

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



- Arts & Culture
- Health & Fitness
- Life Long Learning
- Music
- Social Activities
- Spiritual Wellness

4

- 9:00 ■ Meditation & QiGong: Workout DVD
- 11:00 ■ Early Morning Movie: Come September
- 1:30 ■ Balance & Strength Fitness DVD
- 2:30 ■ Jewelry Making & Beading w/ Abigail
- 2:30 ■ Merion Matinee: Blind Folded
- 5:00 ■ Shiva Rea: Meditation DVD
- 7:00 ■ The Music Institute of Chicago Ensemble
- 7:30 ■ Sunday Night Movie: January Man

5

- 10:30 ■ Redefining Strength w/ Nichola
- 12:00 ■ Symbria Wellness: Aqua Flow
- 1:00 ■ Poetry Corner w/ Friends of the Merion
- 1:00 ■ Merion Bridge Club
- 1:30 ■ Symbria Wellness: Stretch & Flex
- 2:30 ■ Canvas Creations w/ Charlotta
- 4:00 ■ Happy Hour @ The Merion
- 7:30 ■ Monday Night Movie: Two Faces of January

6

- 9:15 ■ Integrated Movement for Mind & Body w/ Barbara
- 11:30 ■ Symbria Wellness: Fitness Training
- 1:00 ■ Mahjong @ The Merion
- 1:00 ■ Symbria Wellness: Aqua ABC'S (Abs, Back & Core)
- 2:30 ■ Symbria Wellness: Fitness Fusion
- 3:00 ■ History in Perspective w/ E. Finerman Presents: Meet Your Calendar
- 4:00 ■ Happy Hour & Live Music w/ Laura Hamm
- 7:30 ■ Tuesday Movie: Because I Said So

7

- 9:30 ■ Gentle Yoga w/ Leigh
- 10:30 ■ Merion Pool Time
- 12:00 ■ NETFLIX / Grace & Frankie Season Three/ Episode 2
- 1:00 ■ CHC: Blood Pressure Screening
- 1:00 ■ Fit & Functioning w/ Johnny
- 1:00 ■ Canasta Club @ The Merion
- 3:00 ■ Open Forum @ The Merion w/ Senior Connections
- 4:00 ■ Happy Hour & Live Music w/ Abigail R. Healy
- 7:00 ■ Poker Night @ The Merion
- 7:30 ■ Wednesday Night Movie: LBJ

1 NEW YEAR'S DAY / KWANZAA ENDS

- 9:30 ■ Sit and be Fit Fitness DVD
- 11:00 ■ (NCAAFB) The Orange Bowl
- 12:30 ■ Afternoon Movie: The Dream Team
- 1:00 ■ Merion Bridge Club
- 3:00 ■ (NCAAFB) The Rose Bowl
- 4:00 ■ Happy Hour @ The Merion
- 7:00 ■ (NCAAFB) The Sugar Bowl
- 7:30 ■ Thursday Night Movie: A Scent of a Woman

2

- 9:00 ■ Interfaith Musings w/ J. Agne
- 10:00 ■ Symbria: Balance Booster
- 11:30 ■ Merion Short Story Discussion w/ C. Garner
- 12:30 ■ PRIME / PBS: The American Revolution Season One / Episode 1
- 1:00 ■ The Hand & Foot Card Game
- 2:00 ■ Redefining Strength w/ Nichola
- 4:00 ■ Happy Hour @ The Merion
- 7:30 ■ Friday Night Movie: The Magic of Belle Isle

3 NATIONAL CHOCOLATE COVERED CHERRY DAY

- 10-12 ■ Billiards @ The Merion
- 11:00 ■ Bingo & Prizes w/ The Friends
- 11:00 ■ Balance & Strength Fitness DVD
- 12:30 ■ NETFLIX / HOMELAND Season One / Episode 1
- 1-3 ■ Rummikub at The Merion
- 1:30 ■ CINNAMON, CHAI, & CHEERIES!
- 6:00 ■ Focused Reflection w/ Mui
- 7:30 ■ Saturday Night Movie: Something's Gotta Give

