
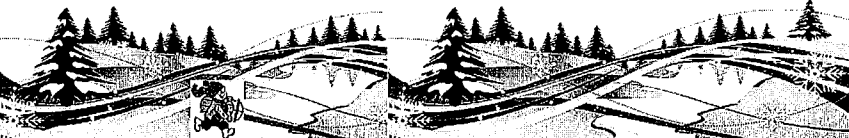




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's Day Church Rides Depart 9:15 a.m. Sunday Matinee 2 pm PAC Evening Movie 7pm PAC Old Time Radio Shows 7pm WPTV	2 New Year's Holiday Library Committee 12pm-Cl's Hearts Players - 1-4 pm GR Mah Jongg 1pm - AS Dulcimers 1 pm PAC Women's Tea - 2pm - Cl's New Table Games 7pm Cl's	3 Dining Committee 10am - GR Update with Michelle 12:15 WPTV Social Bridge 12:30-3:15pm - GR Handbells 1pm - AS Short Story Group I - 4pm - Cl's Loss in Literature - 4 pm - <u>AS</u> Re-air Michelle's Update 4&8p Book Group 7p - CR	4 Brainteasers 10am - AS Physical Plant Comm. 10am- Cl's Spanish Chat - 11:15 Am - AS BINGO 1pm AS Canasta - 1-4pm - GR Woodland Walkers 2pm -Lobby Current Events 4 p.m. - Cl's Old Time Radio Shows 8pm WPTV	5 Residents' Council 10am - Cl's Catholic Mass 11:15 <u>PAC</u> Social Bridge 12:30-3:15 pm GR Décor/Design Comm - 1pm - AS Playreaders I - at 2:30 Cl's Dulcimers 3:30pm - PAC Playreaders II 4:15 pm - Cl's Thurs @ the Movies 7pm PAC Chess Players 7pm GR	6 Galleria Shopping - 11 am Pinochle - 1 pm - GR Mah Jongg 1pm - AS Variety Film: <i>Exodus</i> Pt1 - 1pm PAC Simple Melodies 3 pm PAC Shalom Space 4pm Cl's Classic Movie - 7 pm - PAC	7 New Paltz Shopping 8-12 Men's Coffee 9:30 - PAC Hearts Players 12:30-4pm GR Canasta 1pm GR Movie Matinee - 2 pm PAC Evening Movie 7pm PAC
8 Church Rides Depart 9:15 a.m. Rhinebeck Play Depart 1:30pm Sunday Matinee 2 pm PAC Evening Movie 7pm PAC Old Time Radio Shows 7pm WPTV	9 Watercolor Class 10am AS Grief Support Group 10am Cl's ROVE Committee 11 - GR Hearts Players 1-4pm GR Mah Jongg 1pm - AS Dulcimers 1pm PAC Finance Review Comm 1p Cl's Women's Tea Talk 2pm - <u>PAC</u> Memoir Group 3 pm CR ArtScope Opening Reception 7p PAC New Table Games 7pm - Cl's	10 Welcome Comm 11am - GR Meditation Group 11am - AS Update w/Michelle 12:15 WPTV Social Bridge 12:30-3:15 pm - GR Handbells 1pm - AS Birthday Party 2pm - Cl's Short Story Group II - 4p - Cl's Re-air Michelle's Update 4p/8p	11 Brainteasers 10am - AS Spanish Chat 11:15am - AS Canasta - 1-4pm - GR Duplicate Bridge 1pm 4th C Lounge Acupuncturist Meet & Greet 2p PAC Square Dance 3p AS Current Events 4 p.m. - Cl's Old Time Radio Shows 8pm WPTV	12 Social Bridge 12:30-3:15pm GR Comp. Happy Hr 3:30 Pub/GR Playreaders I - at 2:30 Cl's Dulcimers 3:30pm - PAC Playreaders II 4:15 pm - Cl's Thurs @ the Movies 7pm PAC Chess Players 7pm - GR	13 Pinochle - 1pm - GR Mah Jongg 1pm - AS Variety Film: <i>Exodus</i> Pt 2 - 1pm PAC Simple Melodies 3pm PAC Shalom Space 4m Cl's Opera Night: <i>Boris Godunov</i> 7pm - PAC 20 Kitchen Tour 11a.m.	14 New Paltz Shopping 8-12 Men's Coffee 9:30 - PAC Interdenominational Service - 11:15 a.m. - HC Met Live @ Bardavon Depart 12pm Hearts Players 12:30-4pm GR Canasta 1pm GR Movie Matinee - 2 pm PAC Evening Movie 7pm PAC
