

# ASSISTED LIVING

## Monthly Calendar of Events and Programming



Featured Events  
this Month:

- Hot Cocoa & Kisses**  
Wednesday, February 3, 2:00 PM
- Super Bowl Happy Hour**  
Sunday, February 7, 5:30 PM
- Valentine's/ Palentine's**  
Wednesday, February 10, 2:00 PM



## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY



Atria ENGAGE LIFE

<p><b>7</b></p> <p><b>SUPERBOWL SUNDAY</b></p> <p>9:30 Daily Update-What's Going on Today? (AL) (w)</p> <p>10:00 <b>HF</b> Fitness Class (FC) (w)</p> <p>10:45 Word Games &amp; Brain Aerobics (A) (w)</p> <p>1:00 <b>EF</b> Scenic Tour (O) (w)</p> <p>1:00 <b>IS</b> Virtual Concert (LR) (w)</p> <p>2:00 Bingo (A) (w)</p> <p>3:00 <b>HF</b> Walking Club (FC) (w)</p> <p>5:30 <b>EF</b> Super Bowl® Happy Hour (AL) (w)</p> <p>6:30 <b>EF</b> That's Entertainment! (LR) (s)</p>	<p><b>1</b></p> <p>9:30 Daily Update-What's Going on Today? (AL) (w)</p> <p>10:00 <b>HF</b> Fitness Class (FC) (g)</p> <p>10:45 Word Games &amp; Brain Aerobics (A) (g)</p> <p>1:00 <b>CE</b> Artists Group (A) (g)</p> <p>1:30 <b>EF</b> Now Showing (LR) (s)</p> <p>2:00 Bingo (A) (g)</p> <p>3:00 <b>HF</b> Walking Club (FC) (g)</p> <p>6:30 <b>EF</b> Now Showing (LR) (s)</p>	<p><b>2</b></p> <p><b>GROUNDHOG DAY</b></p> <p>9:30 Daily Update-What's Going on Today? (AL) (w)</p> <p>10:00 <b>HF</b> Fitness Class (FC) (g)</p> <p>10:45 <b>LL</b> News Currents (LR) (g)</p> <p>1:00 <b>CV</b> Knitting &amp; Sewing for a Cause (A) (g)</p> <p>1:30 <b>EF</b> For Your Viewing Pleasure (LR) (s)</p> <p>2:00 Bingo (A) (g)</p> <p>3:00 <b>HF</b> Rowing Workout (FC) (w)</p> <p>6:30 <b>EF</b> For Your Viewing Pleasure (LR) (s)</p>	<p><b>3</b></p> <p>9:30 Daily Update-What's Going on Today? (AL) (w)</p> <p>10:00 <b>HF</b> Fitness Class (FC) (g)</p> <p>10:00 <b>IS</b> Virtual Rosary (LR) (s)</p> <p>10:45 Word Games &amp; Brain Aerobics (A) (g)</p> <p>1:00 Bingo (A) (g)</p> <p>1:30 <b>EF</b> Celluloid Classics (LR) (s)</p> <p>2:00 <b>EF</b> Hot Cocoa &amp; Kisses (AL) (g,w)</p> <p>3:00 <b>HF</b> Walking Club (FC) (g)</p> <p>6:30 <b>EF</b> Celluloid Classics (LR) (s)</p>	<p><b>4</b></p> <p>9:30 Daily Update-What's Going on Today? (AL) (w)</p> <p>10:00 <b>HF</b> Fitness Class (FC) (g)</p> <p>10:45 Horseracing (LR) (g)</p> <p>11:00 <b>PA</b> Resident Council (LR) (h)</p> <p>1:00 <b>CE</b> Let Me Entertain You (A) (w)</p> <p>1:30 <b>EF</b> Silver Screenings (LR) (s)</p> <p>2:00 Bingo (A) (g)</p> <p>3:00 <b>HF</b> Yoga &amp; Inner Peace (LR) (g)</p> <p>6:30 <b>EF</b> Silver Screenings (LR) (s)</p>	<p><b>5</b></p> <p>9:30 Daily Update-What's Going on Today? (AL) (g)</p> <p>10:00 <b>HF</b> Fitness Class (FC) (g)</p> <p>10:45 Word Games &amp; Brain Aerobics (A) (g)</p> <p>1:00 <b>CE</b> Winter Craft Creations (A) (g)</p> <p>1:00 <b>LL</b> Book Club (LR) (h)</p> <p>1:30 <b>EF</b> Featured Films (LR) (s)</p> <p>2:00 Bingo (A) (g)</p> <p>3:00 <b>HF</b> Dancercise (LR) (g)</p> <p>3:30 <b>IS</b> Shabbat Prayers (A) (rr)</p> <p>6:30 <b>EF</b> Featured Films (LR) (s)</p>	<p><b>6</b></p> <p>9:30 Daily Update-What's Going on Today? (AL) (h)</p> <p>10:00 <b>HF</b> Fitness Class (FC) (h)</p> <p>10:45 Word Games &amp; Brain Aerobics (A) (h)</p> <p>11:00 <b>IS</b> Virtual Rosary (LR) (h)</p> <p>1:00 <b>LL</b> Dynamic Documentaries (LR) (h)</p> <p>1:30 <b>EF</b> On with the Show! (LR) (s)</p> <p>2:00 Bingo (A) (h)</p> <p>3:00 <b>HF</b> Walking Club (FC) (h)</p> <p>6:30 <b>EF</b> On with the Show! (LR) (s)</p>
