

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

**Inspiring Rhythms
Group Drumming**
Monday, February 4, 2:00 PM

Mastering the Love Languages
Tuesday, February 12, 3:30 PM

**Phoenix Performing
Arts: Chinese Dance**
Sunday, February 17, 2:30 PM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

FEBRUARY 2019

ATRIA ON THE HUDSON 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**

ROOM LOCATION KEY:

- Theater T
- Outside community OC
- Pool P
- Highlands Grille HG
- Catskills Cafe C
- Lobby L
- Piano Area PO
- Private Dining Room PD
- Art Studio AS
- Game Room GR
- Library LB
- Activity Room A

STAFF KEY:

- Outside Vendor OV
- Kelsey Crooks KC
- Grace Arenholz GA
- Nancy Chaikin NC
- Jenna Whalen JW
- Resident Led RL
- Julie Lavelle JL
- Volunteer V
- Caitlin Lenning CL
- Harley Iodice HI

3

9:00 St. Augustine's Mass Trip (L) (GA)

10:00 **C** Coffee and Conversation (HG) (HI)

10:30 **HF** Morning Wake-Up Exercise (A) (V)

11:00 **LL** Mind Boosters with Harley

12:00 Board Game: Word Tiles (C) (RL)

1:00 **C** Football Sunday Get-together (GR) (GA)

2:00 Popcorn Movie Matinee (T)

2:15 **EF** Boggle™ Style Word Search Game (A) (GA)

3:00 **CE** Poet's Corner: Walt Whitman (A) (HI)

4:00 **HF** Low-Impact Aerobic (A) (HI)

4:30 **EF** Competitive Club: The Game of Dominoes (GR) (HI)

7:30 Sunday Classic Movie Favorite (T)

4

10:00 Horoscopes and Happenings with Harley (AS) (V)

10:30 **HF** Strength and Balance with Weights (A) (GA)

11:00 **LL** Random Jeopardy!™ with Grace (A) (GA)

12:00 **EF** Ping Pong by the Pool (P) (RL)

1:00 **PA** Mahjong Games (GR) (RL)

2:00 **IS** Inspiring Rhythms Group Drumming (T) (OV)

3:00 **HF** Pool is Open (P) (JW)

3:15 **LL** Language Class: Spanish (A) (HI)

4:00 **PA** Green Thumb Horticulture Workshop (A) (OV)

6:00 Game Night: Your Choice! (GR) (RL)

7:30 Romance Movie (T)

5

10:00 **LL** Good Morning Gatherings with Grace (A) (KC)

10:30 **EF** Word Wheel with Harley (V)

11:00 **HF** Easy Yoga for Easing Pain (A) (OV)

12:30 Table Tennis Tournament (P) (KC)

2:00 **PA** Resident Led Bridge Tournament (GR) (RL)

2:00 Matinee Movie with Popcorn (T)

2:15 **HF** Engage Your Brain (EYB) (A) (HI)

3:00 **HF** Yomenco Dance w/ Therapy Dog Rockwell (L) (OV)

4:30 Games Galore (GR) (RL)

6:30 Evening Bingo for Prizes (HG) (GA)

7:30 Comedy Movie Night (T)

6

10:00 **C** Morning Mix and Mingle (C) (KC)

10:30 **HF** Seated Dancing Routines to Music (A) (OV)

11:00 Boggle™ Word Search Game (A) (KC)

11:00 Engage Life® Monthly Resident Meeting (A) (NC)

2:00 Popcorn Matinee Movie (T)

2:00 **PA** Resident Led Bridge Games (GR) (RL)

2:00 **CV** Knitting/Crocheting for a Cause (LB) (NC)

3:00 **HF** The Pool is Open for Aquatics (P) (OV)

3:00 **EF** Celebrating February Birthdays w/ Music (A) (OV)

4:00 **HF** Strength and Balance Program (A) (GA)

6:30 **C** Blackjack Games (T) (GA)

7:30 Wednesday Wild Card Movie (T)

7

10:00 **LL** Tech Time: Learn to Use Devices (C)

10:30 **HF** Exercise Using Weights (T) (GA)

11:00 **HF** Word Wheel Challenge (A) (KC)

12:00 Ping Pong/Billiards Tournament (P) (KC)

2:00 **CV** Animal Advocacy: Donations Supplies (C) (NC)

2:00 Movie Candy Matinee (T)

2:15 **LL** "The Greatest Mysteries Ever" Discussion (A) (GA)

4:00 **C** New Resident Welcome and Social Hour (A) (KC)

4:15 **HF** Stretch and Straighten (A) (NC)

6:30 **LL** Thursday Potluck Program (A) (HI)

7:30 Classic Movie Night (T)

8

10:00 **LL** Headlines and News and Discussion (A) (KC)

10:30 **HF** Strengthen and Balance Using Weights (A) (OV)

11:00 **CE** Short Story Reading and Appreciation (A)

12:00 Board Games: Monopoly (GR) (KC)

1:45 **PA** Ambassador Program Meeting (AS) (NC)

2:00 Popcorn Matinee Movie (T)

