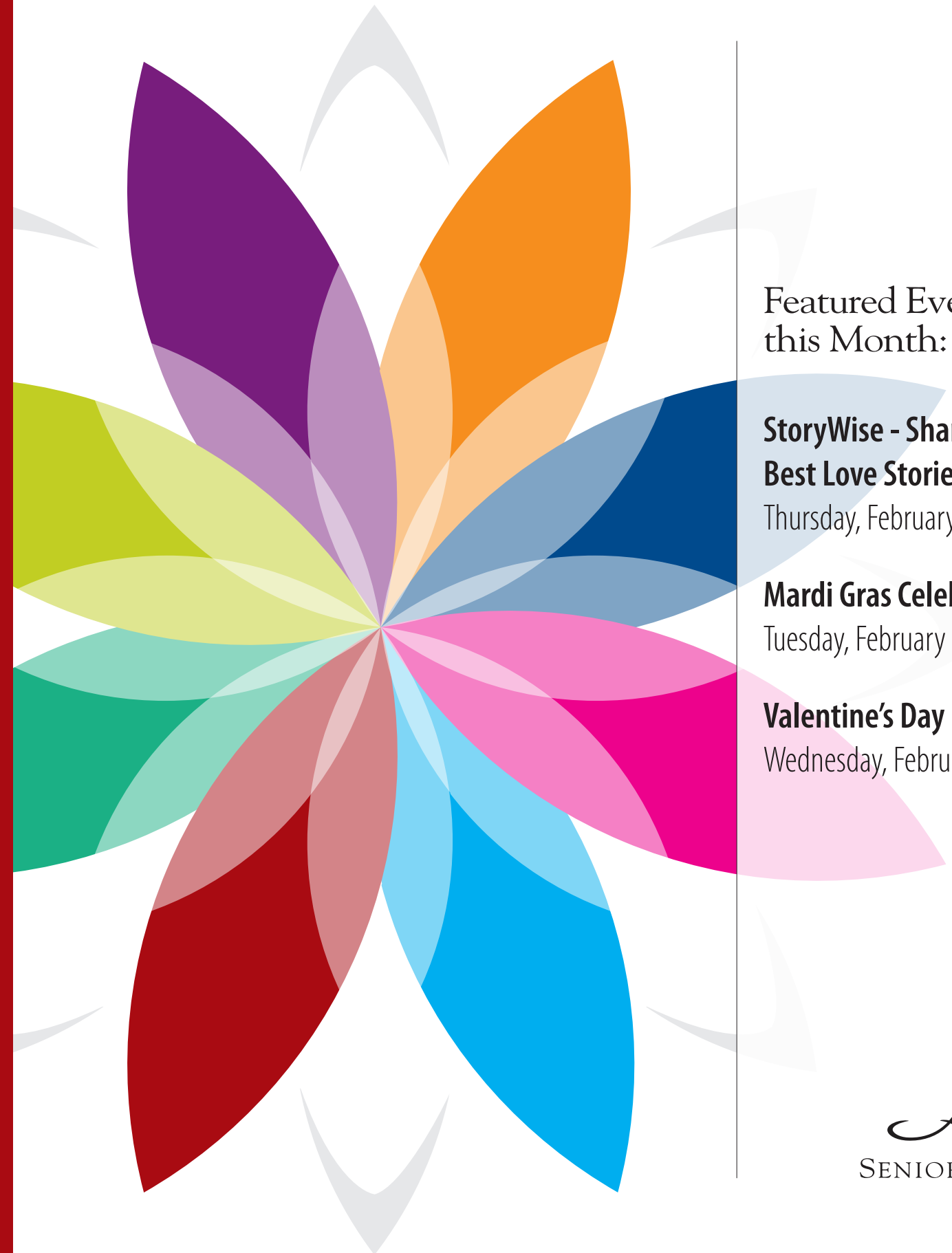


# ENGAGE LIFE<sup>®</sup>

## Monthly Calendar of Events and Programming



Featured Events  
this Month:

**StoryWise - Share Your  
Best Love Stories**

Thursday, February 8, 10:30 am

**Mardi Gras Celebration**

Tuesday, February 13, 4:00 pm

**Valentine's Day Dinner**

Wednesday, February 14, 4:00 pm

*Atria*  
SENIOR LIVING

*Atria*  
SENIOR LIVING

# FEBRUARY 2018

# ATRIA HEARTHSTONE EAST engage life®

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE®

- PA** Personal Achievement
- HF** Health & Fitness
- EF** Entertainment & Fun
- CV** Civic Engagement
- LL** Lifelong Learning
- CE** Creative Expression
- IS** Inspiration & Spirituality
- C** Connection
- AW** Atria StoryWise