<p><b>14</b></p> <p><b>VALENTINE'S DAY</b></p> <p>9:30 Daily Update-What's Going on Today? (AL) (w)</p> <p>10:00 <b>HF</b> Fitness Class (FC) (w)</p> <p>10:45 Word Games &amp; Brain Aerobics (A) (w)</p> <p>1:00 <b>EF</b> Scenic Tour (O) (w)</p> <p>1:00 <b>IS</b> Virtual Concert (LR) (w)</p> <p>2:00 Bingo (A) (w)</p> <p>3:00 <b>HF</b> Walking Club (FC) (w)</p> <p>6:30 <b>EF</b> That's Entertainment! (LR) (s)</p>	<p><b>8</b></p> <p>9:30 Daily Update-What's Going on Today? (AL) (w)</p> <p>10:00 <b>HF</b> Fitness Class (FC) (g)</p> <p>10:45 Word Games &amp; Brain Aerobics (A) (g)</p> <p>1:00 <b>CE</b> Artists Group (A) (g)</p> <p>1:30 <b>EF</b> Now Showing (LR) (s)</p> <p>2:00 Bingo (A) (g)</p> <p>3:00 <b>HF</b> Walking Club (FC) (g)</p> <p>6:30 <b>EF</b> Now Showing (LR) (s)</p>	<p><b>9</b></p> <p>9:30 Daily Update-What's Going on Today? (AL) (w)</p> <p>10:00 <b>HF</b> Fitness Class (FC) (g)</p> <p>10:45 <b>LL</b> News Currents (LR) (g)</p> <p>1:00 <b>CV</b> Knitting/Sewing for a Cause (A) (g)</p> <p>1:00 <b>PA</b> Ambassador Meeting (A) (h)</p> <p>1:30 <b>EF</b> For Your Viewing Pleasure (LR) (s)</p> <p>2:00 Bingo (A) (g)</p> <p>3:00 <b>HF</b> Rowing Workout (FC) (w)</p> <p>3:00 <b>C</b> Zooming with our Grandfriends (LR) (g)</p> <p>6:30 <b>EF</b> For Your Viewing Pleasure (LR) (s)</p>	<p><b>10</b></p> <p>9:30 Daily Update-What's Going on Today? (AL) (w)</p> <p>10:00 <b>HF</b> Fitness Class (FC) (g)</p> <p>10:00 <b>IS</b> Virtual Rosary (LR) (s)</p> <p>10:45 Word Games &amp; Brain Aerobics (A) (g)</p> <p>1:00 Bingo (A) (g)</p> <p>1:30 <b>EF</b> Celluloid Classics (LR) (s)</p> <p>2:00 <b>EF</b> Valentine's/ Palentine's (AL) (g)</p> <p>3:00 <b>HF</b> Walking Club (FC) (g)</p> <p>6:30 <b>EF</b> Celluloid Classics (LR) (s)</p>	<p><b>11</b></p> <p>9:30 Daily Update-What's Going on Today? (AL) (w)</p> <p>10:00 <b>HF</b> Fitness Class (FC) (g)</p> <p>10:45 Horseracing (LR) (g)</p> <p>1:00 <b>CE</b> Let Me Entertain You (A) (w)</p> <p>1:30 <b>EF</b> Silver Screenings (LR) (s)</p> <p>2:00 Bingo (A) (g)</p> <p>3:00 <b>HF</b> Yoga &amp; Inner Peace (LR) (g)</p> <p>6:30 <b>EF</b> Silver Screenings (LR) (s)</p>	<p><b>12</b></p> <p><b>CHINESE NEW YEAR</b></p> <p>9:30 Daily Update-What's Going on Today? (AL) (g)</p> <p>10:00 <b>HF</b> Fitness Class (FC) (g)</p> <p>10:45 Word Games &amp; Brain Aerobics (A) (g)</p> <p>1:00 <b>CE</b> Valentine's Crafts (A) (g)</p> <p>1:00 <b>LL</b> Book Club (LR) (h)</p> <p>1:30 <b>EF</b> Featured Films (LR) (s)</p> <p>2:00 Bingo (A) (g)</p> <p>3:00 <b>HF</b> Dancercise (LR) (g)</p> <p>3:30 <b>IS</b> Shabbat Prayers (A) (s)</p> <p>6:30 <b>EF</b> Featured Films (LR) (s)</p>	<p><b>13</b></p> <p>9:30 Daily Update-What's Going on Today? (AL) (h)</p> <p>10:00 <b>HF</b> Fitness Class (FC) (h)</p> <p>10:45 Word Games &amp; Brain Aerobics (A) (h)</p> <p>11:00 <b>IS</b> Virtual Rosary (LR) (h)</p> <p>1:00 <b>LL</b> Dynamic Documentaries (LR) (h)</p> <p>1:30 <b>EF</b> On with the Show! (LR) (s)</p> <p>2:00 Bingo (A) (h)</p> <p>3:00 <b>HF</b> Walking Club (FC) (h)</p> <p>6:30 <b>EF</b> On with the Show! (LR) (s)</p>
