



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>9:30 Local Daily News Updates 10:30 Morning Massages 1:00 Spiritual Listening 2:00 DIY: SOUL New Years Resolution List 3:00 Music Appreciation: Aretha Frankin 6:00 Romantic Comedies</p> <p>New Year's Day</p>	<p>9:30 Shake it off Zumba 10:30 Sound Meditation & Tea 1:00 New Year Floral Arrangements 2:00 Ultimate Trail Mix 3:00 Ted Talk & Tea Discussions 6:00 Classic Television Marathon</p>	<p>9:30 Stationary Cycling 10:30 Paint with Friends 1:00 Family Stories: Fun & Happy Memories 2:00 Comedy Improv Hour 3:00 Hello, fireworks Bingo! 6:00 Movies Based on true story</p>	<p>9:30 Morning Meditation 10:30 Breathe Right Exercise 1:00 Hair Spa Refreshments 2:00 Soul Adventures: Neighborhood Park Outing 3:00 DIY: Your own New Year's Resolution 6:00 Hollywood Blockbuster</p>	<p>9:30 Morning Refreshments 10:30 Dance Aerobics 1:00 Admiring and Feeding Soul Birds 2:00 Freshly Crafted SOUL Cherry Pies 3:00 Card Game Tournament: Blackjack 21 6:00 Classic Love Film</p>	<p>9:30 Inhale & Exhale Affirmations 10:30 Bird walking Club 1:00 SOUL: Pen Pal Hour 2:00 Pictionary with Friends 3:00 New Year Gardening on Patio 6:00 Musical Theatre Movies</p>	
<p>9:30 Power Up Hour 10:30 Sending Positive Blessings to All 1:00 Ultimate Sports Recap: Nat'l Football League (NFL) 2:00 Hot Chocolate & Cookies 3:00 SOUL Ultimate Spa Day 6:00 Golden Girls TV Series Marathon</p>	<p>9:30 Zen Yoga 10:30 Shoot the Hoops! Basketball Tournament 1:00 SOUL Pet Therapy Play with Me 2:00 Chef Demo: Frosty Apple Turnovers 3:00 Art Appreciation: Jackson Pollock 6:00 Romantic Comedies</p>	<p>9:30 Positive Morning Affirmations Joint Therapy Massage 10:30 Pilates Workout 1:00 Coffee & Apple Fritters 3:00 Family Discussion: Best Broadway Movie 6:00 Classic Television Marathon</p>	<p>9:30 Morning Stretch 10:30 Body Moment Warm up 1:00 Cranium Crunches 2:00 Classic Sugar Free Rolls Hour 3:00 DIY Jewelry: Friendship Necklaces & Bracelets 6:00 Movies Based on true story</p>	<p>9:30 Stationary Cycling 10:30 Local News: Los Angeles 1:00 Poetry in the Courtyard 2:00 Soul Adventures: Griffith Observatory 3:00 Tournament: HD Word Search 6:00 Hollywood Blockbuster</p>	<p>9:30 Mindful Meditations 10:30 Savory Lox & Bagels 1:00 Acrylic Painting: Beaches 2:00 Pop Up, Popcorn Savory Cart 3:00 Lucky Lanes Bowling 6:00 Classic Love Film</p>	
<p>9:30 Joint Therapy Massage 10:30 Sending Positive Blessings to All 1:00 Ultimate Sports Recap: Nat'l Football League (NFL) 2:00 Cheerful Side: Warm Cinnamon Rolls 3:00 Tournament: Charades 6:00 Golden Girls TV Series Marathon</p>	<p>9:30 Early Bird Stretches 10:30 Resistance Band Workout 11:00 Card Game: Prize Uno 2:00 Residents Pick: Tasty Dessert 4:00 Music Appreciation: Stevie Wonder 6:00 Romantic Comedies</p> <p>Martin Luther King Jr. Day</p>	<p>9:30 Breathe Right Exercise! 