

















January 2025

Arioso Senior Apartments



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>January Wellness</u> <u>Focus:</u></p> <p>Glaucoma Awareness</p> <p>Thyroid Awareness</p> <p>Managing Your Blood Pressure</p>	<p></p> <p></p>	<p></p>	<p>1</p> <p></p> <p>Leasing Office Closed</p>	<p>2</p> <p><u>Coffee Social & New Year Resolutions</u> 9:00AM-10:00AM</p> <p><u>Current Events & News</u> 10:30AM-11:30AM</p> <p><u>Battle of the Books: Bring your favorite book & tell your neighbors about it!</u> 2:30PM-3:30PM</p>	<p>3</p> <p><u>Coffee Social & Wellness Chat: Glaucoma Awareness</u> 9:00AM – 10:00AM</p> <p></p> <p>10:00AM-11:00AM</p> <p><u>Chair Volleyball</u> *In the Gym* 3:30PM-4:30PM</p>	<p>4</p> <p>National Trivia Day</p> <p><u>Coffee Social, Pancakes, & Trivia</u> 9:00AM – 10:00AM</p> <p><u>Arts & Crafts: Paint by Number</u> 11:00AM – 12:00PM</p> <p><u>S'mores & Social Hour: "Let's play Never Have I Ever"</u> 2:30PM-3:30PM</p>
<p>Whipped Cream Day 5</p> <p></p>	<p>National Shortbread Day 6</p> <p></p> <p><i>Loop Shopping Shuttle</i></p>	<p>7</p> <p><u>Coffee Social & This or That</u> 9:00AM-10:00AM</p> <p><u>Resident Coordinator Office Hours:</u> 11:30AM-12:30PM</p> <p><u>Afternoon Movie "Residents Choice" w/ Popcorn & Goodies</u> 2:30PM-4:30PM</p>	<p>8</p> <p><u>Windmill Library Bookmobile:</u> *Meet on 2nd Floor* 10:00AM – 11:00AM</p> <p><u>Golden Groceries</u> *Shopping time depends on food delivery. Email Blast will be sent to notify residents of start time.* *Great Room will be closed until time of distribution*</p>	<p>9</p> <p><u>Coffee Social & Cooking Class: Breakfast Pizza</u> 10:00AM- 11:00AM</p> <p><u>Let's play "Pictionary"</u> 11:00AM – 12:00PM</p> <p></p> <p>2:30PM-3:30PM</p>	<p>10</p> <p><u>Coffee Social & Gameshow TV Episodes</u> 9:00AM-11:00AM</p> <p><u>Muffins & Music</u> 11:30AM-12:30PM</p> <p><u>Chair Volleyball</u> *In the Gym* 3:30PM-4:30PM</p>	<p>11</p> <p><u>Coffee Social</u> 9:00AM – 10:00AM</p> <p><u>Arioso Market 1st & 2nd Floors</u> *Bring your own bags/carts. Shopping times vary depending on delivery. Email blast will be sent with exact start time.*</p> <p><u>Resident Walking Club</u> 3:00PM</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Curried Chx. Day 12 	National Korean American Day 13  <i>Loop Shopping Shuttle</i>	Pastrami Sandwich Day 14 <u>Coffee Social & Conversation</u> 9:00AM-10:00AM <u>How Well Do You Know Your Neighbor!</u> 10:30AM-11:30AM <u>Cooking Class: Hot Pastrami Sliders</u> <i>*Must sign up in Activity Binder to participate*</i> 2:30PM-3:30PM	National Bagel Day 15 <u>Coffee Social, Bagel Bar, & News</u> 9:00AM – 10:00AM <u>Resident Walking Club</u> 11:00AM– 12:00PM <u>Salsa Bar & The Price is Right!