<p><b>21</b></p> <p>9:30 Daily Update-What's Going on Today? (AL) (w)</p> <p>10:00 <b>HF</b> Fitness Class (FC) (w)</p> <p>10:45 Word Games &amp; Brain Aerobics (A) (w)</p> <p>1:00 <b>EF</b> Scenic Tour (O) (w)</p> <p>1:00 <b>IS</b> Virtual Concert (LR) (w)</p> <p>2:00 Bingo (A) (w)</p> <p>3:00 <b>HF</b> Walking Club (FC) (w)</p> <p>6:30 <b>EF</b> That's Entertainment! (LR) (s)</p>	<p><b>15</b></p> <p>9:30 Daily Update-What's Going on Today? (AL) (w)</p> <p>10:00 <b>HF</b> Fitness Class (FC) (g)</p> <p>10:45 Word Games &amp; Brain Aerobics (A) (g)</p> <p>1:00 <b>CE</b> Artists Group (A) (g)</p> <p>1:30 <b>EF</b> Now Showing (LR) (s)</p> <p>2:00 Bingo (A) (g)</p> <p>3:00 <b>HF</b> Walking Club (FC) (g)</p> <p>6:30 <b>EF</b> Now Showing (LR) (s)</p>	<p><b>16</b></p> <p><b>MARDI GRAS</b></p> <p>9:30 Daily Update-What's Going on Today? (AL) (w)</p> <p>10:00 <b>HF</b> Fitness Class (FC) (g)</p> <p>10:45 <b>LL</b> News Currents (LR) (g)</p> <p>1:00 <b>CV</b> Knitting/Sewing for a Cause (A) (g)</p> <p>1:00 Bingo (A) (g)</p> <p>1:30 <b>EF</b> For Your Viewing Pleasure (LR) (s)</p> <p>2:00 <b>EF</b> Mardi Gras Happy Hour (AL) (s)</p> <p>3:00 <b>HF</b> Rowing Workout (FC) (w)</p> <p>3:00 <b>C</b> Zooming with our Grandfriends (LR) (g)</p> <p>6:30 <b>EF</b> For Your Viewing Pleasure (LR) (s)</p>	<p><b>17</b></p> <p><b>ASH WEDNESDAY</b></p> <p>9:30 Daily Update-What's Going on Today? (AL) (w)</p> <p>10:00 <b>HF</b> Fitness Class (FC) (g)</p> <p>10:00 <b>IS</b> Virtual Rosary (LR) (s)</p> <p>10:45 Word Games &amp; Brain Aerobics (A) (g)</p> <p>1:00 Bingo (A) (g)</p> <p>1:30 <b>EF</b> Celluloid Classics (LR) (s)</p> <p>2:00 <b>PA</b> Activity Programming Meeting (A) (h)</p> <p>3:00 <b>HF</b> Walking Club (FC) (g)</p> <p>6:30 <b>EF</b> Celluloid Classics (LR) (s)</p>	<p><b>18</b></p> <p>9:30 Daily Update-What's Going on Today? (AL) (w)</p> <p>10:00 <b>HF</b> Fitness Class (FC) (g)</p> <p>10:45 Horseracing (LR) (g)</p> <p>1:00 <b>CE</b> Let Me Entertain You (A) (w)</p> <p>1:30 <b>EF</b> Silver Screenings (LR) (s)</p> <p>2:00 Bingo (A) (g)</p> <p>3:00 <b>HF</b> Yoga &amp; Inner Peace (LR) (g)</p> <p>6:30 <b>EF</b> Silver Screenings (LR) (s)</p>	<p><b>19</b></p> <p>9:30 Daily Update-What's Going on Today? (AL) (g)</p> <p>10:00 <b>HF</b> Fitness Class (FC) (g)</p> <p>10:45 Word Games &amp; Brain Aerobics (A) (g)</p> <p>1:00 <b>CE</b> Winter Craft Creations (A) (g)</p> <p>1:00 <b>LL</b> Book Club (LR) (h)</p> <p>1:30 <b>EF</b> Featured Films (LR) (s)</p> <p>2:00 Bingo (A) (g)</p> <p>3:00 <b>HF</b> Dancercise (LR) (g)</p> <p>3:30 <b>IS</b> Shabbat Prayers (A) (s)</p> <p>6:30 <b>EF</b> Featured Films (LR) (s)</p>	<p><b>20</b></p> <p>9:30 Daily Update-What's Going on Today? (AL) (h)</p> <p>10:00 <b>HF</b> Fitness Class (FC) (h)</p> <p>10:45 Word Games &amp; Brain Aerobics (A) (h)</p> <p>11:00 <b>IS</b> Virtual Rosary (LR) (h)</p> <p>1:00 <b>LL</b> Dynamic Documentaries (LR) (h)</p> <p>1:30 <b>EF</b> On with the Show! (LR) (s)</p> <p>2:00 Bingo (A) (h)</p> <p>3:00 <b>HF</b> Walking Club (FC) (h)</p> <p>6:30 <b>EF</b> On with the Show! (LR) (s)</p>
