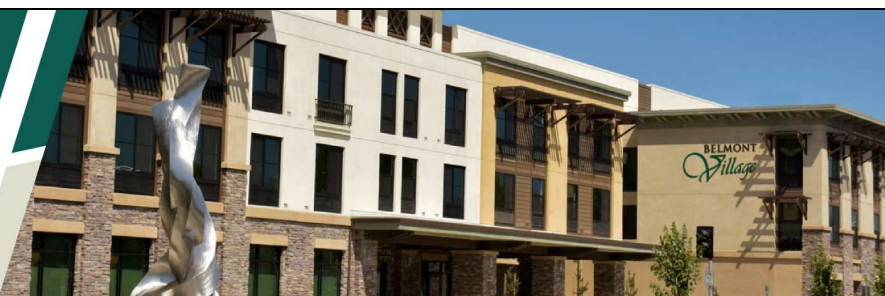


JANUARY 2024

Belmont Village Albany

Community Programs



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div>B</div> - Bistro, 1st Floor <div>EX</div> - Excursion <div>FC</div> - Fitness Center, 2nd Floor <div>GP</div> - Garden/Gym Patio, 2nd Floor <div>GR</div> - Great Room, 1st Floor <div>LB</div> - Library, 3rd Floor <div>SR</div> - Screening Room, 4th Floor <div>TH</div> - Town Hall, 1st Floor</div>	<div>1</div> <div>New Year's Day</div> <div><div>TH</div> 8:00 Hatha Yoga & Meditation (Cancelled for Today) <div>TH</div> 9:00 Kick-Start Fitness (Cancelled for Today) <div>TH</div> 10:00 Tai Chi with Nobuo (Cancelled for Today) <div>SR</div> 11:00 Documentary Film: <div>TH</div> 11:00 Savoring Short Stories (Cancelled for Today) <div>TH</div> 12:30 Open Art Studio (Cancelled for Today) <div>LB</div> 1:00 Current Events Commentary</div>	<div>2</div> <div><div>TH</div> 9:00 Kick-Start Fitness <div>TH</div> 10:00 Yoga & Meditation <div>SR</div> 11:00 Documentary Film: <div>LB</div> 11:00 Writing Workshop <div>TH</div> 1:30 Movement & Coordination Fitness <div>B</div> 2:00 Rummikub <div>SR</div> 3:00 Matinee Film: <div>SR</div> 3:00 Matinee Film: <div>TH</div> 3:00 Resident Activity Meeting <div>SR</div> 7:00 Evening Film:</div>	<div>3</div> <div><div>TH</div> 8:00 Hatha Yoga & Meditation <div>TH</div> 9:00 Kick-Start Fitness <div>TH</div> 10:00 Strength & Stability Fitness <div>SR</div> 11:00 Documentary Film: <div>B</div> 11:00 You Be The Judge <div>FC</div> 11:53 Gym Class <div>LB</div> 1:00 Brain Games <div>TH</div> 2:00 Sing Along with Achi <div>SR</div> 3:00 Matinee Film: <div>GR</div> 3:00 Pet Therapy Visits <div>SR</div> 7:00 Evening Film:</div>	<div>4</div> <div><div>TH</div> 9:00 Kick-Start Fitness <div>EX</div> 10:30 Excursion: Greek Ethnic Lunch <div>SR</div> 11:00 Documentary Film: <div>TH</div> 1:30 Intermediate Better Balance <div>B</div> 2:00 Rummikub <div>SR</div> 3:00 Matinee Film: <div>SR</div> 7:00 Evening Film:</div>	<div>5</div> <div><div>TH</div> 8:00 Hatha Yoga & Meditation <div>TH</div> 9:00 Kick-Start Fitness <div>TH</div> 10:00 Strength & Stability Fitness <div>SR</div> 11:00 Documentary Film: <div>LB</div> 1:00 Mental Fitness Exercises <div>TH</div> 2:00 Happy Hour: Moon Glow <div>SR</div> 3:00 Matinee Film: <div>TH</div> 4:30 Shabbat Blessings <div>SR</div> 7:00 Evening Film:</div>	<div>6</div> <div><div>TH</div> 9:00 Kick-Start Fitness <div>FC</div> 10:00 Gym Class <div>EX</div> 10:00 Shopping: Target & El Cerrito Plaza <div>TH</div> 10:40 Pop Up Ping Pong <div>SR</div> 11:00 Documentary Film: <div>GP</div> 11:00 Garden Club <div>LB</div> 1:00 Library Organization <div>SR</div> 1:00 Reel Talk Movie: <div>SR</div> 3:00 Matinee Film: <div>LB</div> 3:00 Reel Talk Discussion: <div>SR</div> 7:00 Evening Film:</div>