15 Church Rides Depart 9:15 a.m. Sunday Matinee - 2 pm PAC Howland Concert Depart 2:30pm Evening Movie 7pm PAC Old Time Radio Shows 7pm WPTV	16 MLK Holiday Hearts Players 1-4pm GR Mah Jongg 1pm - AS Dulcimers 1pm PAC Women's Tea 2pm - Cl's MLK Observance 3pm - PAC New Table Games 7pm - Cl's	17 Lunch Adventure Depart 11:15 Michelle's Update 12:15pm WPTV Social Bridge 12:30-3:15pm - GR Handbells - 1 pm - AS Shawangunk Ridge Prog 2p PAC Short Story Group I - 4pm - Cl's iPhone Camera Club 7p - Cl's Re-air Michelle's Update 4p/8p	18 Brainteasers 10am - AS Spanish Chat 11:15 am - AS Benefit Fund Comm. 10am - CR Canasta - 1-4pm - GR Duplicate Bridge 1pm 4th C Lounge Management Q&A 1:30 PAC Current Events 4pm Cl's Old Time Radio Shows 8pm WPTV	19 Residents' Council 10am - Cl's Episcopal Service 11:15 a.m. HC Social Bridge 12:30-3:15 pm - GR Playreaders I - 2:30pm -Cl's Dulcimers 3:30 pm - PAC Playreaders II - 4:15pm - Cl's Thurs @ the Movies 7pm PAC Chess Players 7pm - GR	Pinochle 1pm - GR Variety Film: <i>Play it Again</i> - 1pm PAC Mah Jongg 1pm - AS Senate House Tour Depart 1pm Land Conserv. Comm - 3pm Cl's Simple Melodies 3pm PAC Shalom Space - 4pm Cl's 27 Pinochle 1pm - GR Mah Jongg 1pm - AS Variety Film: <i>Wonder Wheel</i> - 1pm PAC New Res. Social/Orientation 2p Cl's Poetry Group 2pm CR Simple Melodies 3pm PAC Shalom Space 4pm Cl's Bard Concert Depart 5:30pm Opera Night: <i>La Gioconda</i> 7pm - PAC	21 New Paltz Shopping 8-12 Men's Coffee 9:30 - PAC Met Live @ Bardavon Depart 12pm Hearts Players 12:30-4pm GR Canasta 1pm GR Movie Matinee - 2 pm PAC Evening Movie 7pm PAC
22 Church Rides Depart 9:15 a.m. Sunday Matinee 2 pm PAC Evening Movie 7pm PAC Old Time Radio Shows 7pm WPTV	23 Grief Support Group 10am - Interfaith Committee 10:30 GR Health Center Tour 1p - IL Lobby Hearts Players 1-4pm GR Mah Jongg 1pm - AS Dulcimers 1 pm PAC Women's Tea 2pm - Cl's Memoir Group 3pm - CR Pondaliers 3:30 pm - PAC New Table Games 7pm - Cl's	24 Michelle's Update 12:15 WPTV Social Bridge 12:30-3:15pm - GR Handbells - 1 pm - AS <i>Sixth Extinction</i> Video Re-Airing 2pm - WPTV Short Story Group II - 4pm - Cl's Re-air Michelle's Update 4p and 8 WPTV	25 Brainteasers 10am - AS Spanish Chat 11:15am - AS Canasta - 1-4 pm GR Health Center Comm. 1pm - CR SusCom Comm - 2 pm - Cl's Square Dance 3 p.m. - AS Current Events - 4 p.m. - Cl's Old Time Radio Shows 8pm WPTV	26 Mental Health Task Force Program: VSED and MAID: Two Perspectives on End of Life Options - 11 a.m. - PAC Social Bridge 12:30-3:15 pm - GR Playreaders I - 2:30pm -Cl's Dulcimers 3:30 pm - PAC Playreaders II - 4:15pm - Cl's Thurs @ the Movies 7pm PAC Chess Players 7 p.m. GR	28 New Paltz Shopping 8-12 Men's Coffee 9:30 - PAC Repair Café 11am-3pm PAC Hearts Players 12:30-4pm GR Canasta 1pm GR Movie Matinee - 2pm <u>Cl's</u> Evening Movie 7pm PAC	
29 Church Rides Depart 9:15 a.m. Sunday Matinee 2 pm PAC Early Dinner Adventure - Depart 3:30 p.m. Evening Movie 7pm PAC Old Time Radio Shows 7pm WPTV	30 Watercolor Class 10am - AS Hearts Players 1-4pm GR Mah Jongg 1pm - AS Dulcimers 1 pm - PAC Women's Tea 2pm - Cl's Pondaliers 3:30 pm - PAC New Table Games 7pm - Cl's	31 Michelle's Update 12:15 WPTV Social Bridge 12:30-3:15pm - GR Handbells 1pm - AS Re-air Michelle's Update 4p and 8 WPTV	ROOM LOCATION KEY AS - Art Studio Cl's - Classroom CR - Conference Rm FR - Fitness Room GR - Game Room HC - Health Ctr. Great Rm PAC - Performing Arts Center		<h1>January 2023</h1> 	