<p><b>28</b></p> <p><b>OSCAR NIGHT</b></p> <p>9:30 Daily Update-What's Going on Today? (AL) (w)</p> <p>10:00 <b>HF</b> Fitness Class (FC) (w)</p> <p>10:45 Word Games &amp; Brain Aerobics (A) (w)</p> <p>1:00 <b>EF</b> Scenic Tour (O) (w)</p> <p>1:00 <b>IS</b> Virtual Concert (LR) (w)</p> <p>2:00 Bingo (A) (w)</p> <p>3:00 <b>HF</b> Walking Club (FC) (w)</p> <p>6:30 <b>EF</b> That's Entertainment! (LR) (s)</p>	<p><b>22</b></p> <p>9:30 Daily Update-What's Going on Today? (AL) (w)</p> <p>10:00 <b>HF</b> Fitness Class (FC) (g)</p> <p>10:45 Word Games &amp; Brain Aerobics (A) (g)</p> <p>1:00 <b>CE</b> Artists Group (A) (g)</p> <p>1:30 <b>EF</b> Now Showing (LR) (s)</p> <p>2:00 Bingo (A) (g)</p> <p>3:00 <b>HF</b> Walking Club (FC) (g)</p> <p>6:30 <b>EF</b> Now Showing (LR) (s)</p>	<p><b>23</b></p> <p>9:30 Daily Update-What's Going on Today? (AL) (w)</p> <p>10:00 <b>HF</b> Fitness Class (FC) (g)</p> <p>10:45 <b>LL</b> News Currents (LR) (g)</p> <p>1:00 <b>CV</b> Knitting/ Sewing for a Cause (LR) (g)</p> <p>1:00 <b>PA</b> Ambassador Discussion (A) (h)</p> <p>1:30 <b>EF</b> For Your Viewing Pleasure (LR) (s)</p> <p>2:00 Bingo (A) (g)</p> <p>3:00 <b>HF</b> Rowing Workout (FC) (w)</p> <p>3:00 <b>C</b> Zooming with our Grandfriends (LR) (g)</p> <p>6:30 <b>EF</b> For Your Viewing Pleasure (LR) (s)</p>	<p><b>24</b></p> <p>9:30 Daily Update-What's Going on Today? (AL) (w)</p> <p>10:00 <b>HF</b> Fitness Class (FC) (g)</p> <p>10:00 <b>IS</b> Virtual Rosary (LR) (s)</p> <p>10:45 Word Games &amp; Brain Aerobics (A) (g)</p> <p>1:00 Bingo (A) (g)</p> <p>1:30 <b>EF</b> Celluloid Classics (LR) (s)</p> <p>2:00 <b>EF</b> Taco' Bout a Guac Party (AL) (g,w)</p> <p>3:00 <b>HF</b> Walking Club (FC) (g)</p> <p>6:30 <b>EF</b> Celluloid Classics (LR) (s)</p>	<p><b>25</b></p> <p>9:30 Daily Update-What's Going on Today? (AL) (w)</p> <p>10:00 <b>HF</b> Fitness Class (FC) (g)</p> <p>10:45 Horseracing (LR) (w)</p> <p>1:00 <b>CE</b> Let Me Entertain You! (A) (w)</p> <p>1:00 Bingo (A) (g)</p> <p>1:30 <b>EF</b> Silver Screenings (LR) (s)</p> <p>3:00 <b>HF</b> Yoga &amp; Inner Peace (LR) (g)</p> <p>6:30 <b>EF</b> Silver Screenings (LR) (s)</p>	<p><b>26</b></p> <p><b>PURIM BEGINS AT SUNDOWN</b></p> <p>9:30 Daily Update-What's Going on Today? (AL) (g)</p> <p>10:00 <b>HF</b> Fitness Class (FC) (g)</p> <p>10:45 Word Games &amp; Brain Aerobics (A) (g)</p> <p>1:00 <b>CE</b> Feeling Crafty (A) (g)</p> <p>1:00 <b>LL</b> Book Club (LR) (h)</p> <p>1:30 <b>EF</b> Featured Films (LR) (s)</p> <p>3:00 <b>HF</b> Dancercise (LR) (g)</p> <p>3:30 <b>IS</b> Shabbat Prayers (A) (s)</p> <p>6:30 <b>EF</b> Featured Films (LR) (s)</p>	<p><b>27</b></p> <p>9:30 Daily Update-What's Going on Today? (AL) (h)</p> <p>10:00 <b>HF</b> Fitness Class (FC) (h)</p> <p>10:45 Word Games &amp; Brain Aerobics (A) (h)</p> <p>11:00 <b>IS</b> Virtual Rosary (LR) (h)</p> <p>1:00 <b>LL</b> Dynamic Documentaries (LR) (h)</p> <p>1:30 <b>EF</b> On with the Show! (LR) (s)</p> <p>2:00 Bingo (A) (h)</p> <p>3:00 <b>HF</b> Walking Club (FC) (h)</p> <p>6:30 <b>EF</b> On with the Show! (T) (s)</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**

