

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

**Super Bowl Mobile
Happy Hour Cart**
Sunday, February 7, 4:00 PM

**Valentine's, Palentine's
Mobile Cart**
Wednesday, February 10, 3:30 PM

Taco 'Bout a Guac Party Cart
Wednesday, February 24, 3:30 PM



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE

<p>Spunky Old Broads Day 1</p> <p>10:00 PA Daily Chronicle and Activities Overview</p> <p>10:30 HF 10 Minute Exercise - 1st Floor</p> <p>11:00 HF 10 Minute Exercise - 2nd Floor</p> <p>11:15 LL History of Spunky Old Broads Day (IR) (ELP)</p> <p>1:30 Bingo Game (1FL) (ELP)</p> <p>2:00 HF Walking Club 1t & 3rd FL (IR)</p> <p>2:30 HF Walking Club (2)</p> <p>3:30 Mobile Happy Hour Cart - 1st Floor (DD)</p> <p>4:00 Mobile Happy Hour Cart - 2nd Floor (DD)</p> <p>4:15 EF Photo Session / Spunky Senior Women (2) (ELP)</p> <p>6:00 Movie Time (IR) (RLA)</p>	<p>Groundhog Day 2</p> <p>10:00 PA Daily Chronicle and Activities Overview</p> <p>10:30 HF 10 Minute Exercise - 1st Floor</p> <p>11:00 HF 10 Minute Exercise - 2nd Floor</p> <p>11:15 LL History & Facts of Ground Hog Day (IR) (ELD)</p> <p>1:30 PA Ambassador Meeting (DD) (ELD)</p> <p>1:45 LL Life Guidance® (3FL) (ELP)</p> <p>2:00 HF Walking Club 1st & 3rd (HW) (ELP)</p> <p>2:30 HF Walking Club (2)</p> <p>3:00 Spa Time & Pretty Time (IR) (ELD)</p> <p>3:30 Spa Time & Pretty Nails (IR) (ELP)</p> <p>6:00 Movie Time (IR) (RLA)</p>	<p>Recycle Record Day 3</p> <p>10:00 PA Daily Chronicle and Activities Overview</p> <p>10:30 HF 10 Minute Exercise - 1st Floor</p> <p>11:00 HF 10 Minute Exercise - 2nd Floor</p> <p>11:15 IS History of The Buddy Holly Story (DD) (ELD)</p> <p>1:45 C Scheduled Family FaceTime Virtual Visit</p> <p>2:00 HF Walking Club 2nd FL</p> <p>2:30 HF Walking Club 2nd FL (2)</p> <p>3:00 CE Art Show: Recycle Old Records (DD) (ELD)</p> <p>3:30 EF Mobile Happy Hour Cart (DD) (ELP)</p> <p>4:00 EF High Tea Mobile Cart (2FL) (ELD)</p> <p>6:00 Movie Time (IR) (RLA)</p>	<p>Daily Chronicle and Activities Overview 4</p> <p>10:00 PA Daily Chronicle and Activities Overview</p> <p>10:30 HF 10 Minute Exercise - 1st Floor</p> <p>11:00 HF 10 Minute Exercise - 2nd Floor</p> <p>11:15 LL Thank a Mailman Day (DD) (ELD)</p> <p>1:30 PA Life Engagement Meeting (DD) (ELD)</p> <p>2:00 CE Art Cart - Make valentine cards (2) (ELD)</p> <p>3:00 HF Walking Club 1st & 3rd FL (HW)</p> <p>3:30 HF Walking Club & 2nd (2) (ELD)</p> <p>4:00 LL