

# ENGAGE LIFE<sup>®</sup>

## Monthly Calendar of Events and Programming



### Featured Events this Month:

#### **Bigelow Tea Presentation**

Tuesday, March 5, 3:00 PM

#### **Joint Health Talk with Dr. Neuman**

Thursday, March 7, 2:30 PM

#### **Music, Movies and Memories of 1956**

Wednesday, March 27, 2:30 PM

*Atria*  
SENIOR LIVING

*Atria*  
SENIOR LIVING

## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

**31**

10:45 Mass at St. Bridget's (B)  
 11:00 HF Yoga with Carol (TH) (CC)  
 1:30 Scenic Drive through Stamford (B)  
 2:00 HF Walking Club (Lob)  
 2:30 EF Piano by I-Heung Lee (TH)  
 3:30 C Punch and Cookies (TH)  
 3:45 Sunday Matinee (Thr)  
 8:00 Sunday Night Movie (Thr)



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

**ROOM LOCATION KEY:**  
 Town Hall TH  
 Mezzanine Mez  
 Bus B  
 Lobby Lounge Lob  
 Theater Thr  
 Game Room GR  
 Art Room Art  
 Library L

**STAFF KEY:**  
 Hillary Hil  
 Andrea ELD  
 Kathy KC  
 Lucille LD  
 Joel JM  
 Carol CC  
 Claudia CL  
 Ellen EG  
 Outside Instructor OI  
 Resident Led RL  
 Antoine AK

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**3**

10:45 Mass at St. Bridget's (B)  
 11:00 HF Yoga with Carol (TH) (CC)  
 1:30 Scenic Drive through Stamford (B)  
 2:00 HF Walking Club (Lob)  
 2:30 EF Musical Moments with Andrea (TH)  
 3:30 C Punch and Cookies (TH)  
 3:45 Sunday Matinee (Thr)  
 8:00 Sunday Night Movie (Thr)

**4**

10:00 HF Exercise with Tina (TH)  
 10:30 CV Knitting for a cause with Hillary (Hil)  
 10:30 IS Trivia with Lucille (GR) (LD)  
 11:00 EF Trivia (GR)  
 12:30 HF Tai Chi (Thr)  
 1:30 PA Kings in the Corner card game (GR) (RL)  
 2:15 C Food For Thought meeting (TH) (AK)  
 3:45 Monday Matinee (Thr)  
 4:30 Happy Hour (Lob)  
 7:15 Bingo with Meghan (TH)  
 8:00 Monday Night Movie (Thr)

**5**

10:00 HF Stretch and Tone with Kathy (TH) (KC)  
 11:00 Group Crossword (GR) (KC)  
 1:30 PA Poker time! (GR)  
 1:30 C Mahjong Game (GR) (RL)  
 2:30 HF Music and Movement with Andrea (TH) (ELD)  
 3:00 LL Bigelow Tea Presentation (TH) (OI)  
 3:45 Tuesday Matinee (1st Showing) (Thr) (ELD)  
 4:30 Happy Hour (Lob)  
 6:30 StoryWise™ (Lob) (ELD)  
 8:00 Tuesday Night at the Movie (Thr)

**6**

9:00 Trip to Bank of American (B)  
 10:00 HF Move, Stretch, Dance and more with Vicki (TH) (OI)  
 10:30 Trip to Stop and Shop (B)  
 10:45 C Music Café Series (Thr)  
 12:30 C Music Café encore (Thr)  
 1:30 HF Seated Tai Chi (Thr) (LD)  
 1:30 Afternoon Trip  
 1:30 PA Mahjong Club  
 2:30 Weekly Word Wizard (TH) (ELD)  
 3:45 Wednesday Matinee  
 4:30 Happy Hour (Lob)  
 8:00 Wednesday Night Movie (Thr)

**7**

10:00 HF Get Fit Exercise with Claudia (TH) (CL)  
 11:00 Crossword with Lucille (GR) (LD)  
 1:30 PA Poker Game (GR)  
 1:30 Poker Time (GR)  
 1:30 HF "Stretch and Strength" (TH) (CC)  
 1:30 PA Kings in the Corner  
 2:30 HF Joint Health Talk with Dr. Neuman (TH)  
 3:45 Bingo with Hillary (TH) (Hil)  
 3:45 Classic film (1st showing) (Thr)  
 4:30 Happy Hour (Lob)  
 8:00 Classic Movie (2nd showing) (Thr)

**8**

10:00 HF Stretch and Tone with Kathy (TH) (KC)  
 11:00 LL PBS Masterpiece Theater Series (Thr)  
 1:00 LL Technology 101 (GR)  
 1:30 HF Tai Chi and more with Kathy (TH) (KC)  
 2:00 LL World Trivia with Kathy (GR)  
 2:30 IS Shabbat Service (TH)  
 3:30 PA Engage Life® Planning Meeting (Art) (ELD)  
 7:15 LL Great Courses (Thr)  
 8:00 Friday Night Movie (Thr)

