



Live here Live well.

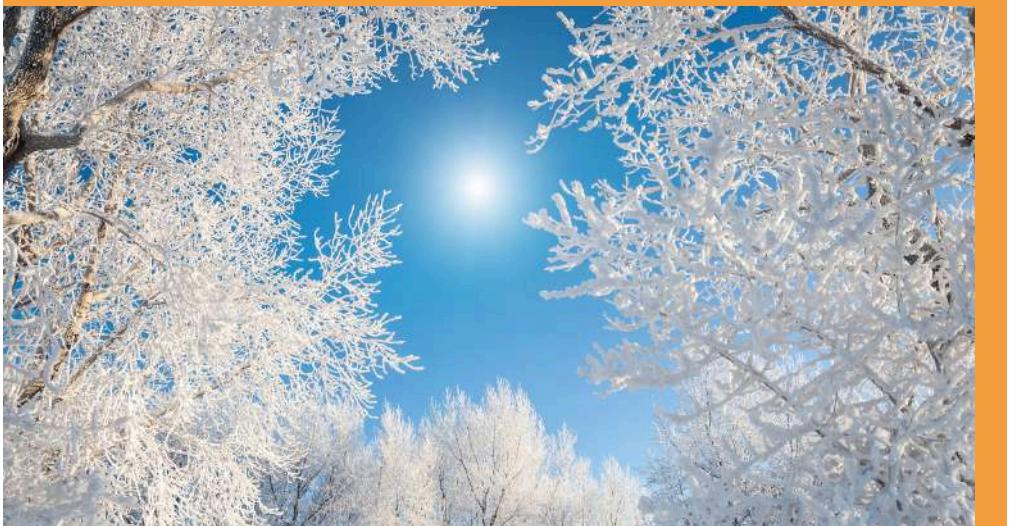
JANUARY



					Thu 1	Fri 2	Sat 3
					Happy New Year!	5:00PM Fun Fridays	
Sun 4	Mon 5	Tue 6	Wed 7	Thu 8	Fri 9	Sat 10	
12:00PM Football Game Day "Bears vs. Lions"	11:00AM Zumba	8:00AM Indoor Walking Club	9:00AM-11:00AM Hot Cocoa & Coffee Flight Bar	5:00PM-7:00 PM Monochrome Movie Night	5:00PM-6:00PM Line Dancing for Beginners	2:00PM-3:30PM Intro to Crochet	
Sun 11	Mon 12	Tue 13	Wed 14	Thu 15	Fri 16	Sat 17	
10:00AM-11:00AM "Coffee & Conversation"	11:00AM Stretch	8:00AM Indoor Walking Club 2:30PM Book Club	4:00PM-6:00PM Winter Wine & Small Bites & Flights (Prospect Event)	10:00AM-1:00PM Blood Drive	3:00PM - 5:00PM International Dinner Potluck 5:00PM Fun Fridays		
Sun 18	Mon 19	Tue 20	Wed 21	Thu 22	Fri 23	Sat 24	
10:00AM-11:00AM "Coffee & Conversation"	Martin Luther King Jr Day	8:00AM Indoor Walking Club 4:00pm - 5:00pm Town Hall Meeting	5:00PM-7:00PM Resident Appreciation Dinner	4:00PM-6:00PM Wellness & Relaxation by Chrio-One Wellness	5:30PM Card Game Social		
Sun 25	Mon 26	Tue 27	Wed 28	Thu 29	Fri 30	Sat 31	
10:00AM-11:00AM "Coffee & Conversation"	11:00AM Zumba	8:00AM Indoor Walking Club	7:00PM-8:00PM "Escape Room" \$\$	4:00PM-6:00PM Art Walk (Open to Everyone)	9:00AM-11:00AM Resident Breakfast		



MCDOWELL POINT



Hygiene Essentials Drive 1/1 -1/31

Help us kick off the new year by giving back. We are collecting new, unopened hygiene essentials to support local organizations serving individuals and families in need. Donations may include toothpaste, toothbrushes, soap, shampoo, deodorant, and other personal care items. Thank you for helping us make a meaningful impact this January.

Resident Appreciation Dinner 01/21

Join us on Monday, January 21, from 5:00–7:00 PM for a special Resident Appreciation Dinner. This event is our way of thanking you for being part of our community. Enjoy a complimentary meal and an evening of connection with neighbors and staff. We look forward to celebrating with you.

Resident Wellness & Relaxation Event 01/22

Join us on January 22 from 4:00–6:00 PM for a vendor-sponsored wellness event with Chiro One Wellness Centers. Residents can enjoy a complimentary spinal screening, quick posture check, and mini chair massage. Space is limited—please scan the QR code on the flyer to reserve your spot.

Live here
Live well.

See our
lifestyle
for yourself!