<p><b>Happy Birthday Gwen Ryan</b> <b>4</b></p> <p>11:00 <b>IS</b> Catholic Communion (AR)</p> <p>11:30 <b>LL</b> Todays Top Stories &amp; Coffee Chat (LB) [PI]</p> <p>1:00 <b>HF</b> Light Weights (AR) [PI]</p> <p>2:00 <b>IS</b> Sentimental Journeys-Sing Along (LB)</p> <p>3:00 <b>LL</b> History Buffs w/ Doug Wallace (AR)</p> <p>4:00 <b>HF</b> Afternoon Stretch (AR) [PI]</p> <p>6:00 Sunday Night Pitch (AR) [PI]</p>	<p><b>9:00 HF</b> Therapeutic Exercise (DR)</p> <p>10:00 What's in a Word? (AR) [PI]</p> <p>12:30 Out &amp; About (OT) [PI]</p> <p>1:00 <b>CV</b> Coupon Clippers (DR)</p> <p>2:00 <b>CE</b> Adult coloring class (AR) [PI]</p> <p>4:00 <b>HF</b> Low Impact Aerobics w/ Susan (AR) [PI]</p> <p>5:00 <b>EF</b> Scrabble® Challenge (LB) [PI]</p> <p>6:00 <b>LL</b> Trivia (LB) [PI]</p>	<p><b>9:00</b> Dillons Shopping (OT)</p> <p>9:00 <b>HF</b> Therapeutic Exercise w/ Christen (DR) [ELD]</p> <p>10:00 <b>CE</b> Homemade Valentines (AR) [ELD]</p> <p>1:30 <b>HF</b> Tai Chi w/ Mae (AR)</p> <p>2:30 Bingo (DR) [PI]</p> <p>5:30 <b>LL</b> Book Club-Burt Lancaster &amp; Shirley Jones (AR) [PI]</p> <p>6:00 <b>EF</b> Movie Theatre Outing w/ West (OT) [PI]</p>	<p><b>9:00 HF</b> Therapeutic Exercise w/ Interim (DR)</p> <p>10:00 Wednesday Chic Flicks (LB) [ELD]</p> <p>12:30 Walmart Shoppers (OT)</p> <p>1:00 <b>EF</b> Fact or Fiction -Guys vs. Gals (AR) [PI]</p> <p>2:30 <b>CV</b> Resident Council Officers Meeting. (AR) [ELD]</p> <p>4:00 <b>HF</b> Low Impact Aerobic w/ Susan (AR) [PI]</p> <p>6:00 Rummy (AR)</p>	<p><b>9:00 HF</b> Therapeutic Exercise w/ Interim (DR)</p> <p>9:30 <b>HF</b> Wellness Checks (PT)</p> <p>10:30 <b>AW</b> StoryWise-Share your best Love stories. (AR) [ELD]</p> <p>2:30 Bingo (DR) [PI]</p> <p>3:00 <b>CE</b> Watercolor Painting (AR) [PI]</p> <p>4:00 <b>HF</b> Light Weights (AR) [PI]</p> <p>6:00 Thursday Night Pitch (AR)</p>	<p><b>9:00 HF</b> Therapeutic Exercise w/ Interim (DR)</p> <p>9:30 Left, Center, Right (AR) [ELD]</p> <p>10:30 <b>CE</b> Card Making Class (AR)</p> <p>12:00 <b>PA</b> Ambassador Meeting (AR) [ELD]</p> <p>12:30 <b>EF</b> Museum Outing (OT) [PI]</p> <p>2:30 Happy Hour (PA)</p> <p>3:30 <b>HF</b> Low Impact Aerobics (AR) [PI]</p> <p>6:00 <b>PA</b> Whist led by Nadene-2nd floor (AR)</p>	<p>10:00 <b>HF</b> Drum Stick Cardio (AR)</p> <p>10:45 <b>LL</b> iPad Programs (LB)</p> <p>12:00 Nail Spa (AR)</p> <p>1:30 <b>HF</b> Standing Tall Fitness (AR)</p> <p>2:00 Bingo (DR)</p> <p>3:45 <b>EF</b> Cookies &amp; Cocoa (LB) [ELD]</p> <p>6:00 Yahtzee™ (AR)</p> <p>6:30 Saturday Night Comedy Flick (LB)</p>																				
<p>11:00 <b>IS</b> Catholic Communion (AR)</p> <p>11:30 <b>LL</b> Todays Top Stories &amp; Coffee Chat (LB) [PI]</p> <p>1:00 <b>HF</b> Light Weights (AR) [PI]</p> <p>2:00 <b>IS</b> Sentimental Journeys- Sing Along (LB)</p> <p>3:00 <b>LL</b> History Buffs w/ Doug Wallace (AR)</p> <p>4:00 <b>HF</b> Afternoon Stretch (AR) [PI]</p> <p>6:00 Sunday Night Pitch (AR) [PI]</p>	<p><b>9:00 HF</b> Therapeutic Exercise w/ Interim (DR)</p> <p>9:30 <b>LL</b> Health Talk w/ Encompass (LB)</p> <p>10:00 What's in a Word? (AR) [PI]</p> <p>11:00 <b>PA</b> Ambassador Luncheon (OT) [ELD]</p> <p>12:30 Dollar Store Shopping (OT) [PI]</p> <p>1:00 <b>CV</b> Coupon Clippers (DR)</p> <p>2:00 <b>CE</b> Adult Coloring Class (AR) [PI]</p> <p>4:00 <b>HF</b> Low Impact Aerobics w/ Susan (AR) [PI]</p> <p>5:00 <b>EF</b> Scrabble® Challenge (LB) [PI]</p> <p>6:00 <b>LL</b> Trivia (LB) [PI]</p>	<p><b>9:00</b> Dillons Shopping (OT)</p> <p>9:00 <b>HF</b> Therapeutic Exercise w/ Christen (DR) [ELD]</p> <p>10:00 <b>LL</b> Valentine Cookie Decorating (AR) [ELD]</p> <p>1:30 <b>HF</b> Tai chi with Mae (AR)</p> <p>2:30 Bingo (DR) [PI]</p> <p>4:00 <b>EF</b> Mardi Gras Celebration (DR)</p> <p>5:30 <b>LL</b> Book Club (AR) [PI]</p> <p>6:00 <b>EF</b> Movie Theatre Outing w/ West (OT) [PI]</p>	<p><b>Valentine's Day</b> <b>14</b></p> <p>9:00 <b>HF</b> Therapeutic Exercise w/ Interim (DR)</p> <p>10:30 <b>CE</b> Writers' Corner (AR) [PI]</p> <p>12:30 Walmart Shoppers (AR)</p> <p>1:00 <b>EF</b> Fact or Fiction-Guys vs. Gals (LB) [PI]</p> <p>2:00 <b>C</b> Ladies Tea (LB) [PI]</p> <p>3:30 <b>CV</b> Resident Council Meeting (LB)</p> <p>4:00 <b>HF</b> Low Impact Aerobics w/ Susan (AR) [PI]</p> <p>4:00 <b>EF</b> Valentines Day dinner (DR)</p> <p>6:00 Rummy (AR)</p>	<p><b>9:00 HF</b> Therapeutic Exercise w/ Interim (DR)</p> <p>9:30 <b>HF</b> Wellness Checks (PT)</p> <p>10:30 <b>AW</b> Atria StoryWise (AR) [PI]</p> <p>1:30 <b>LL</b> Zoo 2 U program (LG)</p> <p>2:30 Bingo (DR) [PI]</p> <p>3:00 <b>C</b> Men's Group-Sport's Bloopers (LB) [ELD]</p> <p>4:30 <b>HF</b> Light Weights (AR) [PI]</p> <p>6:00 Thursday Night Pitch (AR)</p>	<p><b>9:00 HF</b> Therapeutic Exercise w/ Interim (DR)</p> <p>9:30 Left, Center, Right (AR) [ELD]</p> <p>10:30 <b>CE</b> Card Making Class (AR)</p> <p>12:30 <b>EF</b> Museum Outing (OT)</p> <p>2:00 <b>LL</b> Red Carpet Library (LB)</p> <p>2:30 Happy Hour (PA)</p> <p>3:30 <b>HF</b> Low-Impact Aerobics (AR) [PI]</p> <p>6:00 <b>PA</b> Whist led by Nadene-2nd floor (LB)</p>	<p>10:00 <b>HF</b> Drum Stick cardio (AR)</p> <p>10:45 <b>LL</b> iPad Program (LB)</p> <p>12:00 Nail Spa (AR)</p> <p>1:30 <b>HF</b> Standing Tall Fitness (AR)</p> <p>2:00 Bingo (DR)</p> <p>3:45 <b>EF</b> Cookies &amp; Cocoa (LB) [ELD]</p> <p>3:45 <b>PA</b> New Resident Meet &amp; Greet</p> <p>6:00 Yahtzee™ (AR)</p> <p>6:30 Saturday Night Comedy Flick (LB)</p>																				
