





Live here  
Live well.

# JANUARY

-  Resident Led
-  Team Led
-  Vendor Led
-  Offsite

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



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!



GREYSTAR™



55+