

SundayTMondayTuesdayWednesdayThursdayFridaySaturday

<div>9:30 News and Views 10:00 Chair Zumba 11:00 Winter Watercolor Series: Happy New Year 1:00 Love on a Leash 1:30 Who Am I? 2:00 Sunday Afternoon Matinee 4:00 Pre Dinner Pump Up 6:00 Sunday Funnies</div> <div>New Year's Day</div> <div>1</div>	<div>8:00 The Rose Parade 10:00 Stretch and Strengthen 11:00 Live Entertainment in the Parlor 2:00 The Rose Bowl 3:00 This Day in History 4:00 Evening Stretch 6:00 Monday Night Documentary</div> <div></div> <div>2</div>	<div>9:30 Mindfulness Meditation 10:00 Breathe Yoga 11:00 Festival of Sleep 1:30 Victor Borge's History of the Piano 2:00 Crafty Crafters: DIY Sleep Masks 3:00 Bubbe's Culinary Creations: 4:00 Walk and Talk 4:30 Torah Talk 6:00 Classic Film Tuesday</div> <div>Pajama Day</div> <div>3</div>	<div>9:30 Tikva Records Radio 10:00 Shvitz &amp; Sit 11:00 Port of Call: Canada 1:30 The Science of Hypnosis 2:00 National Spaghetti Day: Spaghetti Twisting Contest 3:00 National Trivia Day Happy Hour! 4:00 Current Events Discussion 6:00 Wednesday Classic</div> <div></div> <div>4</div>	<div>9:30 Hot Off the Press Periodicals 10:00 Kickbox Fitness 11:00 The Game of Life: Advice on Living Your Best Life 1:30 TEDTalk: How to Discover Your Authentic Self At Any Age 2:00 Written in the Stars: The Wolf Moon 3:00 Acrylics on Canvas Series: Wolf Moon 4:00 Parsha of the Week Discussion 6:00 Throwback Thursday</div> <div></div> <div>5</div>	<div>9:30 Jewish Journal 10:00 SOUL Dance Fitness 12:30 Winter Craft Series: Marbled Snowflakes 1:30 American Bandstand 2:00 Let's Get Quizzical 3:30 Shabbat Blessing with Rabbi Gerry Corn 4:00 SOUL Bookworms: Tales from Shabbos Past 4:26 Shabbat Begins</div> <div></div> <div>6</div>	<div>9:30 Daily Chronicle Discussion 10:00 Seated Yoga 11:00 Game On: The Game of Life 1:30 The Zen Room: Hand Massage 3:00 High Tea 4:00 Weekly Sports Review 5:25 Shabbat Ends 6:00 Yiddish Cinema</div> <div></div> <div>7</div>
<div>9:30 Positive Energy Piano Tunes 10:00 Dance Aerobics 11:00 Winter Watercolor Series: Winter Trees 1:00 Patio Pet Therapy 2:00 Sunday Afternoon Matinee 3:00 Art by the Numbers 4:00 Bingo 6:00 Sunday Funnies</div> <div></div> <div>8</div>	<div>9:30 1940s Classic Radio 10:00 Chair Fitness 11:00 Chess Club 2:00 Live Entertainment in the Parlor 3:00 Brain Stretch 4:00 Pre Dinner Pump Up 6:00 Monday Night at the Opera</div> <div></div> <div>9</div>	<div>9:30 5 in 30 10:00 Resistance Band Workout 11:00 Golden Globes Predictions 1:30 The History of the Saturday Evening Post 2:00 It's a Mitzvah: Treats LAFD 3:00 Bubbe's Culinary Creations 4:00 Walk and Talk 4:30 Torah Talk 6:00 Classic Film Tuesday</div> <div></div> <div>10</div>	<div>9:30 Positive Affirmations 10:00 Carlebach Cardio! 11:00 Port of Call: Croatia 1:30 Why Does the Universe Look Like This? 2:00 The Life of Alexander Hamilton 3:00 National Hot Toddy Day Happy Hour 4:00 Karaoke with Instruments 6:00 Wednesday Night Classic Hamilton!</div> <div></div> <div>11</div>	<div>9:30 Jewish Journal 10:00 Juke and Jive Stretch 11:00 The Game of Life: First Comes Love 1:30 Sing Along to The Beatles Classics 2:00 Soul Resident Council Chat 3:00 National Hot Tea Day High Tea 4:00 Parsha of the Week Discussion 6:00 Throwback Thursday</div> <div></div> <div>12</div>	<div>9:30 Jewish Journal 10:00 Fit to the Core 12:00 Shabbos Sing Along 1:30 Songs of the 70s Sing Along 2:00 Trivia Showdown 3:30 Shabbat Blessing with Rabbi Gerry Corn 4:00 SOUL Bookworms: Shabbat Stories 4:27 Shabbat Begins</div> <div></div> <div>13</div>	<div>9:30 Musical Meditation 10:00 Chair Tai Chi 11:00 Game On: Uno 1:30 Aromatherapy Scents and Inspiration 2:00 Jingo 3:00 Poetry Corner: Robert Frost 4:00 Sports Weekly 5:25 Shabbat Ends 6:00 Yiddish Cinema American Matchmaker</div> <div></div> <div>14</div>