2:15 **HF** Afternoon Exercise (A)

6:45 **CE** Creative Drawing for Relaxation and Fun (GR) (RL)

7:15 **IS** Shabbat Services (A) (V)

7:30 Friday Evening Flick (T)

9

10:00 Coffee & Conversation (C) (KC)

10:30 **HF** Strengthen with Therabands (A)

11:00 **HF** Pool's Open for a Swim (P) (JW)

11:00 **PA** Scrabble® Games (HG) (RL)

11:00 **HF** Aqua Aerobics (P) (CL)

11:00 **LL** Debate of Ethical Dilemmas (A) (NC)

12:00 **EF** Card Games: Crazy 8's (GR) (KC)

2:00 Matinee Movie Musical (T)

2:15 **HF** Fit and Flex (A) (KC)

3:00 **EF** Sport and Sporting Event (A) (NC)

6:30 **IS** Color Your Way to Calm (GR) (RL)

7:30 Saturday Movie Candy Cinema (T)

10

9:00 St. Augustine's Mass Trip (L) (GA)

10:00 **C** Coffee Chat (HG) (V)

10:30 **HF** Morning Wake-Up Exercise (A) (RL)

11:00 **EF** Can You Name the Music? (A) (OV)

12:00 **EF** Pocket Billiards (P) (GA)

1:00 **C** Football Sunday Get-together (GR) (GA)

2:00 Popcorn Movie Matinee (T)

2:30 Appreciation of History

4:15 **HF** Low-Impact Aerobic (A) (GA)

6:45 **PA** Meeting of the Members of The Voice (PD) (RL)

7:30 Classic Movie of the 1940's (A)

11

10:00 **CE** Art Studio Open for Personal Projects (AS) (RL)

10:00 **C** Coffee and Conversation (HG) (GA)

11:00 **HF** Healing Therapeutics Exercise Group p (A) (V)

12:00 Chess Demonstration and Games (C) (OV)

1:00 **PA** Mahjong Games (GR) (RL)

2:00 **HF** Popcorn Movie Matinee (OC) (GA)

2:15 Cornhole Toss Competition (A) (GA)

3:00 **HF** Pool is Open (P)

4:00 **HF** Group Crossword on the Large Screen (A) (GA)

7:30 Monday Mystery Movie Night (T)

12

9:30 **IS** Pray the Rosary w/ Patty (T) (OV)

10:00 **LL** Headlines and News Discussion (A) (GA)

10:30 **HF** Low-Impact Aerobic (A) (KC)

1:30 Bus Outing or Local Shopping Trip (L)

1:45 Bingo at the Grille (HG) (GA)

2:00 Popcorn Movie Matinee (T)

2:00 **PA** Resident Led Bridge Tournament (GR) (V)

2:30 **EF** Classical Piano Concert (PO) (OV)

3:30 Mastering the Love Languages (A) (NC)

4:30 **HF** Afternoon Stretch (A) (HI)

6:15 Evening Bingo for Prizes! (HG) (KC)

7:30 Action Movie Night (T)

13

10:00 **C** Morning Coffee and Conversation (HG) (KC)

10:30 **HF** Senior Fitness Exercise Class with Sara (T) (OV)

11:00 Mini Crossword Puzzle Challenge (T) (KC)

2:00 Popcorn Movie Matinee (T)

2:00 **PA** Bridge Games (GR) (RL)

2:00 **CV** Knitting/Crocheting for a Cause (LB) (NC)

2:15 **HF** Seated Aerobic Exercise (A) (GA)

3:00 **PA** "Surfing Seniors" Technology Workshop (A) (OV)

4:00 **LL** Academic Challenge (A) (GA)

7:30 Wacky Wednesday Movie (T)

14

10:00 **LL** Tech Time (C)

10:45 **HF** In-House Personal Training with GymGuyz (A) (OV)

11:00 **HF** Word Wheel Challenge (A)

11:00 Food for Thought Meeting (A) (JL)

1:30 Bus Outing or Local Shopping Trip (L) (RL)

2:00 **EF** Ping Pong Tournament (P) (RL)

2:00 Popcorn Movie Matinee (T)

3:00 **LL** Appreciation of History, Music, Art (A) (KC)

4:00 **HF** Afternoon Stretch (A) (KC)

6:30 **LL** Sudoku Solvers (A) (HI)

7:30 All-Time Greatest Movie Night (T)

15

10:00 **C** Morning Coffee Klatch (HG) (KC)

10:30 **IS** Spiritual Retreat and Relaxation (A)

11:00 **CE** Short Story Reading and Appreciation (A)

11:00 **C** "Laughter Is the Best Medicine" (C) (NC)

12:00 Card Games: Hearts (GR) (KC)

2:00 Popcorn and Movie Matinee (T)

2:15 **HF** Bundle Up for a Nature Walk (L) (NC)

3:00 **CE** Art Workshop with Ann (AS) (NC)

4:00 **HF** Nutrition Q's and A's (A) (NC)

7:15 **IS** Shabbat Services (A) (V)

7:30 Fabulous Friday Flick (T)

