretch & Balance  
11a Interval Training  
1p Eight-Part Course with David Smith:  
Themes in Philosophy, pt. 2  
(pre-registration required)  
3p Fiber Arts Group

3p Syren's Café Cart: 3rd Floor

22

8-10a Benevolent Brew  
10a Stretch & Balance  
11a Who Am I: Staff Edition with  
Serenity Moberg  
1p Racial Justice Group  
2p Mind Matters

3p Syren's Café Cart: 4th Floor

23

8-10a Benevolent Brew  
10:30a Yin Yoga  
(*See KeyNotes for link*)

3p Syren's Café Cart:  
5th Floor

24

3p Syren's Café:  
Available at the  
Host Stand

Rotating Art Show  
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25

8a Gentle Yoga (*see KeyNotes for link*)  
9a Morning Moves  
10a Stretch & Balance  
10a Co-Ed Bible Study  
11a Bodies in Motion  
1p Mindful Meditation

3p Syren's Café Cart: Cottages

26

9a Strength & Stability  
10a Stretch & Balance  
11a Interval Training  
1p Virtual Chef's Demo: Beef Stroganoff  
2:30p Writing Group

3p Syren's Café Cart:  
1st & 6th Floors

27

8a Senior Yoga Flow (*See KeyNotes for link*)  
9a Morning Moves  
10a Stretch & Balance  
11a Activities Standing Committee  
11a Bodies in Motion  
2-5p Workshop with Rosetta Lee:  
*Parenting with Identity in Mind*

3p Syren's Café Cart: 2nd Floor  
5p New Recorded Message from Amy

28

9a Strength & Stability  
10a Stretch & Balance  
11a Interval Training  
1p Eight-Part Course with David Smith:  
Themes in Philosophy, pt. 2  
(pre-registration required)  
3p Fiber Arts Group

3p Syren's Café Cart: 3rd Floor  
3:30p Book Club 2

29

8-10a Benevolent Brew  
10a Stretch & Balance  
1p Racial Justice Group  
2p Mind Matters

3p Syren's Café Cart: 4th Floor

30

8-10a Benevolent Brew  
10:30a Yin Yoga  
(*See KeyNotes for link*)

3p Syren's Café Cart:  
5th Floor

31

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