</u> 2:30PM – 3:30PM	National Fig Newton Day 16 <u>Coffee, Breakfast Bites, & Wellness Chat: Managing Your Blood Pressure</u> 9:00AM – 10:00AM <u>Fig Newtons & BINGO</u> 2:30PM-3:30PM	17 <u>Coffee Social, Martin Luther King History Chat</u> 9:00AM-10:00AM <div style="background-color: yellow; padding: 5px;"> Team Sikora: Ask any questions you may have w/ the new policy changes 12:00PM </div> <div style="background-color: #c8e6c9; padding: 5px;"> <u>Helping Hands</u> 2:00PM-4:00PM <i>*Will deliver upon arrival*</i> </div>	18 <u>Coffee Social & Cinnamon Rolls</u> 9:00AM – 10:00AM <u>Morning Stretching & Relaxation</u> 11:00AM – 12:00PM <i>*In the Great Room*</i>  2:00PM-3:00PM
National Popcorn Day 19 	20 <u>Martin Luther King Jr. Day</u>  ★★★★★ <i>Loop Shopping Shuttle</i>	National Granola Bar Day 21 <u>Coffee Social & Yogurt Parfaits</u> 9:00AM-10:00AM <u>Dropping by to Say Hi! Coordinator stops by to meet new residents!</u> 11:30AM-12:30PM <u>Granola Bars & BINGO</u> 2:30PM-3:30PM	22 <u>Coffee Social & Word Searches</u> 9:00AM-11:00AM <u>Let's play guess that tune: Oldies Edition</u> 11:00AM – 12:00PM <u>Cheese Danishes & Geography Trivia</u> 2:30PM-3:30PM	23 <u>Coffee Social & Breakfast Bars</u> 9:00AM-11:00AM <u>Arts & Crafts: Therapeutic Coloring</u> 11:00AM-12:00PM <u>Afternoon Movie "Residents Choice" w/ Popcorn & Goodies</u> 2:30PM-4:30PM	24 <u>Coffee Social, Croissants, & Crossword Puzzles</u> 9:00AM-10:00AM <u>Puzzles & Music in the Great Room</u> 2:30PM-3:30PM <u>Chair Volleyball</u> <i>*In the Gym*</i> 3:30PM-4:30PM	25 <u>Coffee Social & Classic Reruns</u> 9:00AM – 10:00AM <u>Resident Walking Club</u> 11:30AM– 12:30PM  2:00PM-3:00PM
National Peanut Brittle Day 26 	Holocaust Remembrance 27  <i>Loop Shopping Shuttle</i>	Blueberry Pancake Day 28 <u>Coffee Social & Blueberry Pancakes</u> 9:00AM – 10:00AM <u>RTC Bus Pass Distribution</u> 11:00AM-12:00PM <u>Afternoon Social: Games Shows, Cards, & Snacks</u> 2:30PM – 3:30PM	National Puzzle Day 29 <u>Coffee Social, Brain Games, & Puzzles</u> 9:00AM-11:00AM <u>Resident Walking Club</u> 10:30AM– 11:30PM <u>Soup Social: Let's Make Potato & Cheddar Soup</u> 2:00PM-3:00PM	30 <u>Coffee Social</u> 9:00AM <div style="background-color: #e1eef6; padding: 5px;"> <u>Arioso Market 3rd & 4th Floors</u> <i>*Bring your own bags/carts. Shopping times vary depending on delivery. Email blast will be sent with exact start time.*</i> </div> <u>Coordinator Office Hours:</u> 2:30PM-3:30PM	31 <u>Coffee Social & Wellness Chat: Thyroid Awareness</u> 9:00AM – 10:00AM <u>RTC Bus Pass Distribution</u> 11:00AM-12:00PM <u>Birthday Bash: Karaoke & Ice Cream Floats</u> <i>*All residents are welcome*</i> 2:30PM-4:00PM	If you have any questions, please call your Resident Services Coordinator at (702) 990-2768 Tuesday – Saturday between 9:00AM – 5:00PM