



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 NEW YEAR'S DAY / KWANZAA ENDS 9:30 Stronger Seniors Core Fitness DVD 12:00 Afternoon Movie: The Five Pennies 12:00 (NCAAFB) The Peach Bowl 1:00 Canasta Club @ The Merion 4:00 Happy Hour @ The Merion 4:00 (NCAAFB) The Rose Bowl 7:00 Scrabble Group @ The Merion 7:30 Wednesday Night Movie: January Man 7:45 (NCAAFB) The Sugar Bowl	2 HANUKAH ENDS 9:30 Stronger Seniors Core Fitness DVD 12:30 PBS/Leonardo da Vinci: Disciple of Experience Season One / Episode 1 1:00 Merion Bridge Club 2:00 Tasty Thursdays @ The Merion 3:00 The Evolution of a Novel w/ Greg S. 4:00 Happy Hour & Live Music w/ S. Aaron 6:00 Focused Reflection w/ Mui 7:30 Thursday Movie: The Two Faces of January	3 9:00 Interfaith Musings w/ J. Agne 10:00 Symbria: Balance Booster 11:30 Short Story Discussion w/ Al Erlebacher "2024 Election: Unique, Different or Normal" 12:30 PRIME/ CROSS: Season One/Episode 1 1:00 The Hand & Foot Card Game 3:00 Musical Lectures w/ Stephen Presents: The Rite of Spring 4:00 Happy Hour @ The Merion 7:30 Friday Night Movie: Guarding Tess	4 10-12 Billiards @ The Merion 11:00 Bingo & Prizes w/Mary 11:00 Stronger Seniors Core Fitness DVD 12:30 NETFLIX/ A Man on the Inside Season One / Episodes 1 & 2 1-3 Rummikub @ The Merion 2:30 Art Alive Programming w/D. Levie 7:30 Saturday Movie :Love Simon
5 9:00 Meditation & QiGong Workout DVD 11:00 Early Morning Movie: Career Girl 1:30 Balance Booster Fitness DVD 2:30 Merion Matinee: Delightfully Dangerous 5:00 Shiva Rea: Meditation DVD 7:30 Sunday Night Movie: Away From Her	6 9:00 Symbria Wellness: Aqua Flow 10:30 Redefining Strength w/ Nichola 1:00 Poetry Corner @ The Merion with Greg S. & Irene E. 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: Blood Tide	7 9:15 Integrated Movement for Mind & Body w/ Barbara 11:30 Symbria Wellness: Fitness Training 12:30 APPLE TV / BLITZ 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 Producers	8 9:30 Gentle Yoga w/ Leigh 12:00 PRIME / YELLOWSTONE Season Five / Episode 9 1:00 Fit & Functioning w/ Johnny 1:00 Canasta Club @ The Merion 3:00 Open Forum @ The Merion 4:00 Happy Hour & Live Music w/ Jerry Tiberi Trio 7:00 Scrabble Group @ The Merion 7:30 Wednesday Night Movie: The Sunshine Boys	9 9:30 Personalized Fitness w/ Mike McGinn 11:00 BeMoved Dance w/ Heidi 12:30 PBS/Leonardo da Vinci: Painter God Season One / Episode 2 1:00 Merion Bridge Club 1:30 The Chasers Acapella Group 2:00 Tasty Thursdays @ The Merion 4:00 Happy Hour @ The Merion 7:30 Thursday Night Movie: On Golden Pond	10 9:00 Interfaith Musings w/ J. Agne 10:00 Symbria: Balance Booster 11:30 Fit & Functioning w/ Johnny 12:30 PRIME/ CROSS: Season One/Episode 2 1:00 The Hand & Foot Card Game 2:30 Merion Merionittes Billiards vs Northwestern University 4:00 Happy Hour @ The Merion 7:30 Friday Night Movie: The Peanut Butter Falcon	11 10-12 Billiards @ The Merion 11:00 Bingo & Prizes w/Mary 11:00 Stronger Seniors Core Fitness DVD 12:30 NETFLIX/ A Man on the Inside Season One / Episodes 3 & 4 1-3 Rummikub @ The Merion 2:30 Museums of the World w/D. Levie 7:30 Saturday Night Movie :Juno