**ROOM LOCATION KEY:**

- Activity Center A
- Fitness Center FC
- Theater T
- Living Room LR
- Out Trip O
- Assisted Living AL

**STAFF KEY:**

- Barbara G g
- William w
- Leslie Hill ELD, 757-8000 h
- Resident Run rr
- Barbara, William g,w
- staff s

# LIFE GUIDANCE<sup>®</sup>

## Monthly Calendar of Events and Programming



### Featured Events this Month:

**Super Bowl Snacks**  
Sunday, February 7, 2:00 PM

**Days Gone By-Hairstyles**  
Friday, February 19, 3:00 PM

**Apple Experience-  
All About the Oscars**  
Wednesday, February 24, 3:00 PM



## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY



Atria ENGAGE LIFE

<p><b>7</b></p> <p><b>Super Bowl® SUNDAY</b></p> <p>9:30 <b>HF</b> Sunday Morning Stretch (A,L) (s)</p> <p>10:00 Finish the Lyric (AA)</p> <p>10:00 <b>LL</b> Sunday News Day (LR)</p> <p>10:30 <b>J</b> Sing with Me! (LR) (S)</p> <p>1:00 Word Finds (AA) (S)</p> <p>1:00 <b>EF</b> Virtual Concert- (LR) (S)</p> <p>2:00 <b>EF</b> Super Bowl® Snacks (CA) (s)</p> <p>3:00 Bingo (AA) (s)</p> <p>3:00 <b>HF</b> Exercise with Games (LR) (s)</p> <p>6:00 Sunday Night Movie (A,L) (S)</p>	<p><b>1</b></p> <p>9:30 <b>HF</b> Chair Cardio (A,L) (MM)</p> <p>10:00 <b>LL</b> Daily News (LR) (s)</p> <p>10:00 Name 10 (AA) (S)</p> <p>10:30 <b>J</b> I've Got Rhythm! (LR) (s)</p> <p>1:00 <b>IS</b> Atria Spa Time (AA) (S)</p> <p>1:00 <b>HF</b> Yoga Time (LR) (S)</p> <p>2:00 <b>EF</b> Monday Matinee (A,L) (S)</p> <p>3:00 Word Game of the Day (LR) (S)</p> <p>3:00 Bingo (AA) (S)</p> <p>6:00 <b>CE</b> Coloring Club (AA) (S)</p> <p>6:00 Monday Musical Movie (A,L) (S)</p>	<p><b>2</b></p> <p><b>GROUNDHOG DAY</b></p> <p>9:30 <b>HF</b> Tapping to Disco Music (A,L) (s)</p> <p>10:00 <b>LL</b> News Today (LR) (S)</p> <p>10:00 Random Trivia (AA) (s)</p> <p>10:30 <b>J</b> Imagery-Snow Scenes (LR) (S)</p> <p>1:00 <b>HF</b> Get with the Groove &amp; Move! (CY) (S)</p> <p>2:00 <b>CE</b> Around the Kitchen Table... (DR) (s)</p> <p>2:00 Fill-Ins (AA) (D)</p> <p>3:00 Bingo (AA) (s)</p> <p>3:00 Sitcom Selections (LR) (S)</p> <p>6:00 <b>CV</b> Coupon Clipping for Charity (AA) (S)</p> <p>6:00 Tuesday Theatrical Movies (A,L) (S)</p>	<p><b>3</b></p> <p>9:30 <b>HF</b> Sit and be Fit (A,L) (D)</p> <p>10:00 <b>LL</b> Daily Chronicles (LR) (D)</p> <p>10:00 StoryWise™ (AA) (S)</p> <p>10:30 <b>J</b> Tap Your Feet to the Beat (LR) (D)</p> <p>1:00 <b>HF</b> Walk &amp; Talk with Friends (CA) (s)</p> <p>2:00 <b>CE</b> Scenes of Winter Art (AA) (D)</p> <p>3:00 <b>LL</b> Apple Experience - Punxsutawney, PA (LR) (S)</p> <p>3:00 Bingo (AA) (D)</p> <p>6:00 <b>C</b> Amazing Mazes Challenge (AA) (S)</p> <p>6:00 Wednesday Comedy Shows (A,L) (S)</p>	<p><b>4</b></p> <p>9:30 <b>HF</b> Morning Exercise (A,L) (D)</p> <p>10:00 <b>LL</b> Daily News (LR) (D)</p> <p>10:00 Strength Your Mind (AA) (s)</p> <p>10:30 3 of a Kind (LR) (D)</p> <p>1:00 <b>HF</b> Dance Party Exercise (LR) (D)</p> <p>1:00 <b>C</b> Come and Chat with Me (DR) (S)</p> <p>2:00 Word Games (AA) (D)</p> <p>2:00 <b>IS</b> Scenery to Soothe (LR) (S)</p> <p>3:00 Bingo (AA) (D)</p> <p>3:00 <b>CE</b> Sing with Me (LR) (s)</p> <p>6:00 Concert Night with The Beatles (A,L) (S)</p>	<p><b>5</b></p> <p>9:30 <b>HF</b> Rise and Shine Workout (A,L) (D)</p> <p>10:00 <b>LL</b> News &amp; Views (LR) (D)</p> <p>10:00 <b>J</b> Name That Tune (AA) (s)</p> <p>11:00 <b>HF</b> Trivia with Leslie (LR) (h)</p> <p>1:00 <b>HF</b> Stay Fit! (A,L) (S/D)</p> <p>2:00 <b>CE</b> Arts &amp; Crafts (AA) (D)</p> <p>3:00 Bingo (AA) (D)</p> <p>3:00 <b>LL</b> Days Gone By- All About Soup (LR) (D)</p> <p>6:00 <b>EF</b> Disco Dancing with Jillian (LR) (S)</p> <p>7:00 Friday Flick (A,L) (S)</p>	<p><b>6</b></p> <p>9:30 <b>HF</b> Saturday Stretching with Scarves (A,L) (D)</p> <p>10:00 Horseracing! (AA) (S)</p> <p>10:00 <b>LL</b> News Currents (LR) (D)</p> <p>10:30 <b>J</b> Dance to the Disco Beat (LR) (D)</p> <p>11:00 <b>CV</b> Kitchen Helpers (DR) (D)</p> <p>1:00 <b>HF</b> Walk &amp; Talk (CA) (S/D)</p> <p>2:00 <b>EF</b> Saturday Matinee &amp; Movie Snacks (A,L) (S/D)</p> <p>3:00 Bingo (AA) (D)</p> <p>6:00 <b>CV</b> Zoey &amp; Friends (CA) (v)</p> <p>6:00 Movie Night (A,L) (S)</p>