<div>7</div> <div><div>TH</div> 9:00 Kick-Start Fitness <div>GR</div> 9:00 Religious Services Transportation <div>FC</div> 10:00 Gym Class <div>TH</div> 11:00 Cardio Drumming <div>SR</div> 11:00 Documentary Film: <div>SR</div> 1:30 MetOpera:Lulu (2015) <div>EX</div> 2:00 Scenic Drive <div>TH</div> 3:00 Jeopardy <div>SR</div> 3:00 Matinee Film: <div>B</div> 3:00 Rummikub <div>GR</div> 4:00 Senior Stroll <div>SR</div> 7:00 Evening Film:</div>	<div>8</div> <div><div>TH</div> 8:00 Hatha Yoga & Meditation <div>TH</div> 9:00 Kick-Start Fitness <div>TH</div> 10:00 Tai Chi with Nobuo <div>SR</div> 11:00 Documentary Film: <div>TH</div> 11:00 Savoring Short Stories <div>TH</div> 12:30 Open Art Studio <div>LB</div> 1:00 Current Events Commentary <div>LB</div> 3:00 Low Vision Support Group <div>SR</div> 3:00 Matinee Film: <div>TH</div> 3:00 Pop Up Ping Pong <div>SR</div> 7:00 Evening Film:</div>	<div>9</div> <div><div>TH</div> 9:00 Kick-Start Fitness <div>TH</div> 10:00 Yoga & Meditation <div>SR</div> 11:00 Documentary Film: <div>LB</div> 11:00 Writing Workshop <div>TH</div> 1:30 Movement & Coordination Fitness <div>B</div> 2:00 Rummikub <div>TH</div> 3:00 Agenda Setting Session for next Resident Town Hall Meeting <div>SR</div> 3:00 Matinee Film: <div>SR</div> 7:00 Evening Film:</div>	<div>10</div> <div><div>TH</div> 8:00 Hatha Yoga & Meditation <div>TH</div> 9:00 Kick-Start Fitness <div>TH</div> 10:00 Strength & Stability Fitness <div>SR</div> 11:00 Documentary Film: <div>B</div> 11:00 You Be The Judge <div>LB</div> 1:00 Brain Games <div>FC</div> 1:00 Gym Class <div>TH</div> 2:00 Sing Along with Achi <div>SR</div> 3:00 Matinee Film: <div>GR</div> 3:00 Pet Therapy Visits <div>SR</div> 7:00 Evening Film:</div>	<div>11</div> <div><div>TH</div> 9:00 Kick-Start Fitness <div>EX</div> 9:30 Excursion: Legion of Honor - SF <div>SR</div> 11:00 Documentary Film: <div>TH</div> 1:30 Intermediate Better Balance <div>B</div> 2:00 Rummikub <div>SR</div> 3:00 Matinee Film: <div>SR</div> 7:00 Evening Film:</div>	<div>12</div> <div><div>TH</div> 8:00 Hatha Yoga & Meditation <div>TH</div> 9:00 Kick-Start Fitness <div>TH</div> 10:00 Strength & Stability Fitness <div>SR</div> 11:00 Documentary Film: <div>LB</div> 1:00 Mental Fitness Exercises <div>GR</div> 2:00 Happy Hour: Bob Roden Band <div>SR</div> 3:00 Matinee Film: <div>TH</div> 4:30 Shabbat Blessings <div>SR</div> 7:00 Evening Film:</div>	<div>13</div> <div><div>TH</div> 9:00 Kick-Start Fitness <div>FC</div> 10:00 Gym Class <div>EX</div> 10:00 Shopping: Target & El Cerrito Plaza <div>TH</div> 10:40 Pop Up Ping Pong <div>SR</div> 11:00 Documentary Film: <div>GP</div> 11:00 Garden Club <div>LB</div> 1:00 Library Organization <div>SR</div> 1:00 Reel Talk Movie: <div>SR</div> 3:00 Matinee Film: <div>LB</div> 3:00 Reel Talk Discussion: <div>SR</div> 7:00 Evening Film:</div>