16

10:00 Coffee Chat (HG) (KC)

10:30 **HF** Strengthen with Therabands (A)

11:00 **LL** Discussion of Ethical Dilemmas (A) (NC)

12:00 Board Games: Scrabble® (GR) (KC)

2:00 Afternoon Cinema (T)

2:00 **HF** Water Aerobics (P) (OV)

2:15 **HF** Engage Your Brain: Spelling Bee Contest (A) (GA)

3:00 **LL** World Culture Knowledge Quiz (KC)

4:00 **CE** Creative Jewelry Making (A) (NC)

7:30 Saturday Showtime (T)

17

9:00 **IS** St. Augustine's Mass Trip (L) (GA)

10:00 **C** Coffee and Conversation (HG) (RL)

10:30 **HF** Morning Wake Up Exercise (A) (RL)

11:00 **EF** Can You Name the Music? (A) (V)

12:00 Ping Pong Tournament (P) (HI)

1:00 **C** Football Sunday Get-together (GR) (GA)

2:00 Matinee Popcorn and Movie (T) (HI)

2:15 **LL** Appreciation of History, Music, Art (A) (GA)

2:30 **EF** Phoenix Performing Arts: Chinese Dance (A) (NC)

3:15 **CE** Creative Crafting (A) (HI)

4:00 **CE** Drama Club: Ice Fishing Novices (A) (GA)

4:30 **HF** Walking for Charity (OC) (GA)

7:30 Classic Movie of the 1950's (A)

18

10:00 **C** Coffee, Tea and the Morning News (AS) (GA)

10:30 **HF** Strength and Balance Using Weights (A) (GA)

11:00 **LL** The World Almanac: History (A) (GA)

12:00 **EF** Vinyl Record Club (A) (RL)

1:00 **PA** Mahjong Games (GR) (RL)

2:00 Afternoon Popcorn Movie (T) (GA)

2:00 **IS** Inspiring Rhythms Group Drumming (T) (GA)

2:15 **HF** Strength and Balance Program (A) (GA)

3:00 **HF** Pool is Open (P)

4:00 **PA** Green Thumb Horticulture Workshop (A) (OV)

7:30 Western Cinema Classic (T)

19

9:30 **IS** Pray the Rosary w/ Patty (T) (OV)

10:00 **C** Coffee, Tea and the Morning News (C) (KC)

11:00 **HF** Yoga and Movement (A) (OV)

1:30 Bus Outing or Local Shopping Trip (L) (NC)

2:00 **PA** Resident Led Bridge Tournament (GR) (V)

2:00 Afternoon Movie Time (T)

2:15 **LL** Documentary and Discussion (A) (HI)

3:00 **HF** Yomenco Dance w/ Therapy Dog Rockwell (A) (OV)

4:00 **HF** Engage Your Brain (EYB) (A) (GA)

6:15 Evening Bingo for Prizes (HG) (KC)

7:30 Romance Movie Night (T)

20

10:00 **EF** Morning Conversation in the Café (C) (KC)

10:30 **HF** Senior Fitness Exercise Class with Sara (A) (OV)

11:00 **LL** Appreciation of History, Music, Art (A) (GA)

12:00 **PA** Resident Council Meeting (PD) (NC)

2:00 **LL** Academic Challenge (A) (KC)

2:00 **PA** Bridge Games (GR) (RL)

2:00 Movie Matinee (T)

3:00 **HF** Pool's Open for a Swim (P) (JW)

3:00 **LL** Live Music with Frank (A) (OV)

4:00 **HF** Biography: Star of the Month (A)

6:30 **EF** Blackjack with Grace (A) (GA)

7:30 Wild Card Movie (T)

21

10:00 **LL** Tech Time: Learn to Use Your Tablet (C) (KC)

10:30 **HF** Word Wheel Challenge (A) (GA)

11:15 **HF** Low-Impact Aerobics (A) (GA)

1:30 **EF** Bus Outing or Local Shopping Trip (L) (RL)

1:30 **CE** Creative Writing Workshop (PD)

2:00 Popcorn Movie Matinee (T)

2:15 **LL** Star of the Month: Oprah Winfrey (A) (GA)

3:00 **CE** Theater Arts for the Young at Heart (A) (OV)

4:30 **HF** Strength and Balance Program (A) (KC)

6:30 **LL** Crocheting Circle (LB) (HI)

7:30 Foreign Film Movie Night (T)

22

10:00 **C** Coffee and Conversation (C)

10:30 **HF** Strengthen and Balance Using Weights (A)

11:00 **CE** Short Story Reading and Appreciation (A) (KC)

12:00 Checkers, Chess, or Your Choice

1:30 **EF** Ping Pong Game (P) (RL)

2:00 Popcorn Afternoon at the Movies (T)

2:15 **HF** Engage Your Brain (EYB) (A) (KC)

3:00 **CE** Art Studio Workshop with Instructor Ann (AS) (OV)

4:00 **LL** Academic Challenge (A) (KC)

4:00 **HF** Before Dinner Stroll and Stretch (L) (KC)