<p><b>14</b></p> <p><b>VALENTINE'S DAY</b></p> <p>9:30 <b>HF</b> Morning Moves (A,L) (s)</p> <p>10:00 Finish the Saying (AA) (s)</p> <p>10:00 <b>LL</b> Sunday Newsday (LR)</p> <p>10:30 <b>J</b> Music I Love (A,L)</p> <p>1:00 Word Finds (AA) (s)</p> <p>1:00 <b>EF</b> Virtual Concert (LR) (s)</p> <p>2:00 <b>EF</b> Afternoon Refreshers (CA) (S)</p> <p>3:00 Bingo (A)</p> <p>3:00 <b>HF</b> Exercise with Games (LR) (s)</p> <p>6:00 Sunday Night Movie (A,L) (S)</p>	<p><b>8</b></p> <p>9:30 <b>HF</b> Fitness Fun (A,L) (MM)</p> <p>10:00 <b>LL</b> The Newsstand (LR) (s)</p> <p>10:00 20 Questions (AA) (s)</p> <p>10:30 <b>J</b> I've Got Rhythm! (LR) (s)</p> <p>1:00 <b>HF</b> Yoga Time (LR) (S)</p> <p>1:00 <b>IS</b> Pretty Nails (AA) (S)</p> <p>2:00 <b>EF</b> Monday Matinee (A,L) (S)</p> <p>3:00 Bingo (AA) (S)</p> <p>3:00 Word Game of the Day (LR) (S)</p> <p>6:00 <b>CE</b> Coloring Club (AA) (S)</p> <p>6:00 Monday Musical Movie (A,L) (S)</p>	<p><b>9</b></p> <p>9:30 <b>HF</b> Shake It Up (A,L) (MM)</p> <p>10:00 <b>LL</b> News Today (LR) (S)</p> <p>10:00 Random Trivia (AA) (D)</p> <p>10:30 <b>J</b> Imagery-Fireplaces (LR) (S)</p> <p>1:00 <b>HF</b> Get with the Groove &amp; Move! (CY) (S)</p> <p>2:00 <b>CE</b> Around the Kitchen Table... (DR) (s)</p> <p>2:00 Pencil to Paper Games (AA) (D)</p> <p>3:00 Bingo (AA) (D)</p> <p>3:00 Sitcom Selections (LR) (S)</p> <p>6:00 <b>CV</b> Coupon Clipping for Charity (AA) (S)</p> <p>6:00 Tuesday Theatrical Movies (A,L) (S)</p>	<p><b>10</b></p> <p>9:30 <b>HF</b> Simply Stretch (A,L) (D)</p> <p>10:00 StoryWise™ (AA) (S)</p> <p>10:00 Today in History (LR) (D)</p> <p>10:30 <b>J</b> Clap Your Hands to the Beat (LR) (D)</p> <p>1:00 <b>HF</b> Get Some Pep in Your Step (AA) (S/D)</p> <p>2:00 <b>CE</b> Scenes of Winter Art (AA) (S)</p> <p>3:00 <b>LL</b> Apple Experience-Romantic Getaways (LR) (S)</p> <p>3:00 Bingo (AA) (D)</p> <p>6:00 Wednesday Comedy Shows (A,L) (S)</p> <p>6:00 <b>C</b> Amazing Mazes Challenge (AA) (S)</p>	<p><b>11</b></p> <p>9:30 <b>HF</b> Flex and Stretch (A,L) (D)</p> <p>10:00 Brain Busters (AA) (s)</p> <p>10:00 News and Views (LR) (D)</p> <p>10:30 Famous Pairs (LR) (D)</p> <p>1:00 <b>HF</b> Your Best Dance Moves (LR) (D)</p> <p>1:00 <b>C</b> Care to Chat? (DR) (S)</p> <p>2:00 Word Finds (AA) (D)</p> <p>2:00 <b>IS</b> Moodsapes (LR) (s)</p> <p>3:00 Bingo (AA) (D)</p> <p>3:00 <b>CE</b> Sing with Me (LR) (s)</p> <p>6:00 Concert Night-Dionne Warwick (A,L) (S)</p>	<p><b>12</b></p> <p><b>CHINESE NEW YEAR</b></p> <p>9:30 <b>HF</b> Moving &amp; Groving (A,L) (D)</p> <p>10:00 <b>J</b> Name That Tune &amp; Dance to It! (AA) (s)</p> <p>10:00 <b>LL</b> Top News of the Week (LR) (D)</p> <p>11:00 <b>HF</b> Trivia with Leslie (LR) (h)</p> <p>1:00 <b>HF</b> Zumba® (A,L) (S/D)</p> <p>2:00 <b>CE</b> Arts &amp; Crafts (AA) (D)</p> <p>3:00 Bingo (AA) (D)</p> <p>3:00 <b>LL</b> Travel to China (LR) (D)</p> <p>6:00 <b>EF</b> Disco Dancing with Jillian (LR) (S)</p> <p>7:00 Friday Flick (A,L) (S)</p>	<p><b>13</b></p> <p>9:30 <b>HF</b> Saturday Sittercise with Scarves (A,L) (D)</p> <p>10:00 Name 10 (AA) (S)</p> <p>10:00 <b>LL</b> News Currents (LR) (D)</p> <p>10:30 <b>J</b> Dance to the Disco Beat (LR) (D)</p> <p>11:00 <b>CV</b> Kitchen Helpers (DR) (D)</p> <p>1:00 <b>HF</b> "Art Gallery" Stroll (CA) (S/D)</p> <p>2:00 <b>EF</b> Saturday Matinee &amp; Movie Snacks (A,L) (S/D)</p> <p>3:00 Bingo (AA) (D)</p> <p>6:00 <b>CV</b> Zoey &amp; Friends (AA) (v)</p> <p>6:00 Saturday Night at the Movies (A,L) (S)</p>
