

## January 2023

AL Lounge **Library** All Floors Assembly Hall Bistro

Gym ♪ Special Events Social

Coffee Hour **♥** Volunteers **₩** Exercise Si Arts & Crafts

☐ Community Outing Flowers & Gardening

INCLUSIVE SENIOR LIVING A FOREST	IT HILLS OF DC COMMUNITY			Bistro Community		is & Crafts iritual
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happiest New Year to You!  10:30 Music w/ Jerry Roman  10:50 Daily Chronicles, Trivia, Horoscope  11:00 Hymns & Gospel†  2:00 Cinematic Sunday!	New Year's Day (Observed)  9:30 Talk-A-Latte   10:15 Daily Chronicles/Trivia/Horoscope  10:30 Reading & Lectures w/ Merry  11:30 News & Views  2:30 Sing & Dance w/ Darrin Carter  3:00 Virtual Lecture Series  6:30 Poker Club	9:30 Talk-A-Latte   10:15 Daily Chronicles/Trivia/Horoscope  11:00 Floral Arrangements & Designs!♥  2:00 Bingo   3:00 Ice Cream Social  3:30 Ice Cream Cart  6:30 Wheel Of Fortune/Jeopardy	9:30 Talk-A-Latte 10:15 Daily Chronicles/Trivia/Horoscope 11:00 Chair Yoga w/ Kevint-1 11:30 News & Views 2:00 Town Hall Meeting 6:30 Poker Club	9:30 Talk-A-Latte 10:15 Daily Chronicles/Trivia/Horoscope 11:00 Chair Zumba 11:30 News & Views 2:00 Bingo 13:00 Happy Hour w/ Gurda 15:30 Throwback Thursday Cinema	9:30 Talk-A-Latte 10:15 Daily Chronicles/Trivia/Horoscope 11:00 Essential Fitness 1:45 Forest Hills Choir 2:30 Catholic Communion 13:00 Popcorn Social 6:15 After Hours Bridge Club	10:50 Daily Chronicles, Trivia, Horoscope  11:00 Move 2 Music  2:00 Bingo®  3:00 Ice Cream Social
10:50 Daily Chronicles, Trivia, Horoscope  11:00 Hymns & Gospel†  1:00 Cinematic Sunday!  3:00 Sunday Funday w/ Senorita Sunshine!  1:00 Sunday Funday Senorita Sunshine!  1:00 Sunday Funday W/	9:30 Talk-A-Latte 10:15 Daily Chronicles/Trivia/Horoscope 10:30 Reading & Lectures w/ Merry 11:30 News & Views 3:00 Virtual Lecture Series 6:30 Poker Club	9:30 Talk-A-Latte   10:15 Daily Chronicles/Trivia/Horoscope  11:00 Floral Arrangements &  Designs!♥  2:00 Bingo   3:00 Ice Cream Social  3:30 Ice Cream Cart  6:30 Wheel Of Fortune/Jeopardy	9:30 Talk-A-Latte 10:15 Daily Chronicles/Trivia/Horoscope 10:15 Daily Chronicles/Trivia/Horoscope 11:00 Seated Dance w/ Jacinda 11 11:30 News & Views 11:30 News & Views 2:00 Community Walk & Shop 4:00 Virtual Games 6:30 Poker Club	9:30 Talk-A-Latte 10:15 Daily Chronicles/Trivia/Horoscope 11:00 Chair Zumba 11:30 News & Views 2:00 Bingo 11:00 Happy Hour w/ Rearview Mirror 11:30 Throwback Thursday Cinema	9:30 Talk-A-Latte 10:15 Daily Chronicles/Trivia/Horoscope 11:00 Essential Fitness 11:45 Forest Hills Choir 11:45 Forest Hills Choir 11:45 Popcorn Social 6:15 After Hours Bridge Club	10:50 Daily Chronicles, Trivia, Horoscope  11:00 Move 2 Music  2:00 Bingo €  3:00 Ice Cream Social ■
