








JANUARY 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Office Closed 	2 10:00 Resident Portal Assistance with Yessica- DR 11:00 Fab, Fit, & Fun- FC 4:00 Quarter Quest Bingo- GR (\$) 6:00 Resident Activity Meeting- GR	3 11:00 Cardio Dance- FC 12:00 Latch Hook- GR 1:00 Larkspur Bridge Club- GMR 3:00 Pokeno- GR (\$) 5:00 Sole Mates Walking Group- GR 6:00 Fresh Impact Church Bible Study- THTR	4 11:00 Core Strength Pilates- FC 1:00 Pinochle- GMR 3:00 B4 Bingo Snack: New Year Grapes- GR 4:00 Quarter Quest Bingo- GR (\$) 6:00 Artistry Unleashed with Valerie- AR	5 11:00 Strength & Stretch- FC 5:30-6:30 Lettuce Celebrate the New Year Happy Hour food & drinks- GR 5:30-7:30 Singer: Shevon Jacob- GR 	6 9:00 "Hour of Power": Morning Prayer- THTR 11:45 Strength Training- FC 6:00 Resident-led Movie Night- THTR
7 11:00-12:00 Sunday Worship with Pastor Walton- THTR	8 11:00-2:00 Mobile Pet Spa- *RR (\$) 11:00 Mind & Body Yoga- FC 1:00 Larkspur Bridge Club- GMR 4:45 Resident Line Dancing- GR 6:00 Cardio Drumming- GR	9 10:00 Resident Portal Assistance with Yessica- DR 11:00 Fab, Fit, & Fun- FC 4:00 Quarter Quest Bingo- GR (\$) 6:00 Wine Tasting & Educational Discussion- GR *RR	10 11:00 Cardio Drumming- FC 12:00 Latch Hook- GR 1:00 In The Kitchen with Chef Shonah- GR 1:00 Larkspur Bridge Club- GMR 3:00 Pokeno- GR (\$) 5:00 Sole Mates Walking Group- GR 6:00 Fresh Impact Church Bible Study- THTR	11 11:00 Core Strength Pilates- FC 1:00 Pinochle- GMR 3:00 B4 Bingo Snack: Hot Fresh Popcorn- GR 4:00 Quarter Quest Bingo- GR (\$) 6:00 Artistry Unleashed with Valerie- AR	12 11:00 Strength & Stretch- FC 5:30-6:30 Fresh Faces: New Resident Happy Hour food & drinks- GR 5:30-7:30 Entertainment by DJ Silverfox -GR 	13 9:00 "Hour of Power": Morning Prayer- THTR 11:45 Strength Training- FC 6:00 Resident-led Movie Night- THTR
14 11:00-12:00 Sunday Worship with Pastor Walton- THTR	15 11:00 Mind & Body Yoga- FC 1:00 MLK Day Luncheon- GR *RR *ROE 1:00 Larkspur Bridge Club- GMR 4:45 Resident Line Dancing- GR  6:00 Cardio Drumming - GR	16 10:00 Resident Portal Assistance with Yessica- DR 11:00 Fab, Fit, & Fun- FC 1:00 Thank You, Veterans- GR *RR 4:00 Quarter Quest Bingo- GR (\$) 6:00 Winter Wonderland: Paint N' Sip- GR *RR *ROE	17 11:00 Cardio Dance- FC 12:00 Latch Hook- GR 1:00 Larkspur Bridge Club- GMR 3:00 Pokeno- GR (\$) 5:00 Sole Mates Walking Group- GR 6:00 Fresh Impact Church Bible Study- THTR	18 10:00 Coffee Chat w/ Kat- DR *RR 11:00 Core Strength Pilates- FC 1:00 Pinochle- GMR 3:00 B4 Bingo Snack: Mix Your Own Trail Mix- GR 4:00 Quarter Quest Bingo- GR (\$) 5:00 Surviving Spouse Support-THTR 6:00 Creative Art Series with Valerie- AR	19 11:00 Strength & Stretch- FC 5:30-6:30 Happy Hour food & drinks- GR 6:30-7:30 Price is Right -GR 	20 9:00 "Hour of Power": Morning Prayer- THTR 11:00 Medication Insight Session with Michelet- THTR 11:45 Strength Training- FC 6:00 Resident-led Movie Night- THTR
21 11:00-12:00 Sunday Worship with Pastor Walton- THTR	22 11:00 Mind & Body Yoga- FC 1:00 Larkspur Bridge Club- GMR 4:45 Resident Line Dancing- GR 6:00 Cardio Drumming- GR	23 10:00 Resident Portal Assistance with Yessica- DR 11:00 Fab, Fit, & Fun- FC 4:00 Quarter Quest Bingo- GR (\$) 6:00 Tye Dye Explosion - GR *FFE	24 11:00 Cardio Dance- FC 12:00 Latch Hook- GR 1:00 Larkspur Bridge Club- GMR 2:00 Theatric Performance by Mary Margaret Mann- THTR 3:00 Pokeno-GR (\$) 5:00 Sole Mates Walking Group- GR 6:00 Fresh Impact Church Bible Study- THTR	25 11:00 Core Strength Pilates- FC 1:00 Pinochle- GMR 3:00 B4 Bingo Snack: Yogurt Parfaits- GR 4:00 Quarter Quest Bingo- GR (\$) 6:00 Artistry Unleashed with Valerie- AR	26 11:00 Strength & Stretch- FC 3:00 Book Club- THTR 5:30-6:30 January Birthday Happy Hour food & drinks- GR 6:30-7:30 We Are Family Karaoke- GR 	27 9:00 "Hour of Power": Morning Prayer- THTR 11:45 Strength Training- FC 6:00 Resident-led Movie Night- THTR
28 11:00-12:00 Sunday Worship with Pastor Walton- THTR	29 11:00 Mind & Body Yoga- FC 12:00 Lunch Bunch: BB's Tex- Orleans- Carpool Trip *RR (\$) 1:00 Larkspur Bridge Club- GMR 4:45 Resident Line Dancing- GR 6:00 Cardio Drumming- GR	30 10:00 Resident Portal Assistance with Yessica- DR 11:00 Fab, Fit, & Fun- FC 4:00 Quarter Quest Bingo- GR (\$) 6:00 Wine Wonderland: Wine Tasting- GR *RR	31 11:00 Cardio Drumming- FC 12:00 Latch Hook- GR 1:00 Larkspur Bridge Club- GMR 3:00 Pokeno- GR (\$) 5:00 Sole Mates Walking Group- GR 6:00 Fresh Impact Church Bible Study- THTR	Room Legend AR: Art Room FC: Fitness Center THTR: Theater GMR: Game Room GR: Great Room	Pastries: Mon & Fri 9:00am Hot Breakfast: Wednesday 9:30am *RR *REO 	Weight Watchers Meeting: Tuesdays 9:00am & 5:30pm Art Room *RR: Registration Required sign up at front desk or call the concierge *ROE: Resident Only Event *FFE: Family Friendly Event (\$): Cost for Event