<p>11:00 <b>IS</b> Catholic Communion (AR)</p> <p>11:30 <b>LL</b> Todays Top Stories &amp; Coffee Chat (LB) [PI]</p> <p>1:00 <b>HF</b> Light Weights (AR) [PI]</p> <p>2:00 <b>IS</b> Sentimental Journeys-Sing Along (LB) [PI]</p> <p>3:00 <b>LL</b> History Buffs w/ Doug Wallace</p> <p>4:00 <b>HF</b> Afternoon Stretch (AR) [PI]</p> <p>6:00 Sunday night Pitch (AR) [PI]</p>	<p>8:30 Appts. w/ Dr. Hobbs (AR)</p> <p>9:00 <b>HF</b> Therapeutic Exercise w/ Interim (DR)</p> <p>10:00 <b>LL</b> World Travels (LB) [ELD]</p> <p>12:30 Out &amp; About (OT) [PI]</p> <p>1:00 <b>CV</b> Coupon Clippers (DR)</p> <p>2:00 <b>CE</b> Adult Coloring Class (AR)</p> <p>2:00 <b>IS</b> Country Cross-Dennis Bowen (DR)</p> <p>4:00 <b>HF</b> Low Impact Aerobics w/ Susan (AR) [PI]</p> <p>5:00 <b>EF</b> Scrabble® Challenge (LB) [PI]</p> <p>6:00 <b>LL</b> Trivia (LB) [PI]</p>	<p><b>9:00</b> Dillons Shopping (OT)</p> <p>9:00 <b>HF</b> Therapeutic Exercise w/ Christen (DR)</p> <p>10:00 <b>CE</b> Crafting with Christen (AR) [ELD]</p> <p>1:30 <b>HF</b> Tai Chi with Mae (AR)</p> <p>2:30 Bingo (DR) [PI]</p> <p>5:30 <b>LL</b> Book Club- (AR) [PI]</p> <p>6:00 <b>EF</b> Movie Theatre Outing w/ West (OT) [PI]</p>	<p><b>9:00 HF</b> Therapeutic Exercise w/ Interim (DR)</p> <p>10:00 Wednesday Chic Flicks (LB) [ELD]</p> <p>12:30 Walmart Shoppers (OT)</p> <p>1:00 <b>EF</b> Fact or Fiction-Guys vs. Gals (LB) [PI]</p> <p>4:00 <b>HF</b> Low Impact Aerobics w/ Susan (AR) [PI]</p> <p>6:00 <b>C</b> Quarterly Family Night Meeting (DR)</p> <p>6:00 Rummy (AR) [PI]</p> <p>7:00 <b>C</b> Family Night Bingo (DR) [PI]</p>	<p><b>9:00 HF</b> Therapeutic Exercise w/ Susan (DR) [PI]</p> <p>9:30 <b>HF</b> Wellness Checks (AR)</p> <p>10:30 <b>AW</b> Atria StoryWise (AR) [PI]</p> <p>2:30 Bingo (DR) [PI]</p> <p>3:00 <b>C</b> Men's Group- Sports Bloopers (LB) [PI]</p> <p>4:30 <b>HF</b> Light Weights (AR) [PI]</p> <p>6:00 Thursday Night Pitch (AR)</p>	<p><b>9:00 HF</b> Therapeutic Exercise w/ Interim (DR)</p> <p>9:30 Left, Center, Right (AR) [ELD]</p> <p>10:30 <b>CE</b> Card Making class (AR)</p> <p>12:00 <b>PA</b> Ambassador Meeting (AR) [ELD]</p> <p>12:30 <b>EF</b> Museum Outing (OT) [PI]</p> <p>2:30 Happy Hour (PA)</p> <p>3:30 <b>HF</b> Low-Impact Aerobics (AR) [PI]</p> <p>6:00 <b>PA</b> Whist led by Nadene-2nd floor (LB)</p>	<p>10:00 <b>HF</b> Drumstick Cardio (AR)</p> <p>10:45 <b>LL</b> iPad Program (LB)</p> <p>1:30 <b>HF</b> Standing Tall Fitness (AR)</p> <p>2:00 Bingo (DR)</p> <p>3:45 <b>EF</b> Cookies &amp; Cocoa (LB) [ELD]</p> <p>6:00 Yahtzee™ (AR)</p> <p>6:30 Saturday Night Comedy Flick (LB)</p>																				
<p>11:00 <b>IS</b> Catholic Communion (AR)</p> <p>11:30 <b>LL</b> Todays Top Stories &amp; Coffee Chat (LB) [PI]</p> <p>1:00 <b>HF</b> Light Weights (AR) [PI]</p> <p>2:00 <b>IS</b> Sentimental Journeys-Sing Along (LB) [PI]</p> <p>3:00 <b>LL</b> History Buffs w/ Doug Wallace</p> <p>4:00 <b>HF</b> Afternoon Stretch (AR) [PI]</p> <p>6:00 Sunday night Pitch (AR) [PI]</p>	<p><b>9:00 HF</b> Therapeutic Exercise w/ Interim (DR)</p> <p>10:00 What's in a Word? (AR) [PI]</p> <p>12:30 Out &amp; About (OT) [PI]</p> <p>1:00 <b>CV</b> Coupon Clippers (DR)</p> <p>2:00 <b>CE</b> Adult Coloring Class (AR) [PI]</p> <p>4:00 <b>HF</b> Low Impact Aerobics w/ Susan (AR) [PI]</p> <p>5:00 <b>EF</b> Scrabble® Challenge (LB) [PI]</p> <p>6:00 <b>LL</b> Trivia (LB) [PI]</p>	<p><b>9:00</b> Dillons Shopping (OT)</p> <p>9:00 <b>HF</b> Therapeutic Exercise w/ Christen (DR)</p> <p>10:00 <b>CE</b> Crafting with Christen (AR) [ELD]</p> <p>10:30 <b>CV</b> Food 4 Thought Meeting (AR)</p> <p>1:30 <b>HF</b> Tai Chi with Mae (AR)</p> <p>2:30 Bingo (DR) [PI]</p> <p>5:30 <b>LL</b> Book Club- (AR) [PI]</p> <p>6:00 <b>EF</b> Movie Theatre Outing w/ West (OT) [PI]</p>	<p><b>9:00 HF</b> Therapeutic Exercise w/ Interim (DR)</p> <p>9:30 <b>IS</b> Mass (AR)</p> <p>10:30 <b>CE</b> Writers' Corner (AR)</p> <p>12:30 Walmart Shoppers (OT)</p> <p>1:00 <b>EF</b> Fact or Fiction-Guys vs. Gals (LB) [PI]</p> <p>2:30 <b>CV</b> Resident Activity Planning Meeting (LB) [ELD]</p> <p>4:00 <b>HF</b> Low Impact Aerobics w/ Susan (AR) [PI]</p> <p>6:00 Rummy (AR) [PI]</p>	<p><b>ROOM LOCATION KEY:</b></p> <table border="0"> <tr><td>Dining Room</td><td>DR</td></tr> <tr><td>Physical Therapy Room</td><td>PT</td></tr> <tr><td>Activity Room</td><td>AR</td></tr> <tr><td>Life Guidance</td><td>LG</td></tr> <tr><td>Outside</td><td>OT</td></tr> <tr><td>Library</td><td>LB</td></tr> <tr><td>Patio</td><td>PA</td></tr> </table> <p><b>STAFF KEY:</b></p> <table border="0"> <tr><td>Christen</td><td>ELD</td></tr> <tr><td>Susan Imthurn</td><td>PI</td></tr> <tr><td>Rhonda Bottsford</td><td>PI</td></tr> </table>		Dining Room	DR	Physical Therapy Room	PT	Activity Room	AR	Life Guidance	LG	Outside	OT	Library	LB	Patio	PA	Christen	ELD	Susan Imthurn	PI	Rhonda Bottsford	PI	
Dining Room	DR																									
Physical Therapy Room	PT																									
Activity Room	AR																									
Life Guidance	LG																									
Outside	OT																									
Library	LB																									
Patio	PA																									
Christen	ELD																									
Susan Imthurn	PI																									
Rhonda Bottsford	PI																									