**9**

9:00 Early Bird trip to Shop Rite (B) (JM)  
 9:30 Service at Temple Beth-El (B) (JM)  
 10:00 HF Boot Camp with Claudia (TH) (CL)  
 10:30 LL Travel or Nature Film (Thr)  
 10:30 Trip to Shop Rite (B) (JM)  
 10:45 Bingo (TH) (LD)  
 1:00 EF Trivia (GR)  
 1:30 HF Walking Club (Lob)  
 2:00 LL History lecture with Mark Albertson (Thr)  
 3:45 Matinee Movie (1st Showing) (Thr)  
 4:30 Happy Hour (Lob)  
 8:00 Evening Movie (2nd Showing) (Thr)

**10**

10:45 Mass at St. Bridget's (B)  
 11:00 HF Yoga with Carol (TH) (CC)  
 1:30 Scenic Drive through Stamford (B)  
 2:00 HF Walking Club (Lob)  
 2:30 EF Musical Performance with Donald Alfano (TH)  
 3:30 C Punch and Cookies (TH)  
 3:45 Sunday Matinee (Thr)  
 8:00 Sunday Night Movie (Thr)

**11**

10:00 HF Exercise with Tina (TH)  
 10:30 CV Knitting for a Cause with Hillary  
 11:00 EF Trivia with Lucille (GR) (LD)  
 1:30 PA Kings in the Corner (GR)  
 1:30 HF Walking Club (Mez)  
 2:00 CE Art Class with Ellen G. (Art) (EG)  
 2:30 LL Metropolitan Museum on the iPad® (Thr)  
 3:45 Monday Matinee (Thr)  
 4:30 Happy Hour (Lob)  
 7:15 Bingo with Meghan (TH)  
 8:00 Monday Night Movie (Thr)

**12**

10:00 HF Stretch and Tone with Kathy (TH) (KC)  
 11:00 Group Crossword (GR) (KC)  
 1:30 PA Poker time (GR) (RL)  
 1:30 C Mahjong Game (GR) (RL)  
 3:00 HF Music and Movement with Andrea (TH) (ELD)  
 3:45 Tuesday Matinee (1st Showing) (Thr) (ELD)  
 4:30 Happy Hour (Lob)  
 6:30 StoryWise™ in the evening (Lob) (ELD)  
 8:00 Tuesday Night at the Movies (Thr)

**13**

9:00 Trip to Bank of America (B)  
 10:00 HF Move, Stretch, Dance and more with Vicki (TH) (OI)  
 10:30 Trip to Stop and Shop (B)  
 10:45 C Music Café Series (Thr)  
 12:30 C Music Café encore (Thr)  
 1:30 HF Seated Tai Chi (Thr) (LD)  
 1:30 PA Mahjong Club (GR)  
 2:30 CV Resident Council Meeting (Thr)  
 3:45 Wednesday Matinee  
 4:30 Happy Hour  
 7:15 PA Bingo with Rita and Doris (TH)  
 8:00 Wednesday Night Movie (Thr)

**14**

10:00 HF Get Fit Exercise with Claudia (TH) (CL)  
 11:00 Crossword (GR) (LD)  
 1:30 PA Poker Time  
 1:30 HF "Movement class" (TH)  
 1:30 PA Kings in the Corner  
 2:00 C Exploring endangered species (WWF) (Thr)  
 3:00 StoryWise™ "Wise Women" (Art)  
 3:45 Classic Film (1st Showing) (Thr)  
 4:30 Happy Hour (Lob)  
 8:00 Classic Film (2nd Showing) (Thr)

**15**

10:00 HF Stretch and Tone with Kathy (TH) (KC)  
 11:00 LL PBS Masterpiece Theater Series (Thr)  
 1:30 HF Chair Tai Chi with Kathy (TH) (KC)  
 2:00 LL American Trivia with Kathy (GR) (KC)  
 2:30 IS Shabbat Service (TH)  
 4:30 Happy Hour  
 7:15 LL Great Courses (Thr)  
 8:00 Friday Night Movie (Thr)

**16**

9:00 Early Bird trip to Shop Rite (B) (JM)  
 9:30 Service at Temple Beth-El (B)  
 10:00 HF Boot Camp with Claudia (TH) (CL)  
 10:30 LL Travel or Nature Film (Thr)  
 10:30 Trip to Shop Rite (B) (JM)  
 10:45 Bingo (TH) (LD)  
 1:00 EF Trivia (GR)  
 1:30 HF Walking Club (Lob)  
 2:00 LL "1969: New Leaders, Old Problems" (Thr)  
 3:45 Matinee Movie (1st Showing) (Thr)  
 4:30 Happy Hour (Lob)  
 8:00 Evening Movie (2nd Showing) (Thr)

