

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

**Historical Presentation:
Harriet Tubman**

Monday, February 11, 6:30 PM

Valentine's Day Party

Thursday, February 14, 2:30 PM

Trip to Quakertown SPCA

Wednesday, February 20, 12:30 PM


THE SOLANA[®]
DOYLESTOWN
An Atria Senior Living Residence


THE SOLANA[®]
DOYLESTOWN
An Atria Senior Living Residence

FEBRUARY 2019

THE SOLANA DOYLESTOWN 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:

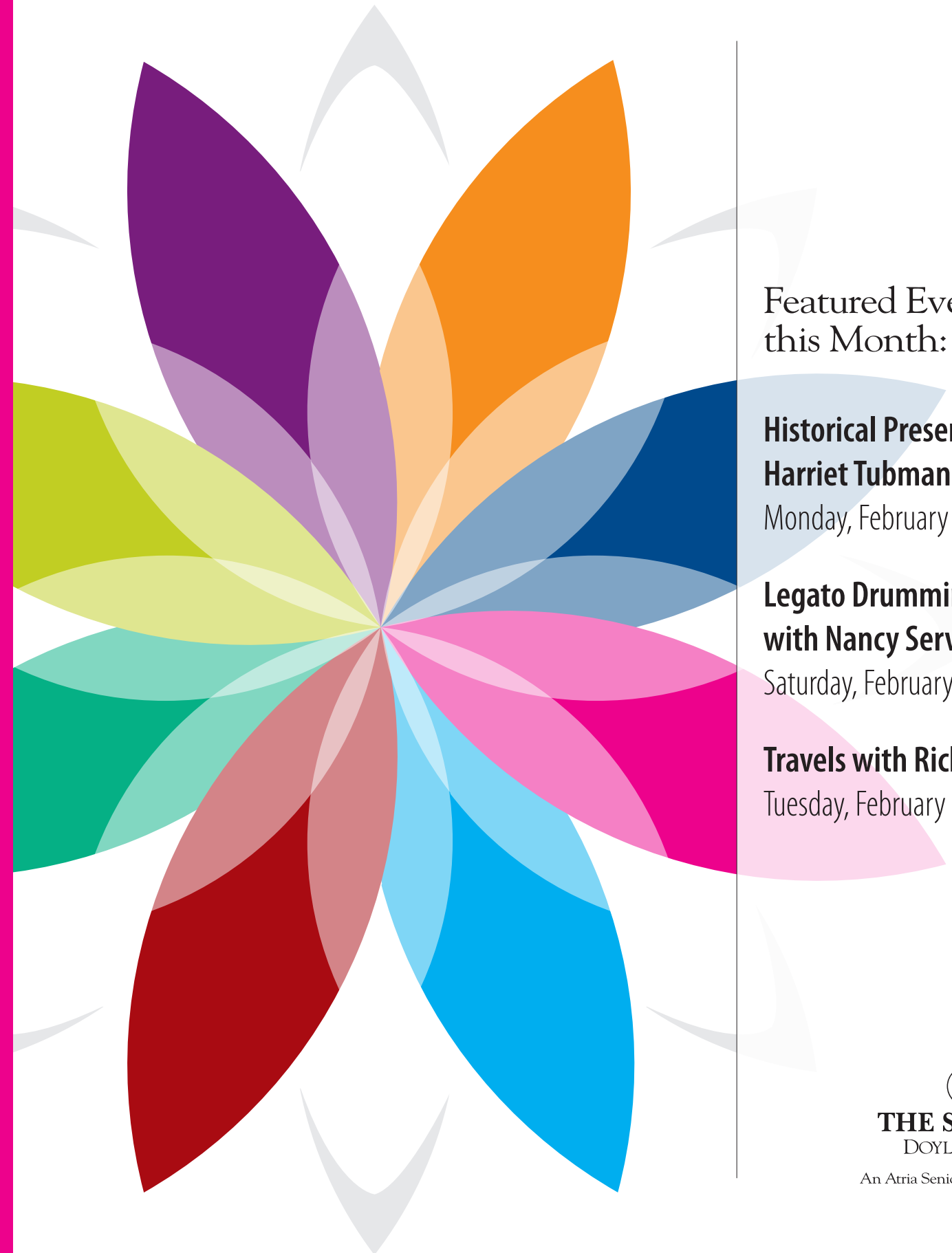
- Outing OT
- Sports Bar SPB
- Activities Room ACT
- Pearl's Place PP
- Art Studio ART
- Library LIB
- Life Guidance LG
- Solana Dining Room DR
- Theatre TH

