

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1 NEW YEAR'S DAY KWANZA ENDS</b> 9:00 ■ Meditation & QiGong Workout DVD 12:00 ■ NFL / Chicago Bears vs Detroit Lions 3:00 ■ Jane Fonda Walkout Fitness DVD 3:25 ■ NFL / Minnesota Vikings vs Green Bay Packers 5:00 ■ Shiva Rea: Meditation DVD 7:20 ■ NFL / LA Rams vs San Diego Chargers 7:30 ■ Sunday Night Movie: Freedom Writers	<b>2</b> 10:30 ■ Redefining Strength w/ Nichola 11:00 ■ Blood Pressure Screening 1:00 ■ Merion Bridge Club 1:00 ■ Current Events Discussion w/ H. Voeks 2:30 ■ Canvas Creations w/ Charlotta 4:00 ■ Happy Hour & Live Music w/ Abigail Riccards Healy 7:30 ■ Monday Movie: Mrs. Palfrey at the Claremont	<b>3</b> 9:30 ■ Jane Fonda Walkout Fitness DVD 10:00 ■ Podiatrist visit w/ Dr. Bester 11:00 ■ Men's vs Women's Friendships w/ Charlotta & Mui 1:00 ■ Mahjong @ The Merion 2:30 ■ Interesting American Lives w/ Greg S. 4:00 ■ Happy Hour @ The Merion 6:00 ■ Mindful Meditation w/ Mui	<b>4</b> 9:30 ■ Gentle Yoga w/ Leigh B. 11:00 ■ Musings of an Improvised Life w/ Lorelie G. 12:00 ■ NETFLIX/ Call the Midwife Season One/Episodes 1 & 2 1:00 ■ Fit & Functioning w/ Johnny 1:00 ■ Canasta Club @ The Merion 2:00 ■ Mindfulness & Self Compassion w/ Meg Rondenet 4:00 ■ Happy Hour & Live Music The Jerry Tiberi Trio 7:30 ■ Piano & Violin Concert w/ K. Sudman & V. Catalano 7:30 ■ Wednesday Night Movie: Queen Bees	<b>5</b> 9:30 ■ Tai Chi Fitness w/ Mike McGinn 11:00 ■ BeMoved Dance w/ Heidi 12:00 ■ PRIME: The Woman King 1:00 ■ Merion Bridge Club 2:00 ■ Aquatic Fitness w/ Suzy 3:00 ■ Merion Movie Showcase PRIME: The Woman King 4:00 ■ Happy Hour & Live Music w/ S. Aaron 7:30 ■ Thursday Movie: Senior Moment	<b>6</b> 10:00 ■ Aqua Aerobics w/ Nichola 11:30 ■ Merion Short Story Discussion w/ Glen "Il Colore Ritrovato" 11:30 ■ Glass Onion: A Knives Out Mystery 1:30 ■ Pilates Fitness w/ Suzy 3:00 ■ Musical Lectures w/ S. Kleiman "Ludwig van Beethoven: Symphony #9" 4:00 ■ Happy Hour @ The Merion 7:30 ■ Friday Night Movie: Where the Crawdads Sing	<b>7</b> 10:00 ■ French Connections w/ Koffi 11:00 ■ Bingo & Prizes w/ Mary 12:00 ■ NETFLIX/ CAT Season One / Episodes 1 & 2 1:00 ■ Fit & Functioning w/ Johnny 2:30 ■ Art Alive Programming w/ D. Levie "The Armory Show" 7:30 ■ Saturday Night Movie: Blacklight