Timeless Trivia (DD) (ELD)</p> <p>6:00 Movie Time (IR) (RLA)</p>	<p>Bubble Gum Day 5</p> <p>10:00 PA Daily Chronicle and Activities Overview</p> <p>10:30 HF 10 Minute Exercise - 1st Floor</p> <p>11:00 HF 10 Minute Exercise - 2nd Floor</p> <p>11:15 Bingo Game (DW) (ELD)</p> <p>2:00 HF Walk for Fitness</p> <p>2:30 HF Walking Club 2nd FL (2)</p> <p>2:45 Bubble Gum Blowing Contest (L) (ELD)</p> <p>3:30 Mobile Happy Hour Cart - 1st Floor (DD)</p> <p>4:00 EF Mobile Happy Hour Cart - 2nd Floor (DD)</p> <p>4:30 LL Enjoy Bubble Gum Music (Pop Tunes) (DD) (ELD)</p> <p>6:00 Movie Time (IR) (RLA)</p>	<p>National Chopsticks Day! 6</p> <p>10:00 PA Daily Chronicle and Activities Overview</p> <p>10:30 HF 10 Minute Exercise - 1st Floor</p> <p>11:00 HF 10 Minute Exercise - 2nd Floor</p> <p>11:15 CE Learn To Eat with Chopsticks!!! (DD) (ELD)</p> <p>1:30 LL In-Room Brain Game Challenge</p> <p>2:00 CV Operation Gratitude (IR)</p> <p>3:00 J Play chopsticks on the Keyboard</p> <p>3:00 HF Walking Program 1st & 3rd FL (HW)</p> <p>3:30 HF Walking Club 2nd FL (HW)</p> <p>4:00 C Pet Therapy: Lola & Hettie (1FL) (ELD)</p> <p>6:00 Movie Time (IR) (RLA)</p>	
<p>Super Bowl® Sunday LV 7</p> <p>10:00 PA Daily Chronicle and Activities Overview</p> <p>10:15 IS The Blessing Basket /Devotions (DD)</p> <p>11:00 HF 10 Minute Exercise - 2nd Floor</p> <p>11:30 HF 10 Minute Exercise - 3rd Floor</p> <p>1:30 LL Crossword Puzzles (IR) (ELP)</p> <p>2:00 HF Walking Club 1 & 3rd Floors (HW)</p> <p>2:30 HF Walking Club 2nd Floor (HW)</p> <p>3:30 Super Bowl® Mobile Happy Hour cart (DD) (ELP)</p> <p>4:00 Super Bowl® Mobile Happy Hour cart (DD) (ELP)</p> <p>6:00 Super Bowl® Game TBA</p>	<p>Boy Scout Day 8</p> <p>10:00 PA Daily Chronicle and Activities Overview</p> <p>10:30 HF Walking Program - 1st & 3rd Floor</p> <p>11:00 HF Walking Program - 2nd Floor (2) (ELD)</p> <p>11:15 LL Boy Scout History & Trivia (IR) (ELP)</p> <p>1:30 Bingo Game! (2) (ELP)</p> <p>2:30 HF Walking Club 1 & 3rd FL (2) (ELP)</p> <p>3:00 HF Walking Club (1FL) (ELP)</p> <p>3:30 Monday Margarita Cart - 1st & 3rd FL (DD)</p> <p>4:00 Monday Margarita Cart - 2nd Floor (DD)</p> <p>4:15 EF Music Appreciation - Jimmy Buffet (2) (ELP)</p> <p>6:00 Movie Time (IR) (RLA)</p>	<p>National Pizza Day 9</p> <p>10:00 PA Daily Chronicle and Activities Overview</p> <p>10:30 HF Walking Program - 1st & 3rd FL (1FL) (ELP)</p> <p>11:00 HF Walking Program - 2nd Floor (2) (ELD)</p> <p>11:15 LL History of Pizza (DD) (ELD)</p> <p>1:45 LL Activities in LG (3FL) (ELP)</p> <p>2:00 HF Walking Club 2nd FL (2) (ELD)</p> <p>2:30 HF Walking Club - (1FL) (ELP)</p> <p>3:00 Spa Time & Pretty Nails (IR) (ELP)</p> <p>3:30 Spa Time & Pretty Nails (IR) (ELP)</p> <p>4:00 EF Pizza Pizza Mobile Cart (IR) (ELP)</p> <p>6:00 Movie Time (IR) (RLA)</p>	<p>Daily Chronicle and Activities Overview 10</p> <p>10:00 PA Daily Chronicle and Activities Overview</p> <p>10:30 HF Walking Program - 1st FL (1FL) (ELD)</p> <p>11:00 HF Walking Program - 2nd Floor (2) (ELP)</p> <p>11:15 IS History of Valentine's Day (1FL) (ELD)</p> <p>1:45 C Scheduled Family FaceTime Virtual Visit</p> <p>2:00 HF Scavenger Hunt - Walking Club (1FL) (ELP)</p> <p>2:00 HF Scavenger Hunt - Walking Club (2) (ELD)</p> <p>3:00 IS The Love Raffle - Everyone Wins (DD) (ELD)</p> <p>3:30 EF Valentine's, Palentine's Mobile Cart (DD) (ELD)</p> <p>4:00 EF Valentine's, Palentine's Mobile Cart (DD) (ELD)</p> <p>6:00 Movie Time</p>	<p>Daily Chronicle and Activities Overview 11</p> <p>10:00 PA Daily Chronicle and Activities Overview</p> <p>10:30 HF 10 Minute Exercise - 1st Floor</p> <p>11:00 HF 10 Minute Exercise - 2nd Floor</p> <p>11:15 LL Travel to Poland (DD) (ELD)</p> <p>2:00 Exercise & Dance (3FL) (ELD)</p> <p>3:00 LL Pzski Day in Poland (DD) (ELD)</p> <p>3:00 HF Walking Club 2 Floor (2) (ELD)</p> <p>3:30 HF Walking Club 1st FL (1FL) (ELD)</p> <p>4:00 LL Timeless Trivia (DD) (ELD)</p> <p>6:00 Movie Time (IR) (RLA)</p>	<p>Chinese New Year 12</p> <p>10:00 PA Daily Chronicle and Activities Overview</p> <p>10:30 HF 10 Minute Exercise - 1st Floor</p> <p>11:00 HF 10 Minute Exercise - 2nd Floor</p> <p>11:15 LL Chinese New Year observed (DD) (ELD)</p> <p>2:00 HF Walking Club - 1st & 3rd FL (HW)</p> <p>2:30 HF Walking Club 2nd FL (2)</p> <p>3:30 Mobile Happy Hour Cart - 1st Floor</p> <p>4:00 Mobile Happy Hour Cart - 2nd Floor</p> <p>4:15 EF Music Appreciation: Chinese (2) (ELD)</p> <p>6:00 Movie Time (IR) (RLA)</p>	<p>Daily Chronicle and Activities Overview 13</p> <p>10:00 PA Daily Chronicle and Activities Overview</p> <p>10:30 HF 10 Minute Exercise - 1st Floor</p> <p>11:00 HF 10 Minute Exercise - 2nd Floor</p> <p>11:15 CE Cooking Chinese demo (DD) (ELD)</p> <p>1:30 LL In-Room Brain Game Challenge</p> <p>2:00 CV Operation Gratitude (IR)</p> <p>3:00 HF Walking Program (2) (ELD)</p> <p>3:30 HF Walking Program (2) (ELD)</p> <p>4:00 StoryWise™ (DD) (ELD)</p> <p>6:00 Movie Time (IR) (RLA)</p>