<div>14</div> <div><div>TH</div> 9:00 Kick-Start Fitness <div>GR</div> 9:00 Religious Services Transportation <div>FC</div> 10:00 Gym Class <div>TH</div> 11:00 Cardio Drumming <div>SR</div> 11:00 Documentary Film: <div>SR</div> 1:30 Shakespeare Film: Romeo & Juliet (2013) <div>EX</div> 2:00 Scenic Drive <div>TH</div> 3:00 Jeopardy <div>SR</div> 3:00 Matinee Film: <div>B</div> 3:00 Rummikub <div>GR</div> 4:00 Senior Stroll <div>SR</div> 7:00 Evening Film:</div>	<div>15</div> <div><div>Martin Luther King Day</div><div><div>TH</div> 8:00 Hatha Yoga & Meditation <div>TH</div> 9:00 Kick-Start Fitness <div>TH</div> 10:00 Tai Chi with Nobuo <div>SR</div> 11:00 Documentary Film: <div>TH</div> 11:00 Savoring Short Stories <div>TH</div> 12:30 Open Art Studio <div>LB</div> 1:00 Current Events Commentary <div>SR</div> 3:00 Matinee Film: <div>TH</div> 3:00 Pop Up Ping Pong <div>SR</div> 7:00 Evening Film:</div></div>	<div>16</div> <div><div><div>TH</div> 9:00 Kick-Start Fitness <div>TH</div> 10:00 Yoga & Meditation <div>SR</div> 11:00 Documentary Film: <div>LB</div> 11:00 Writing Workshop <div>TH</div> 1:30 Movement & Coordination Fitness <div>TH</div> 2:00 Healthy Learning Lecture: Managing Anxiety <div>B</div> 2:00 Rummikub <div>TH</div> 3:00 Film Selection Meeting <div>SR</div> 3:00 Matinee Film: <div>SR</div> 7:00 Evening Film:</div></div>	<div>17</div> <div><div><div>TH</div> 8:00 Hatha Yoga & Meditation <div>TH</div> 9:00 Kick-Start Fitness <div>TH</div> 10:00 Strength & Stability Fitness <div>SR</div> 11:00 Documentary Film: <div>B</div> 11:00 You Be The Judge <div>LB</div> 1:00 Brain Games <div>FC</div> 1:00 Gym Class <div>TH</div> 2:00 Sing Along with Achi <div>SR</div> 3:00 Matinee Film: <div>GR</div> 3:00 Pet Therapy Visits <div>SR</div> 7:00 Evening Film:</div></div>	<div>18</div> <div><div><div>TH</div> 9:00 Kick-Start Fitness <div>EX</div> 9:30 Excursion: Ruth Bancroft Garden -WC <div>SR</div> 11:00 Documentary Film: <div>TH</div> 1:30 Intermediate Better Balance <div>B</div> 2:00 Rummikub <div>SR</div> 3:00 Matinee Film: <div>SR</div> 7:00 Evening Film:</div></div>	<div>19</div> <div><div><div>TH</div> 8:00 Hatha Yoga & Meditation <div>TH</div> 9:00 Kick-Start Fitness <div>TH</div> 10:00 Strength & Stability Fitness <div>SR</div> 11:00 Documentary Film: <div>LB</div> 1:00 Mental Fitness Exercises <div>TH</div> 2:00 Happy Hour: Medicine Ball Band <div>SR</div> 3:00 Matinee Film: <div>TH</div> 4:30 Shabbat Blessings <div>SR</div> 7:00 Evening Film:</div></div>	<div>20</div> <div><div><div>TH</div> 9:00 Kick-Start Fitness <div>FC</div> 10:00 Gym Class <div>EX</div> 10:00 Shopping: Target & El Cerrito Plaza <div>TH</div> 10:40 Pop Up Ping Pong <div>SR</div> 11:00 Documentary Film: <div>GP</div> 11:00 Garden Club <div>LB</div> 1:00 Library Organization <div>SR</div> 1:00 Reel Talk Movie: <div>SR</div> 3:00 Matinee Film: <div>LB</div> 3:00 Reel Talk Discussion: <div>SR</div> 7:00 Evening Film:</div></div>

