



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

TELEvised FITNESS CLASSES
Monday Through Friday

8:30am Exercise for Arthritis **CH1961**
9am/4pm Core Strength **CH1961**

6

8am Church Runs
8:15am Music/8:30am Worship **C CH1961**
11am Rev. David Wiggs -Televised **CH**
4:30pm Worship with Rev. Larry Branum, Church of Christ **C CH1961**
5pm Bean Bag Toss **LDG**

13

8am Church Runs
8:15am Music/8:30am Worship **C CH1961**
11am Rev. David Wiggs -Televised **CH**
1pm Women's Razorback Basketball vs. Vanderbilt **R S (W)**
4:30pm In Concert: The Sunshine Quartet **PH (W)**
5pm Bean Bag Toss **LDG**

20

8am Church Runs
8:15am Music/8:30am Worship **C CH1961**
11am Rev. David Wiggs -Televised **CH**
4:30pm Worship with Rev. Larry Brannum, Church of Christ **C CH1961**
5pm Bean Bag Toss **LDG**

27

8am Church Runs
8:15am Music/8:30am Worship **C CH1961**
11am Rev. David Wiggs -Televised **CH**
4:30pm Worship with Rev. Larry Branum, Church of Christ **C CH1961**
5pm Bean Bag Toss **LDG**
TBA NWA Soup Sunday

7

NAME TAG DAY

8:30am Resistance Training **AC FWC**
9am Yoga/Pilates **AC**
9:30am H2O Aerobics **AC**
9:30am Circuit Training with Spencer **C**
10am Balance Class **C**
10:30am 2nd Floor South **V**
1pm Guitar Lessons **CH**
4pm 2nd Floor North **V**
4pm Yoga **FWC**

14

NAME TAG DAY

8:30am Resistance Training **AC FWC**
9am Yoga/Pilates **AC**
9:30am H2O Aerobics **AC**
9:30am Circuit Training with Spencer **C**
10am Balance Class **C**
10:30am Residents Council **V**
1pm Guitar Lessons **CH**
4pm Yoga **FWC**
7pm The Guy Wilcox Trio **PH (W)**

21

NAME TAG DAY

8:30am Resistance Training **AC FWC**
9am Yoga/Pilates **AC**
9:30am H2O Aerobics **AC**
9:30am Circuit Training with Spencer **C**
10am Balance Class **C**
1pm Guitar Lessons **CH**
3:30pm Margarita Monday **R S (W)**
4pm Yoga **FWC**
7pm Resident Forum **PH CH1961**

28

NAME TAG DAY

8:30am Resistance Training **AC FWC**
9am Yoga/Pilates **AC**
9:30am H2O Aerobics **AC**
9:30am Circuit Training with Spencer **C**
10am Balance Class **C**
1pm Guitar Lessons **CH**
3:30pm It's Your Lucky Day at Cherokee Casino **R S (W)**
4pm Yoga **FWC**

NEW YEAR'S DAY 1

10am 1st Floor South **V**
10:30am 1st Floor North **G**
7pm Bingo **C**

8

9am Mah Jongg Class with Linda Smith **G**
9am Walk Away the Pounds **AC**
9:45am Tai Chi **C**
10:30am Strength and Chair Aerobics **C**
2pm Grief Support Group **V**
2pm Health and Wellbeing with Dr. Helen McElree: The Flu and You **C (W)**
3pm Bible Study with Gloria Falknor **CH**
4-5:30pm Take Five Tuesday **B R**
7pm Bingo **C**

15

9am Walk Away the Pounds **AC**
9:45am Tai Chi **C**
10:30am Strength and Chair Aerobics **C**
10:30am Caregiver Support Meeting **V**
4pm Communion, First United Presbyterian **CH**
7pm Bingo **C**

22

9am Mah Jongg Class with Linda Smith **G**
9am Walk Away the Pounds **AC**
9:45am Tai Chi **C**
10:30am Strength and Chair Aerobics **C**
11am Lunch Bunch to Eleven at Crystal Bridges Museum of American Art **R S (W)**
2pm Grief Support Group **V**
3pm Bible Study with Gloria Falknor **CH**
7pm Bingo **C**

29

9am Walk Away the Pounds **AC**
9:45am Tai Chi **C**
10:30am Strength and Chair Aerobics **C**
5pm Men's Razorback Basketball vs. Georgia **R S (W)**
6:30pm Dinner in the Lodge **R SS S (W)**
7pm Bingo **C**

2

8:30am Resistance Training **FWC**
9am Yoga/Pilates **AC**
9:30am H2O Aerobics **AC**
10:30am Bible Study **C**
11am Communion, FUPC - Springdale **CH**
11:15am Balance Class **AC**
1pm Clay Creations with Terry Merchant **AS**
2pm Gentle Water Aerobics **AC**
3pm Ping-Pong **AC**
4pm Yoga **FWC**
4pm 3rd Floor North **C**
6pm Newspaper P/U **NW**
7pm Lecture Series with Moderator Conrad Waligorski **C CH1961 (W)**