4

- 9:00 ■ Meditation & QiGong: Workout DVD
- 11:00 ■ Early Morning Movie: Come September
- 1:30 ■ Balance & Strength Fitness DVD
- 2:30 ■ Jewelry Making & Beading w/ Abigail
- 2:30 ■ Merion Matinee: Blind Folded
- 5:00 ■ Shiva Rea: Meditation DVD
- 7:00 ■ The Music Institute of Chicago Ensemble
- 7:30 ■ Sunday Night Movie: January Man

5

- 10:30 ■ Redefining Strength w/ Nichola
- 12:00 ■ Symbria Wellness: Aqua Flow
- 1:00 ■ Poetry Corner w/ Friends of the Merion
- 1:00 ■ Merion Bridge Club
- 1:30 ■ Symbria Wellness: Stretch & Flex
- 2:30 ■ Canvas Creations w/ Charlotta
- 4:00 ■ Happy Hour @ The Merion
- 7:30 ■ Monday Night Movie: Two Faces of January

6

- 9:15 ■ Integrated Movement for Mind & Body w/ Barbara
- 11:30 ■ Symbria Wellness: Fitness Training
- 1:00 ■ Mahjong @ The Merion
- 1:00 ■ Symbria Wellness: Aqua ABC'S (Abs, Back & Core)
- 2:30 ■ Symbria Wellness: Fitness Fusion
- 3:00 ■ History in Perspective w/ E. Finerman Presents: Meet Your Calendar
- 4:00 ■ Happy Hour & Live Music w/ Laura Hamm
- 7:30 ■ Tuesday Movie: Because I Said So

7

- 9:30 ■ Gentle Yoga w/ Leigh
- 10:30 ■ Merion Pool Time
- 12:00 ■ NETFLIX / Grace & Frankie Season Three/ Episode 2
- 1:00 ■ CHC: Blood Pressure Screening
- 1:00 ■ Fit & Functioning w/ Johnny
- 1:00 ■ Canasta Club @ The Merion
- 3:00 ■ Open Forum @ The Merion w/ Senior Connections
- 4:00 ■ Happy Hour & Live Music w/ Abigail R. Healy
- 7:00 ■ Poker Night @ The Merion
- 7:30 ■ Wednesday Night Movie: LBJ

8

- 9:30 ■ Balance, Mobility, & Wellness w/ Mike
- 11:00 ■ BeMoved Dance w/ Heidi
- 12:30 ■ NETFLIX / BREAKDOWN: 1975
- 1:00 ■ Merion Bridge Club
- 2:00 ■ Tasty Thursdays @ The Merion
- 3:00 ■ Let's Talk w/ Greg 5 Perspectives of America From Abroad
- 4:00 ■ Happy Hour @ The Merion
- 7:30 ■ Thursday Night Movie: Moving On

9

- 9:00 ■ Interfaith Musings w/ J. Agne
- 12:30 ■ PRIME / PBS: The American Revolution Season One/ Episode 2
- 1:00 ■ The Hand & Foot Card Game
- 2:30 ■ Museums of the World w/ Debra L. Presents: Costume Institute
- 4:00 ■ Happy Hour & Live Music w/ Ameerah Tatum
- 7:30 ■ Friday Night Movie: Annie Hall

10

- 10-12 ■ Billiards @ The Merion
- 11:00 ■ Bingo & Prizes w/ Friends
- 11:00 ■ Balance & Strength Fitness DVD
- 12:30 ■ NETFLIX / HOMELAND Season One / Episode 2
- 1-3 ■ Rummikub @ The Merion
- 1:00 ■ Fit & Functioning w/ Johnny
- 2:30 ■ February and March Review w/ Tammy
- 7:30 ■ Saturday Night Movie: The Story of Us

11 SUNDAY BRUNCH AT THE MERION

- 9:00 ■ Meditation & QiGong: Workout DVD
- 11:00 ■ Merion Sunday Brunch
- 11:00 ■ Early Morning Movie: Man's Favorite Sport
- 1:30 ■ Balance & Strength Fitness DVD
- 2:30 ■ Music Discovery w/ Dr. Dan Healy Presents: Carmen McRae
- 2:30 ■ Merion Matinee: Has Anybody Seen My Gal
- 5:00 ■ Shiva Rea: Meditation DVD
- 7:00 ■ The 83rd Annual Golden Globes / CBS
- 7:30 ■ Sunday Night Movie: SHINE

