

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
<p><b>LEGEND</b></p> <p>FL- Front Lobby, 2nd Floor  DR- Dining Room, 2nd Floor  LI- Library, 3rd Floor  OS- Outside  2nd-Floor Lounge  4th-Game Room  6th-Roof Top Deck</p> <p>Activity Color keycode: AD- Green, RSC- Blue, FTRA- Black, FT- Burgundy</p>				<p>Seabury  at Friendship Terrace  Senior Living</p>				<p><b>1 Happy Birthday Ketem, Zahra, Rigat, Aberash &amp; Abdirzak</b></p> <p>11:30 Balance Group 4</p> <p></p>	<p><b>2 Happy Birthday Caroline B</b></p> <p>11:30 Balance Group 4  2:00 Catholic Mass 3</p>	<p><b>3</b></p> <p>10:00 Chair Yoga (FTRA) 5  6:30 Movie Night (FTRA) 5</p> <p><b>No Brunch on Saturday</b></p>
<p><b>4 Happy Birthday Helen S</b></p> <p>8:15 Catholic Communion 2  8:15 Worship Service 5  12:00 Brunch DR  3:00 FTRA Community Service 4  5:30 Sunday Movie (FTRA) 5</p>	<p><b>5 Happy Birthday GiGi T</b></p> <p>11:30 Balance Group 4  12:00 Quick Trivia 2  1:30 Reminiscences 4  5:30 Mints &amp; Music (FTRA) 2  7:30 FTRA Council Meeting 5</p>	<p><b>6</b></p> <p>10:00 Stretch &amp; Tone w/ Mary 5  1:30 Sip n Paint (FTRA) 2  6:30 Bingo (FTRA) 4</p>	<p><b>7</b></p> <p>5:30 Mints &amp; Music 2  6:30 Trivial Pursuit 2</p>	<p><b>8 Happy Birthday Wilma H</b></p> <p>11:00 Balance Group 4  11:30 Chaplaincy Service LI  6:30 Bingo (FTRA) 4</p>	<p><b>9</b></p> <p>11:00 Balance Group 4  11:30 What's New in Medicare 2</p>	<p><b>10</b></p> <p>10:00 Chair Yoga (FTRA) 5  6:30 Movie Night (FTRA) 5</p> <p><b>No Brunch on Saturday</b></p>				
<p><b>11</b></p> <p>8:15 Catholic Communion 2  10:30 Songs N Donuts 2  12:00 Brunch DR  5:30 Sunday Movie (FTRA) 5</p>	<p><b>12 Happy Birthday Christina H</b></p> <p>11:30 Balance Group 4  12:00 Quick Trivia 2  5:30 Mints &amp; Music (FTRA) 2</p>	<p><b>13 Happy Birthday Yohanes G</b></p> <p>10:00 Stretch &amp; Tone w/ Mary 5  2:30 Current Events LI  6:30 Bingo (FTRA) 4</p>	<p><b>14</b></p> <p>11:00 Prayer Service 2  5:30 Mints &amp; Music 2  6:30 Trivial Pursuit 2  7:00 Loss Support Group LI</p>	<p><b>15 Happy Birthday Melton C</b></p> <p>11:30 Balance Group 4  2:00 Episcopal Eucharist 3  6:30 Bingo W/ GDS 4</p>	<p><b>16</b></p> <p>11:30 Balance Group 4  1:00 Bingo w Cindy DR</p>	<p><b>17 Happy Birthday Tesfay D &amp; Vernell R</b></p> <p>10:00 Chair Yoga (FTRA) 5  6:30 Movie Night (FTRA) 5</p> <p><b>No Brunch on Saturday</b></p>				
<p><b>18</b></p> <p>8:15 Catholic Communion 2  12:00 Brunch DR  5:30 Sunday Movie (FTRA) 5</p>	<p><b>19 Happy Birthday Belay T</b></p> <p></p> <p>11:30 Balance Group 4  12:00 Quick Trivia 2  1:00 MLK Social 2  1:30 Reminiscences 4  5:30 Mints &amp; Music (FTRA) 2</p>	<p><b>20</b></p> <p>10:00 Stretch &amp; Tone w/ Mary 5  1:30 Sip n Paint (FTRA) 2  2:00 NCS Holiday Visit 5  6:30 Bingo (FTRA) DR</p>	<p><b>21 Happy Birthday Alemitu K</b></p> <p>11:00 Art History Trip OS  11:00 Coffee Chat 2  5:30 Mints &amp; Music 2  6:30 Trivial Pursuit 2</p>	<p><b>22</b></p> <p>11:30 Balance Group 4  6:30 Bingo (FTRA) 4</p>	<p><b>23</b></p> <p>11:30 Balance Group 4  6:00 Wine &amp; Cheese Hour ( FTRA) 4</p>	<p><b>24</b></p> <p>10:00 Chair Yoga (FTRA) 5  1:30 Seabury Book Club 5  6:30 Movie Night (FTRA) 5</p> <p><b>No Brunch on Saturday</b></p>				
<p>25  26</p> <p>8:15 Catholic Communion 2  12:00 Brunch DR  5:30 Sunday Movie (FTRA) 5</p>	<p><b>26</b></p> <p>11:30 Balance Group 4  12:00 Quick Trivia 2  5:30 Mints &amp; Music (FTRA) 2</p>	<p><b>27 Happy Birthday Phyllis S &amp; Demetrias W</b></p> <p>10:00 Stretch &amp; Tone w/ Mary 5  2:30 Current Events LI  6:30 Bingo (FTRA) 4</p>	<p><b>28 Happy Birthday Vance G</b></p> <p>1:00 Book Buzz 4  1:15 GDS-Pre K Visit DR  5:30 Mints &amp; Music 2  6:30 Trivial Pursuit 2  7:00 Loss Support Group LI</p>	<p><b>29</b></p> <p>11:30 Balance Group 4  6:30 Bingo (FTRA) 4</p>	<p><b>30</b></p> <p>11:30 Balance Group 4  1:00 Terrace Talk DR  3:30 Shabbat Gathering 3</p>	<p><b>31</b></p> <p>10:00 Chair Yoga (FTRA) 5  6:30 Movie Night (FTRA) 5</p> <p><b>No Brunch on Saturday</b></p>				