7:15 **IS** Shabbat Services (A) (OV)

7:30 Fun Friday Flick (T) (V)

23

10:00 **C** Conversation Circle to Start the Day (HG) (KC)

10:30 **HF** Strengthen with Therabands (A) (KC)

11:00 **HF** Pool's Open for a Swim! (P) (CL)

11:00 **LL** Debate of Ethical Dilemmas (A) (NC)

12:00 Jig Saw Puzzle Team (C) (NC)

2:00 **LL** Popcorn Movie Matinee (T) (NC)

2:15 **HF** Walking Club for Miles (OC) (NC)

2:30 **C** Chat Room (A) (NC)

3:00 **CE** "No Fear Shakespeare" (A) (KC)

4:00 **LL** World Culture: (A) (NC)

6:30 **CE** Creative Drawing for Relaxation (GR) (RL)

7:30 Saturday Slice of Life Cinema (T)

24

9:00 **IS** St. Augustine's Mass Trip (L) (GA)

10:00 **C** Coffee and Conversation (HG) (RL)

10:30 **HF** Morning Wake-Up Exercise (A) (RL)

11:00 **EF** Can You Name the Music? (A) (V)

12:00 **EF** Table Tennis (P) (GA)

1:00 **C** Football Sunday Get-together (HG) (GA)

2:00 Popcorn Matinee Movie (T)

2:30 **HF** Low Impact Aerobics (A) (GA)

3:00 **C** Gentleman's Club: Billiards and Buddies (GR) (GA)

3:00 **EF** Live Music Around the Piano (PO) (GA)

4:00 **CE** Drama Club: Mystery Play Reading (A) (GA)

7:30 Best Picture of the 1940's (A)

25

9:30 **C** Early Morning Coffee Klatch (HG)

10:00 **HF** Healing Therapeutics Exercise w/ Evelyn (A) (OV)

10:00 **C** Koffee Klatch (C)

11:00 **LL** The World Almanac: Geography (A) (GA)

12:00 Jigsaw Puzzle Team (LB) (RL)

1:00 **PA** Mahjong Games (GR) (RL)

2:00 **IS** Inspiring Rhythms Group Drumming (T) (OV)

3:00 **HF** Pool is Open! (P)

3:00 **CE** Creative Craftsmanship (AS) (NC)

4:00 **HF** Words Within Words Challenge (A) (KC)

7:00 Piano Music with Dr. Mohl (PO) (OV)

7:30 The Best Romance Movie of All Time (T)

26

9:30 **IS** Pray the Rosary w/ Patty (T) (OV)

10:30 **LL** Headlines and News Discussion (A) (KC)

11:00 **HF** Yoga with Laura (A) (OV)

1:30 Bus Trip/Outing or Local Shopping Trip (L) (RL)

2:00 Popcorn Movie Matinee (T)

2:00 **PA** Bridge Tournament (HG) (RL)

2:15 **HF** Strength and Balance (A) (OV)

3:00 **LL** Notable People: Greatest Inventors (A) (KC)

4:00 **EF** Think Fast Challenge (A) (KC)

6:15 Evening Bingo for Prizes (HG) (KC)

7:30 Comedy Movie Night (T)

27

10:00 **C** Mix and Mingle with Engage Life® (HG) (KC)

10:30 **HF** Senior Fitness Exercise Class w/ Sara (T) (OV)

11:00 Town Hall Meeting (A) (KC)

12:30 Billiards Tournament (P) (GA)

2:00 **PA** Bridge Games (GR) (RL)

2:00 **CV** Knitting/Sewing for a Cause (LB) (NC)

3:00 **HF** Pool's Open for Aqua Exercise (P) (JW)

3:15 **HF** Dr. Rick: Healing Therapeutics Exercise (T) (OV)

4:00 **HF** Mind Boosters Name the Fifty States (A) (GA)

6:30 **C** Blackjack with Grace (A) (GA)

7:30 Wednesday Wild Card Movie (T)

28

10:00 **LL** Tech Time: Learn to Use Your Phone (C) (KC)

10:45 **HF** In-House Personal Training with GymGuyz (A) (OV)

12:30 Ping Pong Tournament (P) (GA)

1:30 Bus Outing or Local Shopping Trip (OC) (RL)

2:00 Popcorn Movie Matinee (T)

2:00 **CE** Crafts Class: Jewelry (AS) (KC)

2:30 **HF** Low Impact Aerobics Class (A) (GA)

3:00 **LL** Armchair Travel (A) (NC)

4:30 **CE** Color Your Way to Calm (GR) (NC)

6:30 **LL** Thursday Potluck Program (A) (HI)

7:30 Thursday Thriller Movie Night (T)

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LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

Chinese New Year Party
Tuesday, February 5, 2:30 PM

Valentine's Love Stories Tea
Thursday, February 14, 2:30 PM

February Birthday Bash
Tuesday, February 19, 3:00 PM

Atria
SENIOR LIVING

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FEBRUARY 2019

ATRIA ON THE HUDSON l i f e g u i d a n c e®

SUNDAY

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SATURDAY



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- 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:

