

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 *10:30 Mindful Strength & Stretch (ES) 1:30 Crochet Club (1ALEL) 2:30 Scrabble (AS) 3:30 Courtyard Social (C/S)	2 10:00 Backyard Croquet (ILC) 11:00 Balance (ES) 11:30 Core Crunch (ES) 11:00 House of Prayer Fellowship (T)	3 9:30 Stability & Strength (M) 10:15 Communion (F) 12:00 Action Station—American Grille (M) 1:00—3:00 Staffed FC Hours (FC) 1:30 Crochet Club (1ALEL) 2:30 Community Birthday Party (F) 3:30 Floral Arrangements (M)	4 10:00 Life Enrichment Meeting (S) 11:00 Balance (ES) 11:30 Core Crunch (ES) 2:30 UNO(AS) 3:30 Trivia Social (S)	5 *9:30—12:30 Shopping Loop *10:00—2:30 Posner Park **10:30 Mindful Strength & Stretch (ES) 1:30 Movie (T) **4:00 Happy Hour (S) 6:30 Movie (T)	6 9:30 Gentle Sculpting (M) 11:00 Movie (T) 2:00 Game Table (CL) 6:30 Movie (T)	
7 **11:00—2:00 Sunday Brunch(BV) 1:15 Presbyterian Service (M) 1:30 Movie (T) 3:00 Kingdom of Life Church (M) 4:00 Game Table (AS) 6:30 Movie (T)	8 *10:30 Mindful Strength & Stretch (ES) 1:30 Crochet Club (1ALEL) 2:30 Scrabble (AS) 3:30 Courtyard Social (C/S)	9 10:00 Backyard Croquet (ILC) 11:00 Balance (ES) 11:30 Core Crunch (ES) 11:00 House of Prayer Fellowship (T) 3:00 Cooking Demo—Japan (F) **3:30 Dinner at the Hard Rock Cafe Price range \$11—\$30	10 9:30 Stability & Strength (M) 10:15 Communion (F) 12:00 Action Station—Fajitas(M) 1:00—3:00 Staffed FC Hours (FC) 1:30 Crochet Club (1ALEL) 1:30 Floral Arrangements (M)	11 11:00 Balance (ES) 11:30 Core Crunch (ES) 2:30 UNO(AS) 3:30 Trivia Social (S)	12 *9:30—12:30 Shopping Loop **10:30 Mindful Strength & Stretch (ES) 1:30 BINGO for Books (F) 1:30 Crochet Club (1ALEL) 1:30 Movie (T) **4:00 Happy Hour (S) 6:30 Movie (T)	13 9:30 Gentle Sculpting (M) 11:00 Movie (T) 2:00 Game Table (CL) 3:00 Regeneration Church (F) **5:30 Bella Via Dinner Theater <i>Wonder Woman</i>	
14 **11:00—2:00 Sunday Brunch(BV) 1:15 Presbyterian Service (M) 1:30 Movie (T) 4:00 Game Table (AS) 6:30 Movie (T)	15 **10:30 Mindful Strength & Stretch (ES) 1:00—3:00 Staffed FC Hours (FC) 1:30 Crochet Club (1ALEL) 2:00 Town Hall Meeting (BV) 3:30 Courtyard Social (C/S)	16 10:00 Backyard Croquet (ILC) 11:00 Balance (ES) 11:30 Core Crunch (ES) 11:00 House of Prayer Fellowship (T)	17 9:30 Stability & Strength (M) 10:15 Communion (F) 12:00 Action Station—Steak(M) 1:00—3:00 Staffed FC Hours (FC) 1:30 Floral Arrangements (M) 1:30 Crochet Club (1ALEL)	18 11:00 Balance (ES) 11:30 Core Crunch (ES) 2:30 UNO(AS) 3:30 Trivia Social (S)	19 *9:30—12:30 Shopping Loop **10:30 Mindful Strength & Stretch (ES) 1:30 Movie (T) **4:00 Happy Hour (S) 6:30 Movie (T)	20 9:30 Gentle Sculpting (M) 11:00 Movie (T) 2:00 Game Table (CL) 6:30 Movie (T)	
21 **11:00—2:00 Sunday Brunch(BV) 1:15 Presbyterian Service (M) 1:30 Movie (T) 3:00 Kingdom of Life Church (M) 4:00 Game Table (AS) 6:30 Movie (T)	22 **10:30 Mindful Strength & Stretch (ES) 11:00—3:00 Staffed FC Hours (FC) 1:30 Crochet Club (1ALEL) *2:30 Craft—Heart Wreath (AS) 3:30 Courtyard Social (C/S)	23 *9:30 Orlando Science Center Admission \$18.95 11:00 House of Prayer Fellowship (T)	24 9:30 Stability & Strength (M) 10:15 Communion (F) 12:00 Action Station—Teriyaki (M) 1:00—3:00 Staffed FC Hours (FC) 1:30 Floral Arrangements (M) 1:30 Crochet Club (1ALEL) 2:00 Menu Chat (BV)	25 11:00 Balance (ES) 11:30 Core Crunch (ES) 2:30 UNO(AS) 3:30 Trivia Social (S)	26 **10:30 Mindful Strength & Stretch (ES) 1:30 Movie (T) **4:00 Happy Hour (S) 6:30 Movie (T)	27 9:30 Gentle Sculpting (M) 11:00 Movie (T) 2:00 Game Table (CL) **5:30 Bella Via Dinner Theater <i>Fiddler on the Roof</i>	
28 **11:00—2:00 Sunday Brunch(BV) 1:15 Presbyterian Service (M) 1:30 Movie (T) 4:00 Game Table (CL) 6:30 Movie (T)	29 **10:30 Mindful Strength & Stretch (ES) 1:00—3:00 Staffed FC Hours (FC) 1:30 Crochet Club (1ALEL) 3:30 Courtyard Social (C/S)	30 10:00 Backyard Croquet (ILC) 10:00 Program Volunteers (T) 11:00 Balance (ES) 11:30 Core Crunch (ES) 11:00 House of Prayer Fellowship (T)	31 **9:00—11:00 VA benefit session (T) 9:30 Stability & Strength (M) 10:15 Communion (F) 12:00 Action Station—steak tips (M) 1:00—3:00 Staffed FC Hours (FC) 1:30 Floral Arrangements (M)	LOCATION KEY			