Scrabble® is a registered trademark of Hasbro, Inc. Yahtzee™ is a trademark of Hasbro, Inc.

10249-0218

# ENGAGE LIFE<sup>®</sup>

## Monthly Calendar of Events and Programming



### Featured Events this Month:

- Super Bowl Party**  
Sunday, February 4, 5:00 pm
- Town Hall Meeting**  
Thursday, February 8, 6:00 pm
- Chocolate Fantasy**  
Saturday, February 10, 7:00 pm

*Atria*  
SENIOR LIVING

*Atria*  
SENIOR LIVING

# FEBRUARY 2018

# ATRIA HEARTHSTONE WEST engage life®

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE®

- PA** Personal Achievement
- HF** Health & Fitness
- EF** Entertainment & Fun
- CV** Civic Engagement
- LL** Lifelong Learning
- CE** Creative Expression
- IS** Inspiration & Spirituality
- C** Connection
- Atria StoryWise**

<p><b>4</b></p> <p>7:00 <b>HF</b> Wii® Golf (ATR) [RI] 8:15 <b>HF</b> Hearthstone Hoopers' Morning Walk (ALC) [RI] 9:00 <b>HF</b> Wii® Bowling (ATR) [RI] 11:00 <b>IS</b> Communion Services (CH) [OV] 1:00 <b>HF</b> Raisin' the Exercise (CR) [LAN] 1:30 <b>C</b> Quick Chat (CR) [LAN] 2:00 Bingo (CR) [LAN] 3:30 <b>IS</b> Taped Service from Gage Park Baptist (SL) [LAN] 5:00 <b>C</b> Super Bowl® Party (ATR) [FAB] 6:00 Cards (CR) [RI]</p>	<p><b>5</b></p> <p>7:00 <b>HF</b> Wii® Golf (ATR) [RI] 8:15 <b>HF</b> Hearthstone Hoopers' Morning Walk (ALC) [FAB] 9:00 <b>HF</b> Wii® Bowling (ATR) [RI] 10:00 <b>HF</b> Yoga (CR) [PI] 1:00 <b>HF</b> Wii® Bowling (ATR) [RI] 2:00 <b>PA</b> Bridge (LIB) [RI] 6:00 Cards (CR) [RI] 6:30 <b>IS</b> Monday Night Bible Study w/ Alan &amp; Karen (CH) [OV]</p>	<p><b>6</b></p> <p>8:15 <b>HF</b> Hearthstone Hoopers' Morning Walk (ALC) [FAB] 9:00 Dillons Shopping (BUS) [RB] 9:30 <b>CE</b> Paper Crafting (ACT) [PI] 10:00 <b>HF</b> Weight Lifting (CR) [PI] 1:00 <b>PA</b> Executive Board Meeting (ACT) [FAB] 1:00 Out &amp; About Van Ride (BUS) [RB] 1:00 <b>HF</b> Raisin' the Roof Exercise (CR) [LD] 2:00 Bingo (CR) [LD] 2:00 <b>PA</b> Friends of Bill W. Meeting (CH) [RI] 6:00 Cards (CR) [RI] 6:00 <b>EF</b> Mexican Train Dominoes (LIB) [RI] 6:00 <b>EF</b> Out to the Movie (\$3.00) (BUS) [RB]</p>	<p><b>7</b></p> <p>7:00 <b>HF</b> Wii® Golf (ATR) [RI] 8:15 <b>HF</b> Hearthstone Hoopers' Morning Walk (ALC) [FAB] 9:00 Nail Spa (ACT) [RB] 9:30 <b>IS</b> Coping w/ Change w/ Terry Frizzell (CH) [OV] 10:00 <b>HF</b> Yoga (CR) [PI] 12:30 Walmart Shopping (BUS) [RB] 1:00 <b>HF</b> Raisin' the Roof Exercise (CR) [PB] 1:30 <b>EF</b> Piano w/ Carol (ATR) [PB] 2:00 <b>CV</b> Scrabble®/StoryWise (LIB) [PB] 2:00 <b>CV</b> Veterans Pie &amp; Coffee (CR) [FAB] 3:00 <b>CV</b> Resident Council (ATR) [FAB] 6:00 Cards (CR) [RI]</p>	<p><b>8</b></p> <p>8:15 <b>HF</b> Hearthstone Hoopers' Morning Walk (ALC) [FAB] 10:00 <b>HF</b> Chair Exercise w/ JT (CR) [PI] 10:00 <b>IS</b> Chapel w/ Rev. Lynn Lamberty (CH) [OV] 10:00 <b>EF</b> Sac N Fox Casino (BUS) [LD] 1:00 <b>HF</b> Piano w/ Debbie (ATR) [OV] 1:00 <b>HF</b> Raisin' the Roof Exercise (CR) [PB] 2:00 Bingo (CR) [PB] 3:30 <b>EF</b> Piano w/ Joe (ATR) [PI] 4:00 Tiki Time (ATR) [PB] 6:00 <b>PA</b> Bridge (CR) [RI] 6:00 Cards (CR) [RI] 6:00 <b>C</b> Town Hall Meeting (ATR) [WP]</p>	<p><b>9</b></p> <p>7:00 <b>HF</b> Wii® Golf (ATR) [RI] 8:15 <b>HF</b> Hearthstone Hoopers' Morning Walk (ALC) [FAB] 9:00 <b>C</b> Donuts &amp; Coffee w/ Managers (ATR) [FAB] 9:30 <b>EF</b> YouTube Music Video's (ATR) [FAB] 10:00 <b>HF</b> Weight Lifting (CR) [PI] 10:30 <b>C</b> Meadows School Singing (ATR) [OV] 12:00 <b>HF</b> Blood Pressure Checks (LIB) [OV] 1:00 <b>HF</b> Raisin' the Roof Exercise (CR) [PB] 1:30 <b>C</b> Quick Chat (CR) [PB] 2:00 <b>CE</b> Silver Bells Bell Choir (CR) [PB] 3:00 UNO® (CR) [OV] 6:00 Cards (CR) [RI]</p>	<p><b>10</b></p> <p>7:00 <b>HF</b> Wii® Golf (ATR) [RI] 8:15 <b>HF</b> Hearthstone Hoopers' Morning Walk (ALC) [FAB] 9:00 <b>HF</b> Wii® Bowling (ATR) [RI] 10:30 <b>HF</b> Raisin' the Roof Exercise (CR) [LAN] 11:00 <b>C</b> Quick Chat (CR) [LAN] 1:00 Bingo (SD) [LAN] 3:00 <b>C</b> Wine &amp; Cheese Party (ATR) [LAN] 3:30 <b>LL</b> Sunflower Journeys (ATR) [LAN] 7:00 <b>CV</b> Chocolate Fantasy (ATR) [FAB]</p>
