







# JANUARY



2025

SUN	MON	TUE	WED	THU	FRI	SAT
29 	30 9th - National Law Enforcement Appreciation Day Join us as we come together to express our gratitude and support for the dedicated men and women in law enforcement. National Law Enforcement Appreciation Day is an opportunity to honor those who work tirelessly to keep our communities safe. Let's gather to show our appreciation and acknowledge their commitment to public service.	31 27 - Thrivefest Embark on the journey to your best self at Thrivefest, a Health & Wellness Expo. Join us for a thoughtfully curated event featuring vendors, food trucks, live demos, engaging activities, yoga, meditation, inspiring guest speakers, and enlightening cooking demonstrations. Thrivefest is your opportunity to explore holistic well being and discover the tools to thrive in every aspect of your life. We look forward to a day of inspiration and empowerment.	1 10am Pickleball Basics 10am Bible Study	2 8am Deliberate Flow Yoga 4:30 Shy Cour 7pm Mommy&Me	3 2pm Invitational Series - Cornhole	4 8am Yoga - Lake Front 11am GameDay at Meridiana 
5	6 6am Club Flow Yoga 6pm Zumba Class	7 10:30/11:30/12:30 Kindermusik 4:30/5:05 Soccer Shots 5pm MMA Jiu-Jitsu 6:30pm- Yoga Lake Front 7pm Step Aerobics	8 10am Teach Me Tennis 10am Bible Study	9 8am Deliberate Flow Yoga 5pm Law Enfor. Appreciation Day 5pm Run Club 7pm Mommy&Me	10 4:30 Soccer Shots 5pm Family Fun Night 8pm Stitch & Sip	11 11am Bounce It Up
12 	13 6am Club Flow Yoga 6pm Zumba Class	14 10:30/11:30/12:30 Kindermusik 4:30/5:05 Soccer Shots 5pm MMA Jiu-Jitsu 6:30pm- Yoga Lake Front 7pm Step Aerobics	15 10am Pickleball Basics 10am Bible Study	16 8am Deliberate Flow Yoga 4:30 Shy Cour 7pm Mommy&Me	17 2pm Invitational Series - Ping Pong	18 11am Palette & Playtime
19	20 12pm MLK Day & Unity Bites & Book Dry 6am Club Flow Yoga 6pm Zumba Class 	21 10:30/11:30/12:30 Kindermusik 4:30/5:05 Soccer Shots 5pm MMA Jiu-Jitsu 6:30pm- Yoga Lake Front 7pm Step Aerobics	22 10am Teach Me Tennis 10am Bible Study	23 8am Deliberate Flow Yoga 4:30 Shy Cour 5pm Run Club 7pm Mommy&Me	24 11am National Peanut Butter Day	25 10am Thrivefest 
26 	27 6am Club Flow Yoga 6pm Zumba Class	28 10:30/11:30/12:30 Kindermusik 4:30/5:05 Soccer Shots 5pm MMA Jiu-Jitsu 6:30pm- Yoga Lake Front 7pm Step Aerobics	29 10am Pickleball Basics 10am Bible Study	30 8am Deliberate Flow Yoga 4:30 Shy Cour 7pm Mommy&Me	31 7pm Movie on the Lawn 7pm Kickback Karaoke	1 <ul style="list-style-type: none"> <li>• Fitness Classes</li> <li>• Public Events</li> <li>• Resident Events</li> <li>• Cafe Sol Events</li> <li>• Clubs/Classes</li> <li>• Adventure Cove</li> </ul>

••VENDORS - IF INTERESTED, SIGN UP FOR LATEST EVENT HERE OR EMAIL [JACOB@MERIDIANATEXAS.COM](mailto:JACOB@MERIDIANATEXAS.COM)