AS—Art Studio	F—Florentine	*indicates registration is required. Please reserve with the concierge. 407-343-5044	Bold font indicates an excursion and requires registration.
ALE—AL Entrance	L—Lobby		
BL—Biscotti E Latte	M—Memory Care B		
C—Courtyard	S—Saluté		
CL—Card Lounge	T—Theater		** indicates event also open to residents from Solivita.
EL—Elevator Lobby	VCG—Champion's Gate		
ES—Exercise Studio			

Recurring Monthly Programs

***Bella Via Dinner Theater** *January 13, January 27 (S)*

Relax in Salut  as you enjoy a drink at Happy Hour Pricing. Then, immerse yourself in the storyline of a feature as you savor a decadent option from the fine dining Bella Via Restaurant  menu. *Fee comes from food allowance.*

Backyard Croquet *Tuesdays—10:00 am (ILC)*

Join fellow residents for a fun game of backyard Croquet! Rules are printed for your convenience.

Courtyard Social *Mondays, 3:30—4:30 pm (S)*

Mix, mingle and enjoy a complimentary drink and snacks.

Crochet Club *Mondays, Wednesdays, Fridays (1ALEL)*

Gather with Donna Henderson and other residents in crocheting fun creations in a social environment. Residents are responsible for their own supplies.

Floral Arrangements *Wednesdays - 1:30 pm, 1st Wednesday at 3:30 pm (M)*

Fresh flowers are delivered weekly to create beautiful arrangements for the dining tables of Volterra.

Game Table *Saturdays 2:00 pm, Sundays 4:00 pm (CL)*

Grab your pals for a little friendly competition at the Game Table or make it a team effort and piece together a puzzle. Bring an all-time favorite or try something from our collection.

Happy Hour *Fridays - 4:00 - 6:00 pm (S)*

TGIF! Fridays are for fun, so come enjoy drink specials, food and live entertainment! Please call the concierge to make a registration for you and your friends.

