

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>1</div> <div><div>9:30 AM - T</div><div>Above &amp; Beyond Exercise</div><div>1:00 PM - CR</div><div>Caregiver Support Group w/ Chaplain Patrick</div><div>3:30/7 PM - AR</div><div>(New!) Limited Series: Peaky Blinders (S1 Ep. 1-2)</div><div>4:00 PM - SP</div><div>Resident Happy Hour</div></div>	<div>2</div> <div><div>9:00 AM - Z</div><div>Seasonal Wellbeing w/ Amanda</div><div>10:30 AM - CR</div><div>Conversation &amp; Community</div><div>1:00 PM - Z</div><div>Strengthening Chair Yoga with Emily Rose</div><div>1:00 PM - L</div><div>Nordic Walking</div><div>3:30/7 PM - AR</div><div>Documentary: The Trapped 13: How We Survived the Thai Cave</div><div>4:30 PM - CR</div><div>Men's Social Hour</div></div>	<div>3</div> <div><div>10:30 AM - L</div><div>Grocery Run</div><div>12:00 PM - Z</div><div>G-Werx Vitality Session</div><div>1:30 PM - AR</div><div>"What's Your Story?"</div><div>2:45 PM - AR</div><div>Herself Health</div><div>Informational Session</div><div>4:00 PM - SP</div><div>Women's Happy Hour</div><div>6:30 PM - CR</div><div>Resident Scrabble/500 Night</div></div>	<div>4</div> <div><div>9:00 AM - AR</div><div>Yoga – FULL</div><div>1:00 PM - L</div><div>Nordic Walking</div><div>2:30 PM - AR</div><div>Marvelous Musicians with MacPhail's Andrea Leap</div><div>3:30/7 PM - AR</div><div>Classic Film: Moonstruck (1987)</div><div>5:30-7:00 PM - SP</div><div>Abiltan Residents' Table</div></div>	<div>5</div> <div><div>9:00 AM - Z</div><div>Refresh and Reset with Amanda</div><div>2:00 PM - T</div><div>Bridge Club</div><div>3:30/7:00 PM - AR</div><div>Foreign Film Friday: A Man Called Ove (Sweden)</div><div>4:30 PM - T</div><div>Tech Time</div></div>	<div>6</div> <div><div>9:00 AM - Z</div><div>Refresh and Reset with Amanda</div><div>11:00 AM - T</div><div>"The French Connection"</div><div>Conversation Group</div><div>2:00 PM - T</div><div>Bridge Club</div><div>3:30/7:00 PM - AR</div><div>Foreign Film Friday: The Banshees of Inisherin (Ireland)</div><div>4:30 PM - T</div><div>Tech Time</div></div>	<div>7</div> <div><div>1:00 PM - L</div><div>Nordic Walking</div><div>3:30/7 PM - AR</div><div>Box Office Film: All Quiet on the Western Front (2022)</div></div>
<div>8</div> <div><div>9:30 AM - T</div><div>Above &amp; Beyond Exercise</div><div>10:30 AM - AR</div><div>Big Questions with Jon P</div><div>1:00 PM - CR</div><div>Caregiver Support Group w/ Chaplain Patrick</div><div>3:30/7 PM - AR</div><div>Limited Series: Peaky Blinders (S1 Ep. 3-4)</div><div>4:00 PM - SP</div><div>Resident Happy Hour</div></div>	<div>9</div> <div><div>9:00 AM - Z</div><div>Seasonal Wellbeing w/ Amanda</div><div>10:30 AM - CR</div><div>Conversation &amp; Community</div><div>1:00 PM - Z</div><div>Strengthening Chair Yoga with Emily Rose</div><div>1:00 PM - L</div><div>Nordic Walking</div><div>3:30/7 PM - AR</div><div>Documentary: Sidney</div><div>4:30 PM - CR</div><div>Men's Social Hour</div></div>	<div>10</div> <div><div>10:30 AM - L</div><div>Grocery Run</div><div>12:00 PM - Z</div><div>G-Werx Vitality Session</div><div>4:00 PM - SP</div><div>Women's Happy Hour</div><div>6:30 PM - CR</div><div>Resident Scrabble/500 Night</div></div>	<div>11</div> <div><div>9:00 AM - AR</div><div>Yoga – FULL</div><div>12:00 PM - AR</div><div>Virtual Lecture: "New Congress, New Politics"</div><div>1:00 PM - L</div><div>Nordic Walking</div><div>2:00 PM - AR</div><div>TED Talk and Discussion: "Do Schools Kill Creativity?"