<p>Valentine's Day 14</p> <p>10:00 PA Daily Chronicle and Activities Overview</p> <p>10:15 IS The Blessing Basket /Devotions (DW) (ELP)</p> <p>11:00 HF 10 Walking Group - 1st & 3rd Floor</p> <p>11:30 HF 10 Minute Exercise - 2nd Floor (2) (ELP)</p> <p>1:30 LL Crossword Puzzles (IR) (ELP)</p> <p>2:00 HF Walking Club 1st & 3rd FL (1FL) (ELP)</p> <p>2:30 HF Walking Club 2nd FL (ELP)</p> <p>3:30 A Toast to Love Mobile Cart (DD) (ELP)</p> <p>4:00 A Toast to Love Mobile cart (DD) (ELP)</p> <p>6:00 Movie Time (IR) (RLA)</p>	<p>Presidents' Day 15</p> <p>10:00 PA Daily Chronicle and Activities Overview</p> <p>10:30 HF 10 Minute Exercise - 1st & 3rd FL (1FL)</p> <p>11:00 HF 10 Minute Exercise - 2nd Floor</p> <p>11:15 Board Games & Trivia (2)</p> <p>1:30 Bingo Game (P) (ELP)</p> <p>2:00 HF Walking Club (1FL) (ELP)</p> <p>2:30 HF Walking Club (2) (ELP)</p> <p>3:30 Monday Margaritas Cart - 1st Floor (DD) (ELP)</p> <p>4:00 Monday Margaritas Cart - 2nd Floor (DW) (ELP)</p> <p>4:15 EF Music / Romantic Favorites! (2) (ELD)</p> <p>6:00 Movie Time (IR) (RLA)</p>	<p>Mardi Gras 16</p> <p>10:00 PA Daily Chronicle and Activities Overview</p> <p>10:30 HF 10 Minute Exercise - 1st Floor</p> <p>11:00 HF 10 Minute Exercise - 2nd Floor</p> <p>11:15 LL Historical Facts of Mardi Gras (DD) (ELP)</p> <p>2:00 HF Walking Club (1FL) (ELP)</p> <p>2:30 HF Walking Club 2nd FL (2) (ELP)</p> <p>3:30 EF Mardi Gras Mobile Cart (DD) (ELD)</p> <p>4:00 EF Mardi Gras Mobile Cart (DD) (ELD)</p> <p>6:00 Movie Time (IR) (RLA)</p>	<p>Ash Wednesday 17</p> <p>10:00 PA Daily Chronicle and Activities Overview</p> <p>10:30 HF 10 Minute Exercise - 1st & 3rd Floor</p> <p>11:00 HF 10 Minute Exercise - 2nd Floor</p> <p>11:15 IS Ash Wednesday Observed (DD) (ELD)</p> <p>2:00 HF Walking Club 1st & 3rd FL (1FL) (ELP)</p> <p>2:30 HF Walking Club (2)</p> <p>3:00 CE Make and Take a Prayer Journal (DD) (ELD)</p> <p>3:30 EF Champagne Happy Hour Cart! (DD) (ELD)</p> <p>4:00 EF Champagne Mobile Happy Hour Cart (DD) (ELD)</p> <p>4:30 LL Lawrence Welk Musical Favorites (DD) (ELD)</p> <p>6:00 Movie Time (IR) (RLA)</p>	<p>Daily Chronicle and Activities Overview 18</p> <p>10:00 PA Daily Chronicle and Activities Overview</p> <p>10:30 HF 10 Minute Exercise - 1st Floor</p> <p>10:30 HF 10 Minute Exercise - 2nd Floor</p> <p>11:15 IS Book Club Promotions (DD) (ELD)</p> <p>1:30 Giant