<p><b>11</b></p> <p>7:00 <b>HF</b> Wii® Golf (ATR) [RI] 8:15 <b>HF</b> Hearthstone Hoopers' Morning Walk (ALC) [RI] 9:00 <b>HF</b> Wii® Bowling (ATR) [RI] 11:00 <b>IS</b> Communion Service (CH) [OV] 1:00 <b>HF</b> Raisin' the Roof Exercise (CR) [LAN] 1:30 <b>C</b> Quick Chat (CR) [LAN] 2:00 Bingo (CR) [LAN] 3:30 <b>IS</b> Taped Service from Gage Park Baptist (SL) [LAN] 6:00 Cards (CR) [RI]</p>	<p><b>12</b></p> <p>7:00 <b>HF</b> Wii® Golf (ATR) [RI] 8:15 <b>HF</b> Hearthstone Hoopers' Morning Walk (ALC) [FAB] 8:30 Dr. Hobbs - Podiatrist (ACT) [PI] 9:00 <b>HF</b> Wii® Bowling (ATR) [RI] 10:00 <b>HF</b> Yoga (CR) [PI] 1:00 <b>HF</b> Raisin' the Roof Exercise (CR) [LD] 1:30 <b>CE</b> Hearthstone Crafters (CR) [FAB] 1:30 <b>C</b> Quick Chat (CR) [PB] 2:00 <b>PA</b> Bridge (LIB) [RI] 3:00 What's in a Word? (ATR) [LD] 6:00 Cards (CR) [RI] 6:30 <b>IS</b> Bible Study w/ Rev. Jim Angel (CH) [OV]</p>	<p><b>13</b></p> <p><b>Mardi Gras</b></p> <p>7:00 <b>HF</b> Wii® Golf (ATR) [RI] 8:15 <b>HF</b> Hearthstone Hoopers' Morning Walk (ALC) [FAB] 9:00 Dillons Grocery Shopping (BUS) [RB] 9:30 <b>CE</b> Paper Crafting (ACT) [LD] 10:00 <b>HF</b> Weight Lifting (CR) [PI] 1:00 Out &amp; About Van Ride (BUS) [RB] 1:00 <b>HF</b> Raisin' the Roof Exercise (CR) [LD] 2:00 Bingo (CR) [LD] 2:00 <b>PA</b> Friends of Bill W. Meeting (CH) [RI] 6:00 Cards (CR) [RI] 6:00 Mexican Train Dominoes (LIB) [RI]</p>	<p><b>14</b></p> <p><b>Happy Valentines Day</b></p> <p>8:15 <b>HF</b> Hearthstone Hoopers' Morning Walk (ALC) [FAB] 9:00 Nail Spa (ACT) [RB] 9:30 <b>IS</b> Mass (CH) 10:00 <b>HF</b> Yoga (CH) [PI] 12:30 Walmart Shopping (BUS) [RB] 1:00 <b>HF</b> Raisin' the Roof Exercise (SD) [LD] 2:00 StoryWise (ATR) 3:00 <b>CV</b> Activity Planning Meeting (ACT) [FAB] 3:00 <b>LL</b> Trivia (ATR) [PB] 6:00 Cards (CR) [RI] 6:00 <b>IS</b> Rosary (CH) [OV]</p>	<p><b>15</b></p> <p>7:00 <b>HF</b> Wii® Golf (ATR) [RI] 8:15 <b>HF</b> Hearthstone Hoopers' Morning Walk (ALC) [FAB] 9:30 <b>CE</b> Painting Class (ACT) [PI] 10:00 <b>HF</b> Chair Exercise w/ JT (CR) [PI] 10:00 <b>IS</b> Chapel w/ Rev. Lynn Lamberty (CH) [OV] 1:00 <b>HF</b> Raisin' the Roof Exercise (CR) [PB] 1:30 <b>C</b> Quick Chat (CR) [PB] 2:00 Bingo (CR) [PB] 3:30 <b>EF</b> Piano w/ Joe (ATR) [PI] 6:00 <b>PA</b> Bridge (CR) [RI] 6:00 Cards (CR) [RI] 6:00 Scenic Drive (BUS) [PB]</p>	<p><b>16</b></p> <p>7:00 <b>HF</b> Wii® Golf (ATR) [RI] 8:15 <b>HF</b> Hearthstone Hoopers' Morning Walk (ALC) [FAB] 9:00 <b>C</b> Donuts &amp; Coffee w/ Managers (ATR) [FAB] 9:30 <b>EF</b> YouTube Music Video's (ATR) [FAB] 10:00 <b>HF</b> Weight Lifting (CR) [PI] 12:00 <b>HF</b> Blood Pressure Checks (LIB) [OV] 1:00 <b>HF</b> Raisin the Roof Exercise (SD) [PB] 1:00 <b>LL</b> Red Carpet Library Services (CR) [OV] 1:30 <b>C</b> Quick Chat (SD) [PB] 2:00 <b>CE</b> Silver Bells Bell Choir (CR) [FAB] 3:00 UNO® (CR) [OV] 6:00 Cards (CR) [RI]</p>	<p><b>17</b></p> <p>7:00 <b>HF</b> Wii® Golf (ATR) [RI] 8:15 <b>HF</b> Hearthstone Hoopers' Morning Walk (ALC) [FAB] 9:00 <b>HF</b> Wii® Bowling (ATR) [RI] 10:30 <b>HF</b> Raisin' the Roof Exercise (CR) [LAN] 11:00 <b>C</b> Quick Chat (CR) [LAN] 1:00 Bingo (CR) [LAN] 3:00 <b>C</b> Wine &amp; Cheese Party (ATR) [LAN] 3:30 <b>LL</b> Sunflower Journeys (ATR) [LAN] 6:00 Board Games (CR) [LAN] 6:00 Cards (CR) [RI] 6:00 <b>EF</b> Poppin &amp; Movie (ATR) [LAN]</p>
<p><b>18</b></p> <p>7:00 <b>HF</b> Wii® Golf (ATR) [RI] 8:15 <b>HF</b> Hearthstone Hoopers' Morning Walk (ALC) [RI] 9:00 <b>HF</b> Wii® Bowling (ATR) [RI] 11:00 <b>IS</b> Communion Service (CH) [OV] 1:00 <b>HF</b> Raisin' the Roof Exercise (CR) [LAN] 1:30 <b>C</b> Quick Chat (CR) [LAN] 2:00 Bingo (CR) [LAN] 3:30 <b>IS</b> Taped Service from Gage Park Baptist (SL) [LAN] 6:00 Cards (CR) [RI]</p>	<p><b>19</b></p> <p>7:00 <b>HF</b> Wii® Golf (ATR) [RI] 8:15 <b>HF</b> Hearthstone Hoopers' Morning Walk (ALC) [FAB] 9:00 <b>HF</b> Wii® Bowling (ATR) [RI] 10:00 <b>HF</b> Yoga (CR) [PI] 1:00 <b>HF</b> Raisin' the Roof Exercise (CR) [LD] 1:30 <b>CE</b> Hearthstone Crafters (CR) [FAB] 1:30 <b>C</b> Quick Chat (CR) [LD] 2:00 <b>PA</b> Bridge (LIB) [RI] 3:00 What's in a Word? (CR) [LD] 3:30 <b>EF</b> Country Cross - Singing (ATR) [PI] 6:00 Cards (CR) [RI] 6:30 <b>IS</b> Monday Night Bible Study w/ Alan &amp; Karen (CH) [OV]</p>	<p><b>20</b></p> <p>8:15 <b>HF</b> Hearthstone Hoopers' Morning Walk (ALC) [FAB] 9:00 Dillons Grocery Shopping (BUS) [RB] 9:30 <b>CE</b> Paper Crafting (ACT) [LD] 10:00 <b>HF</b> Weight Lifting (CR) [OV] 1:00 Out &amp; About Van Ride (BUS) [RB] 1:00 <b>HF</b> Raisin' the Roof Exercise (CR) [LD] 2:00 Bingo (CR) [LD] 2:00 <b>PA</b> Friends of Bill W. Meeting (CH) [RI] 3:00 <b>CV</b> Ronald McDonald House to Cook (BUS) [FAB] 6:00 Cards (CR) [RI] 6:00 Mexican Train Dominoes (LIB) [RI] 6:00 <b>EF</b> Out to the Movies (\$3.00) (BUS) [RB]</p>	