











UNISEN							January 2024						
Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
DIMENSIONS OF WELLNESS		1		2		3		4		5		6	
 Physical	 Emotional	9:00 Hatha Yoga with Abby, Aud		9:00 Fun Fitness, Aud		8:15 Weight Management, A&C		9:00 Fun Fitness, Aud		9:00 Tai Chi Chih, Rot		9:00 Balance & Fall Prevention Class, Aud	
 Spiritual	 Environmental	9:00 Tai Chi Chih, Rot		10:00 Shopping trip to Winn Dixie, DCV		9:00 Core and Cardio with Coco, Aud		10:00 Coffee and Chat with Dr. Fox, C		9:15 Directors Meeting, Rotunda		9:30 Publix Weekly shopping trip, DCV	
 Vocational	 Social	9:15 Directors Meeting, Rotunda		10:00 Health and Wellness Committee, TCAW		9:00 Tai Chi Chih, Rot		10:00 Culinary Committee Meeting, TCAW		10:00 Resistance Training with Abby, Aud		10:00 Experience the World: Hidden Poland, Aud	
 Intellectual	 Health Services	9:45 (CANCELED) Line Dancing, Aud		12:30 Lifestyles/Transportation Comm, TCAW		9:15 Directors Meeting, Rotunda		10:00 Finance Committee Meeting, TCAW		10:00 Beachball Battle, Aud		10:00 Open Creative Arts, A&C	
 Nutritional	 Purposeful	10:00 Quilters Club, A&C		1:00 Documentary: Lost Cities of the Bible, Aud		10:00 Restorative Yoga with Abby, Aud		1:00 (RESCHEDULED FOR JAN. 11th)		12:30 Learn to Play Bridge with Jane Cole, BR		11:15 Feel the Beat Class, Aud	
		11:00 (CANCELED) Cardio Fit with Abby, Aud		1:00 (CANCELED TODAY)Tea Workshop with Abby, A&C		10:00 PEO Meeting, A&C		Brain Chat with Abby, CAN		1:30 Friday Afternoon at the Improv with Coco, Aud		1:00 Chair Volleyball, Aud	
				2:00 Communications Committee Meeting, TCAW		10:30 Keeping Current, TCAW		2:00 Library Comm, A&C		2:00 Bank Trip (Chase, Truist, Wells Fargo), DCV		2:00 Diamond Art workshop, LW	
				2:00 Housekeeping Comm, Rotunda		10:45 Feel the Beat with Coco, Aud		2:30 Rescheduled Resident vs. Staff Wii		2:00 Mah Jong, TCAW		2:00 Rummikub, Gily	
				2:00 Pharmacy Trip (CVS and Walgreens), DCV		11:00 Culture of Successful Aging Committee Meeting, MCDR		Bowling, Aud		3:00 Corn Hole Tournament, Aud		2:00 Rummikub, Gily	
				3:00 Spiritual Connections, MCDR		12:00 All Staff Meeting, Aud		3:00 Friendship Committee, TCAW		3:45 BYOB Happy Hour in the Galley, Gily		2:30 Wii Bowling, Aud	
				3:30 Cranium Crunches with Coco, A&C		1:00 Notables Rehearsal, A309		3:00 Table Tennis, Rot		7:00 Movie: Princess Bride, Aud			
				6:30 Mexican Train, Rotunda		1:00 Reserved by Michelle (Supervisor Meeting), A&C							
				6:30 Poker, BR		2:00 Chair volleyball, Aud							
				6:45 TV Series: The Chosen, Aud		3:30 Seated Cardio on Channel 732, CH732							
						6:00 USF Women's Basketball Game, DCV							
						6:00 Billiards, BR							
						7:00 Bridge Play, Rotunda							
7	8	9	10	11	12	13							
9:30 (CANCELED DUE TO NO SIGN UP) Shopping trip to Publix, DCV	9:00 Hatha Yoga with Abby, Aud	9:00 Fun Fitness, Aud	9:00 Core and Cardio with Coco, Aud	9:00 Fun Fitness, Aud	9:00 Tai Chi Chih, Rot	9:00 Balance & Fall Prevention Class, Aud							
9:45 Streams For Life: video worship service, Aud	9:00 Tai Chi Chih, Rot	10:00 shopping trip to Walmart, DCV	9:00 Tai Chi Chih, Rot	9:15 Directors Meeting, Rotunda	9:15 Directors Meeting, Rotunda	9:30 Publix Weekly shopping trip, DCV							