Crossword Puzzle (DD) (ELP)</p> <p>2:00 HF Walking Club 2nd FL (2FL) (ELP)</p> <p>3:30 HF Walking Club 1 & 3rd FL (1FL) (ELP)</p> <p>4:00 LL Timeless Treasure (DD) (ELD)</p> <p>6:00 Movie Time (IR) (RLA)</p>	<p>Daily Chronicle and Activities Overview 19</p> <p>10:00 PA Daily Chronicle and Activities Overview</p> <p>10:30 HF 10 Minute Exercise - 1st & 3rd Floor</p> <p>11:00 HF 10 Minute Exercise - 2nd Floor</p> <p>11:15 Giant Crosswords (1FL) (ELD)</p> <p>2:00 HF Walking Club 1 & 3rd FL (1FL) (ELD)</p> <p>2:30 HF Walking Club 2nd FL (2) (ELD)</p> <p>3:30 Mobile Happy Hour Cart - 1st Floor</p> <p>4:00 Mobile Happy Hour Cart - 2nd Floor (2) (ELD)</p> <p>4:15 LL Music Appreciation - Tony Bennett (DD) (ELD)</p> <p>6:00 Movie Time (IR) (RLA)</p>	<p>Love Your Pet Day 20</p> <p>10:00 PA Daily Chronicle and Activities Overview</p> <p>10:30 HF 10 Minute Exercise - 1st Floor</p> <p>11:00 HF 10 Minute Exercise - 2nd Floor</p> <p>11:15 Coffee Chat (DD) (ELD)</p> <p>1:30 LL Brain Games Challenge (IR) (ELD)</p> <p>2:00 CV Operation Gratitude- ALL - FL (DW) (ELD)</p> <p>3:00 HF Walking Club (2) (ELD)</p> <p>3:30 HF Walking Club (1FL) (ELD)</p> <p>4:00 IS Pet Humor & Funny Stories (IR) (ELD)</p> <p>6:00 Movie Time (IR) (RLA)</p>
<p>Daily Chronicle and Activities Overview 21</p> <p>10:00 PA Daily Chronicle and Activities Overview</p> <p>10:30 IS The Blessing Basket & Devotions (DD) (ELP)</p> <p>11:00 HF 10 Minute Exercise- 2nd Floor</p> <p>11:30 HF 10 Minute Exercise- 1 & 3rd FL Floor (1FL)</p> <p>1:30 LL Crossword Puzzles (IR) (ELP)</p> <p>2:00 HF Walking Club 1 & 3rd Floor (1FL)</p> <p>2:30 HF Walking Club (2) (ELP)</p> <p>3:30 LL Library Book Mobile Cart (DD) (ELP)</p> <p>6:00 Movie Time (IR) (RLA)</p>	<p>George Washington's Birthday 22</p> <p>10:00 PA Daily Chronicle and Activities Overview</p> <p>10:30 HF 10 Minute Exercise - 1st Floor</p> <p>11:00 HF 10 Minute Exercise - 2nd Floor</p> <p>11:15 LL George Washington Biography (IR) (ELP)</p> <p>1:00 Bingo Game (1FL) (ELP)</p> <p>2:00 HF Walking Club 1st & 3rd FL (IR)</p> <p>2:30 HF Walking Club (2) (ELP)</p> <p>3:30 Monday Margaritas Cart - 1st Floor (DD) (ELP)</p> <p>4:00 Monday Margaritas Cart - 2nd Floor (DD) (ELP)</p> <p>4:15 EF Swing Music & Dance Tunes (HW)</p>	<p>Daily Chronicle and Activities Overview 23</p> <p>10:00 PA Daily Chronicle and Activities Overview</p> <p>10:30 HF 10 Minute Exercise - 1st & 3rd FL (1FL) (ELP)</p> <p>11:00 