15 10:50 Daily Chronicles, Trivia, Horoscope ■ 11:00 Hymns & Gospel† 2:00 Cinematic Sunday!♪	Martin Luther King Jr. Day  9:30 Talk-A-Latte   10:15 Daily Chronicles/Trivia/Horoscope  10:30 Reading & Lectures w/ Merry  11:30 News & Views  3:00 Virtual Lecture Series  6:30 Poker Club   10:30 News	9:30 Talk-A-Latte  10:15 Daily Chronicles/Trivia/Horoscope  11:00 Floral Arrangements & Designs!♥  2:00 Bingo  3:00 Ice Cream Social 3:30 Ice Cream Cart 6:30 Wheel Of Fortune/Jeopardy	9:30 Talk-A-Latte 10:15 Daily Chronicles/Trivia/Horoscope 10:15 Daily Chronicles/Trivia/Horoscope 11:00 Seated Dance w/ Jacinda 11:30 News & Views 2:00 Community Walk & Shop 4:00 Virtual Games 6:30 Poker Club	9:30 Talk-A-Latte 10:15 Daily Chronicles/Trivia/Horoscope 11:00 Chair Zumba 11:30 News & Views 2:00 Bingo 13:00 Happy Hour w/ Jerry 16:30 Throwback Thursday Cinema	9:30 Talk-A-Latte 10:15 Daily Chronicles/Trivia/Horoscope 11:00 Essential Fitness 11:45 Forest Hills Choir 11:45 Forest Hills Choir 11:45 Popcorn Social 6:15 After Hours Bridge Club	10:50 Daily Chronicles, Trivia, Horoscope  11:00 □ DIY Chinese Paper Lanterns i  2:00 □ Bingo 1  3:00 Ice Cream Social □
22 10:50 Daily Chronicles, Trivia, Horoscope ■ 11:00 Hymns & Gospel† 2:00 Cinematic Sunday!♪	Pappy National Pie Day! 23 9:30 Talk-A-Latte  10:15 Daily Chronicles/Trivia/Horoscope 10:30 Reading & Lectures w/ Merry 11:30 News & Views 3:00 Virtual Lecture Series 6:30 Poker Club  10:30 Poker Club	9:30 Talk-A-Latte 10:15 Daily Chronicles/Trivia/Horoscope	9:30 Talk-A-Latte 10:15 Daily Chronicles/Trivia/Horoscope 11:00 Chair Yoga w/ Kevin 11:30 News & Views 2:00 Community Walk & Shop 4:00 Virtual Games 46 6:30 Poker Club	9:30 Talk-A-Latte 10:15 Daily Chronicles/Trivia/Horoscope 11:00 Chair Zumba 11:30 News & Views 2:00 Bingo 11:30 Happy Hour w/ Nancy Sies 4:00 Monthly Birthday Celebration! 6:30 Throwback Thursday Cinema	9:30 Talk-A-Latte 10:15 Daily Chronicles/Trivia/Horoscope 11:00 Essential Fitness 11:45 Forest Hills Choir 11:45 Forest Hills Choir 11:45 Popcorn Social 6:15 After Hours Bridge Club	10:50 Daily Chronicles, Trivia, Horoscope  11:00 Move 2 Music  2:00 Bingo  3:00 Ice Cream Social  11:00 Bingo
29 10:50 Daily Chronicles, Trivia, Horoscope ■ 11:00 Hymns & Gospel† 2:00 Cinematic Sunday!♪	9:30 Talk-A-Latte 10:15 Daily Chronicles/Trivia/Horoscope 10:30 Reading & Lectures w/ Merry 11:30 News & Views 3:00 Virtual Lecture Series 6:30 Poker Club	9:30 Talk-A-Latte   10:15 Daily Chronicles/Trivia/Horoscope  11:00 Floral Arrangements & Designs!♥  2:00 Bingo   3:00 Ice Cream Social  3:30 Ice Cream Cart  6:30 Wheel Of Fortune/Jeopardy	All Events Are Subject to Change		HAPPY NEW YEAR	