<b>8</b> 9:00 ■ Meditation & QiGong Workout DVD 11:00 ■ Fitness Equipment Training w/ David 11:30 ■ Body Balance Strength & Fitness w/ David 1:00 ■ Card Creations w/ Pam 3:00 ■ Jane Fonda Walkout Fitness DVD 5:00 ■ Shiva Rea: Meditation DVD 7:30 ■ Music Institute of Chicago Ensemble 7:30 ■ Sunday Night Movie: Finding Forrester	<b>9</b> 10:30 ■ Redefining Strength w/ Nichola 11:00 ■ Blood Pressure Screening 1:00 ■ Poetry Corner @ The Merion w/ Greg S. & Irene E. 1:00 ■ Merion Bridge Club 2:30 ■ Canvas Creations w/ Charlotta 4:00 ■ Happy Hour @ The Merion 7:30 ■ Monday Night Movie: Ladies in Lavender	<b>10</b> 9:30 ■ Integrated Movement for Mind & Body w/ Barbara 11:00 ■ Merion Field Trip: The Field Museum 11:30 ■ NETFLIX/ 7 Women and a Murder 1:00 ■ Mahjong @ The Merion 3:00 ■ History in Perspective w/ Eugene "The Real Machiavelli" 4:00 ■ Happy Hour @ The Merion 6:00 ■ Mantra Meditation w/ Mui	<b>11 HOT TODDY DAY</b> 9:30 ■ Gentle Yoga w/ Leigh B. 11:00 ■ Musings of an Improvised Life w/ Loreli G.e 12:00 ■ NETFLIX/ Call the Midwife, Season One/Episodes 3 & 4 1:00 ■ Fit & Functioning w/ Johnny 1:00 ■ Canasta Club @ The Merion 2:00 ■ Mindfulness & Self Compassion w/ Meg Rondenet 3:00 ■ Hot Toddy Day @ Open Forum 4:00 ■ Happy Hour & Live Music The Jerry Tiberi Trio 7:30 ■ Wednesday Night Movie: Blackbird	<b>12</b> 9:30 ■ Tai Chi Fitness w/ Mike McGinn 10:00 ■ Covid Booster Clinic 11:00 ■ BeMoved Dance w/ Heidi 1:00 ■ Merion Bridge Club 2:00 ■ Mindful, Stretch, Balance & Breathe w/ Barbara 3:00 ■ History of an American Musical w/ Betty Mohr "Oklahoma!" 4:00 ■ Happy Hour @ The Merion 7:30 ■ Thursday Movie: Lightkeepers	<b>13 LOBSTER FEST</b> 10:00 ■ Aqua Aerobics w/ Nichola 12:30 ■ NETFLIX/ Harry & Meghan Season One/Episode 1 1:30 ■ Pilates Fitness w/ Suzy 2:30 ■ Let's Talk Theatre w/ Maura J. "From a Raisin in the Sun to Clybourne Park" 4:00 ■ Happy Hour & Live Music w/ A. Tatum 5:00 ■ Lobster Fest @ The Merion 7:30 ■ Friday Night Movie: The Lost City	<b>14</b> 10:00 ■ French Connections w/ Koffi 11:00 ■ Bingo & Prizes w/ Mary 12:00 ■ NETFLIX/ CAT Season One/ Episodes 3&4 1:00 ■ Personalized Fitness w/ Mike McGinn 2:30 ■ Museum of the World w/ D. Levie "The Phillip's Collection" 7:30 ■ Saturday Night Movie: The Unbearable Weight of Massive Talent
<b>15 Dr. Martin Luther King, Jr. BDAY</b> 9:00 ■ Meditation & QiGong Workout DVD 11:30 ■ Body Balance Strength & Fitness w/ David 1:30 ■ Jane Fonda Walkout Fitness DVD 2:30 ■ Interview w/ Dr. Martin Luther King Jr. DVD 5:00 ■ Shiva Rea: Meditation DVD 7:30 ■ The Chen Family String Quartet 7:30 ■ Sunday Night Movie: I Have A Dream	<b>16</b> 10:30 ■ Redefining Strength w/ Nichola 11:00 ■ Blood Pressure Screening 1:00 ■ Current Events Discussion w/ H. Voeks 1:00 ■ Merion