HF 10 Minute Exercise - 2nd Floor</p> <p>11:15 What's in a Word? (DD) (ELP)</p> <p>1:45 LL Life Guidance® (3FL) (ELP)</p> <p>2:00 HF Walking Club 1st & 3rd FL (HW)</p> <p>2:30 HF Walking Club 2nd FL (HW)</p> <p>3:30 EF Name That Tune (HW) (ELP)</p> <p>6:00 Movie Time (IR) (RLA)</p>	<p>Daily Chronicle and Activities Overview 24</p> <p>10:00 PA Daily Chronicle and Activities Overview</p> <p>10:30 HF 10 Minute Exercise - 1st Floor (DW)</p> <p>11:00 HF 10 Minute Exercise - 2nd Floor (DW)</p> <p>11:15 IS Brain Challenge Games (IR) (ELD)</p> <p>1:45 C Scheduled Family FaceTime Virtual Visit</p> <p>2:00 HF Walking Club (1FL)</p> <p>2:30 HF Walking Club 2nd FL (2)</p> <p>3:00 LL Learn How to speak Spanish (DD) (ELP)</p> <p>3:30 EF Taco 'Bout a Guac Party Cart (DD) (ELD)</p> <p>4:00 EF Taco 'Bout a Guac Party Cart (DD) (ELD)</p> <p>6:00 Movie Time (IR) (RLA)</p>	<p>Daily Chronicle and Activities Overview 25</p> <p>10:00 PA Daily Chronicle and Activities Overview</p> <p>10:30 HF 10 Minute Exercise - 1st & 3rd Floor (1FL) (ELP)</p> <p>11:00 HF 10 Minute Exercise - 2nd Floor (DW)</p> <p>11:15 IS Music Therapy (DD) (ELD)</p> <p>2:00 Card Game Cart (DD) (ELP)</p> <p>3:00 HF Walking Club 1st & 3rd FL (1FL) (ELP)</p> <p>3:30 HF Walking Club 2nd FL (ELP)</p> <p>4:00 LL Timeless Trivia (DD) (ELD)</p> <p>6:00 Movie Time (IR) (RLA)</p>	<p>Purim 26</p> <p>10:00 PA Daily Chronicle and Activities Overview</p> <p>10:30 HF 10 Minute Exercise - 1st & 3rd Floor (1FL) (ELD)</p> <p>11:00 HF 10 Minute Exercise - 2nd Floor (DW)</p> <p>11:15 LL Purim Observed & Facts (DW) (ELD)</p> <p>2:00 HF Walking Club 1st & 3rd FL (1FL)</p> <p>2:30 HF Walking Club (2)</p> <p>3:30 EF Mobile Happy Hour Cart - 1st Floor (DD)</p> <p>4:00 EF Mobile Happy Hour Cart - 2nd Floor (DD)</p> <p>4:15 LL Appreciation of Music, Frankie Valley (DD) (ELD)</p> <p>6:00 Movie Night (IR) (RLA)</p>	<p>Daily Chronicle and Activities Overview 27</p> <p>10:00 PA Daily Chronicle and Activities Overview</p> <p>10:30 HF 10 Minute Exercise - 1st & 3rd Floor (1FL)</p> <p>11:00 HF 10 Minute Exercise - 2nd Floor</p> <p>11:15 Coffee Chat (IR) (ELD)</p> <p>1:30 LL Brain Game Challenge (2)</p> <p>2:00 CV Operation Gratitude (IR)</p> <p>3:00 HF Walking Club 1st & 3rdFL (1FL)</p> <p>3:30 HF Walking Club (2)</p> <p>4:00 C Exploring New Hobbies 2021 (DD) (ELD)</p> <p>4:30 J Music Appreciation - Jazz (2)</p> <p>6:00 Movie Time (IR) (RLA)</p>