<div>9:30 Morning Motown Soul Music 10:00 Chair Zumba 11:00 Winter Watercolor Series: Snowy Evening 1:00 Love on a Leash 2:00 Sunday Movie Matinee 3:00 Brain HQ Word Games 4:00 Evening Stretch 6:00 Sunday Funnies</div> <div></div> <div>15</div>	<div>9:30 Delve into the Daily Chronicle 10:00 Stretch and Strengthen 11:00 Live Entertainment 1:30 "I Have a Dream" 2:00 Bingo 3:00 Word Builders 4:00 Evening Stretch 6:00 Monday Night Cinema</div> <div>Martin Luther King Jr. Day</div> <div>16</div>	<div>9:30 Mindfulness Meditation 10:00 Breathe Yoga 11:00 Groovy '60's Fashion 1:30 Celebrity Spotlight: Betty White 2:00 Crafty Crafters 3:00 Bubbe's Culinary Creations 4:00 Walk and Talk 4:30 Torah Talk 6:00 Classic Film Tuesday</div> <div></div> <div>17</div>	<div>9:30 Tikva Records Radio 10:00 Shvitz &amp; Sit 11:00 Port of Call: Poland 1:30 Chicken Soup for the Soul 2:00 Basketball Toss 3:00 Peppermint Tea Happy Hour! 4:00 Current Events Discussion 6:00 Wednesday Classic</div> <div></div> <div>18</div>	<div>9:30 Hot off the Press Periodicals 10:00 Weight Training Circuit 11:00 The Game of Life: Next Comes Marriage 1:30 The Music of Janis Joplin 2:00 Active Living Chat 3:00 Dolly Parton Appreciation 4:00 Parsha of the Week Discussion 6:00 Sundance Classic</div> <div></div> <div>19</div>	<div>9:30 Jewish Journal 10:00 SOUL Dance Fitness 11:00 The Truth About Penguins 1:30 Never Have I Ever 2:00 Let's Get Quizzical 3:30 Shabbat Blessing with Rabbi Gerry Corn 4:00 SOUL Bookworms: Shabbat Stories 4:28 Shabbat Begins</div> <div></div> <div>20</div>	<div>9:30 Guided Meditation 10:00 Breathe Yoga 11:00 Game On: Rummikub 1:30 Where Was It Made? 2:00 The Zen Room: Neck Massage 3:00 High Tea and Bananagrams 4:00 Weekly Sports Review 5:28 Shabbat Ends 6:00 Yiddish Cinema</div> <div></div> <div>21</div>
<div>9:30 Positive Energy Piano Tunes 10:00 Dance Aerobics 11:00 Winter Watercolor Series: Tulips 1:00 Love on a Leash 2:00 Sunday Movie Matinee 3:00 Brain HQ Word Games 4:00 Evening Stretch 6:00 Sunday Funnies</div> <div>Chinese New Year (Year of the Rabbit)</div> <div>22</div>	<div>9:30 Famous Last Words 10:00 Chair Fitness 11:00 Live Entertainment 2:00 Bingo 3:00 Soul Bowl 4:00 Pre Dinner Pump Up 6:00 Monday Night at the Ballet</div> <div>Activity Professionals Week</div> <div>23</div>	<div>9:30 Scattegories 10:00 Resistance Band Workout 11:00 Apprenons le Français: Everyday French 1:30 Touring France 2:00 Port of Call: France 3:00 Un Avant-Goût de la France: A Taste of Fance 4:00 Torah Talk 6:00 Classic Film Tuesday</div> <div></div> <div>24</div>	<div>9:30 Positive Affirmations 10:00 Carlebach Cardio 11:00 Port of Call: Morocco 1:30 Endangered Species: Red Panda 2:00 Current Events Discussion 3:00 January Baby! Birthday Happy Hour 4:00 Karaoke with Instruments 6:00 Wednesday Night Classic</div> <div></div> <div>25</div>	<div>9:30 Hot off the Press Periodicals 10:00 Weight Training Circuit 11:00 The Game of Life: The Baby in the Baby Carriage 1:30 The Music of Etta James 2:00 Coffee with the Executive Director 3:00 The Subtle Art of Giving Compliments 4:00 Parsha of the Week Discussion 6:00 Throwback Thursday</div> <div></div> <div>26</div>	<div>9:30 Jewish Journal 10:00 SOUL Dance Fitness 11:00 The Truth About Penguins 1:30 Girl Groups of the '60's Sing Along 2:00 Trivia Showdown 3:30 Shabbat Blessing with Rabbi Gerry Corn 4:00 SOUL Bookworms: Shabbat Stories 4:28 Shabbat Begins</div> <div></div> <div>27</div>	<div>9:30 Musical Meditation 10:00 Chair Tai Chi 11:00 Game On: Charades 1:30 Aromatherapy Scents and Inspiration 2:00 Jingo 3:00 Poetry Corner: Sylvia Plath 4:00 Sports Weekly 5:25 Shabbat Ends 6:00 Yiddish Cinema</div> <div></div> <div>28</div>
<div>9:30 Positive Energy Piano Tunes 10:00 Dance Aerobics 11:00 Winter Watercolor Series: 1:00 Love on a Leash 2:00 Sunday Movie Matinee 3:00 Brain HQ Word Games 4:00 Evening Stretch 6:00 Sunday Funnies</div> <div></div> <div>29</div>	<div>9:30 Famous Last Words 10:00 Chair Fitness 11:00 Live Entertainment 2:00 Art by the Numbers 3:00 Word Scramble Challenge 4:00 The Little Midrash 6:00 Monday Night Classic</div> <div></div> <div>30</div>	<div>9:30 Mindfulness Meditation 10:00 Breathe Yoga 11:00 Virtual Tour of the Getty Museum 1:30 Celebrity Spotlight: Betty White 2:00 Inspire Your Heart with Art 3:00 Bubbe's Culinary Creations 4:00 Walk and Talk 4:30 Torah Talk 6:00 Classic Film Tuesday</div> <div></div> <div>31</div>	<div>January 2023</div> <div>GARDEN OF PALMS SOUL CALENDAR</div>			

Garden of Palms SOUL Activity Calendar | 1025 N Fairfax Ave Los Angeles, CA 90046 | Lic#197609826 | Activities Subject to Change