



Winter 2023 - 24

Civitas Independent Living Sample Calendar



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|---|---|---|
|  | New Year's Day 1 8:30 🦋 Sunrise Walking Club 10:00 🧘 Fit For You, Tai Chi Exercise [AR] 10:30 🛒 Grocery Shopping 2:00 🗣️ Ted Talks: Healthy Living 3:00 🎨 Art Throbs Club 4:00 🧘 Water Aerobics 5:30 🎮 Bar Bistro Games [BSO] 6:00 🎬 Monday Mystery Movie Night | 2 8:30 🦋 Sunrise Walking Club 10:00 🧘 Fit For You, Exercise with Weights [AR] 10:30 🗣️ Wellness Education Series with AL Wellness Director [AR] 11:00 🎲 Dominoes 42 Club [CTYD] 2:00 🧘 Yoga Class 3:00 🗣️ Meet & Greet Your New Neighbors [BSO] 4:00 🎱 Billiards 4:30 🗣️ Happy Hour 6:00 🗣️ Scrabble 7:00 🗣️ Community Social Event [L] | 3 8:30 🦋 Sunrise Walking Club 10:00 🧘 Fit For You, Yoga Class [AR] 10:30 🛒 Olive Garden and Mall Shopping! 2:00 🗣️ Afternoon Tea Social 2:30 🧘 Country 2-Step Dance Classes [AR] 3:00 🎤 Sing-A-Long Karaoke 4:00 🗣️ Photography Class [AR] 4:30 🧘 Zumba Class 6:00 🎮 Poker Club 7:00 🗣️ Courtyard Social [CTYD] | 4 8:30 🦋 Sunrise Walking Club 9:00 🛒 Shopping at the Local Mall 10:00 🧘 Fit For You, Kick Boxing Class [AR] 11:00 🗣️ Bible Study & Devotions 1:00 🧘 Tai Chi 2:00 🗣️ Men's Club with Maintenance Director, Jeremy 2:00 🎮 Prize Bingo! [AR] 3:00 🎨 Crafts Club 4:00 🗣️ Spanish Class [AR] 4:30 🗣️ Technology Thursday [BSO] 5:30 🎮 Bar Bistro Games [BSO] 6:00 🎬 Comedy Movie Night! | 5 8:30 🦋 Sunrise Walking Club 10:00 🧘 Fit For You, Zumba Dance Class [AR] 11:00 🎲 Dominoes 42 Club [CTYD] 11:30 🗣️ Museum of Art - Downtown 1:00 🗣️ Bridge Club 2:00 🗣️ Educational Series w/ One Day University [AR] 3:00 🧘 Green Thumb Club - Floral Design [AR] 4:00 🗣️ Wine & Cheese Happy Hour Social [BSO] 6:00 🎮 Game Night! | 6 8:30 🦋 Sunrise Walking Club 9:00 🧘 Open Gym 10:00 🧘 Fit For You, Exercise Class [AR] 11:00 🗣️ Veteran's Social [BSO] 2:00 🧘 Yoga Class 3:00 🗣️ Quilting & Knitting Club 6:00 🎮 Poker Club |
| 7 9:00 🧘 Open Gym 10:00 🗣️ Coffee Social [BSO] 10:00 🧘 Fit For You, Exercise Class [AR] 11:00 🗣️ Church Services Broadcast Live! 1:00 🗣️ Bridge Club [AR] 2:00 🧘 Line Dancing Class 2:00 🎮 Prize Bingo! [AR] 4:00 🗣️ Mexican Train Club [AR] 6:00 🦋 Sunday Prayer Group [AR] 6:30 🗣️ Sunday Sports Roundup [AR] | 8 8:30 🦋 Sunrise Walking Club 10:00 🧘 Fit For You, Tai Chi Exercise [AR] 10:30 🛒 Grocery Shopping 2:00 🗣️ Ted Talks: Healthy Eating 3:00 🎨 Art Throbs Club 4:00 🧘 Water Aerobics 5:30 🎮 Bar Bistro Games [BSO] 6:00 🎬 Monday Mystery Movie Night 6:00 🗣️ Musical Entertainment [AR] | 9 8:30 🦋 Sunrise Walking Club 10:00 🧘 Fit For You, Exercise with Weights [AR] 10:30 🗣️ Resident Activity Meeting with AD 11:00 🎲 Dominoes 42 Club [CTYD] 2:00 🧘 Yoga Class 3:00 🗣️ Cooking Demo with Chef Ramsey! [BSO] 4:00 🎱 Billiards 4:30 🗣️ Happy Hour 6:00 🗣️ Scrabble 7:00 🗣️ Sip and Paint! [AR] | 10 8:30 🦋 Sunrise Walking Club 10:00 🧘 Fit For You, Yoga Class [AR] 11:00 🗣️ Boat Tour with Luncheon [AR] 11:00 🗣️ My Recipe Drawing! 2:00 🗣️ Afternoon Tea Social 3:00 🎤 Sing-A-Long Karaoke 4:30 🧘 Zumba Class 6:00 🎮 Poker Club 7:00 🗣️ Courtyard Social [CTYD] | 11 8:30 🦋 Sunrise Walking Club 10:00 🧘 Fit For You, Kick Boxing Class [AR] 11:00 🗣️ Bible Study & Devotions 1:00 🧘 Tai Chi 2:00 🎮 Prize Bingo! [AR] 3:00 🎨 Crafts Club 4:00 🗣️ Sign Language Class [AR] 4:30 🗣️ Technology Thursday [BSO] 5:30 🎮 Bar Bistro Games [BSO] 6:00 🎬 Comedy Movie Night! | 12 8:30 🦋 Sunrise Walking Club 10:00 🧘 Fit For You, Zumba Dance Class [AR] 11:00 🎲 Dominoes 42 Club [CTYD] 1:00 🗣️ Bridge Club 2:00 🗣️ Educational Series w/ One Day University [AR] 3:00 🗣️ Green Thumb Club - Herb Garden [CTYD] 4:00 🗣️ Wine & Cheese Happy Hour Social [BSO] 6:00 🎮 Game Night! 7:00 🗣️ Les Misérables Broadway Production [AR] | 13 8:30 🦋 Sunrise Walking Club 9:00 🧘 Open Gym 10:00 🗣️ Coffee, Chat & Charades 10:00 🧘 Fit For You, Exercise Class [AR] 11:00 🗣️ Saturday Sports 2:00 🧘 Yoga Class 3:00 🗣️ Quilting & Knitting Club 6:00 🎮 Poker Club |
| 14 9:00 🧘 Open Gym 10:00 🗣️ Coffee Social [BSO] 10:00 🧘 Fit For You, Exercise Class [AR] 11:00 🗣️ Church Services Broadcast Live! 1:00 🗣️ Bridge Club [AR] 2:00 🧘 Line Dancing Class 2:00 🎮 Prize Bingo! [AR] 4:00 🗣️ Mexican Train Club [AR] 6:00 🦋 Sunday Prayer Group [AR] 6:30 🗣️ Sunday Sports Roundup [AR] 7:00 🗣️ Monthly Bunco Club | Martin Luther King, Jr. Day 15 8:30 🦋 Sunrise Walking Club 10:00 🧘 Fit For You, Tai Chi Exercise [AR] 10:30 🛒 Grocery Shopping 12:00 🗣️ Monthly Action Station [DR] 3:00 🎨 Art Throbs Club 4:00 🧘 Water Aerobics 5:30 🎮 Bar Bistro Games [BSO] 6:00 🎬 Monday Mystery Movie Night | 16 8:30 🦋 Sunrise Walking Club 10:00 🧘 Fit For You, Exercise with Weights [AR] 10:30 🗣️ Party Planning - All Welcome [AR] 11:00 🎲 Dominoes 42 Club [CTYD] 2:00 🧘 Yoga Class 3:00 🗣️ Photo Shoot for the Veteran's Wall 4:00 🎱 Billiards 4:30 🗣️ Happy Hour 6:00 🗣️ Scrabble 7:00 🗣️ Community Social Event [L] | 17 8:30 🦋 Sunrise Walking Club 10:00 🧘 Fit For You, Yoga Class [AR] 11:00 🗣️ Artistic Drawing [AR] 12:00 🗣️ Wine Tour & Luncheon at Best Voted Restaurant! 