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10:00 **PA** Daily Chronicle and Activities Overview

10:15 **IS** The Blessing Basket & Devotions (DD)

10:30 **HF** 10 Minute Exercise - 1st Floor

11:00 **HF** 10 Minute Exercise - 2nd Floor

1:30 **LL** Crossword Puzzle (IR) (ELP)

2:00 **HF** Walking Club 1st & 3rd FL (HW)

2:30 **HF** Walking Club 2nd FL (2)

3:00 **LL** Tooth Fairy Day! (DD) (ELP)

4:00 **J** Gospel Music Sing Along! (HW) (ELP)

6:00 **Movie Time**

- 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**

- ROOM LOCATION KEY:**
- 1st Floor Patio P
 - Lobby L
 - 2nd Floor 2
 - Door to Door DD
 - Doorway DW
 - Hallway HW
 - In-Room IR
 - 1st Floor 1FL
 - 3rd Floor 3FL
 - 2nd Floor 2FL

- STAFF KEY:**
- Resident Lead Activity RLA
 - Engage Life Director ELD
 - Tonia Jackson ELP

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

LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

Elvis Is Here (Virtual Concert)

Monday, February 8, 2:00 PM

Beauty Spa Day

Friday, February 12, 2:00 PM

**Spread Love to Our
Historic Neighbor**

Thursday, February 18, 2:00 PM



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE

<p>10:00 LL Daily Chronicle 11:00 HF Get Fit 1:00 IS RELAXATION AND MEDITATION 2:30 EF Table Puzzles 3:00 HF Walking Club 4:00 CE Music Therapy 6:00 IS Call It A Day</p>	<p>1 10:00 LL Daily Chronicle 11:00 HF Laugh therapy 1:00 IS RELAXATION AND MEDITATION 2:30 EF Bingo with Tonya (ELP) 3:00 HF Stretch and Flex 4:00 CE Music Therapy 6:00 IS Call It A Day</p>	<p>2 10:00 LL Daily Chronicle 11:00 HF Range Of Motion 1:00 IS RELAXATION AND MEDITATION 2:30 PA A Word In A Word 3:00 HF Walking Club 4:00 CE Music Therapy 6:00 IS Call It A Day</p>	<p>3 10:00 LL Daily Chronicle 11:00 HF Walking Club 1:00 IS RELAXATION AND MEDITATION 2:30 EF Who Am I 3:00 HF Pump It Up Fitness 4:00 CE Music Therapy 6:00 IS Call It A Day</p>	<p>4 10:00 LL Daily Chronicle 11:00 HF Fun Fitness 1:00 IS RELAXATION AND MEDITATION 2:30 EF Bocce Ball 3:00 HF Chair Yoga 4:00 CE Music Therapy 6:00 IS Call It A Day</p>	<p>5 10:00 LL Daily Chronicle 11:00 HF Movin & Groovin 1:00 IS RELAXATION AND MEDITATION 2:30 PA Spelling Bee 3:00 HF Flex and Stretch 3:30 CV Making Doggie Treats 4:00 CE Music Therapy 6:00 IS Saturday Night Movie</p>
<p>7 10:00 HF Conductorcise® 11:00 LL Catch Phrase 1:00 IS RELAXATION AND MEDITATION 2:30 HF Chair Yoga 3:00 C Hot Chocolate Social 4:00 CE Music Therapy 6:00 IS Sunday Movie & Buttery Popcorn</p>	<p>8 10:00 LL USA Today 11:00 HF Get In Shape 1:00 IS RELAXATION AND MEDITATION 2:00 EF Elvis Is Here (virtual Concert) 2:30 HF Group Dancing 3:00 EF Table Puzzles 4:00 CE Music Therapy 6:00 IS Winding Down</p>	<p>9 10:00 LL USA Today 11:00 HF Hands Up!!! 1:00 IS RELAXATION AND MEDITATION 2:30 HF Keep It Rolling with Tonya [ELP] 3:00 C Social Club 4:00 CE Music Therapy 6:00 IS Winding Down</p>	<p>10 10:00 LL USA Today 11:00 HF Flex and Stretch 1:00 IS RELAXATION AND MEDITATION 2:30 CV Making Valentine's Day Cards for Heroes 3:00 CE Music Therapy 4:00 HF Walking Club 6:00 IS Winding Down</p>	<p>11 10:00 LL USA Today 11:00 HF Low Impact Aerobic 1:00 IS RELAXATION AND MEDITATION 2:30 C A Moment with (ELD) Tracy 3:00 CE Music Therapy 4:00 HF Chair Yoga 6:00 IS Winding Down</p>	<p>12 10:00 LL USA Today 11:00 HF Walking Club 1:00 IS RELAXATION AND MEDITATION 2:00 C Beauty Spa Day 2:30 EF Name Ten 3:00 HF Happy Feet 4:00 CE Music Therapy 6:00 IS Winding Down</p>
