

JANUARY 2019

Sharon Towers Sentinel Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 Vespers.....HH * <u>Room Key</u> * AS = Art Studio CR = Conference Room CS = Craft Studio CVC = City View Clubroom DC = Daniel Chapel EP = East Parlor HCC = Health Care Center HH = Hunter Hall	9:00 Water Walking....P 9:00 Tai Chi.....HH 9:45 Stronger Bodies 1...HH 10:00 Open Bible Study...CS 10:00 Jump Around.....P 10:30 Stronger Bodies 2...HH 11:00 Inspired Living...AW2 11:15 Stronger Bodies 3...HH 2:30 Bank Bus Departs...WL 3:00 Spanish Class....SR Wear your Nametags	9-11 SouthPark Area Shuttle..WL 9:00 Floor Yoga.....HH 9:30 Men Play Pool.....WL 9:45 Guided Meditation....DC 10:00 Aquatic Circuit...P 10:15 Zumba Gold....HH 10:30-1 Treasure Chest...LL 11:15 Trivial Pursuit....HH 1:00 Tech Support.....SR 1:00 Chair Zumba.....HH 1:30 Stretch and Breathe...HH	9:00 Water Walking....P 9:00 Tai Chi.....HH 9:45 Stronger Bodies 1...HH 10:00 Jump Around.....P 10:15 Wii Bowling.....CS 10:30 Stronger Bodies 2...HH 11 Faith/Spirituality/Aging..DC 11:15 Stronger Bodies 3...HH 1:30 Tech Support.....SR 3:30 Memories to Memoirs..HH 5-6 Teatotalers.....CVC	9:00 Floor Yoga.....HH 9:30 Men Play Pool.....WL 10:00 Aquatic Circuit...P 10:30-3 Treasure Chest...LL 10:30 Line Dancing.....HH 1:00 Chair Zumba.....HH 1:30 Stretch and Breathe...HH 2 Practices of Mindfulness..DC 3:00 Enrichment Seminar..HH 5:00 Thirsty Thursday...Lounge	9:00 Water Walking....P 9:00 Tai Chi.....HH 9:45 Stronger Bodies 1...HH 10:00 Jump Around.....P 10:30 Stronger Bodies 2...HH 11:15 Stronger Bodies 3...HH 2:30 Bingo.....CVC	9:30 Men Play Pool.....WL 7:00 Evening Movie...HH * <u>Room Key</u> * HT = Harkey Terrace HTC = Harris Towne Center LL = Lower Level P = Pool SR = Sharon Room WC = Wellness Clinic WL = West Lobby YR = Yandle Room
		1 <i>Happy New Year</i> All Groups Cancelled No Campus Shuttle <i>Gold Star Challenge Begins</i>	2 11 Faith/Spirituality/Aging..DC 1:00 Shop Walmart	3 10:30-3 Treasure Chest...LL 3 "New Orleans Re-Cap"...HH 6 Navigating Parkinson's..CVC 7 Men's Poker.....SR	4 12:30 Coffee and a Hand....SR 7:00 Games Night.....HTC	5 10:00 Errand Express 7:00 "Guarding Tess"...HH
6	7	8	9	10	11	12
6:00 Vespers.....HH Epiphany Service with Rev. Veronica Cannon Avondale Presbyterian	3:00 Spanish Class....SR 3:00 Chat with Jessica....HH 5:00 Wine and Cheese...HH 6-9 Pickleball.....HH 7:00 Discussion Group....CR	1:00 Tech Support.....YR* 2:30 Shop SouthPark 2-4 Matter of Balance...CS 4:00 Drum Circle....HH	9-12 Foot Care Clinic...LL 10:00 Discovery Place Senior Science Day and Lunch 6:30 Art Class with Kalin...CS	12:30 Up for Air....DC 3:00 "Understanding and Connecting w/ Today's Teens" with Southeast Psych	7:00 Bridge Night....HTC/SR	10-1 Saturday Menders....CS 7:00 "Leave No Trace".....HH
13	14	15	16	17	18	19
6:00 Vespers.....HH Rev. Caroline East Berardi	9-11 Charlotte Speech & Hearing 11:15 Lunch Bunch-Café Monte 2:00 Barber.....3HC 4:00 Sing Along.....HH 6-9 Pickleball.....HH	9-12 Medicare Help....YR 10:00 Residents Council...HH 3:00 Heritage Seminar...HH 2-4 Matter of Balance...CS 7:00 Instrumental Piano with Patrick Hudson	9-12 Dermatology Clinic...LL 1:00 TravelTalks....HH 3:30 Memoirs.....SR* 4:00 Chat with Anne.....HH 6:00 Free Night @ Mint Uptown	10:00 Knitters United....CS 3:00 "Escape from East Germany" with Regina Ebert 7 Men's Poker.....SR	8:30 Men's Breakfast Departs for Park Place 12:30 Coffee and a Hand....SR 7:00 Games Night.....HTC	7:00 "Driving Miss Daisy"HH
20	21	22	23	24	25	26
6:00 Vespers.....HH Rev. Caroline East Berardi	10-11 Audibel Hearing...SR 2:30 Bank Bus 3:00 Writers Corner.....1205N 5 International Dine Out 6-9 Pickleball.....HH	All HH Classes Cancelled 11:15 Trivial Pursuit....CS* 2-4 Matter of Balance...CS 2:30 Bank Bus Departs...WL 5 International Dine Out	1:00 Shop Trader Joe's 6:30 Art Class with Kalin...CS	12:30 Up for Air....DC 3:00 Rick Steves' Europe..HH "Luther & the Reformation" 7:00 Melodic Minors....HH	1:30 Book Club....HH 7:00 Bridge Night....HTC/SR	6:30 Depart for Symphony..WL 7:00 "Old Man and the Gun" ...HH
27	28	29	30	31		
6:00 Vespers.....HH Rev. Drew Goodson Christ ELCA	2:00 Barber.....3HC 4:00 Sing Along.....HH 6-9 Pickleball.....HH 7:00 Dominoes.....CVC	2-4 Matter of Balance...CS	1:00 Shop Dollar Tree / Target 7:00 Michelle Renee Trio...HH	3:00 Rick Steves' Europe..HH "Story of Fascism in Europe" <i>Gold Star Challenge Ends</i>		