9

8:30am Resistance Training **FWC**
9am Yoga/Pilates **AC**
9:30am H2O Aerobics **AC**
10:30am Bible Study **C**
11am Recycler's Lunch to Golden Corral **R**
11:15am Balance Class **AC**
1pm Clay Creations with Terry Merchant **AS**
1:30pm Request Your Museum Punch Card **V**
2pm Gentle Water Aerobics **AC**
3pm Ping-Pong **AC**
4pm Yoga **FWC**
6pm Newspaper P/U **SW CT VH**
6:30pm Men's BB vs. Florida **R S (W)**
7pm Lecture Series with Moderator Conrad Waligorski **C CH1961 (W)**

16

8:30am Resistance Training **FWC**
9am Yoga/Pilates **AC**
9:30am H2O Aerobics **AC**
10:30am Bible Study **C**
11:15am Balance Class **AC**
1pm Clay Creations with Terry Merchant **AS**
2pm Gentle Water Aerobics **AC**
2pm Arkansas' Jurassic Past with Retired Geologist John David McFarland **PH (W)**
3pm New Resident Group Meeting **V**
3pm Ping-Pong **AC**
4pm Yoga **FWC**
6pm Newspaper P/U **NW**
7pm Lecture Series with Moderator Conrad Waligorski **C CH1961 (W)**

23

8:30am Resistance Training **FWC**
9am Yoga/Pilates **AC**
9:30am H2O Aerobics **AC**
10:30am Bible Study **C**
11:15am Balance Class **AC**
1pm Clay Creations with Terry Merchant **AS**
2pm Gentle Water Aerobics **AC**
3pm Ping-Pong **AC**
4pm Yoga **FWC**
6pm Women's Razorback Basketball vs. Alabama **R S (W)**
7pm Newspaper P/U **SW CT VH**
7pm Men's Razorback Basketball vs. Missouri **R S (W)**
7pm Lecture Series with Moderator Conrad Waligorski **C CH1961 (W)**

30

8:30am Resistance Training **FWC**
9am Yoga/Pilates **AC**
9:30am H2O Aerobics **AC**
10:30am Bible Study **C**
11:15am Balance Class **AC**
1pm Clay Creations with Terry Merchant **AS**
2pm Gentle Water Aerobics **AC**
3pm Ping-Pong **AC**
4pm Yoga **FWC**
6pm Newspaper P/U **NW**
7pm Lecture Series with Moderator Conrad Waligorski **C CH1961 (W)**

3

9am Walk Away the Pounds **AC**
9:45am Tai Chi **C**
10:30am 3rd Floor South **V**
10:30am Strength and Chair Aerobics **C**
1pm Brain Teasers **V**
1:30pm Painting for Pleasure **AS**
3pm Diabetes Prevention Program: Prevent T2 **C (W)**
5pm Women's Razorback Basketball vs. Mississippi State **R S (W)**
(No Faith Study Today)

10

9am Walk Away the Pounds **AC**
9:45am Tai Chi **C**
10:15am Book Club **V**
10:30am Strength and Chair Aerobics **C**
1pm Brain Teasers **V**
1:30pm Painting for Pleasure **AS**
3pm Diabetes Prevention Program: Prevent T2 **C (W)**
6pm Hot Club of San Francisco Presents Cinema Vivant **WAC R S (W)**
7pm Teaching Technologies: Help with Your Computer, iPhone, iPad, Email and More **V**

17

8:15am Ace in the Hole Men's Breakfast
Sunset Grill **R S (W)**
9am Walk Away the Pounds **AC**
9:45am Tai Chi **C**
10am Mass, St. Joseph's **CH**
10am Communion, First Baptist **V**
10:30am Strength and Chair Aerobics **C**
1pm Communion, CUMC **CH**
1pm Brain Teasers **V**
1:30pm Painting for Pleasure **AS**
3pm Diabetes Prevention Program: Prevent T2 **C (W)**
7pm Faith Study **V**
7pm Original Poetry by Max Sutton and Jim Newman **PH (W)**

24

9am Walk Away the Pounds **AC**
9:45am Tai Chi **C**
10:30am Strength and Chair Aerobics **C**
1pm Brain Teasers HCC
1:30pm Painting for Pleasure **AS**
3pm Diabetes Prevention Program: Prevent T2 **C (W)**

31

9am Walk Away the Pounds **AC**
9:45am Tai Chi **C**
10:30am Strength and Chair Aerobics **C**
1pm Brain Teasers **V**
1:30pm Painting for Pleasure **AS**
3pm Diabetes Prevention Program: Prevent T2 **C (W)**