<p>10:00 LL Today in History ~ iPad® History.com (ACT) 3</p> <p>10:15 IS Catholic Communion (TH)</p> <p>10:30 HF Low-Impact Aerobic Exercises (ACT)</p> <p>11:00 IS Televised Catholic Mass (ACT)</p> <p>11:15 IS Televised Protestant Service (TH)</p> <p>11:30 HF Walking Club (PP)</p> <p>1:00 Solana Store (PP)</p> <p>2:00 LL Super Bowl® Trivia (PP)</p> <p>3:00 EF Candy Bar Bingo (ACT)</p> <p>4:00 LL Audrey Hepburn Biography (ACT)</p> <p>6:15 EF Super Bowl® Party (SPB)</p> <p>7:00 EF Sci-Fi Sunday (TH)</p>	<p>10:00 LL Today in History ~ iPad® History.com (ACT) 4</p> <p>10:30 HF Chair Yoga (ACT)</p> <p>11:30 HF Walking Club (PP)</p> <p>1:00 C Solana Dollar Raffle (PP)</p> <p>1:45 LL Trip to Doylestown Library (OT)</p> <p>2:30 LL Celebrating African American History (ACT)</p> <p>3:30 LL Slavery by Another Name Documentary (ACT)</p> <p>6:30 IS Gessie Music Duo: Oldies & Classics Show (ACT)</p> <p>7:00 EF Western Movie Night (TH)</p>	<p>10:00 LL Today in History ~ iPad® History.com (ACT) 5</p> <p>10:30 HF Low-Impact Aerobic Exercises (ACT)</p> <p>11:30 HF Walking Club (PP)</p> <p>1:00 CE Chinese New Year Lanterns (PP)</p> <p>1:30 IS Praying the Rosary (SPB)</p> <p>2:30 LL Book Club Meeting (ACT)</p> <p>3:00 PA Engage Life® Idea Exchange Meeting</p> <p>4:00 C Chinese New Year Happy Hour (SPB)</p> <p>7:00 EF Tuesday Comedy Movie (TH)</p>	<p>10:00 LL Today in History ~ iPad® History.com (ACT) 6</p> <p>10:30 HF Strength and Balance Program (ACT)</p> <p>11:30 HF Walking Club (PP)</p> <p>12:00 C Out to Lunch Club ~ Sakana Asian Fusion (OT)</p> <p>2:00 EF Rummikub® (PP)</p> <p>3:00 EF Blackjack (PP)</p> <p>4:00 LL 10 Best Places to Visit in China (ACT)</p> <p>6:15 C Valentine Activities with Girl Scouts (ACT)</p> <p>7:00 EF Romantic Comedy Movie Night (TH)</p>	<p>10:00 LL Today in History ~ iPad® History.com (ACT) 7</p> <p>10:30 HF Low-Impact Aerobic Exercises (ACT)</p> <p>11:30 HF Walking Club (PP)</p> <p>1:00 C Hand Spa Party (ACT)</p> <p>1:30 LL The Crown ~ Reign of Queen Elizabeth II (ACT)</p> <p>3:00 CE Creating Chinese Fortune Sticks (ACT)</p> <p>4:00 C Thirsty Thursday Happy Hour (TH)</p> <p>6:00 LL iPad® News & Views ~ Current Events (ACT)</p> <p>7:00 EF Classic Movie Night (TH)</p>	<p>10:00 LL Today in History ~ iPad® History.com (ACT) 8</p> <p>10:30 HF Strength Training (ACT)</p> <p>11:30 HF Walking Club (PP)</p> <p>1:00 LL Daily Chronicle (ACT)</p> <p>1:30 Trip to Giant