</div><div>3:30/7 PM - AR</div><div>Classic Film: Buck and the Preacher (1972)</div><div>5:30-7:00 PM - SP</div><div>Abiltan Residents' Table</div></div>	<div>12</div> <div><div>9:00 AM - Z</div><div>Refresh and Reset with Amanda</div><div>11:00 AM - T</div><div>"The French Connection"</div><div>Conversation Group</div><div>2:00 PM - T</div><div>Bridge Club</div><div>3:30/7:00 PM - AR</div><div>Foreign Film Friday: The Banshees of Inisherin (Ireland)</div><div>4:30 PM - T</div><div>Tech Time</div></div>	<div>13</div> <div><div>9:00 AM - Z</div><div>Refresh and Reset with Amanda</div><div>1:00 AM - T</div><div>"The French Connection"</div><div>Conversation Group</div><div>2:00 PM - T</div><div>Bridge Club</div><div>3:30/7:00 PM - AR</div><div>Foreign Film Friday: The Banshees of Inisherin (Ireland)</div><div>4:30 PM - T</div><div>Tech Time</div></div>	<div>14</div> <div><div>1:00 PM - L</div><div>Nordic Walking</div><div>3:30/7 PM - AR</div><div>Box Office Film: Class Onion: A Knives Out Mystery (2022) ,</div></div>
<div>15</div> <div><div>9:30 AM - T</div><div>Above &amp; Beyond Exercise</div><div>10:30 AM - AR</div><div>Big Questions with Jon P</div><div>1:00 PM - CR</div><div>Caregiver Support Group w/ Chaplain Patrick</div><div>3:30/7 PM - AR</div><div>Limited Series: Peaky Blinders (S1 Ep. 5-6)</div><div>4:00 PM - SP</div><div>Resident Happy Hour</div></div>	<div>16</div> <div><div>9:00 AM - Z</div><div>Seasonal Wellbeing w/ Amanda</div><div>10:30 AM - CR</div><div>Conversation &amp; Community</div><div>1:00 PM - Z</div><div>Strengthening Chair Yoga with Emily Rose</div><div>1:00 PM - L</div><div>Nordic Walking</div><div>2:00 PM - AR</div><div>History of the Theater with Guthrie's Carla Steen</div><div>3:30/7 PM - AR</div><div>Documentary: "Sr."</div><div>4:30 PM - CR</div><div>Men's Social Hour</div></div>	<div>17</div> <div><div>10:30 AM - L</div><div>Grocery Run</div><div>11:00 AM - AR</div><div>History Lecture w/Ethan: The Birth of the Italian Mafia</div><div>12:00 PM - Z</div><div>G-Werx Vitality Session</div><div>1:30 PM - AR</div><div>"What's Your Story?"</div><div>4:00 PM - SP</div><div>Women's Happy Hour</div><div>6:30 PM - CR</div><div>Resident Scrabble/500 Night</div></div>	<div>18</div> <div><div>9:00 AM - AR</div><div>Yoga – FULL</div><div>1:00 PM - L</div><div>Nordic Walking</div><div>2:30 PM - AR</div><div>Marvelous Musicians with MacPhail's Andrea Leap</div><div>3:30/7 PM - AR</div><div>Classic Film: In the Heat of the Night (1967)</div><div>5:30-7:00 PM - SP</div><div>Abiltan Residents' Table</div></div>	<div>19</div> <div><div>9:00 AM - AR</div><div>Yoga – FULL</div><div>1:00 PM - L</div><div>Nordic Walking</div><div>2:30 PM - AR</div><div>Marvelous Musicians with MacPhail's Andrea Leap</div><div>3:30/7 PM - AR</div><div>Classic Film: In the Heat of the Night (1967)</div><div>5:30-7:00 PM - SP</div><div>Abiltan Residents' Table</div></div>	<div>20</div> <div><div>9:00 AM - Z</div><div>Refresh and Reset with Amanda</div><div>11:00 AM - Z</div><div>Social Justice and Change w/ Jaime McNeal</div><div>2:00 PM - T</div><div>Bridge Club</div><div>3:30/7:00 PM - AR</div><div>Foreign Film Friday: Disobedience (United Kingdom)</div><div>4:30 PM - T</div><div>Tech Time</div></div>	<div>21</div> <div><div>1:00 PM - L</div><div>Nordic Walking</div><div>3:30/7 PM - AR</div><div>Box Office Film: Good Luck to You, Leo Grande (2022)</div></div>