Larkspur Lowdown



The Resident Activity Meeting will be held on January 2nd at 6pm in the Great Room. This is a great chance to get caught up on all the fun happenings in January and give your input for February's activities.



Chef Elliot will facilitate our Martin Luther King Jr. Day luncheon. This luncheon will be a time to connect with neighbors, appreciate the diversity within our community, and engage in conversations that promote understanding and unity. Please take note that this is a resident-only event.



The Price is Right Happy Hour is back in January! Make sure to put your name on the sign-up sheet for a chance to play.



Something new this month: Check out Medication Insight Session with Michelet on Saturday, the 20th in the Theater. Local pharmacist and resident, Michelet, will lead a personalized event designed to help residents understand their prescriptions better. With a focus on individualized guidance, residents have the opportunity to ask questions, address concerns, and enhance their overall understanding of their prescribed medications, promoting health and well-being within the community.



Mary Margaret Mann joins us again on the 24th at 2:00pm in the Theater. If you've never experienced a MMM theatric performance, you don't want to miss this one!



The Wine Wonderland Wine Tasting brings residents together for a sophisticated evening of indulgence. Hosted by our favorite sommelier, Frank, the event features a single wine tasting that promises to delight the senses and elevate the appreciation of fine wines.



Welcome to the January 2024 Larkspur Fitness Challenge! This challenge is all about coming together, getting active, and making positive lifestyle changes. Make sure to sign in at fitness class, attend class regularly, and encourage your friends and neighbors to join the challenge with you. The Larkspur property with the highest attendance and most active participants at the end of January will win a fantastic prize. The prize will be provided by the other two Larkspur properties, fostering a spirit of friendly competition.

Larkspur's Pet of the Month



January's Pet of the Month is Thor!

Miss Connie in the cottages rescued Thor when he was just a few months old and needed a forever home. She was told at the time she saved his life but in the end, she realized without a doubt he saved hers. He was her living, breathing guardian angel for 13 years. Although he is no longer with her, with tears welling up in her eyes, she is the first to tell everybody she still feels him watching over her every day. Rest in peace Thor, job well done.



If you'd like your pet featured as pet of the month, please submit a picture of your pet with their name and what you think we should know about them, to marta.henry@greystar.com.