2:00 🗣️ Afternoon Tea Social 3:00 🎤 Sing-A-Long Karaoke 4:00 🗣️ Photography Class [AR] 4:30 🧘 Zumba Class 6:00 🎮 Poker Club 7:00 🗣️ Courtyard Social [CTYD] | 18 8:30 🦋 Sunrise Walking Club 10:00 🧘 Fit For You, Kick Boxing Class [AR] 11:00 🗣️ Bible Study & Devotions 1:00 🧘 Tai Chi 2:00 🎮 Prize Bingo! [AR] 3:00 🎨 Crafts Club 4:00 🗣️ Spanish Class [AR] 4:30 🗣️ Technology Thursday [BSO] 5:30 🎮 Bar Bistro Games [BSO] 6:00 🗣️ Family Night Themed Celebration [DR] | 19 8:30 🦋 Sunrise Walking Club 10:00 🧘 Fit For You, Zumba Dance Class [AR] 11:00 🎲 Dominoes 42 Club [CTYD] 11:30 🗣️ Various Church Doors Photography - Downtown 1:00 🗣️ Bridge Club 2:00 🗣️ Educational Series w/ One Day University [AR] 3:00 🗣️ Green Thumb Club - Vegetable Garden [CTYD] 4:00 🗣️ Wine & Cheese Happy Hour Social [BSO] 6:00 🎮 Game Night! | 20 8:30 🦋 Sunrise Walking Club 9:00 🧘 Open Gym 10:00 🧘 Fit For You, Exercise Class [AR] 11:00 🗣️ Veteran's Social [BSO] 2:00 🧘 Yoga Class 3:00 🗣️ Quilting & Knitting Club 6:00 🎮 Poker Club 7:00 🗣️ Pot-Luck Desserts! [AR] |
| 21 9:00 🧘 Open Gym 10:00 🗣️ Coffee Social [BSO] 10:00 🧘 Fit For You, Exercise Class [AR] 11:00 🗣️ Church Services Broadcast Live! 1:00 🗣️ Bridge Club [AR] 2:00 🧘 Line Dancing Class 2:00 🎮 Prize Bingo! [AR] 4:00 🗣️ Mexican Train Club [AR] 6:00 🦋 Sunday Prayer Group [AR] 6:30 🗣️ Sunday Sports Roundup [AR] | 22 8:30 🦋 Sunrise Walking Club 10:00 🧘 Fit For You, Tai Chi Exercise [AR] 10:30 🛒 Grocery Shopping 2:00 🗣️ Healthy Foods w Dietician Judy Moore 3:00 🎨 Art Throbs Club 4:00 🧘 Water Aerobics 5:30 🎮 Bar Bistro Games [BSO] 6:00 🎬 Monday Mystery Movie Night 6:00 🗣️ Musical Entertainment [AR] | 23 8:30 🦋 Sunrise Walking Club 10:00 🧘 Fit For You, Exercise with Weights [AR] 10:30 🗣️ Preparing Active Military Packages [AR] 11:00 🎲 Dominoes 42 Club [CTYD] 2:00 🧘 Yoga Class 4:00 🎱 Billiards 4:30 🗣️ Happy Hour 6:00 🗣️ Scrabble 6:00 🗣️ Special Celebration for Residents Birthday! [DR] 7:00 🗣️ Community Social Event [L] | 24 8:30 🦋 Sunrise Walking Club 10:00 🧘 Fit For You, Yoga Class [AR] 1:30 🗣️ Movie Matinee at Regal Theaters, followed by Shopping at Nordstrom! 