**17**

10:45 Mass at St. Bridget's (B)  
 11:00 HF Yoga with Carol (TH) (CC)  
 1:30 Scenic Drive through Stamford (B)  
 2:00 HF Walking Club (Lob)  
 2:30 EF Musical Performance with Cookie Thomas (TH)  
 3:30 C Punch and Cookies (TH)  
 3:45 Sunday Matinee (Thr)  
 8:00 Sunday Night Movie (Thr)

**18**

10:00 HF Exercise with Tina (TH) (OI)  
 10:30 IS Communion (Thr)  
 10:30 CV Knitting for a Cause with Hillary  
 1:30 HF Walking Club  
 1:30 PA Kings in the Corner (GR)  
 2:15 LL Music lecture with Leslie Loop (Thr)  
 3:45 Monday Matinee (Thr)  
 4:30 Happy Hour (Lob)  
 7:15 Bingo with Meghan (TH)  
 8:00 Monday Night Movie (Thr)

**19**

10:00 HF Stretch and Tone with Kathy (TH) (KC)  
 11:00 Group Crossword with Kathy (GR) (KC)  
 1:00 The Tragedy of King Richard the Second (B) (JM)  
 1:30 PA Poker Time (GR) (RL)  
 1:30 C Mahjong Game (GR) (RL)  
 3:00 HF Afternoon Fitness with Kathy (TH) (KC)  
 3:45 Tuesday Matinee (1st Showing) (Thr) (ELD)  
 4:30 Happy Hour (Lob)  
 6:30 StoryWise™ (Lob) (ELD)  
 8:00 Tuesday Night at the Movies (Thr)

**20**

9:00 Trip to Bank of America (B)  
 10:00 HF Move, Stretch, Dance and more with Vicki (TH) (OI)  
 10:30 Trip to Stop and Shop (B)  
 10:45 C Music Café Series (Thr)  
 12:30 C Music Café encore (Thr)  
 1:30 HF Seated Tai Chi (Thr) (LD)  
 1:30 PA Mahjong Club  
 2:00 LL Art lecture with Helene (Thr)  
 2:30 Weekly Word Wizard (TH) (ELD)  
 3:45 Wednesday Matinee  
 4:30 Happy Hour (Lob)  
 8:00 Wednesday Night Movie (Thr)

**21**

10:00 HF Get Fit Exercise with Claudia (TH) (CL)  
 11:00 Crossword with Lucille (GR) (KC)  
 1:30 PA Kings in the Corner  
 1:30 PA Poker Game (GR)  
 1:30 HF "Tone and stretch" (Mez) (CC)  
 3:30 PA Atria Book Club  
 3:45 Bingo with Hillary (TH) (Hil)  
 3:45 Classic Film (1st Showing) (Thr)  
 4:30 Happy Hour (Lob)  
 8:00 Classic Film (2nd Showing) (Thr)

**22**

10:00 HF Stretch and Tone with Kathy (TH) (KC)  
 11:00 LL PBS Masterpiece Theater Series (Thr)  
 1:30 HF Tai Chi for seniors with Kathy (TH) (KC)  
 2:00 LL Pop Trivia with Kathy (GR)  
 2:30 IS Shabbat Service (TH)  
 3:30 LL Opera Appreciation with Dr Sehulster  
 4:30 Happy Hour (Lob)  
 7:15 LL Great Courses (Thr)  
 8:00 Friday Night Movie (Thr)

**23**

9:00 Early Bird trip to Shop Rite (B) (JM)  
 9:30 Service at Temple Beth-El (B)  
 10:00 HF Boot Camp with Claudia (TH) (CL)  
 10:30 Trip to Shop Rite (B) (JM)  
 10:30 LL Travel or Nature Film (Thr)  
 10:45 Bingo (TH) (LD)  
 1:00 EF Trivia (GR)  
 1:30 HF Walking Club (Lob)  
 2:00 LL Mark Albertson History Lecture  
 3:45 Matinee Movie (1st showing) (Thr)  
 4:30 Happy Hour (Lob)  
 8:00 Evening Movie (2nd Showing) (Thr)

**24**

10:45 Mass at St. Bridget's (B)  
 11:00 HF Yoga with Carol (TH) (CC)  
 1:30 Scenic Drive through Stamford (B)  
 2:00 HF Walking Club (Lob)  
 2:30 EF Music from Nicolas King (TH)  
 3:30 C Punch and Cookies (TH)  
 3:45 Sunday Matinee (Thr)  
 8:00 Sunday Night Movie (Thr)