<p><b>21</b></p> <p>8:15 <b>HF</b> Hearthstone Hoopers' Morning Walk (ALC) [FAB] 9:00 Nail Spa (ACT) [RB] 9:30 <b>IS</b> Coping w/ Change w/ Terry Frizzell (CH) [OV] 10:00 <b>HF</b> Yoga (CR) [PI] 12:30 Walmart Shopping (BUS) [RB] 1:00 <b>HF</b> Raisin' the Roof Exercise (CR) [LD] 1:30 <b>EF</b> Piano w/ Carol (ATR) [PB] 2:00 <b>HF</b> Health Talk (CR) [OV] 2:00 <b>LL</b> Scrabble®/StoryWise (LIB) [PB] 3:00 <b>LL</b> Trivia (ATR) [PB] 6:00 Cards (SD) [RI] 6:00 <b>EF</b> Family Night Bingo (CR) [PB]</p>	<p><b>22</b></p> <p>7:00 <b>HF</b> Wii® Golf (ATR) [RI] 8:15 <b>HF</b> Hearthstone Hoopers' Morning Walk (ALC) [FAB] 9:00 <b>HF</b> Wii® Bowling (ATR) [RI] 10:00 <b>IS</b> Chapel w/ Rev. Lynn Lamberty (CH) [OV] 1:00 <b>HF</b> Raisin' the Roof Exercise (CR) [LD] 1:00 <b>HF</b> Wii® Bowling (ATR) [RI] 1:30 <b>CE</b> Hearthstone Crafters (CR) [FAB] 2:00 Bingo (CR) [PB] 3:00 <b>C</b> Atria Toast (ATR) [FAB] 3:30 <b>EF</b> Piano w/ Joe (ATR) [PI] 6:00 <b>PA</b> Bridge (CR) [RI] 6:00 Cards (CR) [RI]</p>	<p><b>23</b></p> <p>7:00 <b>HF</b> Wii® Golf (ATR) [RI] 8:15 <b>HF</b> Hearthstone Hoopers' Morning Walk (ALC) [FAB] 9:00 <b>C</b> Donuts &amp; Coffee w/ Managers (ATR) [FAB] 9:30 <b>EF</b> YouTube Music Video's (ATR) [FAB] 10:00 <b>HF</b> Weight Lifting (CR) [PI] 12:00 <b>HF</b> Blood Pressure Checks (LIB) [OV] 1:00 <b>HF</b> Ediger Hearing Aids (LIB) [OV] 1:00 <b>HF</b> Raisin the Roof Exercise (CR) [PB] 1:30 <b>C</b> Quick Chat (CR) [PB] 2:00 <b>CE</b> Silver Bells Bell Choir (CR) [FAB] 3:00 <b>EF</b> New Neighbor Welcome Party (ATR) [PB] 6:00 Cards (CR) [RI]</p>	<p><b>24</b></p> <p>7:00 <b>HF</b> Wii® Golf (SL) [RI] 8:15 <b>HF</b> Hearthstone Hoopers' Morning Walk (ALC) [FAB] 9:00 <b>HF</b> Wii® Bowling (SL) [RI] 10:30 <b>HF</b> Raisin' the Roof Exercise (CR) [LAN] 11:00 <b>C</b> Quick Chat (CR) [LAN] 1:00 Bingo (CR) [LAN] 3:00 <b>C</b> Wine &amp; Cheese Party (ATR) [LAN] 3:30 <b>LL</b> Sunflower Journeys (ATR) [LAN] 6:00 Board Games (CR) [LAN] 6:00 Cards (CR) [RI] 6:00 <b>EF</b> Poppin &amp; Movie (ATR) [LAN]</p>
<p><b>25</b></p> <p>7:00 <b>HF</b> Wii® Golf (ATR) [RI] 8:15 <b>HF</b> Hearthstone Hoopers' Morning Walk (ALC) [RI] 9:00 <b>HF</b> Wii® Bowling (ATR) [RI] 11:00 <b>IS</b> Communion Service (CH) [OV] 1:00 <b>HF</b> Raisin' the Roof Exercise (CR) [LAN] 1:30 <b>C</b> Quick Chat (CR) [LAN] 2:00 Bingo (CR) [LAN] 3:30 <b>IS</b> Taped Service from Gage Park Baptist (SL) [LAN] 6:00 Cards (CR) [RI] 6:15 <b>IS</b> Lyndon Amish Mennonite Singers (ATR) [LAN]</p>	<p><b>26</b></p> <p>7:00 <b>HF</b> Wii® Golf (ATR) [RI] 8:15 <b>HF</b> Hearthstone Hoopers' Morning Walk (ALC) [FAB] 9:00 <b>HF</b> Wii® Bowling (ATR) [RI] 10:00 <b>HF</b> Yoga (CR) [PI] 1:00 <b>HF</b> Raisin' the Roof Exercise (CR) [LD] 1:00 <b>HF</b> Wii® Bowling (ATR) [RI] 1:30 <b>CE</b> Hearthstone Crafters (CR) [FAB] 2:00 <b>PA</b> Bridge (LIB) [RI] 3:00 <b>CV</b> Food 4 Thought (SD) [RI] 3:00 What's in a Word? (ATR) [LD] 6:00 Cards (CR) [RI] 6:30 <b>IS</b> Monday Night Bible Study w/ Alan &amp; Karen (CH) [OV]</p>	<p><b>27</b></p> <p>7:00 <b>HF</b> Wii® Golf (ATR) [RI] 8:15 <b>HF</b> Hearthstone Hoopers' Morning Walk (ALC) [FAB] 9:00 Dillons Grocery Shopping (BUS) [RB] 9:30 <b>CE</b> Paper Crafting (ACT) [LD] 10:00 <b>HF</b> Weight Lifting (CR) [PI] 1:00 Out &amp; About Van Ride (BUS) [RB] 1:00 <b>HF</b> Raisin' the Roof Exercise (CR) [LD] 2:00 Bingo (CR) [LD] 2:00 <b>PA</b> Friends of Bill W. Meeting (CH) [RI] 4:30 <b>EF</b> Prairie Band Casino (BUS) [RB] 6:00 Cards (CR) [RI] 6:00 Mexican Train Dominoes (LIB) [RI]</p>	<p><b>28</b></p> <p>7:00 <b>HF</b> Wii® Golf (ATR) [RI] 8:15 <b>HF</b> Hearthstone Hoopers' Morning Walk (ALC) [FAB] 9:00 Nail Spa (ACT) [RB] 10:00 <b>HF</b> Yoga (CR) [PI] 12:30 Walmart Shopping (BUS) [RB] 1:00 <b>HF</b> Raisin' the Roof Exercise (CR) [LD] 1:30 <b>C</b> Quick Chat (CR) [PB] 2:00 <b>HF</b> Healthwise 55-Parkinson's Therapies (CR) [OV] 2:00 <b>EF</b> Scrabble®/StoryWise (LIB) [PB] 2:00 <b>EF</b> Western Wednesdays (SL) [LD] 3:00 <b>CV</b> Ambassador Meeting (LIB) [FAB] 3:00 <b>LL</b> Trivia (ATR) [PI]</p>	<p><b>ROOM LOCATION KEY:</b></p> <p>AL Circle ALC Bus Outings BUS Community Room CR Chapel CH Atrium ATR Library LIB South Dining Room SD South Lobby SL Activity Room ACT</p> <p><b>STAFF KEY:</b></p> <p>Franny Deters FAB Paid Instructor PI Outside Volunteer OV Pam Been PB Resident Lead RI Lana Demler LAN Rhonda Botsford RB Leann Dexter LD William Peterson WP</p>		