Supermarket (OT)</p> <p>2:00 EF Multiple Choice Trivia Game (ACT)</p> <p>3:00 CV Craft for a Cause (PP)</p> <p>4:00 LL iPad® News & Views: Current Events (ACT)</p> <p>7:00 EF New Release Movie Night (TH)</p>	<p>10:00 LL Today in History ~ iPad® History.com (ACT) 9</p> <p>10:30 HF Conductorcise® (ACT)</p> <p>11:30 HF Walking Club (PP)</p> <p>1:00 IS Scenic Saturday Drive (OT)</p> <p>2:00 EF Rummikub® (PP)</p> <p>3:00 LL Who Am I? Famous Chinese People (ACT)</p> <p>4:00 LL National Geo ~ Great Wall of China (ACT)</p> <p>7:00 EF Saturday Romance Movie (TH)</p>
<p>10:00 LL Today in History ~ iPad® History.com (ACT) 10</p> <p>10:15 IS Catholic Communion (TH)</p> <p>10:30 HF Low-Impact Aerobic Exercises (ACT)</p> <p>11:00 IS Televised Catholic Mass (ACT)</p> <p>11:15 IS Televised Protestant Service (TH)</p> <p>11:30 HF Walking Club (PP)</p> <p>1:00 Solana Store (PP)</p> <p>2:00 C Cinnamon Buns & StoryWise™ (PP)</p> <p>3:00 EF Candy Bar Bingo (ACT)</p> <p>4:00 LL American Presidents Documentary (ACT)</p> <p>7:00 EF Sci-Fi Sunday (TH)</p>	<p>10:00 LL Today in History ~ iPad® History.com (ACT) 11</p> <p>10:30 HF Chair Yoga (ACT)</p> <p>11:30 HF Walking Club (PP)</p> <p>1:00 EF Trip to Dollar Tree (OT)</p> <p>1:30 CV Craft For a Cause (LG)</p> <p>2:00 EF Monday Matinee (TH)</p> <p>2:30 LL Daily Chronicle (ACT)</p> <p>3:00 LL iPad® News & Views: Current Events (ACT)</p> <p>4:00 HF Exercise Your Brain (PP)</p> <p>6:30 LL Historical Presentation: Harriet Tubman (ACT)</p> <p>7:00 EF Western Movie Night (TH)</p>	<p>10:00 LL Today in History ~ iPad® History.com (ACT) 12</p> <p>10:30 HF Low-Impact Aerobic Exercises (ACT)</p> <p>10:30 HF Southeastern Blood Pressure Screens (LIB)</p> <p>11:30 HF Walking Club (PP)</p> <p>1:00 EF Mastering The Love Languages (ACT)</p> <p>3:00 HF Yoga with Barbara Weikamp (ACT)</p> <p>4:00 C Top 10 Tuesday Happy Hour (SPB)</p> <p>6:00 IS Valentine Sing Along with Big Bros/Sis (ACT)</p> <p>7:00 EF Tuesday Comedy Movie (TH)</p>	<p>10:00 LL Today in History ~ iPad® History.com (ACT) 13</p> <p>10:30 HF Strength and Balance Program (ACT)</p> <p>11:00 C Visit from Generation Jive Toddlers (ACT)</p> <p>11:30 HF Walking Club (PP)</p> <p>12:30 EF Trip to Parx Casino (OT)</p> <p>1:30 LL Short Story Discussion Group (ACT)</p> <p>2:30 HF iPad® Crossword Puzzles (ACT)</p> <p>4:00 HF Exercise Your Brain (ACT)</p> <p>6:30 CE Valentine Tee Shirt Painting with Reena (ART)</p> <p>7:00 EF Romantic Comedy Movie Night (TH)</p>	<p>10:00 LL Today in History ~ iPad® History.com (ACT) 14</p> <p>10:30 HF Low-Impact Aerobic Exercises (ACT)</p> <p>11:30 HF Walking Club (PP)</p> <p>1:00 C Hand Spa Party (ACT)</p> <p>1:30 LL The Crown ~ Reign of Queen Elizabeth II (ACT)</p> <p>2:30 C Valentine's Day Party (SPB)</p> <p>4:00 EF Hand & Foot Canasta (PP)</p> <p>7:00 EF Classic Movie Night (TH)</p>	<p>10:00 LL Today in History ~ iPad® History.com (ACT) 15</p> <p>10:30 HF Strength Training (ACT)</p> <p>11:30 HF Walking Club (PP)</p> <p>1:00 LL Daily Chronicle (ACT)</p> <p>1:30 Trip to Wegman's Market (OT)</p> <p>2:00 EF Wii® Bowling (ACT)</p> <p>3:00 LL Basic Computer Skills (LIB)</p> <p>4:00 LL iPad® News & Views: Current Events (ACT)</p> <p>7:00 EF New Release Movie Night (TH)</p>	<p>10:00 LL Today in History ~ iPad® History.com (ACT) 16</p> <p>10:30 HF Conductorcise® (ACT)</p> <p>11:30 HF Walking Club (PP)</p> <p>1:00 IS Scenic Saturday Drive (OT)</p> <p>2:00 EF Rummikub® (PP)</p> <p>3:00 LL Daily Chronicle (ACT)</p> <p>4:00 LL Machines Of Ancient China Documentary (ACT)</p> <p>7:00 EF Saturday Romance Movie (TH)</p>
<p>10:00 LL Today in History ~ iPad® History.com (ACT) 17</p> <p>10:15 IS Catholic Communion (TH)</p> <p>10:30 HF Low-Impact Aerobic Exercises (ACT)</p> <p>11:00 IS Televised Catholic Mass (ACT)</p> <p>11:15 IS Televised Protestant Service (TH)</p> <p>11:30 HF Walking Club (PP)</p> <p>1:00 Solana Store (PP)</p> <p>2:00 C Cinnamon Buns & StoryWise™ (PP)</p> <p>3:00 EF Candy Bar Bingo (ACT)</p> <p>4:00 LL The Forgotten World: Tibet Documentary (ACT)</p> <p>7:00 EF Sci-Fi Sunday (TH)</p>	<p>Presidents' Day 18</p> <p>10:00 LL Today in History ~ iPad® History.com (ACT)</p> <p>10:30 HF Chair Yoga (ACT)</p> <p>11:30 HF Walking Club (PP)</p> <p>12:00 C Out to Lunch club ~ Metro Diner (OT)</p> <p>1:30 CV Craft for a Cause (PP)</p> <p>2:00 EF Monday Matinee (TH)</p> <p>3:00 LL Presidents' Day Program by Ed Eisner (ACT)</p> <p>6:00 LL iPad® News & Views: Current Events (ACT)</p> <p>7:00 EF Western Movie Night (TH)</p>	<p>10:00 LL Today in History ~ iPad® History.com (ACT) 19</p> <p>10:30 HF Low-Impact Aerobic Exercises (ACT)</p> <p>11:30 HF Walking Club (PP)</p> <p>1:00 CE Cooking Connection ~ Egg Rolls (PP)</p> <p>1:30 IS Praying the Rosary</p> <p>3:00 PA Mo Levin & Matt Bruce ~ Tour of Honor (TH)</p> <p>4:00 C Family Feud™ Happy Hour (SPB)</p> <p>7:00 