10:30 Aromatherapy Warm up. 1:00 New Year Floral Arrangements 2:00 Nourishing our Bodies: Hydration Hour 3:00 Chef Demo: Decorative Oatmeal Cookie 6:00 Classic Television Marathon</p>	<p>9:30 Morning Refreshments 10:30 Paint with Friends 1:00 SOUL Band: Beat of the Drums 2:00 Freshly Baked Cinnamon Pretzel & Cappuccinos 3:00 Craft Hour: Six Step Funny Elephant Drawing 6:00 Movies Based on true story</p>	<p>9:30 Health Focused Affirmation 10:30 Aromatherapy Massage 1:00 Game On! Dominoes 2:00 HAPPY HOUR: Residents Birthday Celebration 3:00 Short Stories Book Club 6:00 Hollywood Blockbuster</p>	<p>9:30 Breathe Right Yoga 10:30 Morning Facials 1:00 SOUL Tennis Tournament 2:00 DIY: Make Your Own Fancy Clock 3:00 Top 10 Endangered Animals in the World 6:00 Classic Love Film</p>	
<p>9:30 Mindful Meditation 10:30 Sending Positive Blessings to All 1:00 Ultimate Sports Recap: Nat'l Football League (NFL) 2:00 Donuts & Cappuccino 3:00 Holiday Tournament: Mix Match Cute Cuddly Cats 6:00 Golden Girls TV Series Marathon</p> <p>Activity Professionals Week</p>	<p>9:30 Aromatherapy Massage 10:30 Fab, Fit, Fun Workout 1:00 SOUL 70's Sing Along 2:00 Studio Session w/Drumbeats 3:00 Art Appreciation: Norman Rockwell 6:00 Romantic Comedies</p>	<p>9:30 Soul Breakfast Power Up Pilates Body Stretches 10:30 Short Stories Book Club 1:00 SOUL Sing-along Karaoke 2:00 SOUL Tasty Toasted Treats 3:00 Poems from The Heart 6:00 Classic Television Marathon</p>	<p>9:30 Morning Warm Up 10:30 Heart to Heart Therapy 1:00 WELCOME: New Residents Happy Hour 2:00 Hello! Prize Bingo 3:00 DIY: Soul Tasty Mocktails 6:00 Movies Based on true story</p> <p>Tu B'Shevat Begins</p>	<p>9:30 Positive Morning Affirmations 10:30 Technology 101 1:00 Soul Donuts Hour 2:00 Soul Adventures: Neighborhood Library 3:00 SOUL Family Game Night: Family Feud 6:00 Hollywood Blockbuster</p>	<p>9:30 Hand to Hand Meditation 10:30 Morning Refreshments 1:00 DIY: Macaroni menorah 2:00 Chef Demo: Vanilla Ice-Cream & Apple Pie 3:00 Soul Friendship Bowling 6:00 Classic Love Film</p> <p>Australia Day (Observed)</p>	
<p>9:30 Cheerful Morning Walk 10:30 Sending Positive Blessings to All 1:00 Ultimate Sports Recap: Nat'l Football League (NFL) 2:00 Oatmeal & Rasins Snack Cart 3:00 Tournament: Hangman 6:00 Golden Girls TV Series Marathon</p>	<p>9:30 Early Bird Stretches 10:30 Resistance Band Workout 11:00 Card Game: Prize Uno 2:00 Dancing with the Stars 4:00 Music Appreciation: Tina Turner 6:00 Romantic Comedies</p>	<p>9:30 Breathe Right Exercise! 10:30 Aromatherapy Warm up. 1:00 New Year Floral Arrangements 2:00 Soul Tasty Charcutier 3:00 Chef Demo: Decorative Sandwiches 6:00 Classic Television Marathon</p>	<p>9:30 Stationary Cycling 10:30 Paint with Friends 1:00 Astrology Class 2:00 Comedy Improv Hour 3:00 Arts & Crafts 6:00 Movies Based on true story</p>	 <h2 style="text-align: center;">CityView January 2024 SOUL Calendar</h2>		