Scrabble® is a registered trademark of Hasbro, Inc.  
Super Bowl® is a registered trademark of the NFL.  
UNO® is a registered trademark of Mattel, Inc.  
Wii® is a trademark of Nintendo of America, Inc.

# LIFE GUIDANCE<sup>®</sup>

## Monthly Calendar of Events and Programming



### Featured Events this Month:

- Dinner Outing**  
Wednesday, February 7, 4:00 pm
- Mardi Gras Celebration**  
Tuesday, February 13, 4:00 pm
- Zoo 2 U**  
Thursday, February 15, 1:30 pm

*Atria*  
SENIOR LIVING

*Atria*  
SENIOR LIVING

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE®

- PA** Personal Achievement
- HF** Health & Fitness
- EF** Entertainment & Fun
- CV** Civic Engagement
- LL** Lifelong Learning
- CE** Creative Expression
- IS** Inspiration & Spirituality
- C** Connection
- AS** Atria StoryWise

<p><b>4</b></p> <p>9:30 <b>HF</b> Morning Stretch            10:00 <b>LL</b> Sunday Paper            10:15 <b>IS</b> Legato: Our Favorite Hymns            11:00 <b>IS</b> Catholic Communion            1:00 <b>EF</b> Noodle Balloon            1:30 Nails &amp; Tales            2:30 <b>C</b> Snack &amp; Chat            3:00 <b>HF</b> Fun Fitness            3:45 <b>EF</b> Name 5            6:00 <b>EF</b> Movie &amp; Popcorn</p>	<p><b>5</b></p> <p>8:00 <b>PA</b> Walking Club            9:30 <b>HF</b> Therapeutic Exercises            10:15 <b>EF</b> Out &amp; About            1:00 <b>EF</b> Bingo            2:00 <b>C</b> Daily Horoscopes            2:30 <b>EF</b> Legato: Sing Along            3:00 <b>HF</b> Feeling Fit            3:45 <b>LL</b> Fact or Fiction?            6:00 <b>CE</b> Color Creation</p>	<p><b>6</b></p> <p>8:00 Beauty Shop w/ Esther            9:30 <b>HF</b> Movin' &amp; Groovin'            10:00 <b>LL</b> Daily News &amp; Donuts            11:00 <b>EF</b> Legato: Drum Circle            1:00 <b>LL</b> Trivia            2:30 <b>EF</b> Bingo            3:30 <b>HF</b> Afternoon Stretch            6:00 <b>EF</b> Card Games</p>	<p><b>7</b></p> <p>8:00 <b>PA</b> Walking Club            8:30 <b>C</b> Veterans Breakfast            9:30 <b>HF</b> Therapeutic Exercises            10:00 <b>LL</b> News &amp; Views            10:30 <b>EF</b> Bingo            1:00 <b>EF</b> Noodle Balloon            2:00 <b>CE</b> Collage Art            3:15 <b>HF</b> Conductorcise®            4:00 Dinner Outing            6:00 <b>EF</b> Game Night!</p>	<p><b>8</b></p> <p>9:30 <b>HF</b> Stretch &amp; Flex            10:00 <b>LL</b> Daily News            10:30 <b>AS</b> Atria Storywise            11:00 <b>EF</b> Legato: Instrument Play Along            1:00 <b>EF</b> Out &amp; About            2:30 <b>EF</b> Bingo            3:30 <b>HF</b> Fun Fitness            4:00 <b>EF</b> Happy Hour            6:00 <b>LL</b> Word Games</p>	<p><b>9</b></p> <p>9:30 <b>HF</b> Conductorcise®            10:00 <b>IS</b> Music Therapy w/ Soundscaping            11:00 <b>LL</b> The Newsstand            1:00 <b>HF</b> Noodle Balloon            1:30 <b>EF</b> Legato: Sing Along            2:00 <b>C</b> Hot Chocolate Floats!            3:00 <b>CE</b> Crafting            6:00 <b>LL</b> Trivia</p>	<p><b>3</b></p> <p>9:30 <b>HF</b> Chair Yoga            10:00 <b>LL</b> News &amp; Views            10:30 <b>LL</b> Today In History            11:00 <b>C</b> Conversation Ball Game            1:00 <b>HF</b> Chair Dancing            2:00 <b>EF</b> Bingo            3:00 <b>EF</b> Legato: Karaoke!            3:30 <b>EF</b> Puzzle Time            6:00 <b>IS</b> Relax &amp; Remember</p>
<p><b>11</b></p> <p>9:30 <b>HF</b> Morning Stretch            10:00 <b>LL</b> Sunday Paper            10:15 <b>IS</b> Legato: Our Favorite Hymns            11:00 <b>IS</b> Catholic Communion            1:30 Nails &amp; Tales            2:30 <b>C</b> Snack &amp; Chat            3:00 <b>HF</b> Conductorcise®            3:45 <b>EF</b> Name 5            6:00 <b>EF</b> Movie &amp; Popcorn</p>	<p><b>12</b></p> <p>8:00 <b>PA</b> Walking Club            9:30 <b>HF</b> Therapeutic Exercises            10:15 <b>EF</b> Out &amp; About            1:00 <b>EF</b> Bingo            2:00 <b>C</b> Daily Horoscopes            2:30 <b>EF</b> Legato: Sing Along            3:00 <b>HF</b> Feeling Fit            3:45 <b>LL</b> Fact or Fiction?            6:00 <b>CE</b> Color Creation</p>	<p><b>13</b></p> <p>8:00 Beauty Shop w/ Esther            9:30 <b>HF</b> Movin' &amp; Groovin'            10:00 <b>LL</b> Daily News &amp; Donuts            11:00 <b>EF</b> Legato: Drum Circle            1:00 <b>LL</b> Trivia            2:30 <b>EF</b> Bingo            3:30 <b>HF</b> Afternoon Stretch            4:00 <b>EF</b> Mardi Gras Celebration</p>	<p><b>14</b></p> <p>8:00 <b>PA</b> Walking Club            9:30 <b>HF</b> Therapeutic Exercises            10:00 <b>LL</b> News &amp; Views            10:30 <b>EF</b> Bingo            1:00 <b>EF</b> Noodle Balloon            2:00 <b>CE</b> Collage Art            3:15 <b>HF</b> Conductorcise®            4:00 <b>EF</b> Legato: Sing Along            6:00 <b>EF</b> Game Night!