

## Paul's Run Independent Living January 2023 Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
New Year's Day <span style="float: right;">1</span>	New Year's Day Observed <span style="float: right;">2</span>	<span style="float: right;">3</span>	<span style="float: right;">4</span>	<span style="float: right;">5</span>	<span style="float: right;">6</span>	<span style="float: right;">7</span>
9:00 Catholic Mass-A 10:00 New Year's Day Treats-GH 10:45 New Year's Day Worship Service-C 11:30 Zumba with Kate-Ch 97 11:30-1:30 Early New Year's Dinner Main Dining Room 1:00 Eagles vs Saints-GH 1:30 Rhythm Fitness with Ryann-A 2:00 Kwanzaa Celebration-C 2:30 New Year's Entertainment-A Mummer's Performance	9:00 Catholic Mass-C 10:00 Morning Coffee-GH 10:30 Chair Aerobics with Matt-A 11:00 Yoga with Brian-C 1:00 Jeopardy Challenge with Ryann-A 2:45 Healthful Benefits of Music with Anna-A	9:30 Morning Prayers-C 10:00 Catholic Mass-C 10:30 Balance with Matt-A 12:30 Acme & Errand Run-A & B Lobby 1:15 Bingo-A 2:15 Spiritual Advisory Committee-SC 2:30 Crochet & Knitting Club-A 2:30 Judy's Crochet & Knitting Class-A 7:00 Evening Movie-A Glass Onion: A Knives Out Mystery (2022)	9:00 Catholic Mass-C 9:30 Acme Run-A & B Lobby 10:15 Tech Wednesday with Linda-GH 11:00 Whole Body Strength with Matt-A 11:00 Interfaith Bible Study-RR 12:30 Neshaminy Mall & Aldi A & B Lobby 1:00 Rosh Hodesh-GH 2:15 TED Talk Discussion-GH Topic: Do Schools Kill Creativity? 7:00 Evening BINGO-A	9:00 Exposition Prayer-C 10:15 Wii Bowling League-GH 10:45 Wii Hollywood Squares Tryout-GH 11:00 Yoga with Brian-C 12:30 ShopRite-A & B Lobby 1:00 Mahjongg Club-RR 1:15 POKENO-A 2:30 Music & Memories-A 6:00 Actor's Guild Rehearsal-GH 7:00 Thursday Movie-A Bob Fosse's All That Jazz (1979)	9:30 Morning Prayers-C 10:00 Catholic Mass-C 10:30 Balance with Matt-A 11:00 Grant UA Movie Theatre A & B Lobby 1:00 Popcorn & Movie Musical-A The Wind in the Willows 1:15 Open Wii Bowling-GH 2:15 Shabbat-C 7:00 Shabbat-C	10:00 Morning Coffee & Donuts-GH 11:00 Exercise with Kate-Ch 97 11:15 Trivia with Linda-A 1:15 BINGO-A 2:30 Frank Sinatra-A Live from Madison Square Garden (1974) Run Time: 53 min
<span style="float: right;">8</span>	<span style="float: right;">9</span>	<span style="float: right;">10</span>	<span style="float: right;">11</span>	<span style="float: right;">12</span>	<span style="float: right;">13</span>	<span style="float: right;">14</span>
9:00 Catholic Mass-A 10:00 Sunday Coffee-GH 10:45 Protestant Worship-C 11:30 Zumba with Kate-Ch 97 1:00 Dr Stephen Phillips Lecture-A 2:00 Steady Tempo Circle-A Creative Music Making	9:00 Catholic Mass-C 9:30 Errand & Bank Run-A & B Lobby 10:30 Chair Aerobics with Matt-A 11:00 Brain Games with Linda-GH 11:00 Yoga with Brian-C 12:30 ShopRite Trip-A & B Lobby 1:00 Chaplain's Chat-C 1:00 Men's Club Lecture Series-GH The American Presidency 1:15 BINGO-A	9:30 Morning Prayers-C 10:00 Catholic Mass-C 10:30 Balance with Matt-A 12:30 Acme & Errand Run-A & B Lobby 1:00 Word Mining with Stacy-GH 2:15 Crochet & Knitting Club-GH 2:30 Judy's Crochet & Knitting Class-GH 3:30 Centennial Celebration & Dinner-A *Invitation Required* 7:00 Evening Movie-A Ticket to Paradise (2022)	