1:00 (CANCELED DUE TO NO SIGN UP) Shopping Trip to Bealls, DCTV	9:15 Directors Meeting, Rotunda	1:00 Residents' Board Meeting, TCAW	9:15 Directors Meeting, Rotunda	10:00 Restorative Yoga with Abby, Aud	10:00 Restorative Yoga with Abby, Aud	10:00 Experience the World: Lost Treasure Fleet of 1715, Aud							
2:00 Mah Jong, TCAW	9:45 Line Dancing, Aud	2:00 Pharmacy Trip (CVS and Walgreens), DCV	9:15 Directors Meeting, Rotunda	10:00 (CANCELED TODAY) Keeping Current, TCAW	10:00 Coffee and Chat with Dr. Fox, C	10:00 Open Creative Arts, A&C							
	10:00 Quilters Club, A&C	2:00 Scattergories, Aud	10:00 Restorative Yoga with Abby, Aud	10:45 Feel the Beat with Coco, Aud	10:00 Brain chat with Abby, Aud	10:00 Tai Chi with Bruce Edson, Rot							
	10:00 Villa Bible Study Group, VCD	3:00 (CANCELED TODAY) Spiritual Connections, A&C	10:00 Restorative Yoga with Abby, Aud	1:00 Balance and Fall Prevention Class with Abby, Aud	2:00 Resident Parking Meeting with Marketing, Aud	11:15 Feel the Beat Class, Aud							
	11:15 Cardio Fit with Abby, Aud	3:30 Cranium Crunches with Coco, A&C	10:00 Restorative Yoga with Abby, Aud	1:00 (CANCELED TODAY) Notables Rehearsal, A309	3:00 Table Tennis, Rot	12:00 Trip to Carrollwood Farmers Market, DCV							
	1:00 Mexican Train, TCAW	4:30 (Canceled due to weather) Out to dinner at Yummy House, DCV	10:30 Keeping Current, TCAW	1:00 Reserved by Michelle (Supervisor Meeting), A&C	3:00 Computer Club Meeting, TCAW	1:00 Chair Volleyball, Aud							
	2:00 Lopez Tabor Duo, Aud	6:30 Mexican Train, Rotunda	10:45 Feel the Beat with Coco, Aud	2:00 Chair Volleyball, Aud	3:00 Monthly Lifestyles Calendar Follow-Up Presentation, Aud	1:00 ALDI, TARGET, DOLLAR TREE TRIP, DCTV							
	3:00 Table Tennis, Rot	6:30 Poker, BR	11:00 Library 2 Go, C	3:30 Seated Cardio on Channel 732, CH732	7:00 Bingo, Aud	2:00 Book Club, Rotunda							
	6:30 Rummikub, A&C	6:45 TV Series: The Chosen, Aud	1:00 Balance and Fall Prevention Class with Abby, Aud	6:00 USF Women's Basketball Game, DCV		2:00 Rummikub, Gily							
	7:00 Movie Night: Baraka, Aud		1:00 Notables Rehearsal, A309	6:00 Billiards, BR		2:30 Wii Bowling, Aud							
			2:00 Moffitt Presentation: Diabetes: Navigating Treatment Options, Aud	7:00 Bridge Play, Rotunda									
			3:00 Humanist Group, TCAW										
			3:30 Seated Cardio on Channel 732, CH732										
			6:00 Billiards, BR										
			7:00 Bridge Play, Rotunda										
			7:30 Tampa Community Band, Aud										
14	15	16	17	18	19	20							
9:30 Shopping trip to Publix, DCV	9:00 Hatha Yoga with Abby, Aud	9:00 Fun Fitness, Aud	9:00 Core and Cardio with Coco, Aud	9:00 Fun Fitness, Aud	9:00 Tai Chi Chih, Rot	9:00 Balance & Fall Prevention Class, Aud							
9:45 Streams For Life: video worship service, Aud	9:00 Tai Chi Chih, Rot	9:00 3E Academic Foundation Resale Shoppes, a109	9:00 Tai Chi Chih, Rot	10:00 Coffee and Chat with Dr. Fox, C	9:15 Directors Meeting, Rotunda	9:30 Publix Weekly shopping trip, DCV							
1:00 Shopping at Apna Bazaar International, DCV	9:15 Directors Meeting, Rotunda	10:00 Olli: Science of Race, Aud	9:15 Directors Meeting, Rotunda	10:00 MacDill Excursion - Sign up by calling (813) 939-3126, DCV	9:45 Friendship Coffee, Aud	10:00 Experience the World: Slovakia: Treasures in the Heart of Europe, Aud							
2:00 Mah Jong, TCAW	9:45 (CANCELED) Line Dancing, CAN	10:00 Shopping trip to Trader Joe's, DCV	9:15 Directors Meeting, Rotunda	10:30 Keeping Current, TCAW	12:30 Learn to Play Bridge with Jane Cole, BR	10:00 Open Creative Arts, A&C							