4

8:30am Resistance Training **FWC**
9am Yoga/Pilates **FWC**
9:30am H2O Aerobics **AC**
10:30am Village Homes **LDG**
10:45am Circuit Training with Spencer **C**
11am Cottages **V**
11:15am Balance Class **C**
1pm Bridge **G R**
1pm Crystal Bridges Museum of American Art Exhibition: Art for a New Understanding: Native Voices, 1950s to Now - Free Admission **R S (W)**
1pm Stained Glass Art w/ Sherry Young **AS R**
2pm Gentle Water Aerobics **AC**
2pm Low Vision Activity Group **V**
3pm Ping-Pong **AC**

11

8:30am Resistance Training **FWC**
9am Yoga/Pilates **FWC**
9:30am H2O Aerobics **AC**
10am-2pm Homespun Hobbies **V**
10:30am Fort Smith Museum of History **R S (W)**
10:45am Circuit Training with Spencer **C**
11:15am Balance Class **C**
1pm Bridge **G R**
1:30pm Stained Glass Art w/ Sherry Young **AS R**
2pm Gentle Water Aerobics **AC**
2pm Low Vision Activity Group **V**
3pm Ping-Pong **AC**
4:30pm Dine with Us at Lin's Garden **R S (W)**
5-6:30pm Dinner Music with Pianist Harold Chilton **C D**

18

8:30am Resistance Training **FWC**
9am Yoga/Pilates **FWC**
9:30am H2O Aerobics **AC**
10:45am Circuit Training with Spencer **C**
11:15am Balance Class **C**
1pm Bridge **G R**
1:30pm Stained Glass Art w/ Sherry Young **AS R**
2pm Gentle Water Aerobics **AC**
2pm Low Vision Activity Group **V**
3pm Fulbright Friday - School of Social Work: Bridging the University to Community and Career **PH (W)**
3pm Ping-Pong **AC**

25

8:30am Resistance Training **FWC**
9am Yoga/Pilates **FWC**
9:30am Coffee/Juice Bar **LB**
10am Town Meeting **PH**
10am-2pm Homespun Hobbies **V**
1pm Bridge **G R**
1:30pm Stained Glass Art w/ Sherry Young **AS R**
2pm Gentle Water Aerobics **AC**
2pm Low Vision Activity Group **V**
3pm Ping-Pong **AC**
5-6:30pm Dinner Music with Pianist Harold Chilton **C D**

EVENT TYPE & LOCATION SYMBOLS

Aquatic Center **AC** Convocation **C** Game **G** Performance Hall **PH**
Art Studio **AS** Cottages **CT** Green Room **GR** South/North Courtyard **SC NC**
Assisted Living **AL** Dining **D** Library **L** South/North Wing **SW NW**
Bistro **B** Family Room **F** Lobby **LB** Villa Room **V**
Chapel **CH** Fitness/Wellness Center **FWC** Lodge **LDG** Village Homes **VH**

Cable Channel 1961 **CH1961** Alma Performing Arts Center **APAC**
Fee **F** Arend Arts Center **AAC**
Resident Wait List Welcome **W** Arts Center of the Ozarks **ACO**
Sign-up Reservation Required **R** Faulkner Performing Arts Center **FPAC**
Shuttle Service to/from BTV Entrance **SS** Walton Arts Center **WAC**

5

10am Exercise for Arthritis DVD **CH1961**
10:30am Strength Training DVD **CH1961**
4pm Men's Razorback Basketball vs. Texas A&M **R S (W)**

12

10am Exercise for Arthritis DVD **CH1961**
10am Acrylic Painting Class with Linda Hayes **GR**
10:30am Strength Training DVD **CH1961**
11:15am Metropolitan Opera Live Presents: Adriana Lecouvreur by Cilea
Razorback Cinema **R S (W)**
Men's BB vs. LSU **R S (W)**
4pm Inspired by Beethoven: Kreutzer Sonata with Miho Oda Sakon and Tomoko Kashiwagi **PH (W)**

19

10am Exercise for Arthritis DVD **CH1961**
10:30am Strength Training DVD **CH1961**
1:15pm TheatreSquared Presents: Every Brilliant Thing **R S (W)**

26

10am Exercise for Arthritis DVD **CH1961**
10am Acrylic Painting Class with Linda Hayes **GR R (W)**
10:30am Strength Training **CH1961**
6:15pm Symphony of Northwest Arkansas (SoNA) Presents Masterworks II: Verdi & Chopin **WAC R S (W)**

Check Lobby Bulletin Boards, or BTV Cable 1960, regarding corrections, cancellations, or additions to this calendar. Notifications will be posted as soon as possible.