<p><b>21</b></p> <p>9:30 <b>HF</b> Sit and be Fit (LR)</p> <p>10:00 Finish the Phrase (AA) (s)</p> <p>10:00 <b>LL</b> Sunday Newsday (LR)</p> <p>10:30 <b>J</b> Sing with Me! (A,L) (s)</p> <p>1:00 Word Finds (AA) (s)</p> <p>1:00 <b>EF</b> Virtual Concert (LR) (MM)</p> <p>2:00 <b>EF</b> Afternoon Refreshers (CA) (S)</p> <p>3:00 Bingo (A)</p> <p>3:00 <b>HF</b> Exercise with Games (LR) (S)</p> <p>6:00 Sunday Night Movie (LR) (S)</p>	<p><b>15</b></p> <p>9:30 <b>HF</b> Wake up and Stretch (A,L) (MM)</p> <p>10:00 <b>LL</b> Entertainment Weekly (A,L) (MM)</p> <p>10:00 Name 10 (AA) (s)</p> <p>10:30 <b>J</b> I've Got Rhythm! (LR) (MM)</p> <p>1:00 <b>IS</b> Atria Spa Time (AA) (S)</p> <p>1:00 <b>HF</b> Yoga Time (A,L) (MM)</p> <p>2:00 <b>EF</b> Monday Matinee (A,L) (S)</p> <p>3:00 Bingo (AA) (S)</p> <p>3:00 Word Game of the Day (LR) (S)</p> <p>6:00 <b>CE</b> Coloring Club (AA) (S)</p> <p>6:00 Monday Musical Movie (A,L) (S)</p>	<p><b>16</b></p> <p><b>MARDI GRAS</b></p> <p>9:30 <b>HF</b> Dance Class (A,L) (D)</p> <p>10:00 <b>LL</b> News Today (LR) (D)</p> <p>10:00 Random Trivia (AA) (s)</p> <p>10:30 <b>J</b> Imagery- Skiing (LR) (S)</p> <p>1:00 <b>HF</b> Get with the Groove &amp; Move! (A,L)</p> <p>2:00 <b>CE</b> Around the Kitchen Table (DR) (s)</p> <p>2:00 Fill-Ins (AA) (D)</p> <p>3:00 Bingo (AA) (S)</p> <p>3:00 Sitcom Selections (LR) (S)</p> <p>6:00 <b>CV</b> Coupon Clipping for Charity (AA) (S)</p> <p>6:00 Tuesday Theatrical Movies (A,L) (S)</p>	<p><b>17</b></p> <p><b>ASH WEDNESDAY</b></p> <p>9:30 <b>HF</b> Low-Impact Aerobic (A,L) (D)</p> <p>10:00 <b>LL</b> Debbie's Daily Chronicles (LR) (D)</p> <p>10:00 StoryWise™ (AA) (S)</p> <p>10:30 <b>J</b> Tap Your Feet to the Beat (LR) (D)</p> <p>1:00 <b>HF</b> Walk &amp; Talk with Friends (AA) (S/D)</p> <p>2:00 <b>CE</b> Scenes of Winter Art (AA) (s)</p> <p>3:00 <b>LL</b> Apple Experience-Best of Winter Olympics (LR) (S)</p> <p>3:00 Bingo (AA) (D)</p> <p>6:00 Wednesday Comedy Shows (A,L) (S)</p> <p>6:00 <b>C</b> Amazing Mazes Challenge (AA) (S)</p>	<p><b>18</b></p> <p>9:30 <b>HF</b> Groovin' to the Oldies (A,L) (D)</p> <p>10:00 <b>LL</b> What's New in the World? (LR) (D)</p> <p>10:00 Strength Your Mind (AA) (s)</p> <p>10:30 3 of a Kind (LR) (D)</p> <p>1:00 <b>C</b> Come and Chat with Me (DR) (S)</p> <p>1:00 <b>HF</b> Dance Party Moves (LR) (D)</p> <p>2:00 Word Games (AA) (D)</p> <p>2:00 <b>IS</b> Scenery to Soothe (LR) (S)</p> <p>3:00 Bingo (AA) (D)</p> <p>3:00 <b>CE</b> Sing with Me (LR) (s)</p> <p>6:00 Concert Night with the Buddy Holly (A,L) (S)</p>	<p><b>19</b></p> <p>9:30 <b>HF</b> Sit and Stretch (A,L) (D)</p> <p>10:00 <b>LL</b> Current Events (LR) (D)</p> <p>10:00 <b>J</b> Name That Tune (AA) (s)</p> <p>11:00 <b>HF</b> Trivia with Leslie (LR) (h)</p> <p>1:00 <b>HF</b> Seated Exercise (CY) (S/D)</p> <p>2:00 <b>CE</b> Arts &amp; Crafts (AA) (D)</p> <p>3:00 Bingo (AA) (D)</p> <p>3:00 <b>LL</b> Days Gone By-Hairstyles (LR) (D)</p> <p>6:00 <b>EF</b> Disco Dancing with Jillian (AA) (S)</p> <p>7:00 Friday Flick (A,L) (S)</p>	<p><b>20</b></p> <p>9:30 <b>HF</b> Saturday Sittercise with Scarves (A,L) (D)</p> <p>10:00 <b>LL</b> News Currents (LR) (D)</p> <p>10:00 20 Questions (AA) (s)</p> <p>10:30 <b>J</b> Dance to the Disco Beat (A,L) (D)</p> <p>11:00 <b>CV</b> Kitchen Helpers (DR) (D)</p> <p>1:00 <b>HF</b> Stretching for Health (LR) (D)</p> <p>2:00 <b>EF</b> Saturday Matinee &amp; Movie Snacks (A,L) (S/D)</p> <p>3:00 Bingo (AA) (D)</p> <p>6:00 <b>CV</b> Zoey &amp; Friends (AA) (v)</p> <p>6:00 A Night at the Cinema (A,L) (S)</p>