EF Tuesday Comedy Movie (TH)</p>	<p>10:00 LL Today in History ~ iPad® History.com (ACT) 20</p> <p>10:30 HF Strength and Balance Program (ACT)</p> <p>11:00 IS Visit from Roxy ~ Therapy Dog (PP)</p> <p>11:00 HF Walking Club (PP)</p> <p>12:30 LL Trip to Quakertown SPCA (OT)</p> <p>1:00 LL Daily Chronicle (ACT)</p> <p>2:00 EF Rummikub® (PP)</p> <p>3:00 EF Quirkle Tile Game (PP)</p> <p>6:30 IS Pauline Miklos ~ Great American Songs (ACT)</p> <p>7:00 EF Romantic Comedy Movie Night (TH)</p>	<p>10:00 LL Today in History ~ iPad® History.com (ACT) 21</p> <p>10:30 HF Low-Impact Aerobic Exercises (ACT)</p> <p>11:00 PA Sing Along with Life Guidance® (LG)</p> <p>11:30 HF Walking Club (PP)</p> <p>1:00 C Hand Spa Party (ACT)</p> <p>1:30 LL The Crown ~ Reign of Queen Elizabeth II (ACT)</p> <p>3:00 LL Fun & Games with Mandy (PP)</p> <p>4:00 C Chinese Cocktail Happy Hour (SPB)</p> <p>6:00 LL Humpback Whale Awareness Discussion (ACT)</p> <p>7:00 EF Classic Movie Night (TH)</p>	<p>9:00 CV Celebrating Veterans Breakfast (DR) 22</p> <p>10:00 LL Today in History ~ iPad® History.com (ACT)</p> <p>10:30 HF Strength Training (ACT)</p> <p>11:30 HF Walking Club (PP)</p> <p>1:30 Trip to Giant Supermarket (OT)</p> <p>2:00 LL Washington's Day: 1st President Trivia (ACT)</p> <p>3:00 EF Quirkle Tile Game (ACT)</p> <p>4:00 LL The Life of a Concubine (ACT)</p> <p>6:00 EF Lottery Ticket Bingo (ACT)</p> <p>7:00 EF New Release Movie Night (TH)</p>	<p>10:00 LL Today in History ~ iPad® History.com (ACT) 23</p> <p>10:30 HF Conductorcise® (ACT)</p> <p>11:30 HF Walking Club (PP)</p> <p>1:00 IS Scenic Saturday Drive (OT)</p> <p>2:00 EF Rummikub® (PP)</p> <p>3:00 HF You Be the Judge (ACT)</p> <p>4:00 LL Secrets of Lost Empires: China Bridge (ACT)</p> <p>7:00 EF Saturday Romance Movie (TH)</p>
<p>10:00 LL Today in History ~ iPad® History.com (ACT) 24</p> <p>10:15 IS Catholic Communion (TH)</p> <p>10:30 HF Low-Impact Aerobic Exercises (ACT)</p> <p>11:00 IS Televised Catholic Mass (ACT)</p> <p>11:15 IS Televised Protestant Service (TH)</p> <p>11:30 HF Walking Club (PP)</p> <p>1:00 Solana Store (PP)</p> <p>2:00 C Cinnamon Buns & StoryWise™ (PP)</p> <p>3:00 EF Candy Bar Bingo (ACT)</p> <p>4:00 HF Exercise Your Brain (ACT)</p> <p>7:00 EF Sci-Fi Sunday (TH)</p>	<p>10:00 LL Today in History ~ iPad® History.com (ACT) 25</p> <p>10:30 HF Strength and Balance Program (ACT)</p> <p>11:30 HF Walking Club (PP)</p> <p>1:00 Trip