

# January 2019

Brooke Grove Retirement Village  
Independent Living Community Calendar of Events



		Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Saturday 5
		<b>Westbrooke Clubhouse Closed</b>	<b>Kick-off 2019 with the Starvation Army Band</b> 🚗 2:30 in the TLC Room	9:30 Everyday Balance 10:30, 12:30 Local Shuttle 🚗 11:00 Cardio Dance; 11:30 Gentle Yoga 1:00 Group Training; 1:45 Stretch&Relax 5:00 <i>Kay on Piano</i>	<b>Great Courses Group</b> 10:00 in Red Room  <b>Movie: "Rebel in the Rye"</b> 🚗 2:00 in Gathering Room	<b>Sunday 6</b> <b>"Elf the Musical"</b> <b>Olney Theatre Center</b> 🚗 1:15 departure
			Monday 7	Tuesday 8	Wednesday 9	Thursday 10
11:00 Everyday Balance 12:30 Group Training 1:15 Stretch & Relax 2:00 T'ai Chi	10:00-11:00 <i>Blood Pressure Screening in the Admin Office</i>  1:00 Cardio Dance 1:30 Gentle Yoga	<b>Kate Pearl Tea Room at Gypsy's in Westminster, MD</b> 🚗 10:00 departure	9:30 Everyday Balance 10:30, 12:30 Local Shuttle 🚗 11:00 Cardio Dance; 11:30 Gentle Yoga 1:00 Group Training; 1:45 Stretch&Relax 2:30-4:30 <b>Seated Massage</b> 5:00 <i>Kay on Piano</i>	<b>Great Courses Group</b> 10:00 in Red Room  <b>Bridge Club</b> 2:00 at Betty Toomey's	<b>Sunday 13</b>	
Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	Saturday 19	
11:00 Everyday Balance 12:30 Group Training 1:15 Stretch&Relax 2:00 T'ai Chi	11:00 Group Training 1:00 Cardio Dance 1:30 Gentle Yoga	11:00 <b>Coffee Talk</b> <b>Duckpin Bowling</b> 🚗 1:30 departure 3:30 <i>Alzheimer's Caregiver Support Group</i>	9:30 Everyday Balance 10:30, 12:30 Local Shuttle 🚗 11:00 Cardio Dance; 11:30 Gentle Yoga 1:00 Group Training; 1:45 Stretch&Relax 5:00 <i>Kay on Piano</i>	<b>Great Courses Group</b> 10:00 in Red Room <b>Dale Mangum's Nature Photography</b> 🚗 3:00 in Gathering Room	<b>Sunday 20</b>	
Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25	Saturday 26	
11:00 Everyday Balance 12:30 Group Training 1:15 Stretch&Relax 2:00 T'ai Chi	10:00-11:00 <i>Blood Pressure Screening in the Admin Office</i>  1:00 Cardio Dance 1:30 Gentle Yoga	<b>Weschler's Antiques Appraisal Event</b> 🚗 1:00 to 3:00 in the Red Room	9:30 Everyday Balance 10:30, 12:30 Local Shuttle 🚗 1:00 Group Training; 1:45 Stretch&Relax 2:30-4:30 <b>Seated Massage</b> 5:00 <i>Kay on Piano</i>	<b>Snow Tubing at Liberty Mountain Resort</b> 🚗 8:30 departure (rain date is February 1) <b>Bridge Club</b> 2:00 at Betty Toomey's	<b>Sunday 27</b>	
Monday 28	Tuesday 29	Wednesday 30	Tuesday 31	"You cannot start the next chapter of your life, if you keep re-reading the last one."		
11:00 Everyday Balance 12:30 Group Training 1:15 Stretch&Relax 2:00 T'ai Chi	11:00 Group Training 1:00 Cardio Dance 1:30 Gentle Yoga	<b>Nancy &amp; Glenn O's New Zealand Photos</b> 🚗 2:30 in the TLC Room	9:30 Everyday Balance 10:30, 12:30 Local Shuttle 🚗 11:00 Cardio Dance; 11:30 Gentle Yoga 1:00 Group Training; 1:45 Stretch&Relax 5:00 <i>Kay on Piano</i>			