9:00 Catholic Mass-C 9:30 Acme Run-A & B Lobby 10:15 Tech Wednesday with Linda-GH 11:00 Whole Body Strength with Matt-A 11:00 Interfaith Bible Study-RR 12:30 Dollar Tree-A & B Lobby 1:30 Staff Expert Lecture Series-A Music Inspires Health with Ryann & Anna 7:00 Evening Entertainment-A Emily Tolnay	9:00 Exposition Prayer-C 10:15 Wii Bowling League-GH 11:00 Yoga with Brian-C 12:30 GIANT/Fine Wine & Spirits A & B Lobby 1:00 Mahjongg Club-RR 1:15 POKENO-A 2:30 Music & Memories-A 6:00 Actor's Guild Rehearsal-GH 7:00 Neil Diamond-A Greatest Hits in Concert	9:30 Morning Prayers-C 10:00 Catholic Mass-C 10:30 Balance with Matt-A 12:30 Parx Casino & Kohl's A & B Lobby 1:15 Open Wii Bowling-GH 1:30 Paul's Run Singers Practice-ML 2:00 Wine & Cheese-GH 2:15 Shabbat-C 7:00 Shabbat-C	10:00 Morning Coffee-GH 11:00 Exercise with Kate-Ch 97 11:00 Family Feud Trivia with Stacy-A 2:00 Music Entertainment-A Henry Koretz Duo
<span style="float: right;">15</span>	Martin Luther King Day <span style="float: right;">16</span>	<span style="float: right;">17</span>	<span style="float: right;">18</span>	<span style="float: right;">19</span>	<span style="float: right;">20</span>	<span style="float: right;">21</span>
9:00 Catholic Mass-A 10:00 Sunday Coffee-GH 10:00 Bell Choir-Gym 10:45 Protestant Worship-C 11:30 Zumba with Kate-Ch 97 2:00 Drum Circle with Percussionist Joe Tayoun-A	9:00 Catholic Mass-C 10:00 MLK Day of Community Service-A 11:00 Game Time with Linda-ML 11:00 Yoga with Brian-C 11:15 MLK Day Worship Service-C 1:30 Crafter's Corner-GH Inspirational Keychain Making "Bring your keys" 1:30 Remembering MLK Documentary-A King in the Wilderness	9:30 Morning Prayers-C 10:00 Catholic Mass-C 10:30 Balance with Matt-A 11:00 Who What, Where with Stacy-GH 12:30 Acme & Errand Run-A & B Lobby 1:15 Bingo-A 2:15 Crochet & Knitting Club-A 2:30 Judy's Crochet & Knitting Class-A 7:00 Evening Movie-A Till (2022)	9:00 Catholic Mass-C 9:30 Acme Run-A & B Lobby 10:15 Tech Wednesday with Linda-GH 11:00 Whole Body Strength with Matt-A 11:00 Interfaith Bible Study-RR 12:30 Neshaminy Mall & Aldi A & B Lobby 2:00 Music Entertainment-A Minnie Katan 7:00 Evening BINGO-A	9:00 Exposition Prayer-C 10:15 Wii Bowling League-GH 11:00 Yoga with Brian-C 12:30 ShopRite-A & B Lobby 1:00 Mahjongg Club-RR 1:15 POKENO-A 2:30 Music & Memories-A 6:00 Actor's Guild Rehearsal-GH 7:00 Thursday Documentary-A Gabby Giffords Won't Back Down	9:30 Morning Prayers-C 10:00 Catholic Mass-C 10:30 Balance with Matt-Gym 1:15 Open Wii Bowling-GH 1:15 Friday Movie-A Pincchio (2022) 1:30 Paul's Run Singers Practice-ML 2:15 Shabbat-C 7:00 Shabbat-C	10:00 Morning Coffee-GH 11:00 Exercise with Kate-Ch 97 11:15 Trivia with Linda-A 1:15 BINGO-A 2:30 The Story of Rod Stewart-A Run Time: 54 min

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Lunar New Year <span style="float: right;">22</span>	<span style="float: right;">23</span>	<span style="float: right;">24</span>	<span style="float: right;">25</span>	<span style="float: right;">26</span>	International Holocaust Remembrance Day <span style="float: right;">27</span>	<span style="float: right;">28</span>	