Bridge Club 2:30 ■ Canvas Creation w/ Charlotta 4:00 ■ Happy Hour & Live Music w/ Tim Fitzgerald 7:30 ■ Monday Night Movie: Young at Heart	<b>17</b> 9:30 ■ Integrated Movement for Mind & Body w/ Barbara 11:30 ■ NETFLIX/ Prisoners 12:00 ■ Wildfire Restaurant 1:00 ■ Mahjong @ The Merion 2:30 ■ Interesting American Lives w/ Greg S. 4:00 ■ Happy Hour @ The Merion 6:00 ■ Mindful Meditation w/ Mui	<b>18</b> 9:30 ■ Gentle Yoga w/ Leigh B. 11:00 ■ Dr. Martin Luther King, Jr. Presentation w /Doug Asbury 12:00 ■ NETFLIX/ Call the Midwife Season One/Episodes 5 & 6 1:00 ■ Fit & Functioning w/ Johnny 1:00 ■ Canasta Club @ The Merion 2:00 ■ Mindfulness & Self Compassion w/ Meg Rondenet 4:00 ■ Happy Hour & Live Music The Jerry Tiberi Trio 7:30 ■ Wednesday Night Movie: POMS	<b>19</b> 9:30 ■ Tai Chi Fitness w/ Mike McGinn 11:00 ■ BeMoved Dance w/ Heidi 12:00 ■ PRIME/ TILL 1:00 ■ Merion Bridge Club 1:00 ■ Merion Book Club Meetup 2:00 ■ Aquatic Fitness w/ Suzy 3:00 ■ Merion Movie Showcase: TILL 4:00 ■ Happy Hour & Live Music w/ S. Aaron 7:30 ■ Thursday Movie: The Peanut Butter Falcon	<b>20</b> 10:00 ■ Aqua Aerobics w/ Nichola 11:30 ■ Merion Short Story Discussion w/ Glen "Rowing to Eden" 12:30 ■ NETFLIX/ Harry & Meghan Season One /Episodes 2 1:30 ■ Pilates Fitness w/ Suzy 2:30 ■ Musical Lectures w/ S. Kleiman "Paul McCartney & John Lennon" 4:00 ■ Happy Hour & Live Music w/ The Maracujaz Band 7:30 ■ Friday Night Movie: Downton Abbey: A New Era	<b>21</b> 10:00 ■ French Connections w/ Koffi 11:00 ■ Bingo & Prizes w/ Mary 12:00 ■ NETFLIX/ CAT Season One/ Episodes 5 & 6 1:00 ■ Fit & Functioning w/ Johnny 2:30 ■ Music Appreciation Lecture w/ Kurt "LIBERACE" 7:30 ■ Saturday Night Movie: Ambulance
<b>22</b> 9:00 ■ Meditation & QiGong Workout DVD 11:00 ■ Fitness Equipment Training w/ David 11:30 ■ Body Balance Strength & Fitness w/ David 1:30 ■ Jane Fonda Walkout Fitness DVD 2:30 ■ Merion Matinee: Murder on the Orient Express 5:00 ■ Shiva Rea: Meditation DVD 7:30 ■ Sunday Night Movie: All The President's Men	<b>23</b> 10:30 ■ Redefining Strength w/ Nichola 11:00 ■ Blood Pressure Screening 1:00 ■ Poetry Corner @ The Merion with Greg S. & Irene E. 1:00 ■ Merion Bridge Club 2:30 ■ Canvas Creations w/ Charlotta 4:00 ■ Happy Hour @ The Merion 7:30 ■ The Ada Trio: P. Hauer, A. Hess & A. Teng 7:30 ■ Monday Night Movie: Tuesdays with Morrie	<b>24</b> 9:30 ■ Integrated Movement for Mind & Body w/ Barbara 11:00 ■ PRIME/ Something from Tiffany's 1:00 ■ Mahjong @ The Merion 3:00 ■ People, Places & Culture "Carl