12

- 10:30 ■ Redefining Strength w/ Nichola
- 12:00 ■ Symbria Wellness: Aqua Flow
- 1:00 ■ Current Events Discussion w/ H. Voeks
- 1:00 ■ Merion Bridge Club
- 1:30 ■ Symbria Wellness: Stretch & Flex
- 4:00 ■ Happy Hour @ The Merion
- 7:30 ■ Strings and Conversations w/ Jaime G. & Sandro T.
- 7:30 ■ Monday Night Movie: AIRPLANE

13

- 9:15 ■ Integrated Movement for Mind & Body w/ Barbara
- 11:30 ■ Symbria Wellness: Fitness Training
- 12:30 ■ NETFLIX / JAY KELLY
- 1:00 ■ Mahjong @ The Merion
- 1:00 ■ Symbria Wellness: Aqua ABC'S (Abs, Back & Core)
- 2:30 ■ Symbria Wellness: Fitness Fusion
- 4:00 ■ Happy Hour @ The Merion
- 7:30 ■ Tuesday Night Movie: The American President

14

- 9:30 ■ Gentle Yoga w/ Leigh
- 11:00 ■ Merion Roundtable Discussion w/ Doug Asbury
- 12:00 ■ NETFLIX / Grace and Frankie Season Three/ Episode 3
- 1:00 ■ CHC: Blood Pressure Screening
- 1:00 ■ Fit & Functioning w/ Johnny
- 1:00 ■ Canasta Club @ The Merion
- 4:00 ■ Happy Hour & Live Music w/ Jerry Tiberi Trio
- 7:00 ■ POKER NIGHT @ The Merion
- 7:30 ■ Wednesday Night Movie: The First Wives Club

15 DR. MARTIN LUTHER KING, JR. BDAY

- 9:30 ■ Sit and be Fit Fitness DVD
- 11:00 ■ Fit & Functioning w/ Johnny
- 1:00 ■ Merion Book Club Meet Up
- 2:00 ■ Tasty Thursdays @ The Merion
- 3:00 ■ MLK: I Have a Dream DVD
- 4:00 ■ Happy Hour & Live Music w/ S. Aaron
- 7:30 ■ Thursday Night Movie: John Lewis / Good Trouble

16

- 9:00 ■ Interfaith Musings w/ J. Agne
- 10:00 ■ Symbria: Balance Booster
- 11:30 ■ Merion Short Story Discussion w/ C. Garner
- 12:30 ■ PRIME / PBS: The American Revolution Season One/ Episode 3
- 1:00 ■ The Hand & Foot Card Game
- 4:00 ■ Shabbat Services w/ Carol G. & Suzy F.
- 4:00 ■ Happy Hour @ The Merion
- 7:30 ■ Friday Night Movie: The Bucket List

17

- 10-12 ■ Billiards @ The Merion
- 11:00 ■ Bingo & Prizes w/ Friends
- 11:00 ■ Balance & Strength Fitness DVD
- 12:30 ■ NETFLIX / HOMELAND Season One / Episode 3
- 1-3 ■ Rummikub @ The Merion
- 6:00 ■ Focused Reflection w/ Mui
- 7:30 ■ Saturday Night Movie: POMS

18

- 9:00 ■ Meditation & QiGong: Workout DVD
- 11:00 ■ Early Morning Movie: Strange Bedfellows
- 1:30 ■ Balance & Strength Fitness DVD
- 2:30 ■ Jewelry Making & Beading w/ Abigail
- 2:30 ■ Merion Matinee: Dirty Dancing
- 5:00 ■ Shiva Rea: Meditation DVD
- 7:00 ■ The Music Institute of Chicago Ensemble
- 7:30 ■ Sunday Night Movie: Gone With The Wind, Part One

19 DR. MARTIN LUTHER KING, JR. DAY

- 10:30 ■ Redefining Strength w/ Nichola
- 12:00 ■ Symbria Wellness: Aqua Flow
- 1:00 ■ Poetry Corner w/ Friends of the Merion
- 1:00 ■ Merion Bridge Club
- 1:30 ■ Symbria Wellness: Stretch & Flex
- 2:30 ■ Canvas Creations w/ Charlotta
- 4:00 ■ Happy Hour @ The Merion
- 7:30 ■ Monday Night Movie: Gone With The Wind, Part Two