**25**

10:00 HF Exercise and Stretch with Tina (TH)  
 10:30 CV Knitting for a Cause with Hillary  
 1:30 HF Walking Club (Mez)  
 1:30 PA Kings in the Corner (GR)  
 2:00 CE Art Class with Ellen (Art) (EG)  
 2:30 PA Ambassador Program Meeting (L) (ELD)  
 3:45 Monday Matinee (Thr)  
 4:30 Happy Hour (Lob)  
 7:15 Bingo with Meghan (TH)  
 8:00 Monday Night Movie (Thr)

**26**

10:00 HF Stretch and Tone with Kathy (TH) (KC)  
 11:00 Group Crossword with Kathy (GR) (KC)  
 1:30 PA Poker Time (GR) (RL)  
 1:30 C Mahjong Game (GR) (RL)  
 3:00 HF Music and Movement with Andrea (TH) (ELD)  
 3:45 Tuesday Matinee (1st Showing) (Thr) (ELD)  
 4:30 Happy Hour (Lob)  
 6:30 StoryWise™ (Lob) (ELD)  
 8:00 Tuesday Night at the Movies (Thr)

**27**

9:00 Trip to Bank of America (B)  
 10:00 HF Move, Stretch, Dance and more with Vicki (TH) (OI)  
 10:30 Trip to Stop and Shop (B)  
 10:45 C Music Café Series (Thr)  
 12:30 C Music Café encore (Thr)  
 1:30 HF Seated Tai Chi (Thr) (LD)  
 1:30 PA Mahjong Club  
 2:30 LL Music, Movies and Memories of 1956 (Thr)  
 2:30 Weekly Word Wizard (TH) (ELD)  
 3:45 Wednesday Matinee  
 7:15 PA Bingo with Rita and Doris (TH)  
 8:00 Wednesday Night Movie (Thr)

**28**

10:00 HF Get Fit Exercise with Claudia (TH) (CL)  
 11:00 Crossword with Lucille (GR) (LD)  
 1:30 PA Poker Game (GR)  
 1:30 HF "Stretching with Lucille" (Mez) (LD)  
 1:30 PA Kings in the Corner  
 2:30 LL Gary Carlson music of the 1950's (Thr) (RL)  
 3:45 Bingo with Hillary (TH) (Hil)  
 3:45 Classic Film (1st Showing) (Thr)  
 4:30 Happy Hour (Lob)  
 8:00 Classic Film (2nd Showing) (Thr)