9:00 Catholic Mass-A 10:00 Sunday Coffee-GH 10:45 Protestant Worship-C 11:30 Zumba with Kate-Ch 97 1:30 Sunday Matinee-A Spielberg's The Fabelman's (2022)	9:00 Catholic Mass-C 9:30 Errand & Bank Run-A & B Lobby 9:30 Bell Choir-Gym 10:30 Chair Aerobics with Matt-A 11:00 Yoga with Brian-C 11:00 History Trivia with Linda-GH 12:30 ShopRite Trip-A & B Lobby 1:00 Chaplain's Chat-C 1:00 Opera Matinee-A Gilbert & Sullivan's The Mikado 1:30 Cooking with Linda-GH Let's Make Fudge!	9:30 Morning Prayers-C 10:00 Catholic Mass-C 10:30 Balance with Matt-A 11:00 Trivia with Stacy-GH 12:30 Acme & Errand Run-A & B Lobby 1:15 Bingo-A 2:15 Crochet & Knitting Club-A 2:30 Passages-ML 2:30 Judy's Crochet & Knitting Class-A 7:00 Evening Movie-A The Wonder (2022)	9:00 Catholic Mass-C 9:30 Acme Run-A & B Lobby 10:15 Tech Wednesday with Linda-GH 11:00 Whole Body Strength with Matt-A 11:00 Interfaith Bible Study-RR 12:30 Dollar Tree-A & B Lobby 1:30 Book Club Meeting-Library 1:30 New York Philharmonic-A Beethoven's Ode to Joy 7:00 Evening Entertainment-A Annie Williams Duo	9:00 Exposition Prayer-C 10:30 Community Service Club-GH 11:00 Yoga with Brian-C 12:30 Jenkintown: Whole Foods/Trader Joe's/Rosa/Panera A & B Lobby 1:00 Mahjongg Club-RR 1:30 February Calendar Chat w/ Molly-A 2:30 Broadway Sling with Molly-A 6:00 Actor's Guild Rehearsal-GH 7:00 Josh Groban's Big Radio City Music Show-A	9:30 Morning Prayers-C 10:00 Catholic Mass-C 10:30 Balance with Matt-A 12:30 Walmart Supercenter A & B Lobby 1:15 POKENO-A 1:30 Paul's Run Singers Rehearsal-A 2:15 Shabbat-C 7:00 Shabbat-C	10:00 Morning Coffee-GH 11:00 Exercise with Kate-Ch 97 11:00 Name Five with Stacy-A 1:00 BINGO-A 2:15 Saturday Documentary-A If These Walls Could Sing The untold story of the Abbey Road Studio, where interviews and intimates access to the premises. Run Time: 1hr 26mins	
<span style="float: right;">29</span>	<span style="float: right;">30</span>	National Hot Chocolate Day <span style="float: right;">31</span>	<div style="text-align: center;">  <p style="font-size: 2em; margin: 0;">2023</p> <p style="margin: 0;">HAPPY NEW YEAR</p> </div>			<b>** All Programs Subject to Change**</b>  <b>**Location**</b> A— Auditorium GH— Greenhouse RR— Recreation Room ML— Main Lobby C— Chapel LW— Liberty Walk	
9:00 Catholic Mass-A 10:00 Sunday Coffee-GH 10:00 Bell Choir-Gym 10:45 Protestant Worship-C 11:30 Zumba with Kate-Ch 97 1:30 Rhythm Fitness with Ryann 2:30 Introduction to Bell Choir-A Try it out! It's fun & easier than you think! No commitment!	9:00 Catholic Mass-C 9:30 Errand & Bank Run-A & B Lobby 9:30 Bell Choir-Gym 10:30 Chair Aerobics with Matt-A 11:00 Yoga with Brian-C 11:00 Brain Games with Linda-GH 12:30 ShopRite Trip-A & B Lobby 1:00 Chaplain's Chat-C 1:00 Steve Pollock Lecture Series-A 2:00 Wine & Cheese-GH	9:30 Morning Prayers-C 10:00 Catholic Mass-C 10:30 Balance with Matt-A 11:00 Reminisce & Discuss-GH 12:15 Men's Club Luncheon-GH Grilled Cheese & Tomato Sandwiches 12:30 Acme & Errand Run-A & B Lobby 1:15 Bingo-A 2:15 Crochet & Knitting Club-A 2:30 Judy's Crochet & Knitting Class-A 7:00 Evening Movie-A The Lost City (2022)					



**January Highlights**

Mental Wellness Month  
 New Year's Day  
 Martin Luther King Day  
 Lunar New Year  
 International Holocaust Remembrance Day