Milles" 4:00 ■ Happy Hour @ The Merion 6:00 ■ Mantra Meditation w/ Mui	<b>25</b> 9:30 ■ Gentle Yoga w/ Leigh B. 11:00 ■ Merion Roundtable Discussion w/ Doug Asbury 12:00 ■ NETFLIX/ The Good Place Season One/Episodes 1, 2, & 3 1:00 ■ Canasta Club @ The Merion 1:00 ■ Fit & Functioning w/ Johnny 2:00 ■ Mindfulness & Self Compassion w/ Meg Rondenet 3:00 ■ Open Forum 4:00 ■ Happy Hour & Live Music: The Jerry Tiberi Trio 4:00 ■ January Resident Birthday Celebration 7:30 ■ Wednesday Night Movie: Before & After	<b>26</b> 9:30 ■ Tai Chi Fitness w/ Mike McGinn 11:00 ■ BeMoved Dance w/ Heidi 1:00 ■ Merion Bridge Club 2:00 ■ Mindful, Stretch, Balance & Breathe w/ Barbara 3:00 ■ History of an American Musical w/ Betty Mohr "Brigadoon and Camelot" 4:00 ■ Happy Hour @ The Merion 7:30 ■ Thursday Night Movie: The Lady in the Van	<b>27</b> 10:00 ■ Aqua Aerobics w/ Nichola 12:30 ■ NETFLIX/ Harry & Meghan Season One/ Episode 3 1:30 ■ Pilates Fitness w/ Suzy 2:30 ■ Let's Talk Theatre w/ Maura J. "How Science Fiction Play" 4:00 ■ Happy Hour & Live Music w/ A. Tatum 7:30 ■ Friday Night Movie: Uncharted	<b>28</b> 10:00 ■ French Connections w/ Koffi 11:00 ■ Bingo & Prizes w/ Mary 12:00 ■ NETFLIX/ CAT Season One/ Episode 7 & 8 1:00 ■ Personalized Fitness w/ Mike McGinn 2:30 ■ Music Appreciation Lecture w/ Kurt "Classical Music Transition into Jazz in America" 7:30 ■ Saturday Night Movie: DOG
<b>29</b> 9:00 ■ Meditation & QiGong Workout DVD 11:00 ■ Merion Sunday Brunch 11:30 ■ Body Balance Strength & Fitness w/ David 2:30 ■ Matisse Chapel, Vince, France w/ Debra Levie 2:30 ■ Merion Matinee: The Sound of Music 5:00 ■ Shiva Rea: Meditation DVD 7:30 ■ Sunday Night Movie: An Officer and a Gentleman 7:30 ■ Music Institute of Chicago Ensemble	<b>30</b> 10:30 ■ Redefining Strength w/ Nichola 1:00 ■ Current Events Discussion w/ H. Voeks 1:00 ■ Merion Bridge Club 2:30 ■ Canvas Creations w/ Charlotta 4:00 ■ Happy Hour & Live Music w/ A. R. Healy & T. Fitzgerald 7:30 ■ Monday Night Movie: QUARTET 7:30 ■ Strings & Conversations w/ Jaime & Sandro	<b>31</b> 9:30 ■ Integrated Movement for Mind & Body w/ Barbara 11:30 ■ PRIME/ Lady Chatterly's Lover 1:00 ■ Mahjong @ The Merion 3:00 ■ History in Perspective w/ Eugene "Going Dutch" 4:00 ■ Happy Hour & Live Music w/ Kurt & Dean Duo 6:00 ■ Mindful Meditation w/ Mui	<ul style="list-style-type: none"> <li>■ Arts &amp; Culture</li> <li>■ Health &amp; Fitness</li> <li>■ Life Long Learning</li> <li>■ Music</li> <li>■ Social Activities</li> <li>■ Spiritual Wellness</li> </ul>			