12 SUNDAY BRUNCH 9:00 Meditation & QiGong Workout DVD 11:00 Early Morning Movie: Swing Hostess 11:00 Sunday Brunch at The Merion 1:30 Balance Booster Fitness DVD 2:30 Merion Matinee: The Fabulous Dorseys 5:00 Shiva Rea: Meditation DVD 7:00 Music Institute of Chicago w/ Dr. Soo Lee 7:30 Sunday Night Movie: Autumn Spring	13 9:00 Symbria Wellness: Aqua Flow 10:30 Redefining Strength w/ Nichola 1:00 Current Events w/ Howard Voeks 1:00 Merion Bridge Club 1:30 Symbria Wellness: Stretch & Flex 2:30 Symbria Wellness Presents: Back to Action 4:00 Happy Hour @ The Merion 7:30 Monday Night Movie: Deadly Drifter	14 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/ Eugene Presents "Meet Your Calendar" 4:00 Happy Hour @ The Merion 7:30 Tuesday Night Movie: CRASH	15 DR. MARTIN LUTHER KING, JR. BIRTHDAY 9:30 Gentle Yoga w/ Leigh 11:00 Merion Roundtable Discussion w/ Doug Asbury 12:00 PRIME / YELLOWSTONE Season Five / Episode 10 1:00 Fit & Functioning w/ Johnny 1:00 Canasta Club @ The Merion 1:15 Interview w/ Dr. Martin Luther King, Jr. DVD 3:00 MLK: I Have a Dream DVD 4:00 Happy Hour & Live Music w/ Jerry Tiberi Trio 7:00 Scrabble Group @ The Merion 7:30 Wednesday Movie: John Lewis/ Good Trouble	16 9:00 OnSite Dermatology Visit 11:00 BeMoved Dance w/ Heidi 1:00 Merion Bridge Club 1:00 Merion Book Club Meet Up 2:00 Tasty Thursdays @ The Merion 3:00 February and March Review w/ Tammy 4:00 Happy Hour @ The Merion 6:00 Focused Reflection w/ Mui 7:30 Thursday Movie: SecondHand Lions	17 9:00 Interfaith Musings w/ J. Agne 10:00 Symbria: Balance Booster 11:30 Short Story Discussion w/ R. Newland "Minimum Payment Due" 12:3 PRIME/ CROSS: Season One/Episode 3 1:00 The Hand & Foot Card Game 3:00 Super Bingo & Prizes w/ Mary & Tammy 4:00 Happy Hour & Live Music w/ Ameerah Tatum 7:30 Friday Night Movie: Forget Paris	18 10-12 Billiards @ The Merion 11:00 Bingo & Prizes w/Mary 11:00 Stronger Seniors Core Fitness DVD 12:30 NETFLIX/ A Man on the Inside Season One / Episodes 5 & 6 1-3 Rummikub @ The Merion 2:30 Music Appreciation Lecture w/ Kurt 7:30 Saturday Night Movie: TAR
19 9:00 Meditation & QiGong Workout DVD 11:00 Early Morning Movie: Calendar Girl 1:30 Balance Booster Fitness DVD 2:30 Merion Matinee: The Duke is Tops 5:00 Shiva Rea: Meditation DVD 7:30 The Chen Family String Quartet 7:30 Sunday Night Movie: To Catch a Thief	20 DR. MARTIN LUTHER KING, JR. DAY 9:00 Symbria Wellness: Aqua Flow 10:30 Redefining Strength w/ Nichola 1:00 Poetry Corner @ The Merion with Greg S. & Irene E. 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: The River Niger	21 9:15 Integrated Movement for Mind & Body w/ Barbara 11:30 Symbria Wellness: Fitness Training 12:30 NETFLIX/ Jamie Foxx: What Had Happened Was... 