<p><b>28</b></p> <p><b>OSCAR NIGHT</b></p> <p>9:30 <b>HF</b> Workout to Music (LR)</p> <p>10:00 Finish the Proverb (AA) (s)</p> <p>10:00 <b>LL</b> Sunday Newsday (LR)</p> <p>10:30 <b>J</b> Songs I Love (A,L) (S)</p> <p>1:00 Word Finds (AA) (S)</p> <p>1:00 <b>EF</b> Virtual Concert (LR) (S)</p> <p>2:00 <b>EF</b> Afternoon Refreshers (CA) (S)</p> <p>3:00 Bingo (AA) (s)</p> <p>3:00 <b>HF</b> Exercise with Games (LR) (S)</p> <p>6:00 Sunday Night Movie (LR) (S)</p>	<p><b>22</b></p> <p>9:30 <b>HF</b> Daily Warm Up (A,L) (MM)</p> <p>10:00 <b>LL</b> News &amp; Current Events (A,L) (MM)</p> <p>10:00 20 Questions (AA) (s)</p> <p>10:30 <b>J</b> I've Got Rhythm! (LR) (MM)</p> <p>1:00 <b>HF</b> Yoga Time (LR) (S)</p> <p>1:00 <b>IS</b> Pretty Nails (AA) (S)</p> <p>2:00 <b>EF</b> Monday Matinee (A,L) (S)</p> <p>3:00 Word Game of the Day (LR) (S)</p> <p>3:00 Bingo (AA) (S)</p> <p>6:00 <b>CE</b> Coloring Club (AA) (S)</p> <p>6:00 Monday Musical Movie (A,L) (S)</p>	<p><b>23</b></p> <p>9:30 <b>HF</b> Fun with Richard Simmons (A,L) (s)</p> <p>10:00 <b>LL</b> News Today (LR) (s)</p> <p>10:00 Random Trivia (AA) (s)</p> <p>10:30 <b>J</b> Imagery- Ice Skaters (LR) (MM)</p> <p>1:00 <b>HF</b> Get with the Groove &amp; Move! (CY) (S)</p> <p>2:00 <b>CE</b> Around the Kitchen Table... (DR) (s)</p> <p>2:00 Pencil to Paper Games (AA) (D)</p> <p>3:00 Bingo (AA) (D)</p> <p>3:00 Sitcom Selections (LR) (S)</p> <p>6:00 <b>CV</b> Coupon Clipping for Charity (AA) (S)</p> <p>6:00 Enjoy the Movie! (A,L) (S)</p>	<p><b>24</b></p> <p>9:30 <b>HF</b> Wake up with Fitness (A,L) (D)</p> <p>10:00 StoryWise™ (AA) (S)</p> <p>10:00 <b>LL</b> Today in History (LR) (D)</p> <p>10:30 <b>J</b> Clap Your Hands to the Beat (A,L) (D)</p> <p>1:00 <b>HF</b> Get Some Pep in Your Step! (AA) (S/D)</p> <p>2:00 <b>CE</b> Scenes of Winter Art (AA) (D)</p> <p>3:00 Bingo (AA) (D)</p> <p>3:00 <b>LL</b> Apple Experience-All About the Oscars (LR) (S/D)</p> <p>6:00 <b>C</b> Amazing Mazes Challenge (AA) (S)</p> <p>6:00 Wednesday Comedy Shows (A,L) (S)</p>	<p><b>25</b></p> <p>9:30 <b>HF</b> Time to Exercise (A,L) (D)</p> <p>10:00 Brain Busters (AA) (s)</p> <p>10:00 <b>LL</b> Daily News Report (LR) (D)</p> <p>10:30 Famous Pairs (LR) (D)</p> <p>1:00 <b>HF</b> Your Best Dance Moves (LR) (S/D)</p> <p>1:00 <b>C</b> Care to Chat? (LR) (S)</p> <p>2:00 Word Finds (AA) (D)</p> <p>2:00 <b>IS</b> Moodsapes (LR) (S)</p> <p>3:00 Bingo (AA) (D)</p> <p>3:00 <b>CE</b> Sing with Me (LR) (s)</p> <p>6:00 Concert Night with the Supremes (A,L) (S)</p>	<p><b>26</b></p> <p><b>PURIM BEGINS</b></p> <p>9:30 <b>HF</b> Moving to Motown (A,L) (D)</p> <p>10:00 <b>LL</b> Top News of the Week (LR) (D)</p> <p>10:30 <b>J</b> Name That Tune &amp; Dance to It! (LR) (D)</p> <p>11:00 <b>HF</b> Trivia with Leslie (LR) (h)</p> <p>1:00 <b>HF</b> Zumba® (A,L) (S/D)</p> <p>2:00 <b>CE</b> Arts &amp; Crafts (AA) (D)</p> <p>3:00 Bingo (AA) (D)</p> <p>3:00 <b>LL</b> Travel to Hollywood (LR) (D)</p> <p>6:00 <b>EF</b> Disco Dancing with Jillian (LR) (S)</p> <p>7:00 Friday Flick (A,L) (S)</p>	<p><b>27</b></p> <p>9:30 <b>HF</b> Saturday Sittercise with Scarves (A,L) (D)</p> <p>10:00 <b>LL</b> News Currents (A,L) (D)</p> <p>10:30 <b>J</b> Dance to the Disco Beat (A,L) (D)</p> <p>11:00 <b>CV</b> Kitchen Helpers (DR) (D)</p> <p>11:00 Name 10 (AA) (s)</p> <p>1:00 <b>HF</b> Walk &amp; Talk (CA) (D)</p> <p>2:00 <b>EF</b> Saturday Matinee &amp; Snacks (A,L) (S)</p> <p>3:00 Bingo (AA) (D)</p> <p>6:00 <b>CV</b> Zoey &amp; Friends (AA) (v)</p> <p>6:00 Evening Movie Picks (A,L) (S)</p>

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

- ROOM LOCATION KEY:**
- Activity Center, Living Room A,L
  - Courtyard CY
  - Activity Area AA
  - Living Room LR
  - Activity Center A
  - Dining Room DR
  - Common Areas CA

- STAFF KEY:**
- Michelle Morea MM
  - staff s
  - Debby D
  - Volunteer v
  - Staff / Debby S/D
  - Leslie Hill ELD, 757-8000 h
  - RSA S