Life Enrichment Meeting *Thursday, January 4 - 10:00 am (S)*

Join this meeting to help the Life Enrichment Department ensure that our program and event offerings are appropriate and on track. Bring your voice - feedback from previous offerings, suggestions and ideas for the future! Help build a program that continues to feed resident passions and help develop new ones.

Masterpieces for Memories

Join Becca for fun projects to help raise money for the Alzheimer's Association! These will be sold at the Solivita Fall Festival (Nov. 4) for Alzheimer's Association fundraising. *This program will go on hiatus until Spring 2018.*

Movie

Fridays, Sundays - 1:30 pm, 6:30 pm, Saturdays—11:00 am, 6:30 pm except when there is Dinner Theater (T)

Enjoy a variety of movies throughout the weekend. Movies will be posted weekly at the concierge desk and on the theater doors.

Program Assistant Volunteers *Tuesday, January 16 - 10:00 am (T)*

Carmen Ortiz, Memory Care Life Enrichment Coordinator, will be available to help you explore which volunteer opportunities at Volterra are the best fit for you.

Trivia Social *Thursdays 3:30 pm (S)*

Enjoy the traditional amenities and mingling of the Courtyard Social, but there's more! Around 4:00 pm, test your wisdom and trifles with a Trivia session, lead by Arnie Secor. This event is now open to residents of Solivita, so we may have some more participants!

Registration Close Dates

Friday Shopping - 3:00pm the Thursday prior to trip
Posner Park- 8:00 pm Wednesday, January 3

Dinner at the Hard Rock Cafe - 8:00 pm Sunday, January 7

Orlando Science Center— 8:00 pm Sunday, January 21

Becca Kraus
Director of Life Enrichment

Phone: (407) 343-5044 ext.106
Fax: (407)846-1883

Fitness Offerings at Volterra

◇ Low Intensity

◇◇ Moderate Intensity

◇◇◇ High Intensity

- ◇◇ **Balance** *Tuesdays, Thursdays 11:00—11:30 am (Exercise Studio) as listed on calendar*
Warm up in the chair, then progress to standing exercises designed to improve your balance.
- ◇◇ **Core Crunch** *Tuesdays, Thursdays 11:30—11:50 am (Exercise Studio) as listed on calendar*
Strengthen your core muscles from you chair! This quick class is a great way to strengthen all the muscles required to complete activities of daily living.
- ◇ **Mindful Strength & Stretch** *Mondays, Fridays, 10:30—11:15 am (Exercise Studio)*
Ease tight muscles and release tension in this seated, yoga-inspired class. Bring attention to breathing and let the flow relieve stress from both body and mind.
- ◇◇ **Stability & Strength** *Wednesdays, 9:30—10:15 am (Memory Care B)*
Progress through dynamic exercises that help improve stability and overall strength. This low-impact class is a mixture of seated and standing exercises, working with various equipment.
- ◇◇ **Gentle Sculpting** *Saturdays, 9:30—10:15 am (Memory Care B)*
Sit and strengthen your body. This class is designed to improve cardiovascular fitness and strength. The short intervals with breaks allows for a great workout at the low-moderate intensity you're looing for.
- Saturday Stroll** Gather with fellow residents and friends for a leisurely stroll to start the weekend off with chats, laughs and moving your body. Meet in the IL Lobby to walk indoors or along the path around Volterra. No staff will be present.
- Staffed FC Hours** Mondays, Wednesdays 1:00—3:00 pm

Event Details

Posner Park

Friday, January 5

Take advantage of complimentary transportation to Posner Park and enjoy your time shopping, dining, etc.

Bus will leave Posner Park at 2:00 pm to return to Volterra.

Dinner at Hard Rock Cafe

Tuesday, January 9

Join residents of Volterra and Solivita on a fun dining experience at the Hard Rock Caf  at Universal City Walk—where flavor takes the center stage!

**The restaurant advises bringing cash for a speedier check out.

Price range: \$11—\$30

Orlando Science Center

Tuesday, January 23

"For sixty years, the Orlando Science Center has been a place that inspires curiosity and exploration."

Discover the adventures and experiences of the Orlando Science Center! Subway is available at the museum to purchase lunch.

*Plan to leave the museum by 2:30 pm and head back to Volterra.

Admission: \$18.95