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/ Kurt & Deane 7:30 Tuesday Night Movie: CASABLANCA	22 9:30 Gentle Yoga w/ Leigh 12:00 PRIME / YELLOWSTONE Season Five / Episode 11 1:00 Canasta Club @ The Merion 1:00 Fit & Functioning w/ Johnny 3:00 Open Forum @ The Merion 4:00 Happy Hour @ The Merion 7:00 Scrabble Group @ The Merion 7:30 Wednesday Night Movie: Footloose	23 11:00 BeMoved Dance w/ Heidi 12:30 NETFLIX/ The Children's Train 1:00 Merion Bridge Club 2:00 Mindful Movement @ Breathe w/ Barbara 2:00 Tasty Thursdays @ The Merion 4:00 Happy Hour & Live Music w/ S. Aaron 7:30 Thursday Movie: Downton Abbey	24 9:00 Interfaith Musings w/ J. Agne 10:00 Symbria: Balance Booster 11:30 Fit & Functioning w/ Johnny 12:30 PRIME/ CROSS: Season One/Episode 4 1:00 The Hand & Foot Card Game 3:00 Musical Lectures w/ Stephen Presents: Petroushka 4:00 Happy Hour @ The Merion 4:00 Shabbat Services w/ Suzy F. & Carol G. 7:30 Friday Night Movie: Moving On	25 10-12 Billiards @ The Merion 11:00 Bingo & Prizes w/Mary 11:00 Stronger Seniors Core Fitness DVD 12:30 NETFLIX/ A Man on the Inside Season One / Episodes 7 & 8 1-3 Rummikub @ The Merion 2:30 Music Appreciation Lecture w/ Kurt 7:30 Saturday Night Movie: The Visitor
26 9:00 Meditation & QiGong Workout DVD 11:00 Early Morning Movie: Paradise in Harlem 1:30 Balance Booster Fitness DVD 2:30 Merion Matinee: Mrs. Palfrey at the Claremont 5:00 Shiva Rea: Meditation DVD 7:00 Music Institute of Chicago w/ Dr. Soo Lee 7:30 Sunday Movie: The Last of the Blonde Bombshells	27 9:00 Symbria Wellness: Aqua Flow 10:30 Redefining Strength w/ Nichola 1:00 Current Events w/ Howard Voeks 1:00 Merion Bridge Club 1:30 Symbria Wellness: Stretch & Flex 4:00 Happy Hour @ The Merion 7:30 Magic of Strings w/ Jaime Gorgojo 7:30 Monday Night Movie: Death of a Prophet	28 9:15 Integrated Movement for Mind & Body w/ Barbara 11:30 Symbria Wellness: Fitness Training 12:30 NETFLIX/ MARY 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/ Eugene Presents "Chairman Mao" 4:00 Happy Hour @ The Merion 7:30 Tuesday Movie: Ladies in Lavender	29 9:30 Gentle Yoga w/ Leigh 11:00 Merion Roundtable Discussion w/ Doug Asbury 12:00 PRIME / YELLOWSTONE Season Five / Episode 12 1:00 Canasta Club @ The Merion 1:00 Fit & Functioning w/ Johnny 4:00 January Resident Birthday Celebration 4:00 Happy Hour & Live Music w/ Jerry Tiberi Trio 7:00 Scrabble Group @ The Merion 7:30 Wednesday Night Movie: Stepmom	30 9:30 Tai Chi Fitness w/ .Mike McGinn 11:00 BeMoved Dance w/ Heidi 12:30 NETFLIX/ MARIA 1:00 Merion Bridge Club 2:00 Tasty Thursdays @ The Merion 3:00 Christian Nationalism w/ Greg S. 4:00 Happy Hour @ The Merion 7:30 Thursday Night Movie: Senior Moment	31 PRIME RIB NIGHT 9:00 Interfaith Musings w/ J. Agne 10:00 Symbria: Balance Booster 11:30 Short Story Discussion w/ M. Mickel "Four Years in a Shed" 12:30 PRIME/ CROSS: Season One/Episode 5 1:00 The Hand & Foot Card Game 1:30 ESO/ Musical Insights: SHOSTAKOVICH 5th w/ Cellist Christine Lamprea 4:00 Happy Hour & Live Music w/Ameerah Tatum 5:00 Prime Rib Night at The Merion 7:30 Friday Night Movie: Back to the Future	Arts & Culture Health & Fitness Life Long Learning Music Social Activities Spiritual Wellness