

JANUARY

LET'S MEET ONLINE! VIRTUAL ACTIVITIES

CHECK YOUR ACTIVITY CALENDAR FOR DATES & ACTIVITY EMAILS FOR ZOOM LINKS

DAILY CALM

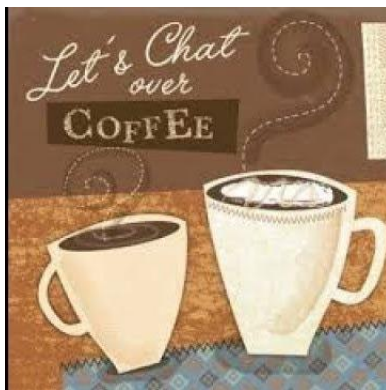
MONDAY – FRIDAY 9:30AM



MUGS IN THE MORNING

TUESDAY & THURSDAYS 9- 9:30AM

Join our new Program Director, Breanna Williams, and other 55 North participants each Tuesday and Thursday morning from 9 to 9:30 AM! We will chat (with coffee in hand) about the best restaurants in town, show off our hidden talents or whatever else comes to mind. Come as you are – “bed head”, pajamas, and all. The event is BYOB – Bring Your Own Breakfast!



EXERCISE CLASSES! FREE!



CARDIO STRENGTH WITH CLAIRE O'CONNELL

MONDAYS & FRIDAYS
9:30AM



LINE DANCING WITH ERICA ROBINSON-GRIPP

TUESDAYS 11:00AM



RESTORATIVE CHAIR YOGA WITH JOAN REIMAR

THURSDAYS 10:00AM



BETTER BALANCE, SAFER YOU BEGINNERS WITH MASTER GEORGE ZABRECKY

THURSDAYS 10:00AM



KRISTIN DIETSCH TAI CHI FLOW TAI CHI FLOW PLUS
THURSDAYS 11:00AM
SATURDAYS 10:00AM

Participants can email to get the link.
kristindietsche@gmail.com



LINKS TO THESE VIRTUAL ACTIVITIES ARE ON OUR WEBSITE

www.55North.org

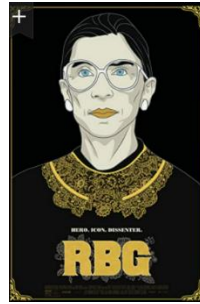
**On the left side of the screen
CLICK on
CONNECTING THIS WEEK
Also under
RESOURCES**

MONDAY, JANUARY 3



ELIZABETH & MARGARET: LOVE AND LOYALTY
Exploring the relationship between the Queen and her younger sister. Princess Margaret sacrificed her happiness for her sibling and the monarchy.

FRIDAY, JANUARY 14



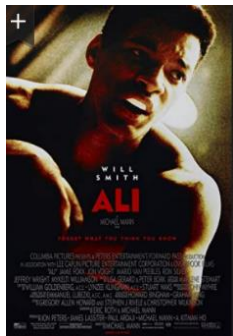
RBG
The exceptional life and career of U.S. Supreme Court Justice Ruth Bader Ginsburg, who has developed a breathtaking legal legacy while becoming an unexpected pop culture icon.

MONDAY, JANUARY 24



A RIVER RUNS THROUGH IT
Two sons of a stern minister - one reserved, one rebellious - grow up in rural 1920s Montana while devoted to fly fishing.
Stars: Craig Sheffer, Brad Pitt, Tom Skerritt

FRIDAY, JANUARY 7



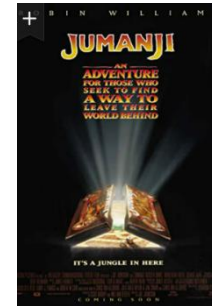
ALI
A biography of sports legend Muhammad Ali, focusing on his triumphs and controversies between 1964 and 1974.
Stars Will Smith, Jamie Foxx and Jon Voight

MONDAY, JANUARY 17



FOUND
The story of three American teenage girls - each adopted from China - who discover they are blood-related cousins on 23andMe. Their online meeting inspires the young women to confront the burning questions they have about their lost history.

FRIDAY, JANUARY 28



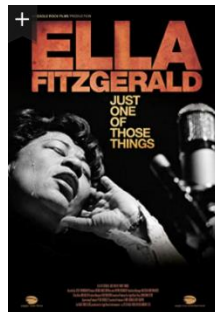
JUMANJI
When two kids find and play a magical board game, they release a man trapped in it for decades - and a host of dangers that can only be stopped by finishing the game.
Stars: Robin Williams, Kirsten Dunst, Bonnie Hunt

MONDAY, JANUARY 10



MY FAIR LADY
In 1910s London, snobbish phonetics professor Henry Higgins agrees to a wager that he can make crude flower girl Eliza Doolittle presentable in high society.
Audrey Hepburn
Rex Harrison

FRIDAY, JANUARY 21



ELLA FITZGERALD: JUST ONE OF THOSE THINGS
The times and life of the unique Ella Fitzgerald.
Stars
Ella Fitzgerald
Norma Miller
Ray Brown Jr.

MONDAY, JANUARY 31



MONEYBALL
Oakland A's general manager Billy Beane's successful attempt to assemble a baseball team on a lean budget by employing computer-generated analysis to acquire new players.
Stars: Brad Pitt, Robin Wright, Jonah Hill

Suggest a movie.
If we can find it on Netflix or Tubi TV we'll play it!
(providing it's suitable!!!)