**29**

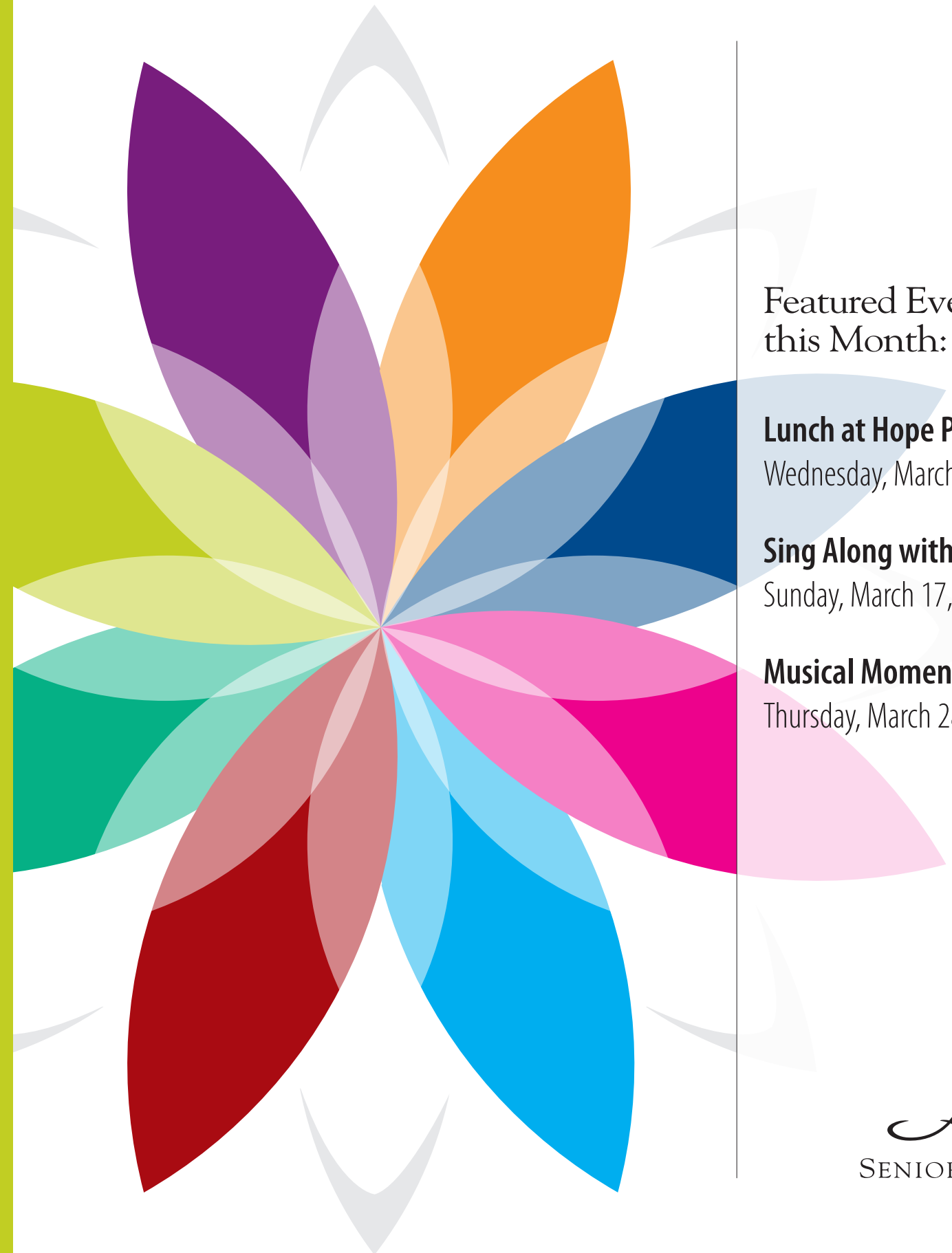
10:00 HF Stretch and Tone with Kathy (TH) (KC)  
 11:00 LL PBS Masterpiece Theater Series (Thr)  
 11:00 "Fashion on the Go!" shopping (Lob)  
 1:30 HF Tai Chi for seniors with Kathy (TH) (KC)  
 2:00 LL Pop Trivia with Kathy (GR)  
 2:30 IS Shabbat Service (TH)  
 4:30 Happy Hour (Lob)  
 7:15 LL Great Courses (Thr)  
 8:00 Friday Night Movie (Thr)

**30**

9:00 Early Bird trip to Shop Rite (B) (JM)  
 9:30 Service at Temple Beth-El (B)  
 10:00 HF Boot Camp with Claudia (TH) (CL)  
 10:30 LL Travel or Nature Film (Thr)  
 10:30 Trip to Shop Rite (B) (JM)  
 10:45 Bingo (TH) (LD)  
 1:00 EF Trivia (GR)  
 1:30 HF Walking Club (Lob)  
 1:30 LL Darby Cartun art lecture (Thr)  
 3:45 Matinee Movie (1st showing) (Thr)  
 4:30 Happy Hour (Lob)  
 8:00 Evening Movie (2nd Showing) (Thr)

# LIFE GUIDANCE<sup>®</sup>

## Monthly Calendar of Events and Programming



### Featured Events this Month:

- Lunch at Hope Pizza**  
Wednesday, March 13, 11:30 AM
- Sing Along with Jennie**  
Sunday, March 17, 4:00 PM
- Musical Moments with Andrea**  
Thursday, March 28, 3:00 PM

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## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

**31**

10:00 **IS** Catholic Mass-Around The World  
 11:00 **HF** Flex and Stretch  
 11:30 **PA** Sharing Life stories with StoryWise™  
 1:30 **EF** Scenic Drive  
 3:30 **CE** Poetry  
 4:00 **J** Sing Along  
 6:15 **HF** After Dinner Walk  
 6:30 **EF** Evening Movie  
 8:00 **CE** Poetry Reading



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

**ROOM LOCATION KEY:**

Bus B  
 Game Room GR  
 Mezzanine Mez  
 Garden Lounge GL  
 Bistro BIS

**STAFF KEY:**

Dawn Dn  
 Andrea ELD  
 Lucille LD

**1**

10:00 **HF** Move, Stretch and Dance (Mez)  
 11:30 **PA** Sharing Life Stories with StoryWise™  
 1:30 **CE** Celebrating Richard Rogers and his Jazz  
 2:00 **CE** Comedy Hour Riddles, Jokes and Laughs  
 2:30 **IS** Shabbat (Mez)  
 2:30 **HF** Volleyball Trivia  
 4:30 **C** Weekly Reflection (BIS)  
 6:15 **HF** After Dinner Walk  
 6:30 **EF** Evening Movie  
 8:00 **CE** Poetry Reading