2:00 🗣️ Afternoon Tea Social 3:00 🎤 Sing-A-Long Karaoke 4:30 🧘 Zumba Class 6:00 🎮 Poker Club 6:30 🗣️ Musical Guests [AR] 7:00 🗣️ Courtyard Social [CTYD] | 25 8:30 🦋 Sunrise Walking Club 10:00 🧘 Fit For You, Kick Boxing Class [AR] 11:00 🗣️ Bible Study & Devotions 1:00 🧘 Tai Chi 2:00 🎮 Prize Bingo! [AR] 3:00 🎨 Crafts Club 4:00 🗣️ Sign Language Class [AR] 4:30 🗣️ Technology Thursday [BSO] 5:30 🎮 Bar Bistro Games [BSO] 6:00 🎬 Comedy Movie Night! | 26 8:30 🦋 Sunrise Walking Club 10:00 🧘 Fit For You, Zumba Dance Class [AR] 11:00 🎲 Dominoes 42 Club [CTYD] 1:00 🗣️ Bridge Club 2:00 🗣️ Educational Series w/ One Day University [AR] 3:00 🗣️ Green Thumb Club [CTYD] 4:00 🗣️ Wine & Cheese Happy Hour Social [BSO] 6:00 🎮 Game Night! 7:00 🗣️ Country Dancing! Local Dance Studio | 27 8:30 🦋 Sunrise Walking Club 9:00 🧘 Open Gym 10:00 🗣️ Coffee, Chat & Charades 10:00 🧘 Fit For You, Exercise Class [AR] 11:00 🗣️ Saturday Sports 2:00 🧘 Yoga Class 3:00 🗣️ Quilting & Knitting Club 6:00 🎮 Poker Club 7:00 🗣️ An Evening at The Symphony |
| 28 9:00 🧘 Open Gym 10:00 🗣️ Coffee Social [BSO] 10:00 🧘 Fit For You, Exercise Class [AR] 11:00 🗣️ Church Services Broadcast Live! 1:00 🗣️ Bridge Club [AR] 2:00 🧘 Line Dancing Class 2:00 🎮 Prize Bingo! [AR] 4:00 🗣️ Mexican Train Club [AR] 6:00 🦋 Sunday Prayer Group [AR] 6:30 🗣️ Sunday Sports Roundup [AR] | 29 8:30 🦋 Sunrise Walking Club 10:00 🧘 Fit For You, Tai Chi Exercise [AR] 10:30 🛒 Grocery Shopping 2:00 🗣️ Heart Healthy Talk with Bobby, RN 3:00 🎨 Art Throbs Club 4:00 🧘 Water Aerobics 5:30 🎮 Bar Bistro Games [BSO] 6:00 🎬 Monday Mystery Movie Night 6:00 🗣️ Musical Entertainment [AR] | 30 8:30 🦋 Sunrise Walking Club 10:00 🧘 Fit For You, Exercise with Weights [AR] 11:00 🎲 Dominoes 42 Club [CTYD] 2:00 🧘 Yoga Class 4:00 🎱 Billiards 4:30 🗣️ Happy Hour 6:00 🗣️ Scrabble 7:00 🗣️ Community Social Event [L] | 31 8:30 🦋 Sunrise Walking Club 10:00 🧘 Fit For You, Yoga Class [AR] 10:30 🗣️ Carnival in the Courtyard! 2:00 🗣️ Afternoon Tea Social 3:00 🎤 Sing-A-Long Karaoke 4:30 🧘 Zumba Class 6:00 🎮 Poker Club 7:00 🗣️ Courtyard Social [CTYD] | Location Keys Activities Room AR Bistro BSO Courtyard CTYD Dining Room DR Lobby L | |  <ul style="list-style-type: none"> 🗣️ Intellectual 🧘 Physical 🗣️ Purposeful 🐾 Social 🦋 Spiritual |