to Kohl's (OT)</p> <p>1:30 CE Chinese Symbols Decoupage Project (ART)</p> <p>2:00 EF Monday Matinee (TH)</p> <p>3:00 LL Renoir Day ~ A Look at Landscapes (ACT)</p> <p>4:00 EF Bean Bag Toss (ACT)</p> <p>6:00 LL iPad® News & Views: Current Events (ACT)</p> <p>7:00 EF Western Movie Night (TH)</p>	<p>10:00 LL Today in History ~ iPad® History.com (ACT) 26</p> <p>10:30 HF Low-Impact Aerobic Exercises (ACT)</p> <p>11:30 HF Walking Club (PP)</p> <p>1:00 IS Guided Meditation</p> <p>2:00 LL Daily Chronicle (ACT)</p> <p>2:30 CV Food for Thought Meeting (ACT)</p> <p>3:00 HF Yoga with Barbara Weikamp (ACT)</p> <p>4:00 C Jeopardy!® Happy Hour (SPB)</p> <p>6:30 IS Marcus Chaney Musical Performance (ACT)</p> <p>7:00 EF Tuesday Comedy Movie (TH)</p>	<p>10:00 LL Today in History ~ iPad® History.com (ACT) 27</p> <p>10:30 HF Strength and Balance Program (ACT)</p> <p>11:30 HF Walking Club (PP)</p> <p>1:00 LL Trip to Doylestown Library (OT)</p> <p>1:30 EF Rummikub® (PP)</p> <p>2:30 CV Resident Council Meeting (ACT)</p> <p>3:30 EF Blackjack (PP)</p> <p>4:15 EF Wii® Bowling (ACT)</p> <p>6:30 CE Cherry Blossom Painting with Reena (ART)</p> <p>7:00 EF Romantic Comedy Movie Night (TH)</p>	<p>10:00 LL Today in History ~ iPad® History.com (ACT) 28</p> <p>10:30 HF Low-Impact Aerobic Exercises (ACT)</p> <p>11:30 HF Walking Club (PP)</p> <p>1:00 C Hand Spa Party (ACT)</p> <p>1:30 LL The Crown ~ Reign of Queen Elizabeth II (ACT)</p> <p>2:30 EF Tiu-u Fishing Chinese Domino Game (PP)</p> <p>4:00 C Thirsty Thursday Happy Hour (SPB)</p> <p>6:00 LL Brain Challenge Jeopardy!® (ACT)</p> <p>7:00 EF Classic Movie Night (TH)</p>	<p>10:00 LL Today in History ~ iPad® History.com (ACT) 1</p> <p>10:30 HF Strength Training (ACT)</p> <p>11:30 HF Walking Club (PP)</p> <p>1:00 PA February Birthday Celebration (PP)</p> <p>1:30 Trip to Wegman's Market (OT)</p> <p>2:00 LL Robinson Crusoe Day ~ Interesting Facts (ACT)</p> <p>3:00 EF Mexican Train Dominoes Game (ACT)</p> <p>4:00 EF Bowling (ACT)</p> <p>6:00 LL Daily Chronicle (ACT)</p> <p>7:00 EF New Release Movie Night (TH)</p>	<p>10:00 LL Today in History ~ iPad® History.com (ACT) 2</p> <p>10:30 HF Conductorcise® (ACT)</p> <p>11:30 HF Walking Club (PP)</p> <p>1:00 IS Scenic Saturday Drive (OT)</p> <p>2:00 EF Rummikub® (PP)</p> <p>3:00 LL Groundhog Day Trivia (ACT)</p> <p>4:00 LL BBC Docum China vs USA - Empires at War (ACT)</p> <p>7:00 EF Saturday Romance Movie (TH)</p>