Not all of the daily activities fit on this calendar. To see the complete schedule, download the SPECTRIO Share app and login using our Community PIN: BVA-AL/IL

JANUARY 2024

Belmont Village Albany Community Programs



Sunday			Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
21			22			23			24			25			26			27	Holocaust Remembrance Day	
TH	9:00	Kick-Start Fitness	TH	8:00	Hatha Yoga & Meditation	TH	9:00	Kick-Start Fitness	TH	8:00	Hatha Yoga & Meditation	TH	9:00	Kick-Start Fitness	TH	8:00	Hatha Yoga & Meditation	TH	9:00	Kick-Start Fitness
GR	9:00	Religious Services Transportation	TH	9:00	Kick-Start Fitness	TH	10:00	Yoga & Meditation	TH	9:00	Kick-Start Fitness	EX	9:30	Excursion: Lawrence Hall of Science	TH	9:00	Kick-Start Fitness	FC	10:00	Gym Class
FC	10:00	Gym Class	TH	10:00	Tai Chi with Nobuo	SR	11:00	Documentary Film: Writing Workshop	TH	10:00	Strength & Stability Fitness	SR	11:00	Documentary Film: Balance	TH	10:00	Strength & Stability Fitness	EX	10:00	Shopping: Target & El Cerrito Plaza
TH	11:00	Cardio Drumming	SR	11:00	Documentary Film: Savoring Short Stories	TH	1:30	Movement & Coordination Fitness	TH	11:00	Book Club:	TH	1:30	Intermediate Better	TH	11:00	Documentary Film: Balance	TH	10:40	Pop Up Ping Pong
SR	11:00	Documentary Film: MetOpera: Les Contes d'Hoffmann (2015)	TH	12:30	Open Art Studio	B	1:30	New Resident Welcome.	SR	11:00	Documentary Film: You Be The Judge	B	2:00	Rummikub	SR	1:00	Mental Fitness Exercises	SR	11:00	Documentary Film: Garden Club
SR	1:30		LB	1:00	Current Events Commentary	TH	2:00	Healthy Learning Lecture:	B	11:00	Brain Games	SR	3:00	Matinee Film:	SR	2:00	Happy Hour: Narayan and Janet	LB	1:00	Library Organization
EX	2:00	Scenic Drive	LB	3:00	Low Vision Support Group	TH	3:00	Resident Town Hall Meeting	FC	1:00	Gym Class	SR	7:00	Evening Film:	TH	2:00		SR	1:00	Reel Talk Movie:
TH	3:00	Jeopardy	SR	3:00	Matinee Film:	B	2:00	Rummikub	SR	2:00	Culinary Chat	SR			SR	3:00	Matinee Film:	SR	3:00	Matinee Film:
SR	3:00	Matinee Film:	TH	3:00	Pop Up Ping Pong	SR	3:00	Matinee Film:	TH	2:00	Sing Along with Achi	TH			TH	4:30	Shabbat Blessings	LB	3:00	Reel Talk Discussion:
B	3:00	Rummikub	SR	7:00	Evening Film:	TH	3:00		GR	3:00	Pet Therapy Visits	SR			SR	7:00	Evening Film:	SR	7:00	Evening Film:
GR	4:00	Senior Stroll																		
SR	7:00	Evening Film:																		
28			29			30			31						Not all of the daily activities fit on this calendar. To see the complete schedule download the Spectrio Share app and log in using our Community Pin: BVA-AL/IL					
TH	9:00	Kick-Start Fitness	TH	8:00	Hatha Yoga & Meditation	TH	9:00	Kick-Start Fitness	TH	8:00	Hatha Yoga & Meditation									
GR	9:00	Religious Services Transportation	TH	9:00	Kick-Start Fitness	TH	10:00	Yoga & Meditation	TH	9:00	Kick-Start Fitness									
FC	10:00	Gym Class	TH	10:00	Tai Chi with Nobuo	SR	11:00	Documentary Film: Writing Workshop	TH	10:00	Strength & Stability Fitness									
TH	11:00	Cardio Drumming	SR	11:00	Documentary Film: Savoring Short Stories	LB	11:00		TH											
SR	11:00	Documentary Film: MetOpera: Doctor Atomic (2008)	TH	11:00		TH	1:30	Movement & Coordination Fitness	SR	11:00	Documentary Film: You Be The Judge									
SR	1:30		TH	12:30	Open Art Studio	B	2:00	Rummikub	B	11:00										
EX	2:00	Scenic Drive	LB	1:00	Current Events Commentary	SR	3:00	Matinee Film:	LB	1:00	Brain Games									
TH	3:00	Jeopardy	SR	3:00	Matinee Film:	TH	7:00	Evening Film:	FC	1:00	Gym Class									
SR	3:00	Matinee Film:	TH	3:00	Pop Up Ping Pong				SR	2:00	Culinary Chat									
B	3:00	Rummikub	SR	7:00	Evening Film:				TH	2:00	Sing Along with Achi									
GR	4:00	Senior Stroll							SR	3:00	Matinee Film:									
SR	7:00	Evening Film:							GR	3:00	Pet Therapy Visits									
									SR	7:00	Evening Film:									

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