- LG Activity Room LG
- LG Patio LGP
- LG Kitchen LGK
- Gym GY
- Activity Room A
- Outside community OC
- Theater T

STAFF KEY:

- Anieta Ashley AA
- Lizanae Stinson LS
- Resident Led RL
- Nancy Scorgia NS
- Volunteer V
- Lou Patrick LP
- Julie Lavelle JL
- Georgeanne G
- RSA RSA
- Outside Vendor OV
- Nancy Chaikin NC
- Kelsey Crooks KC
- Grace Arenholz GA

3

10:00 **HF** Conductorcise® (LG)

10:15 **IS** Catholic Service Eucharistic Ministers (T) (V)

11:00 **C** Book Club Anyone! (LG) (LS)

11:30 **HF** Walking the Community (OC) (RL)

1:00 **C** Let's Chat & Color (LG) (RL)

2:00 **CE** LEGATO MUSIC PROGRAM- (LG) (LS)

2:30 **EF** Phoenix Performing Arts Chinese Dance (A) (OV)

2:30 **CE** Rosa Parks Movie (LG) (RSA)

3:30 **LL** SS Dorchester Remembrance Day! (LG) (AA)

4:00 **C** Hot Topics (LG) (RSA)

6:30 **C** Evening Movie (LG) (RSA)

4

10:00 **HF** Movin N Groovin (LG)

10:30 **CV** The Daily Chronicles (LG) (LS)

11:00 Snacks & Bingo!

1:00 **EF** Make-Believe Monday! (LG) (LS)

1:30 **PA** Happy Birthday Rosa Parks! (LG) (LS)

1:30 **C** Adult Coloring! (LG) (LS)

2:00 **HF** Stretch and Flex (GY) (RSA)

2:30 **CV** Longest War in History Ends (LG) (LS)

3:00 **EF** Hollywood Squares Wii® Game (LG) (LS)

3:30 **HF** Happy Feet (LG) (LS)

4:00 **EF** Wheel of Fortune® (LG) (LS)

4:30 **CE** Give A Compliment! (LG) (LS)

5 MARDI GRAS

10:00 **HF** Chair Aerobics (LG) (LS)

10:30 **EF** Mardi Gras Trivia (LG) (RL)

1:00 **CV** The Daily Chronicles (LG) (RSA)

1:30 **C** Women Scientists Day (LG) (LS)

2:00 **EF** Pressed For Words (LG) (LS)

2:30 **CE** Chinese New Year Party (LG) (RL)

3:30 **C** WHO AM I (LG) (RSA)

4:00 **C** Arts N Crafts (LG) (RL)

4:15 **HF** Tour the Community (LG) (RSA)

4:30 **C** What's New Today (LS)

6:30 **C** Evening Movie (LG) (RSA)

6

10:00 Community Trip- TBA (LG) (RSA)

10:30 **HF** Conductorcise® (LG)

11:30 Spread Your Wings Craft (LG) (LS)

1:00 **EF** Let's Have a Twister Fun Day! (LG) (RSA)

1:30 **C** Let's Connect 4 (LG) (RSA)

2:00 **HF** Get In Shape- iPad® aerobics (LG) (RSA)

2:30 **CV** News & Views (LG) (RSA)

3:00 **PA** Celebrating February Birthdays (A) (GA)

3:30 **CE** LEGATO MUSIC PROGRAM- (LG) (LS)

4:00 **EF** Ted Talk (LG) (LS)

4:30 Let's Play the Wii® (LG) (RSA)

6:30 **C** Evening Movie (LG) (RSA)

7

10:00 **HF** Flex and Stretch (LG)

10:30 **CV** News-stand (LG) (RSA)

11:00 **CE** LEGATO MUSIC PROGRAM- (LG) (LP)

1:00 **CE** Let's Bake! (LG) (LS)

1:30 **HF** Easy Does It Random trivia (A) (KC)

2:00 **HF** Fun Fitness (LG) (LS)

2:30 **IS** What's In The News That Relates to Us! (LG) (RL)

3:00 **LL** Lets Strengthen Our BRAINS! (LG) (RSA)

3:30 **LL** Trivia & Tea (OC) (LS)

4:00 **C** Adult Coloring (LG) (RL)

6:30 **C** Evening Movie- (LG) (RSA)

8

10:00 **C** Movie In the Theater- (T) (AA)

10:00 **HF** Sit and Be Fit (LG) (RSA)

11:00 **CE** LEGATO MUSIC PROGRAM- (LG) (RSA)

1:00 **IS** Random Acts of Kindness- (LG) (AA)

1:30 **CE** Let's make Pizza! (LGK) (AA)

2:00 **LL** Let's make a Treat! (LGK) (AA)

2:30 **HF** STRENGTH TRAINING (LG) (RSA)

3:00 **CV** Daily Chronicles (LG) (AA)

3:30 **CE** Short Story: Accidental Art (A) (GA)

4:30 **EF** Let's Take A Sports Toss (LG) (AA)

6:30 **C** Evening Movie (LG) (RSA)