**2**

10:00 **HF** Move, Stretch and Dance (Mez)  
 11:30 **C** News and Views  
 1:30 **J** Celebrating John Denver  
 2:00 **CE** Lecture of The Week (Mez)  
 3:00 **C** Lecture Discussion at The Bistro  
 4:00 **CE** Name Ten  
 6:15 **HF** After Dinner Walk  
 6:30 **EF** Evening Movie  
 8:00 **CE** Poetry Reading

**3**

10:00 **IS** Catholic Mass-Around The World  
 11:00 **HF** Flex and Stretch  
 11:30 **PA** Sharing Life Stories with StoryWise™  
 1:30 **EF** Scenic Drive (B)  
 3:30 **CE** Poetry  
 4:00 **J** Sing Along  
 6:15 **HF** After Dinner Walk  
 6:30 **EF** Evening Movie  
 8:00 **CE** Poetry Reading

**4**

10:30 **HF** Morning Fitness with Karl  
 1:30 **CE** Connecting with Painting  
 2:00 **C** Today in History  
 2:30 **HF** Volleyball Trivia  
 3:00 **LL** Grab & Go Basket Trivia  
 4:00 **J** Celebrating Broadway Hits  
 6:15 **HF** After Dinner Walk  
 6:30 **EF** Evening Movie  
 8:00 **CE** Poetry Reading

**5**

8:30 Salon Appointments with Lisa (Mez)  
 10:00 **HF** Move, Stretch and Dance (Mez)  
 11:00 **EF** Crossword Puzzles (GR) (LD)  
 1:30 **J** Celebrating Piano Classics  
 2:00 **C** Today in History  
 2:30 **EF** Cards and Board Games  
 3:30 **IS** Armchair Travels to Russia  
 6:15 **HF** After Dinner Walk  
 6:30 **EF** Evening Movie  
 8:00 **CE** Poetry Reading

**6**

10:00 **HF** Move, Stretch and Dance (Mez)  
 11:00 **CE** Art Expressions (LD)  
 1:30 **J** Celebrating Gershwin's Rhapsody in Blues  
 2:00 **CV** Tea Social at The Bistro  
 3:30 **CE** Name Ten  
 4:00 Bingo  
 6:15 **HF** After Dinner Walk  
 6:30 **EF** Evening Movie  
 8:00 **CE** Poetry Reading

**7**

10:00 **HF** Move, Stretch and Dance (Mez)  
 11:00 **EF** Crossword Puzzles (GR) (LD)  
 1:30 **J** Celebrating Petula Clark  
 2:00 **HF** Volley Ball Trivia  
 2:30 **C** News and Views  
 3:00 **EF** Word search (GL)  
 4:00 **IS** Armchair Travels to Chichen Itza  
 6:15 **HF** After Dinner Walk  
 6:30 **EF** Evening Movie  
 8:00 **CE** Poetry Reading

**8**

10:00 **HF** Move, Stretch and Dance (Mez)  
 11:30 **PA** Sharing Life Stories with StoryWise™  
 1:30 **J** Celebrating Odetta Holmes  
 2:00 **CE** Comedy Hour Riddles, Jokes and Laughs  
 2:30 **IS** Shabbat (Mez)  
 2:30 **HF** Volleyball Trivia  
 4:30 **C** Weekly Reflection over Coffee  
 6:15 **HF** After Dinner Walk  
 6:30 **EF** Evening Movie  
 8:00 **CE** Poetry Reading

**9**

10:00 **HF** Move, Stretch and Dance (Mez)  
 11:30 **C** Today in History  
 1:30 **J** Celebrating Richard Wagner  
 2:00 **CE** Lecture of The Week (Mez)  
 3:00 **C** Lecture Discussion at The Bistro  
 4:00 **CE** Name Ten  
 6:15 **HF** After Dinner Walk  
 6:30 **EF** Evening Movie  
 8:00 **CE** Poetry Reading

**10**

10:00 **IS** Catholic Mass-Around The World  
 11:00 **HF** Flex and Stretch  
 11:30 **PA** Sharing Life Stories with StoryWise™  
 1:30 **EF** Scenic Drive (B)  
 3:30 **CE** Poetry  
 4:00 **J** Sing Along  
 6:15 **HF** After Dinner Walk  
 6:30 **EF** Evening Movie  
 8:00 **CE** Poetry Reading

**11**

10:30 **HF** Morning Fitness With Karl  
 1:30 **CE** Connecting with Painting  
 2:00 **C** Creative Creations with Hillary  
 3:00 **LL** Grab & Go Basket Trivia  
 4:00 **J** Celebrating Georges Barssens  
 6:15 **HF** After Dinner Walk  
 6:30 **EF** Evening Movie  
 8:00 **CE** Poetry Reading