</p>	<p><b>15</b></p> <p>9:30 <b>HF</b> Stretch &amp; Flex            10:00 <b>LL</b> Daily News            10:30 <b>AS</b> Atria Storywise            11:00 <b>EF</b> Legato: Instrument play Along            1:30 Zoo 2 U            2:30 <b>EF</b> Bingo            3:30 <b>HF</b> Fun Fitness            4:00 <b>EF</b> Happy Hour            6:00 <b>LL</b> Word Games</p>	<p><b>16</b></p> <p>9:30 <b>HF</b> Conductorcise®            10:00 <b>IS</b> Music Therapy w/ Soundscaping Source            11:00 <b>LL</b> The Newsstand            1:00 <b>HF</b> Noodle Balloon            1:30 <b>EF</b> Legato: Sing Along            2:00 <b>C</b> Hot Chocolate Floats!            3:00 <b>CE</b> Crafting            6:00 <b>LL</b> Trivia</p>	<p><b>17</b></p> <p>9:30 <b>HF</b> Chair Yoga            10:00 <b>LL</b> News &amp; Views            10:30 <b>LL</b> Today In History            11:00 <b>C</b> Conversation Ball Game            1:00 <b>HF</b> Chair Dancing            2:00 <b>EF</b> Bingo            3:00 <b>EF</b> Legato: Karaoke!            3:30 <b>EF</b> Puzzle Time!            6:00 <b>IS</b> Relax &amp; Remember</p>
<p><b>18</b></p> <p>9:30 <b>HF</b> Morning Stretch            10:00 <b>LL</b> Sunday Paper            10:15 <b>IS</b> Legato: Our Favorite Hymns            11:00 <b>IS</b> Catholic Communion            1:00 <b>EF</b> Noodle Balloon            1:30 Nails &amp; Tales            2:30 <b>C</b> Snack &amp; Chat            3:00 <b>HF</b> Fun Fitness            3:45 <b>EF</b> Name 5            6:00 <b>EF</b> Movie &amp; Popcorn</p>	<p><b>19</b></p> <p>8:00 <b>PA</b> Walking Club            9:30 <b>HF</b> Therapeutic Exercises            10:15 <b>EF</b> Out &amp; About            1:00 <b>EF</b> Bingo            2:00 <b>C</b> Daily Horoscopes            2:30 <b>EF</b> Legato: Sing Along            3:00 <b>HF</b> Feeling Fit            3:45 <b>LL</b> Fact or Fiction?            6:00 <b>CE</b> Color Creation</p>	<p><b>20</b></p> <p>8:00 Beauty Shop w/ Esther            9:30 <b>HF</b> Movin' &amp; Groovin'            10:00 <b>LL</b> Daily News &amp; Donuts            11:00 <b>EF</b> Legato: Drum Circle            1:00 <b>LL</b> Trivia            2:30 <b>EF</b> Bingo            3:30 <b>HF</b> Afternoon Stretch            6:00 <b>EF</b> Card Games</p>	<p><b>21</b></p> <p>8:00 <b>PA</b> Walking Club            9:30 <b>HF</b> Therapeutic Exercises            10:00 <b>LL</b> News &amp; Views            10:30 <b>EF</b> Bingo            1:00 <b>EF</b> Noodle Balloon            2:00 <b>CV</b> Making Dog Treats for Humane Society            3:15 <b>HF</b> Conductorcise®            4:00 <b>EF</b> Legato: Sing Along            6:00 Bingo After Dark</p>	<p><b>22</b></p> <p>9:30 <b>HF</b> Stretch &amp; Flex            10:00 <b>LL</b> Daily News            10:30 <b>AS</b> Atria Storywise            11:00 <b>EF</b> Legato: Instrument Play Along            1:00 <b>EF</b> Out &amp; About            2:30 <b>EF</b> Bingo            3:30 <b>HF</b> Fun Fitness            4:00 <b>EF</b> Happy Hour            6:00 <b>LL</b> Word Games</p>	<p><b>23</b></p> <p>9:30 <b>HF</b> Conductorcise®            10:00 <b>IS</b> Music Therapy w/ Soundscaping            11:00 <b>LL</b> The Newsstand            1:00 <b>EF</b> Legato: Sing Along            1:30 <b>HF</b> Noodle Balloon            2:00 <b>C</b> Hot Chocolate Floats!            3:00 <b>CE</b> Crafting            6:00 <b>LL</b> Trivia</p>	<p><b>24</b></p> <p>9:30 <b>HF</b> Chair Yoga            10:00 <b>LL</b> News &amp; Views            10:30 <b>LL</b> Today In History            11:00 <b>C</b> Conversation Ball Game            1:00 <b>HF</b> Chair Dancing            2:00 <b>EF</b> Bingo            3:00 <b>EF</b> Legato: Karaoke!            3:30 <b>EF</b> Puzzle Time!            6:00 <b>IS</b> Relax &amp; Remember</p>
<p><b>25</b></p> <p>9:30 <b>HF</b> Morning Stretch            10:00 <b>LL</b> Sunday Paper            10:15 <b>IS</b> Legato: Our Favorite Hymns            11:00 <b>IS</b> Catholic Communion            1:00 <b>EF</b> Noodle Balloon            1:30 Nails &amp; Tales            2:30 <b>C</b> Snack &amp; Chat            3:00 <b>HF</b> Fun Fitness            3:45 <b>EF</b> Name 5            6:00 <b>EF</b> Movie &amp; Popcorn</p>	<p><b>26</b></p> <p>8:00 <b>PA</b> Walking Club            9:30 <b>HF</b> Therapeutic Exercises            10:15 <b>EF</b> Out &amp; About            1:00 <b>EF</b> Bingo            2:00 <b>C</b> Daily Horoscopes            2:30 <b>EF</b> Legato: Sing Along            3:00 <b>HF</b> Feeling Fit            3:45 <b>LL</b> Fact or Fiction?            6:00 <b>CE</b> Color Creation</p>	<p><b>27</b></p> <p>8:00 Beauty Shop w/ Esther            9:30 <b>HF</b> Movin' &amp; Groovin'            10:00 <b>LL</b> Daily News &amp; Donuts            11:00 <b>EF</b> Legato: Drum Circle            1:00 <b>LL</b> Trivia            2:30 <b>EF</b> Bingo            3:30 <b>HF</b> Afternoon Stretch            6:00 <b>EF</b> Card Games</p>	<p><b>28</b></p> <p>8:00 <b>PA</b> Walking Club            9:00 <b>IS</b> Mass            9:30 <b>HF</b> Therapeutic Exercises            10:00 <b>LL</b> News &amp; Views            10:30 <b>EF</b> Bingo            1:00 <b>EF</b> Noodle Balloon            2:00 <b>CE</b> Collage Art            3:15 <b>HF</b> Conductorcise®            4:00 <b>EF</b> Legato: Sing Along            6:00 <b>EF</b> Game Night!</p>			

Conductorcise® is a registered trademark of Conductorcise LLC LTD.

Subject to Change. See Daily Schedule for up-to-date itinerary.