20

- 9:15 ■ Integrated Movement for Mind & Body w/ Barbara
- 11:30 ■ Symbria Wellness: Fitness Training
- 1:00 ■ Mahjong @ The Merion
- 1:00 ■ Symbria Wellness: Aqua ABC'S (Abs, Back & Core)
- 2:30 ■ Symbria Wellness: Fitness Fusion
- 3:00 ■ History in Perspective w/ E. Finerman Presents: The Anniversary of Parliament
- 4:00 ■ Happy Hour & Live Music Chicago Jazz Dads
- 7:30 ■ Tuesday Night Movie: Alex & Emma

21

- 9:30 ■ Gentle Yoga w/ Leigh
- 10:30 ■ Merion Pool Time
- 12:00 ■ NETFLIX / Grace & Frankie Season Three/ Episode 4
- 1:00 ■ CHC: Blood Pressure Screening
- 1:00 ■ Fit & Functioning w/ Johnny
- 1:00 ■ Canasta Club @ The Merion
- 3:00 ■ Open Forum @ The Merion
- 4:00 ■ Happy Hour @ The Merion
- 7:00 ■ Poker Night @ The Merion
- 7:30 ■ Wednesday Night Movie: Book Club

22

- 9:30 ■ Sit and be Fit Fitness DVD
- 12:30 ■ NETFLIX / 27 NIGHTS
- 1:00 ■ Merion Bridge Club
- 2:00 ■ Tasty Thursdays @ The Merion
- 3:00 ■ Let's Talk w/ Greg The Past /Continues to Influence Us
- 4:00 ■ Happy Hour @ The Merion
- 7:30 ■ Thursday Night Movie: The Women

23

- 9:00 ■ Interfaith Musings w/ J. Agne
- 10:00 ■ Symbria: Balance Booster
- 12:30 ■ PRIME / PBS: The American Revolution Season One/ Episode 4
- 1:00 ■ The Hand & Foot Card Game
- 2:30 ■ Art Alive Programming w/ Debra Levie Presents: Diego Velazquez, Part Two
- 4:00 ■ Happy Hour & Live Music w/ A. Tatum
- 7:30 ■ Friday Night Movie: And So It Goes

24

- 10-12 ■ Billiards @ The Merion
- 11:00 ■ Bingo & Prizes w/ Friends
- 11:00 ■ Balance Booster Fitness DVD
- 12:30 ■ NETFLIX / HOMELAND Season One / Episode 4
- 1-3 ■ Rummikub @ The Merion
- 2:30 ■ Music Appreciation Lecture w/ Kurt Medieval, Renaissance, Baroque, & Classical
- 7:30 ■ Saturday Night Movie: When Harry Met Sally

25

- 9:00 ■ Meditation & QiGong: Workout DVD
- 11:00 ■ Early Morning Movie: A Very Special Favor
- 1:30 ■ Balance & Strength Fitness DVD
- 2:30 ■ Music Discovery w/ Dr. Dan Healy Presents: Lester Young
- 2:30 ■ Merion Matinee: HITCH
- 5:00 ■ Shiva Rea: Meditation DVD
- 7:00 ■ Viva Viols/ New Year, New Memories Venus Fu & Linda Chessick
- 7:30 ■ Sunday Night Movie: Gone With The Wind, Part Three

26

- 10:30 ■ Redefining Strength w/ Nichola
- 12:00 ■ Symbria Wellness: Aqua Flow
- 1:00 ■ Current Events Discussion w/ H. Voeks
- 1:00 ■ Merion Bridge Club
- 1:30 ■ Symbria Wellness: Stretch & Flex
- 2:30 ■ Symbria Wellness w/ Herman Approach to Fall Prevention
- 4:00 ■ Happy Hour & Live Music w/ Maracujaz Band
- 7:30 ■ Monday Night Movie: Gone With The Wind, Part Four

27

- 9:15 ■ Integrated Movement for Mind & Body w/ Barbara
- 11:30 ■ Symbria Wellness: Fitness Training
- 12:30 ■ NETFLIX / The New Yorker At 100
- 1:00 ■ Mahjong @ The Merion
- 1:00 ■ Symbria Wellness: Aqua ABC's (Abs, Back & Core)
- 2:30 ■ Symbria Wellness: Fitness Fusion
- 4:00 ■ Happy Hour & Live Music w/ Jerry Tiberi Trio
- 4:00 ■ Happy Hour @ The Merion
- 7:30 ■ Tuesday Night Movie: Love the Coopers