7:15 **IS** Shabbat Service and Conversation (A) (V)

9

10:00 **HF** SOCA Fitness (LG) (AA)

11:00 **CE** Classic Poetry (LG) (AA)

11:30 **C** Hand Massage (LG) (RSA)

1:00 **IS** Relax and Read a Story (LG) (AA)

1:30 **CE** Short Play Readings (LG) (AA)

2:00 **C** Painting Fun! (LG) (AA)

2:30 **C** Cocktails (LG) (AA)

3:00 **HF** Dance Around The World (LG) (RSA)

3:30 **EF** Karaoke Saturday (LG) (AA)

4:00 **LL** Let's Make a Chocolate Candy! (A) (AA)

4:15 **CE** LEGATO MUSIC PROGRAM- Roberta Flack (LG) (RSA)

6:30 **C** Evening Movie (LG) (RSA)

10

10:00 **HF** Conductorcise® (LG)

10:15 **IS** Catholic Service Eucharistic Ministers (T) (V)

10:30 **CV** Sunday Paper (LG) (RSA)

11:00 **EF** Let's Sing A Song (A) (LS)

1:00 **CE** LEGATO MUSIC PROGRAM- (LG) (RSA)

1:30 Let's Write A Story (LG) (LS)

2:00 **C** Social Chat & Tea! (LG) (LS)

2:30 **HF** MOOVIN' & GROOVIN' (LG)

3:00 **PA** Sundae's on a Sunday (OC) (RSA)

3:30 **PA** Let's Ask "Alexa" (LG) (LS)

4:15 **C** Hot Topics (LG) (RSA)

6:30 **C** Evening Movie (LG) (RSA)

11

10:00 **HF** Sit & Fit (LG) (LS)

10:30 **C** Open Discussion Time (GY) (RSA)

11:00 **CE** LEGATO MUSIC PROGRAM- (LG) (LS)

11:15 Bingo Fun (LG) (RSA)

11:30 **CV** The Daily Chronicles (LG) (RSA)

1:00 **C** Spread Your Kindness (LG) (LS)

1:30 **PA** Arm Chair Travel (LG) (RSA)

2:00 **CE** Creative Crafts (LG) (LS)

2:30 **IS** Jazz Meditation (LG) (LS)

3:00 **EF** Snacks & Chat! (LG) (LS)

3:30 **C** Give a Compliment!

4:00 **LL** Abe "Lincoln" Day! (LG) (LS)

12

10:00 **HF** COLORFUL WEIGHTS (LG)

10:30 **LL** News and Views (LG)

11:15 **EF** Trivia "Board" Fun (LG) (LS)

12:00 **CE** Pancake Tuesday! (LGK) (LS)

1:00 **LL** Reading for the Club (LGP) (LS)

1:30 **HF** Fun Fitness (LG) (LS)

2:00 **CE** LEGATO Music Appreciation - Ballet (LG) (NS)

2:30 **EF** Let's Play Bingo! (LG) (RSA)

3:30 **C** Card Games & Coffee (LG) (RSA)

4:15 **HF** Jeopardy!® Trivia (LG) (LS)

6:30 **C** Evening Movie- (LG) (RSA)

13

10:00 **HF** Conductorcise® (LG)

10:30 **CE** Poetry & Short Stories (LG) (LS)

11:00 **CE** LEGATO MUSIC PROGRAM LOVE SONGS w/ GIGI (LG) (G)

1:00 **C** Share A Story (LG) (RL)

1:30 **IS** Ash Wednesday! (LG) (LS)

2:00 **EF** Toss A Thought! (LG) (LS)

2:30 **PA** History of Fredrick Douglas! (LG) (LS)

3:00 **C** Atria's Love Connection & Celebration (A) (NC)

4:00 **HF** Let's Take a Walk (OC) (LS)

4:30 **LL** Lent Begins (RSA)

6:30 **C** Evening Movie- (LG) (RSA)

14 VALENTINE'S DAY

10:00 **HF** Flex and Stretch (LG)

11:00 **CE** LEGATO MUSIC PROGRAM- (LG) (LS)

11:30 **CV** Adult Coloring! (LG) (RSA)

12:00 **CV** Chef's Table Luncheon (LGK) (JL)

1:00 **LL** Learning Something New & Unusual (LG) (LS)

1:30 **C** Tech Talk & More (LG) (LS)

2:00 **HF** Stretch and Flex (LG) (LS)

2:30 **IS** Valentines Love Stories Tea (LG) (LS)

3:15 **IS** Give a Compliment! (LG) (RL)

3:30 **EF** Let's Learn Spanish (LGP) (RSA)

6:30 **C** Evening Movie- (LG) (RSA)

15

10:00 **C** Movie in the Theater (T) (AA)

10:00 **HF** Sit and Be Fit (LG) (RSA)

10:45 **HF** In-House Personal Training with GymGuyz (A) (OV)

11:00 **LL** View & Discuss- USA TODAY! (LG) (RSA)

1:00 **LL** Heart 2 Heart day! (LG) (AA)

