

55 NORTH Virtual/Remote Calendar

January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 New Year's Day 9:00 New Year's Meditation 9:30 Daily Calm	2 8:30 Chair Aerobics 10:00 Tai Chi Flow
3	4 9:30 Cardio Strength 9:30 Daily Calm 11:00 Tai Chi Flow 11:30 Chair Yoga and Meditation	5 9:30 Daily Calm 11:30 Piano Lessons Start 3:00 Tai Chi Flow Plus 7:30 Piano Lessons Starts	6 9:30 Daily Calm 10:00 Strength & Balance with Josie 1:30 Tai Chi for Arthritis 4/6 8:00 Sleep Stories Meditation	7 9:30 Daily Calm 11:00 Tai Chi Flow	8 9:00 End of Week Meditation 9:30 Daily Calm 9:30 Cardio Strength 1:00 Advance Bridge 1:00 Casual Bridge	9 8:30 Chair Aerobics 10:00 Tai Chi Flow Plus 10:00 AM Caregiver Writer's Workshop
10	11 9:30 Cardio Strength 9:30 Daily Calm 10:00 Beginning Italian Starts with Father Bill Cleves 11:00 Tai Chi Flow 11:30 Chair Yoga and Meditation 1:30 World Religion Part I: Unitarian Universalism (UU)	12 9:30 Daily Calm 10:00 Better Balance, Safer You Starts with George Z. 11:30 Piano Lessons 3:00 Tai Chi Flow Plus 7:30 Piano Lessons	13 9:30 Daily Calm 10:00 Strength & Balance with Josie 11:15 The Ins and Outs of Covid-19 Vaccines with Gloria Garber, RPh 1:30 Great Decisions: World Predictions & Annual Meeting 1:30 Tai Chi for Arthritis 5/6 8:00 Sleep Stories Meditation	14 9:30 Daily Calm 11:00 Understand and Relieving Sciatic Nerve Pain with Ben Spotts, DPT 7:00 Poetry Readings	15 9:00 End of Week Meditation 9:30 Daily Calm 9:30 Cardio Strength 10:00 Philosophical Questions Starts with Father Bill Cleves 1:00 Advance Bridge 1:00 Casual Bridge	16 8:30 Chair Aerobics 10:00 Tai Chi Flow Plus
17	18 Martin Luther King Jr. Day 9:30 Cardio Strength 9:30 Daily Calm 10:00 Beginning Italian 11:00 Tai Chi Flow 11:30 Chair Yoga and Meditation 1:30 World Religion Part II: UU and The Soup Project	19 9:30 Daily Calm 10:00 Better Balance, Safer You 11:30 Piano Lessons 3:00 Tai Chi Flow Plus 4:30 COVID Vaccine Q&A with Dr. Gausvik 7:30 Piano Lessons	20 9:30 Daily Calm 10:00 Strength & Balance with Josie 10:30 Dean Regas: Space events for 2021 12:00 Understanding what CDB is with Paul Jacobs 1:30 Tai Chi for Arthritis 6/6 8:00 Sleep Stories Meditation	21 9:30 Daily Calm 11:00 Tai Chi Flow 12:00 Race and the City Starts 1:30 Is This Art? Part I: Film Costume Design and Wardrobe with Mary Murphy 4:00 Caregiver Empower Hour: Getting Organized	22 9:00 End of Week Meditation 9:30 Daily Calm 9:30 Cardio Strength 10:00 Philosophical Questions 1:00 Advance Bridge 1:00 Casual Bridge 1:30 World Religion Part III: Understanding an UU Service Lunch Orders Due for The Echo	23 8:30 Chair Aerobics 10:00 Tai Chi Flow Plus RESCHEDULED Feb. 6 th 10 AM Connections: Changing Perspectives Part I with Molly Prues
24 10:00 World Attending an UU Service	25 9:30 Cardio Strength 9:30 Daily Calm 10:00 Beginning Italian 10:30 Diane Shields: The Impact of Martin Luther King 11:00 Tai Chi Flow 11:30 Chair Yoga and Meditation 1:30 World Religion: Part IV	26 9:30 Daily Calm 10:00 Better Balance, Safer You 11:30 Piano Lessons 3:00 Tai Chi Flow Plus 7:30 Piano Lessons	27 9:30 Daily Calm 10:00 Strength & Balance with Josie 10:30 Paul Daugherty: Enquirer Sports writer "Wit and Wisdom" 8:00 Sleep Stories Meditation Echo Lunch Delivery	28 9:30 Daily Calm 11:00 Tai Chi Flow 12:00 Race and the City 1:30 ITA? Part II: Film Costume Design and Wardrobe: The Process with Mary Murphy	29 9:00 End of Week Meditation 9:30 Daily Calm 9:30 Cardio Strength 10:00 Philosophical Questions 1:00 Advance Bridge 1:00 Casual Bridge 1:30 World Religion Part VI: Discovering Transylvania	30 8:30 Chair Aerobics 10:00 Tai Chi Flow Plus
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