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 9am – Self-Led Water Exercise Group 10am– Yoga with Deborah-PAC/ WPTV No Exercise with Grace.	3 9am – Self-Led Water Exercise Group 9am – Balance & Strength with Grace– PAC Only 10am – Seated Stretch Bands with Grace– PAC Only 11am–Walk with Grace - Lobby	4 9am – Water Exercise with Grace 10am – Yoga with Deborah WPTV Only 11am – Chair Yoga &Balance with Grace– PAC only	5 9am– Self-Led Water Exercise Group 9am – Balance & Strength with Grace– PAC only 10am– Seated Strength w/ Bands with Grace– PAC only	6 9am–Water Exercise with Grace 10 am –Yoga with Deborah - PAC/WPTV	7
8	9 8:15am – Self-Led Water Exercise Group 9am – Water Exercise with Grace 10am– Yoga with Deborah-PAC/ WPTV 11am - Walk w/Grace - Lobby	10 9am– Self-Led Water Exercise Group 9am – Balance & Strength with Grace– PAC Only 10am – Seated Stretch Bands with Grace– PAC Only 11am - Movement/Music & You with Nora – PAC 11am–Walk with Grace - Lobby	11 9am – Water Exercise with Grace 10am – Yoga with Deborah WPTV Only 11am – Chair Yoga &Balance with Grace– PAC only	12 9am – Self-Led Water Exercise Group 9am – Balance & Strength with Grace– PAC only 10am– Seated Strength w/ Bands with Grace– PAC	13 9am–Water Exercise with Grace 10 am –Yoga with Deborah - PAC/WPTV	14
15	16 MLK Holiday No Exercise with Grace 8:15am – Self-Led Water Exercise Group 10am– Yoga with Deborah-PAC/ WPTV	17 9am– Self-Led Water Exercise Group 9am – Balance & Strength with Grace– PAC Only 10am – Seated Stretch Bands with Grace– PAC Only 11am - Movement/Music & You with Nora – PAC 11am–Walk with Grace - Lobby	18 9am – Water Exercise with Grace 10am – Yoga with Deborah WPTV Only 11am – Chair Yoga &Balance with Grace– PAC only	19 9am– Self-Led Water Exercise Group 9am – Balance & Strength with Grace– PAC only 10am– Seated Strength w/ Bands with Grace – PAC	20 9am–Water Exercise with Grace 10 am –Yoga with Deborah - PAC/WPTV	21
22	23 8:15am – Self-Led Water Exercise Group 9am – Water Exercise /Grace 10am– Yoga with Deborah-PAC/ WPTV 11am - Walk w/Grace - Lobby 11:30 a.m. Fitness Center Workshop	24 9am– Self-Led Water Exercise Group 9am – Balance & Strength with Grace– PAC Only 10am – Seated Stretch Bands with Grace– PAC Only 11am - Movement/Music & You with Nora – PAC 11am–Walk with Grace - Lobby	25 9am – Water Exercise with Grace 10am – Yoga with Deborah WPTV Only 11am – Chair Yoga &Balance with Grace– PAC only	26 9am– Self-Led Water Exercise Group 9am – Balance & Strength with Grace– PAC only 10am– Seated Strength w/ Bands with Grace – PAC only	27 9am–Water Exercise with Grace 10 am –Yoga with Deborah - PAC/WPTV	28
29	30 8:15am – Self-Led Water Exercise Group 9am – Water Exercise with Grace 10am– Yoga with Deborah-PAC/ WPTV 11am - Walk w/Grace - Lobby	31 9am– Self-Led Water Exercise Group 9am – Balance & Strength with Grace– PAC Only 10am – Seated Stretch Bands with Grace– PAC Only 11am - Movement/Music & You with Nora – PAC 11am–Walk with Grace - Lobby 12pm - Fitness Center Workshop	A fitness note from Grace: “ Get outdoors this winter. Take a 10-15 min walk. Its good for your lungs and your mind to get some fresh air even in the colder temperatures. Just take extra precautions in the snow and ice. “		<h1>January 2023</h1> <h2>Fitness Classes</h2>	