1:30 **EF** Challenge Me In JEPORADY! (LG) (AA)

2:00 **HF** Can You Keep "UP" Dance (LG) (AA)

2:30 **CE** LEGATO MUSIC PROGRAM- (LG) (RSA)

3:00 **HF** Stretch and Flex (LG) (RSA)

4:00 **LL** Table Talk (LG) (AA)

6:30 **C** Evening Movie (LG) (RSA)

7:15 **IS** Shabbat Service and Conversation (A) (V)

16

10:00 **HF** Dance To The "SOCA" Beat! (LG) (AA)

10:30 **CV** USA Today (LG) (RSA)

11:00 **LL** Bake Cookies! (LGK) (AA)

1:00 **LL** Daily Chronicles (LG) (AA)

1:30 **PA** Spelling-Bee & Tea! (LG) (AA)

2:00 **EF** Jeopardy!® (LG) (RSA)

2:30 **C** Cocktails (LG) (AA)

3:00 **HF** Dance Party (LG) (AA)

3:30 **EF** Trivia Games & More (RL)

4:00 **LL** Current Events with Art (A) (OV)

4:30 **CE** LEGATO MUSIC PROGRAM- 40's (LG) (RSA)

6:30 **C** Evening Movie (LG) (RSA)

17

10:00 **HF** Sit & Fit (LG) (RSA)

10:15 **IS** Catholic Service Eucharistic Ministers (T) (OV)

10:30 **CV** Daily Chronicles (LG)

11:00 **LL** Let's Look at History (LG) (LS)

11:30 Board Games (LS)

1:00 **CE** LEGATO MUSIC PROGRAM- Elvis Presely (LG) (RSA)

1:30 **CE** Art Creation (LG) (LS)

2:00 **HF** Low-Impact Aerobic (LG) (RSA)

3:00 **C** Hot Chocolate Anyone! (RSA)

3:30 **LL** Animal Embassy Visit w/ Live Animals (A) (OV)

4:00 **C** Hot Topics (LG) (RSA)

6:30 **C** Evening Movie (LG) (RSA)

18

10:00 **HF** Movin N Groovin (LG)

10:30 **LL** Jeopardy!® (LG)

11:00 **LL** Snack & Chat (LG) (LS)

11:30 **CE** Adult Painting (LG) (LS)

1:00 **CE** LEGATO MUSIC PROGRAM- (LG) (LS)

1:30 **CE** SingFit (LGK) (LS)

2:00 **HF** Stretch and Flex (LG)

2:30 **EF** Broadway Presents "Newsies" (LG) (RL)

3:30 **LL** Scattergories® (LG) (RSA)

4:00 **EF** Exploring The Great Poets! (LG) (RSA)

4:15 Let's Search For Words (LG) (RL)

6:30 **C** Evening Movie (LG) (RSA)

19

10:00 **HF** COLORFUL WEIGHTS (LG)

10:15 **LL** History Recap Anyone! (LG) (LS)

11:00 **EF** Words within Words (LG)

11:15 **CE** Snack And Chat! (LG) (RSA)

1:00 **EF** Board Games & More (LG) (LS)

1:15 **CE** Funny Sign Day! (LG) (RSA)

2:00 **CE** LEGATO MUSIC PROGRAM w/ Nancy (LG) (LS)

2:30 **LL** Arts & Craft (LG) (LS)

3:00 **PA** February Birthday Bash (LG) (LS)

3:30 **HF** Sittercise (LG) (RSA)

3:30 **EF** Stomp On Broadway! (LG) (LS)

6:30 **C** -Evening Movie (LG) (RSA)

20

10:00 Community Trip- TBA (OC) (RSA)

10:00 **HF** Conductorcise® (GY) (RSA)

10:30 **LL** News & Views (LG) (RSA)

11:00 **CE** Poem A Day w/ Judy (LG)

1:00 **EF** Pressed For Words! (LG) (LS)

1:15 **HF** Get in Shape (LG) (LS)

2:00 **CE** LEGATO MUSIC PROGRAM (LG) (NS)

2:15 Virgin Sangria w/ Sweet Fruit

3:00 **CE** Freestyle Painting (LG) (AA)

4:00 **EF** Fill in the Blank- (LG) (RSA)

4:30 **LL** The Daily Chronicles

6:30 **C** -Evening Movie (LG) (RSA)

21

10:00 **HF** Flex and Stretch (LG)

10:00 Community Trip- TBA (OC) (LS)

10:30 **C** Bah Humba! (LG) (RSA)

11:00 **C** Coffee w/ Doughnuts (LG) (LS)

11:30 **HF** Engage Your Brain (LG) (LS)

1:00 **CV** News & Views (LG) (LS)

1:30 **C** Let's Have A Chat! (OC) (RSA)

2:00 **EF** Table Trivia (LG) (RL)

2:30 **EF** Connect 4 & More (LG) (RSA)

3:00 Lets Toss Balloons (LG) (RSA)

4:00 **IS** Pictionary™ (LG) (RSA)

6:30 **C** Evening Movie (LG) (RSA)