<div>22</div> <div><div>Chinese New Year</div></div>	<div>23</div> <div><div>9:30 AM - T</div><div>Above &amp; Beyond Exercise</div><div>10:30 AM - AR</div><div>Big Questions with Jon P</div><div>1:00 PM - CR</div><div>Caregiver Support Group w/ Chaplain Patrick</div><div>3:30/7 PM - AR</div><div>Limited Series: Peaky Blinders (S2 Ep. 1-2)</div><div>4:00 PM - SP</div><div>Resident Happy Hour</div></div>	<div>24</div> <div><div>9:00 AM - Z</div><div>Seasonal Wellbeing w/ Amanda</div><div>10:30 AM - CR</div><div>Conversation &amp; Community</div><div>1:00 PM - L</div><div>Nordic Walking</div><div>2:00 PM - AR</div><div>Singalong with MacPhail's Andrea Leap</div><div>3:30/7 PM - AR</div><div>Documentary: We Feed People</div><div>4:30 PM - CR</div><div>Men's Social Hour</div></div>	<div>25</div> <div><div>10:30 AM - L</div><div>Grocery Run</div><div>12:00 PM - Z</div><div>G-Werx Vitality Session</div><div>4:00 PM - CR</div><div>Book Club: The Paris Library by Janet Charles</div><div>4:00 PM - SP</div><div>Women's Happy Hour</div><div>6:00 PM - AR</div><div>Global Minnesota Virtual Lecture: "2023 U.S. Foreign Policy Update"</div><div>6:30 PM - CR</div><div>Resident Scrabble/500 Night</div></div>	<div>26</div> <div><div>9:00 AM - AR</div><div>Yoga – FULL</div><div>12:00 PM - L</div><div>Second Harvest Heartland Volunteer Shift (Sign up in Mailroom)</div><div>1:00 PM - L</div><div>Nordic Walking</div><div>3:30/7 PM - AR</div><div>Classic Film: Alexandria, Why? (1979)</div><div>5:30-7:00 PM - SP</div><div>Abiltan Residents' Table</div></div>	<div>27</div> <div><div>9:00 AM - Z</div><div>Refresh and Reset with Amanda</div><div>11:00 AM - AR</div><div>History Lecture w/Ethan: The Pope's Deal with Mussolini</div><div>2:00 PM - T</div><div>Bridge Club</div><div>4:30 PM - T</div><div>Tech Time</div><div>3:30/7:00 PM - AR</div><div>Foreign Film Friday: Night of the Kings (France/Senegal)</div></div>	<div>28</div> <div><div>1:00 PM - L</div><div>Nordic Walking</div><div>3:30/7 PM - AR</div><div>Box Office Film: Raymond &amp; Ray (2022)</div></div>
<div>29</div> <div><div>9:30 AM - T</div><div>Above &amp; Beyond Exercise</div><div>10:30 AM - AR</div><div>Big Questions with Jon P</div><div>1:00 PM - CR</div><div>Caregiver Support Group w/ Chaplain Patrick</div><div>3:30/7 PM - AR</div><div>Limited Series: Peaky Blinders (S2 Ep. 3-4)</div><div>4:00 PM - SP</div><div>Resident Happy Hour</div></div>	<div>30</div> <div><div>9:00 AM - Z</div><div>Seasonal Wellbeing w/ Amanda</div><div>10:30 AM - CR</div><div>Conversation &amp; Community</div><div>1:00 PM - Z</div><div>Strengthening Chair Yoga with Emily Rose</div><div>1:00 PM - L</div><div>Nordic Walking</div><div>3:00 PM - CR</div><div>Resident Council Meeting</div><div>3:30/7 PM - AR</div><div>Documentary: Descendant</div><div>4:30 PM - CR</div><div>Men's Social Hour</div></div>	<div>31</div> <div><div>9:00 AM - Z</div><div>Seasonal Wellbeing w/ Amanda</div><div>10:30 AM - CR</div><div>Conversation &amp; Community</div><div>1:00 PM - Z</div><div>Strengthening Chair Yoga with Emily Rose</div><div>1:00 PM - L</div><div>Nordic Walking</div><div>3:00 PM - CR</div><div>Resident Council Meeting</div><div>3:30/7 PM - AR</div><div>Documentary: Descendant</div><div>4:30 PM - CR</div><div>Men's Social Hour</div></div>	<div>Programming Team:</div> <div>Evelyn Bakken</div> <div>Maren Hadrits</div> <div>Brandyn Liebe</div> <div>Breanna Reyes</div> <div><a href="mailto:events@abiltan.org">events@abiltan.org</a></div> <div>*all activities are subject to change</div>			