<p>14 10:00 HF Strength Training 11:00 EF Fruits Of the Spirits Reading 1:00 IS RELAXATION AND MEDITATION 2:30 HF Chair Yoga 3:00 C Hot Cinnamon Tea Social 4:00 CE Music Therapy 6:00 IS Sunday Movie & Buttery Popcorn</p>	<p>15 10:00 LL Today In History 11:00 HF Flex and Stretch 1:00 IS RELAXATION AND MEDITATION 2:30 HF Walking Club 3:00 EF Ring Toss 4:00 CE Music Therapy 6:00 IS Guided Meditation</p>	<p>16 10:00 LL Today In History 11:00 HF Conductorcise® 1:00 IS RELAXATION AND MEDITATION 2:30 EF Artin Around with Tonya [ELP] 3:00 CE Music Therapy 4:00 HF Chair Dancing 6:00 IS Guided Meditation</p>	<p>17 10:00 LL Today in History 11:00 HF Chair Jazzercise 1:00 IS RELAXATION AND MEDITATION 2:30 C Book Club 3:00 CE Music Therapy 4:00 HF Laugh therapy 6:00 IS Guided Meditation</p>	<p>18 10:00 LL Today In History 11:00 HF Fusion Exercise 1:00 IS RELAXATION AND MEDITATION 2:00 LL Spread Love to Our Historic Neighbor 2:30 CV Winter Coats Collection for Community 3:00 CE Music Therapy 4:00 HF Chair Yoga 6:00 IS Guided Meditation</p>	<p>19 10:00 LL Today History 11:00 HF Keep It Moving 1:00 IS RELAXATION AND MEDITATION 2:30 C Creative Painting 3:00 CE Music Therapy 4:00 HF Shake It 6:00 IS Guided Meditation</p>
<p>21 10:00 HF Chair Yoga 11:00 C Favorite Verses 1:00 IS RELAXATION AND MEDITATION 2:30 HF Sharing the Spirit 3:00 C Hot Chocolate Social 4:00 CE Music Therapy 6:00 IS Sunday Movie & Buttery Popcorn</p>	<p>22 10:00 LL Daily Chronicle 11:00 HF Flex and Stretch 1:00 IS RELAXATION AND MEDITATION 2:30 HF Freeze Dancing 3:00 IS Creative Coloring 4:00 CE Music Therapy 6:00 IS Call It A Day</p>	<p>23 10:00 LL Today In History 11:00 HF Hand Jive 1:00 IS RELAXATION AND MEDITATION 2:00 EF Word In A Word with Tonya (ELP) 3:00 CE Music Therapy 4:00 HF Marching To the Beat 6:00 IS Last But Not Least</p>	<p>24 10:00 HF Shake It 10:30 LL Daily Chronicle 11:00 CV Goodies For Our Heroes 1:00 IS RELAXATION AND MEDITATION 2:30 EF Keep It Rolling 3:00 CE Music Therapy 4:00 HF Dance Class 6:00 IS Relax & Remember</p>	<p>25 10:00 HF Low Impact - Toss 11:00 LL USA Today 1:00 IS RELAXATION AND MEDITATION 2:30 EF Bull's Eye Dart Game 3:00 HF Laugh It Up 4:00 CE Music Therapy 6:00 IS Watching the Sunset</p>	<p>26 10:00 HF Dance Class 11:00 LL Daily Chronicle 1:00 IS RELAXATION AND MEDITATION 2:30 EF Puzzles 3:00 CE Music Therapy 4:00 HF Hand Jive 6:00 IS Wind Down Relaxation</p>
<p>28 10:00 HF Chair Zumba® 11:00 LL Sunday Paper 1:00 IS RELAXATION AND MEDITATION 3:00 C Hot Cinnamon Tea Social 4:00 CE Music Therapy 6:00 IS Sunday Movie & Buttery Popcorn</p>	<p>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 M Music</p>				

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