

JANUARY 2019

Happy New Year 2019 to all our members and residents from Lori Kay, management and Lupin staff



FEBRUARY PREVIEW

Saturday, February 2, 2019

BNaked Yoga with Beth

- ❖ Hatha Yoga 10 am
- ❖ TeaTime 11:15 am
- ❖ Conscious Connected Couples 12 pm

ALSO: Saturday, February 9, Saturday, February 16, and Saturday, February 23.

Saturday, February 2 • 8 pm
Billiard tournament with prize

Sunday, February 3 • 3 pm
SuperBowl Party in TV Lounge

Saturday, February 9 • 8 pm
Birthday DJ Dance with Norma Jean

Sunday, February 10 • 11 am
Naturist Hike & meditation with Beth

Sunday, February 10 • 1 pm
Camera Club meeting

Saturday, February 16 • 8 pm
Reggae Dance with Justin & Glenda

Saturday, February 23 • 5 pm
Lupin Book Club

Saturday, February 23 • 8 pm
Glowing Light DJ Dance with T&MB

Entertainment Activities may change. See TWAL (This Week At Lupin) and the calendar on our website www.lupinlodge.com for the most recent information

VISIT SAUNA

This weather is perfect for our sauna. Come soak in the hot tub and then finish in the sauna for the ultimate in relaxation



FRIDAY 4

Dinner at 6 pm with \$ 3 draft beer

Fun Card Games TV Lounge 7 pm

FRIDAY 11

Fun Card Games TV Lounge 7 pm

DARTS & BEER Tournament with prize. Also \$3 draft beer. 8 pm

FRIDAY 18

Dinner at 6 pm with \$ 3 draft beer

OPEN MIC with Charlie P, guests and a Lupin musical talent 8 pm

FRIDAY 25

Dinner at 6 pm with \$ 3 draft beer

Fun Card Games TV Lounge 7 pm

FRIDAY FEB 1

Dinner at 6 pm with \$ 3 draft beer

Fun Card Games TV Lounge 7 pm

SATURDAY JANUARY 5

BNaked Yoga starts at 10 am
Please RSVP with Beth 201-259-4376 or Lupin Office

1st of monthly **BILLIARD TOURNAMENTS** with prize & \$3 draft beer 8 pm



SATURDAY JANUARY 12

BNaked Yoga ~ 10 am
January Birthday Dance for Members born this month. With DJ Norma Jean. 8 pm



SATURDAY JANUARY 19

BNaked Yoga with Beth
❖ 10 am Hatha Yoga
❖ 11:15 Yogi Tea Time
❖ 12 ConsciousConnectedCouples

Play GAME of your choice: Bingo, BlackJack, Billiard, GO, Joking Hazard, fun cards 8 pm

SATURDAY JANUARY 26

BNaked Yoga with Beth 10 am
Please RSVP with Beth 201-259-4376 or Lupin Office

DANCE WITH GUEST DJ STUART \$3 draft beer starts 8 pm

SATURDAY FEBRUARY 2

BNaked Yoga with Beth
❖ 10 am Hatha Yoga
❖ 11:15 Yogi Tea Time
❖ 12 ConsciousConnectedCouples

BILLIARD TOURNAMENT with prize & \$3 draft beer 8 pm

SUNDAY 6

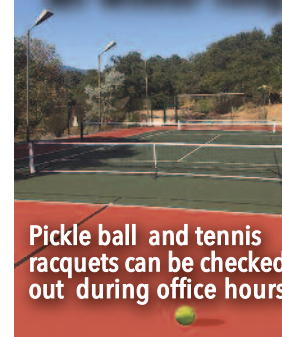
Internet Radio with Errol and Rochelle every Sunday 1 pm
www.bbsradio.com/insightout

SUNDAY 13

Naturist Hike and Mountain Top Meditation with Beth. Back patio 11 am

Lupin Camera Club meeting 1 pm

No need to shovel snow here... play tennis or pickle ball all winter long



Pickle ball and tennis racquets can be checked out during office hours

SUNDAY FEB 3



2019 Superbowl from Atlanta in TV Lounge. Beverages and snacks