**12**

8:30 Salon Appointments with Lisa (Mez)  
 10:00 **HF** Move, Stretch and Dance (Mez)  
 11:00 **EF** Crossword Puzzles (GR) (LD)  
 1:30 **J** Celebrating Edith Piaf  
 2:00 **C** Today in History  
 2:30 **EF** Cards and Board Games  
 3:30 **IS** Armchair Travel to Paris France  
 6:15 **HF** After Dinner Walk  
 6:30 **EF** Evening Movie  
 8:00 **CE** Poetry Reading

**13**

10:00 **HF** Move, Stretch and Dance (Mez)  
 11:30 **EF** Lunch at Hope Pizza (B) (Dn)  
 1:30 **J** Celebrating BoA The Queen of Korean Pop  
 2:00 **PA** Sharing Life Stories with StoryWise™  
 2:00 **CV** Tea Social at The Bistro  
 3:30 **CE** Name Ten  
 4:00 Bingo  
 6:15 **HF** After Dinner Walk  
 6:30 **EF** Evening Movie  
 8:00 **CE** Poetry Reading

**14**

10:00 **HF** Move, Stretch and Dance (Mez)  
 11:00 **EF** Crossword Puzzles (GR) (LD)  
 1:30 **J** Celebrating Love Songs  
 2:00 **HF** Marvelous Manicures  
 2:30 **C** Jokes, Riddles and Laughs  
 3:00 Would you rather  
 4:00 **IS** Armchair Travels to Tasmania Australia  
 6:15 **HF** After Dinner Walk  
 6:30 **EF** Evening Movie  
 8:00 **CE** Poetry Reading

**15**

10:00 **HF** Move, Stretch and Dance (Mez)  
 11:30 **PA** Sharing Life Stories with StoryWise™  
 1:30 **J** Celebrating The Harp  
 2:00 **CE** Comedy Hour Riddles, Jokes and Laughs  
 2:30 **IS** Shabbat (Mez)  
 2:30 **HF** Volleyball Trivia  
 4:30 **C** Weekly Reflection over Coffee  
 6:15 **HF** After Dinner Walk  
 6:30 **EF** Evening Movie  
 8:00 **CE** Poetry Reading

**16**

10:00 **HF** Move, Stretch and Dance (Mez)  
 11:30 **C** Today in History  
 1:30 **J** Celebrating Saturday Night Fever  
 3:00 **CE** Lecture Of The Week (Mez)  
 4:00 **C** Lecture Discussion at The Bistro  
 4:30 **CE** Name Ten  
 6:15 **HF** After Dinner Walk  
 6:30 **EF** Evening Movie  
 8:00 **CE** Poetry Reading

**17**

10:00 **IS** Catholic Mass-Around The World  
 11:00 **HF** Flex and Stretch  
 11:30 **PA** Sharing Life Stories with StoryWise™  
 1:30 **EF** Scenic Drive (B) (Dn)  
 3:30 **CE** Poetry  
 4:00 **J** Sing Along with Jennie  
 6:15 **HF** After Dinner Walk  
 6:30 **EF** Evening Movie  
 8:00 **CE** Poetry Reading

**18**

10:30 **HF** Morning Fitness With Karl  
 1:30 **CE** Connecting with Painting  
 2:00 **C** Today in History  
 2:30 **HF** Volleyball Trivia  
 3:00 **LL** Grab & Go Basket Trivia  
 4:00 **J** Celebrating The Bee Gees  
 6:15 **HF** After Dinner Walk  
 6:30 **EF** Evening Movie  
 8:00 **CE** Poetry Reading

**19**

8:30 Salon Appointments with Lisa (Mez)  
 10:00 **HF** Move, Stretch and Dance (Mez)  
 11:00 **EF** Crossword Puzzles (GR) (LD)  
 1:30 **J** Celebrating The Saxophone  
 2:00 **C** Today in History  
 2:30 **EF** Cards and Board Games  
 3:30 **IS** Armchair Travels to Seychelles Island  
 6:15 **HF** After Dinner Walk  
 6:30 **EF** Evening Movie  
 8:00 **CE** Poetry Reading

**20**

10:00 **HF** Move, Stretch and Dance (Mez)  
 11:00 **CE** Art Expressions (LD)  
 1:30 **C** Celebrating Music from Bolivia  
 2:00 **CV** Tea Social at The Bistro  
 3:30 **CE** Name Ten  
 4:00 Dominos  
 6:15 **HF** After Dinner Walk  
 6:30 **EF** Evening Movie  
 8:00 **CE** Poetry Reading

**21**

10:00 **HF** Move, Stretch and Dance (Mez)  
 11:30 **EF** Crossword Puzzles (GR) (LD)  
 1:30 **J** Celebrating Newfoundland's Eddie Coffey  
 2:00 **HF** Marvelous Manicures  
 2:30 **C** News and Views  
 3:00 Would You Rather (GL)  
 4:00 **IS** Armchair Travels to Portugal  
 6:15 **HF** After Dinner Walk  
 6:30 **EF** Evening Movie  
 8:00 **CE** Poetry Reading