22

10:00 **C** Movie in the Theater (T) (AA)

10:00 **HF** Sit and Be Fit (LG) (RSA)

11:00 **CE** LEGATO MUSIC PROGRAM (LG) (G)

1:00 **LL** Let's Take a Tour (LG) (AA)

2:00 **HF** Fun Fitness (LG) (RSA)

2:30 **CV** The Daily Chronicles (LG) (AA)

3:45 **LL** Tech talk (LG) (AA)

4:30 **PA** Tell Me Something New About You! (LG) (AA)

6:30 **C** Evening Movie (LG) (RSA)

7:15 **IS** Shabbat Service and Conversation (A) (V)

23

10:00 **HF** Dance Around the World (LG) (RSA)

10:30 **LL** USA Today (LG) (RSA)

11:30 **CE** Creative Fun! (LG) (AA)

1:00 **CE** LEGATO MUSIC PROGRAM (LG) (RSA)

1:30 **EF** Family Feud™ Fun (LG) (AA)

2:00 **HF** Let's Walk (LGP) (AA)

2:30 **C** Cocktails (LG) (AA)

3:00 **LL** Stories and Hot Cocoa.... (LG) (AA)

3:30 **LL** Balloon Toss (LG) (RL)

4:00 **LL** Current Events with Art (A) (OV)

4:30 **CE** Scrabble® (LG) (RSA)

6:30 **C** Evening Movie (LG) (RSA)

24

10:00 **HF** Dance Around The World (LG)

10:15 **IS** Catholic Service Eucharistic Ministers (T) (V)

10:30 **CV** Sunday Paper (LG)

11:30 **CV** News & Views (LG) (RSA)

1:00 **C** Hand Massage (LG) (LS)

1:30 **IS** Its Bingo Time (LG) (LS)

2:00 **HF** COLORFUL WEIGHTS (LG)

2:30 **EF** Make A Difference Today (LG) (LS)

3:00 **C** Treats Over a Cup of Egg Nog (LG) (LS)

4:00 **C** Hot Topics (LG) (RSA)

4:30 **CE** LEGATO MUSIC PROGRAM- (LG) (LS)

6:30 **C** Evening Movie (LG) (RSA)

25

10:15 **HF** Sit & Fit (OC) (LS)

10:30 **LL** News and Views (LG) (RSA)

11:00 **HF** Movin' N Groovin w/ Evelyn (LG) (OV)

11:30 **EF** Salsa Groove & Bingo (LG) (LS)

1:15 **PA** WHO AM I (LG) (RSA)

2:30 **C** Give A Compliment! (LG) (LS)

3:30 **IS** A Walk Down Memory Lane (LG) (LS)

4:00 **CE** LEGATO MUSIC PROGRAM (LG) (RSA)

4:15 **LL** Buzz Words (LG) (RSA)

6:30 **C** Evening Movie (LG) (RSA)

26

10:00 **HF** COLORFUL WEIGHTS (LG)

10:30 **LL** iPad®- News and Views (LG)

11:00 **C** Social & Chat in "AL" (A) (LS)

11:30 **LL** Let's Learn Something New! (LG) (RSA)

1:00 **CV** Bingo Challenge (LG) (LS)

1:30 **IS** Its A Junkanoo Day!! (LG) (RSA)

2:00 **HF** MOVIN' and GROOVIN' (LG)

3:00 **CE** LEGATO MUSIC PROGRAM (LG)

3:30 **IS** GIVE ME A COMPLIMENT (LG)

4:00 **LL** Arts N Crafts (LG) (RL)

4:30 **LL** Trivia Challenge (LG)

6:30 **C** Evening Movie (LG) (RSA)

27

10:00 Community Trip (OC) (RSA)

10:00 **HF** Conductorcise® (LG) (LS)

10:30 **CE** Poem A Day (LG)

11:00 **CE** LEGATO MUSIC PROGRAM- (LG) (G)

1:00 **CE** Let's Create Art (LG) (LS)

1:30 **LL** The Shortest Day! (LG) (LS)

2:00 **HF** Fun Fitness (LG) (RSA)

3:15 **IS** SPA TIME (LG) (RSA)

4:00 **LL** Word to the WISE (LG) (RSA)

4:30 **EF** Karaoke w/ Frank Sinatra (LG) (LS)

6:30 **C** Evening Movie (LG) (RSA)

28

10:00 **HF** Flex and Stretch (LG)

10:30 **LL** Fill in the Blank... (LG) (RSA)

11:30 **EF** Pressed For Words On The iPad® (LG) (LS)

1:00 **CE** Poem A Day! (LG) (RSA)

1:30 **IS** Play A Full Deck! (LG) (LS)

2:00 **HF** Get in Shape- iPad® aerobics (LG) (RSA)

2:30 **CE** Karaoke & Dance (LG) (RSA)

3:30 **IS** Let's Bowl (LG) (RSA)

4:00 **C** Sharing our Stories (LG) (RSA)

4:30 **CE** LEGATO MUSIC PROGRAM (LG) (RSA)

6:30 **C** Evening Movie (LG) (RSA)

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