	10:00 Quilters Club, A&C	1:00 Alzheimer's Caregiver Meeting, A&C	10:00 Restorative Yoga with Abby, Aud	10:45 Feel the Beat with Coco, Aud	1:30 Friday Afternoon at the Improv with Coco, Aud	10:00 Tai Chi with Bruce Edson, Rot							
	11:15 Cardio Fit with Abby, Aud	2:00 Olli: The New World of Planned Death, Aud	10:30 Keeping Current, TCAW	1:00 Library 2 Go, C	2:00 Bank Trip (Chase, Truist, Wells Fargo), DCV	11:15 Feel the Beat Class, Aud							
	1:00 Mexican Train, A&C	2:00 Pharmacy Trip (CVS and Walgreens), DCV	10:45 Feel the Beat with Coco, Aud	1:00 Olli: It Was Sixty Years Ago Today - The Fab Four in 1964, Aud	2:00 Mah Jong, TCAW	12:00 Chair Volleyball, Aud							
	1:30 3E Academic Foundation Board Meeting, TCAW	3:00 Spiritual Connections, A&C	11:00 Notables Rehearsal, A309	3:00 Table Tennis, Rot	3:00 Corn Hole, Aud	1:00 ALDI, TARGET, DOLLAR TREE TRIP, DCTV							
	3:00 Table Tennis, Rot	3:30 Cranium Crunches with Coco, A&C	1:00 Reserved by Michelle (Supervisor Meeting), A&C	3:30 Notables Rehearsal, Aud	3:45 BYOB Happy Hour in the Galley, Gily	1:30 Shopping trip to The Grove Wesley Chapel, DCV							
	6:30 Rummikub, A&C	3:30 Replay of Nancy's Special Video Presentation, Aud	2:00 Moffitt Presentation: Diabetes: Navigating Treatment Options, Aud	4:00 Out to dinner at Shells, DCV	7:00 Movie: The New World, Aud	2:00 Rummikub, Gily							
	7:00 Movie Night: Forbidden Planet, Aud	6:30 Mexican Train, Rotunda	3:00 Humanist Group, TCAW	7:00 Bingo, Aud		2:30 Wii Bowling, Aud							
		6:30 Poker, BR	3:30 Seated Cardio on Channel 732, CH732										
		6:45 TV Series: The Chosen, Aud	6:00 Billiards, BR										
			7:00 Bridge Play, Rotunda										
			7:30 Tampa Community Band, Aud										
21	22	23	24	25	26	27							
9:30 Shopping trip to Publix, DCV	9:00 Tai Chi Chih, Rot	9:00 Fun Fitness, Aud	9:00 Tai Chi Chih, Rot	9:00 Fun Fitness, Aud	9:00 Tai Chi Chih, Rot	9:00 Balance & Fall Prevention Class, Aud							
9:45 (CANCELED TODAY) Streams For Life: video worship service, Aud	9:00 OnSite Dermatology, HWO	10:00 Olli: Science of Race, Aud	9:00 Core and Cardio with Coco, Aud	9:45 Brain Chat with Abby, Aud	9:15 Directors Meeting, Rotunda	9:30 Publix Weekly shopping trip, DCV							
12:30 Lakeland Community Theater: The Fantasticks, DCV	9:00 Hatha Yoga with Abby, Aud	10:00 Shopping trip to Walmart, DCV	9:15 Directors Meeting, Rotunda	10:00 Coffee and Chat with Dr. Fox, C	9:30 Authors in Unisen: Private Tea, C	9:30 Day Trip to The James Museum and Lunch at Datz, DCV							
2:00 Mah Jong, TCAW	9:15 Directors Meeting, Rotunda	1:00 Olli: The New World of Planned Death, TCAW	9:15 Directors Meeting, Rotunda	10:30 Olli: Self Actualization in the Age of Crisis, Aud	10:30 Authors in Unisen & OLLI Presents: Sarah Viren, Aud	10:00 Experience the World: Life in Color with David Attenborough, Aud							
	9:45 Gym Equipment Instruction with Jessica, Rot	2:00 Pharmacy Trip (CVS and Walgreens), DCV	10:00 Restorative Yoga with Abby, Aud	1:00 Olli: It Was Sixty Years Ago Today - The Fab Four in 1964, Aud	12:30 Learn to Play Bridge with Jane Cole, BR	10:00 Open Creative Arts, A&C							
	10:00 Quilters Club, A&C	3:00 Spiritual Connections, A&C	10:30 Keeping Current, TCAW	3:00 Table Tennis, Rot	1:30 Friday Afternoon at the Improv with Coco, Aud	10:00 Tai Chi with Bruce Edson, Rot							