**22**

10:00 **HF** Move, Stretch and Dance (Mez)  
 11:30 **PA** Sharing Life Stories with StoryWise™  
 1:30 **J** Celebrate Iceland's Bjork  
 2:00 **CE** Jokes, Riddles and Laughs  
 2:30 **IS** Shabbat (Mez)  
 2:30 **HF** Volleyball Trivia  
 4:30 **C** Weekly Reflection over Coffee  
 6:15 **HF** After Dinner Walk  
 6:30 **EF** Evening Movie  
 8:00 **CE** Poetry Reading

**23**

10:00 **HF** Move, Stretch and Dance (Mez)  
 11:30 **C** Today in History  
 1:30 **J** Celebrating The Netherland's Andre Hazes  
 2:00 **CE** Lecture of The Week (Mez)  
 3:00 **C** Lecture Discussion at The Bistro  
 4:30 **CE** Name Ten  
 6:15 **HF** After Dinner Walk  
 6:30 **EF** Evening Movie  
 8:00 **CE** Poetry Reading

**24**

10:00 **IS** Catholic Mass-Around The World  
 11:00 **HF** Flex and Stretch  
 11:30 **PA** Sharing Life Stories with StoryWise™  
 1:30 **EF** Scenic Drive (B)  
 3:30 **CE** Poetry  
 4:00 **J** Sing Along  
 6:15 **HF** After Dinner Walk  
 6:30 **EF** Evening Movie  
 8:00 **CE** Poetry Reading

**25**

10:30 **HF** Morning Fitness With Karl  
 1:30 **CE** Connecting with Painting  
 2:00 **C** Today in History  
 2:30 **HF** Balloon Volleyball  
 3:00 **LL** Grab & Go Basket Trivia Time  
 4:00 **J** Celebrating Mexico with Mariachi  
 6:15 **HF** After Dinner Walk  
 6:30 **EF** Evening Movie  
 8:00 **CE** Poetry Reading

**26**

8:30 Salon Appointments with Lisa (Mez)  
 10:00 **HF** Move, Stretch and Dance (Mez)  
 11:00 **EF** Crossword Puzzles  
 1:30 **J** Celebrating Tom Jones  
 2:00 Would You Rather  
 2:30 **EF** Cards and Board Games  
 3:30 **IS** Travels to Charleston South Carolina  
 6:15 **HF** After Dinner Walk  
 6:30 **EF** Evening Movie  
 8:00 **CE** Poetry Reading

**27**

10:00 **HF** Move, Stretch and Dance (Mez)  
 11:00 **CE** Art expressions (LD)  
 1:30 **J** Celebrating Show Tunes  
 2:00 **CV** Tea Social at The Bistro  
 3:30 **CE** Name Ten  
 4:00 Bingo  
 6:15 **HF** After Dinner Walk  
 6:30 **EF** Evening Movie  
 8:00 **CE** Poetry Reading

**28**

10:00 **HF** Move, Stretch and Dance (Mez)  
 11:00 **EF** Crossword Puzzles (GR) (LD)  
 1:30 **J** Celebrating The Belly Dancing  
 2:00 **HF** Marvelous Manicures  
 2:30 **C** News and Views  
 3:00 **EF** Musical Moments with Andrea (ELD)  
 4:00 **IS** Armchair Travels To Memphis Tennessee  
 6:15 **HF** After Dinner Walk  
 6:30 **EF** Evening Movie  
 8:00 **CE** Poetry Reading

**29**

10:00 **HF** Move, Stretch and Dance (Mez)  
 11:30 **PA** Sharing Life Stories with StoryWise™  
 1:30 **J** Celebrating the Saxophone  
 2:00 **CE** Jokes, Riddles & Laughs  
 2:30 **IS** Shabbat (Mez)  
 2:30 **HF** Volleyball Trivia  
 4:30 **C** Weekly Reflection over Coffee  
 6:15 **HF** After Dinner Walk  
 6:30 **EF** Evening Movie  
 8:00 **CE** Poetry Reading

**30**

10:00 **HF** Move, Stretch and Dance (Mez)  
 11:30 **C** Today In History  
 1:30 **J** Celebrating Western Country Music  
 2:00 **CE** Lecture of The Week (Mez)  
 3:00 **C** Lecture Discussion at The Bistro  
 4:30 **CE** Name Ten  
 6:15 **HF** After Dinner Walk  
 6:30 **EF** Evening Movie  
 8:00 **CE** Poetry Reading