	10:15 Circuit Training with Jessica, Rot	3:30 Cranium Crunches with Coco, A&C	10:45 Feel the Beat with Coco, Aud	3:30 Notables Rehearsal, Aud	2:00 Mah Jong, TCAW	11:15 Feel the Beat Class, Aud							
	11:15 Cardio Fit with Abby, Aud	4:00 Out to dinner at Rick's on the River, DCV	11:00 Lip scrub class with Jessica and Mimosas, A&C	4:00 Out to dinner at Shells, DCV	3:00 Corn Hole, Aud	1:00 Chair Volleyball, Aud							
	11:30 OLLI Presents: The Mysteries of Mahjong: Learn How to Play, Rotunda	6:30 Mexican Train, Rotunda	1:00 Notables Rehearsal, A309	7:00 Bingo, Aud	3:45 BYOB Happy Hour in the Galley, Gily	1:00 Elizabeth Chester Private Event, TCAW							
	1:00 Mexican Train, TCAW	6:30 Poker, BR	1:00 Reserved by Michelle (Supervisor Meeting), A&C		7:00 Movie: Shall We Dance, Aud	2:00 Rummikub, Gily							
	3:00 Table Tennis, Rot	6:45 (CANCELED TODAY) TV Series: The Chosen, Aud	2:00 Chair Volleyball, Aud			2:30 Wii Bowling, Aud							
	6:30 Rummikub, A&C		3:30 Seated Cardio on Channel 732, CH732										
	7:00 Movie Night: Clue - the movie, Aud		6:00 Billiards, BR										
			7:00 Bridge Play, Rotunda										
28	29	30	31	MEETING PLACES									
9:30 Shopping trip to Publix, DCV	9:00 Tai Chi Chih, Rot	9:00 Fun Fitness, Aud	9:00 Core and Cardio with Coco, Aud	Aud - Auditorium		VCR - Villa's Conference Room							
9:45 Streams For Life: video worship service, Aud	9:00 Hatha Yoga with Abby, Aud	9:30 Newcomers' Social, TCAW	9:00 Tai Chi Chih, Rot	Rot - Rotunda		A309 - A-309							
1:00 A Gershwin Celebration at the Straz, EWV	9:15 Directors Meeting, Rotunda	10:00 Olli: Science of Race, Aud	9:15 Directors Meeting, Rotunda	Rotunda - Multipurpose Room in the Rotunda		CH732 - Channel 732							
2:00 Opera! The Turn of the Screw, Aud	9:45 Line Dancing, Aud	10:00 Shopping trip to Winn Dixie, DCV	10:00 Restorative Yoga with Abby, Aud	A&C - Arts & Crafts		C - Commons							
2:00 Mah Jong, TCAW	9:45 Gym Equipment Instruction with Jessica, Rot	2:00 Pharmacy Trip (CVS and Walgreens), DCV	10:30 Keeping Current, TCAW	1 - Ocean Breeze		CAN - Canceled							
	10:00 Quilters Club, A&C	2:00 Scatica Presentation with Abby, Aud	10:45 Feel the Beat with Coco, Aud	TCAW - The Castaway		Gily - Galley							
	10:15 Circuit Training with Jessica, Rot	3:00 Spiritual Connections, A&C	1:00 Community Cat Meeting, TCAW	DCV - Departs from Commons and Villas		DCTV - Departs Commons and The Villas							
	11:15 Cardio Fit with Abby, Aud	3:30 Cranium Crunches with Coco, A&C	1:00 Notables Rehearsal, A309	DCV - Departs from The Commons and Villas		LW - Lifestyle Workstation							
	11:30 OLLI Presents: The Mysteries of Mahjong: Learn How to Play, Rotunda	6:30 Mexican Train, Rotunda	1:00 Reserved by Michelle (Supervisor Meeting), A&C	Villas		VCD - Villa clubhouse Dining Room							
	1:00 Mexican Train, TCAW	6:30 Poker, BR	1:00 Balance and Fall Prevention Class with Abby, Aud	MCDR - Mermaid's Cove Dining Room		EWV - Departs from East/West/Villas							
	1:00 The Crown Season 6, Aud	6:45 TV Series: The Chosen, Aud	1:45 Chair Volleyball, Aud										
	3:00 Monthly Lifestyles Calendar Presentation, Aud		3:00 Monthly Town Hall with Diane Beri, Aud										
	3:00 Table Tennis, Rot		3:30 Seated Cardio on Channel 732, CH732										
	6:30 Rummikub, A&C		6:00 Billiards, BR										
	7:00 Movie Night: Blood Tide, Aud		7:00 Bridge Play, Rotunda										