Conductorcise® is a registered trademark of Conductorcise LLC LTD.
Family Feud™ is a trademark of FremantleMedia Operations BV.
iPad® is a registered trademark of Apple Inc.
Jeopardy!® is a registered trademark of Jeopardy!Productions, Inc. All rights reserved.
Rummikub® is a registered trademark of Rummikub.
Super Bowl® is a registered trademark of the NFL.
Wii® is a trademark of Nintendo of America, Inc.

LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

**Historical Presentation:
Harriet Tubman**
Monday, February 11, 6:30 PM

**Legato Drumming
with Nancy Server**
Saturday, February 16, 2:00 PM

Travels with Rick Steve to India
Tuesday, February 26, 4:00 PM


THE SOLANA[®]
DOYLESTOWN
An Atria Senior Living Residence


THE SOLANA[®]
DOYLESTOWN
An Atria Senior Living Residence

FEBRUARY 2019

THE SOLANA DOYLESTOWN Life guidance®

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE®

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

- ROOM LOCATION KEY:**
- Sports Bar SPB
 - Pearl's Place PP
 - Activities Room ACT
 - The Patio TP

- STAFF KEY:**
- Maria Bongarzone MB

3

- 10:00 **IS** Spirituality Connection
- 10:30 **C** Coffee/Donut Chat
- 11:00 **LL** Daily Chronicles
- 11:30 **AS** Positive Daily Reflections
- 1:00 **HF** Legato Music with Felix Mendelssohn
- 2:00 **C** Famous Wedding in History
- 2:30 **LL** Learning a Different language
- 3:30 **HF** Stronger Seniors
- 4:00 **C** Painting with a Twist
- 4:30 **IS** Singing Senior Groups
- 6:00 **C** Chatting with my Friends

4

- 10:00 **HF** Sun Salutations
- 10:30 **LL** Daily Chronicles
- 11:30 **IS** Meditation
- 1:15 **J** Legato Music USO Dance Party
- 1:30 **CE** Making Art with Feathers
- 2:00 **LL** Birds Fun Facts & Trivia
- 2:30 **CE** Making a snack with Nutella
- 3:00 **HF** Indoor Golfing Tournament
- 4:00 **IS** Bird Bingo Monday
- 6:30 **IS** Gessie Music Duo: Oldies & Classics Show

5

- 10:00 **HF** Tapping to Broadway Songs
- 10:30 **C** History of play Romeo & Juliet play
- 11:00 **LL** Daily Chronicles of the Past
- 1:00 **HF** Walking Seniors
- 1:30 **IS** Rosary & Eucharist Prayers (SPB)
- 3:00 **J** Legato Music Drumming
- 4:00 **C** The Price is Right®!
- 4:30 **CE** Poetry Corner by the Fire place
- 6:00 **IS** Movie Feature Romeo & Juliet

6

- 10:00 **HF** Stretch and Flex
- 10:30 **C** News & Views
- 11:00 **IS** Current Events
- 1:30 **J** Legato Music with the Boss
- 2:00 **LL** iPad® Games, you could be the winner!
- 2:30 **CE** Color Creations
- 3:00 **CE** Making a Center Piece
- 3:30 **CV** Knitting with Janan for a cause
- 4:30 **HF** Bean Bag Toss
- 6:00 **EF** Movie Feature - A River Runs Thru It
- 6:30 **C** Visit from SKY - Dog Therapy

7

Fettuccine Alfredo Day

- 10:00 **HF** Stronger Seniors
- 10:30 **LL** News Connection with the Chronicles
- 11:30 **LL** Letterman's Top Ten List
- 1:00 **HF** Walking Club in the Solana
- 1:30 **CE** Designing Valentine's Cards
- 2:00 **LL** Chef Janan's Secret Alfredo Recipe Demo
- 2:30 **C** Happy Hour Social
- 3:00 **J** Legato Music Ballet Style
- 3:30 **LL** Famous Ballets in History
- 6:00 **IS** Classic Movie Night

8

National Kite Flying Day

- 10:00 **HF** Flex and Stretch work those muscles
- 10:30 **C** Traveling Seniors around Town
- 11:00 **LL** News in our Area
- 1:15 **IS** Game- Pizza toss
- 2:00 **LL** Top Ten Bridges in the USA
- 3:00 **CE** The Art of Kite Making
- 3:30 **J** Legato Music Let's Go Fly A Kite
- 4:00 **HF** Balloon Toss
- 6:00 **EF** Movie Feature Bells of St Marys

9

National Pizza Day

- 9:30 **C** Visit from Fergus!
- 10:00 **HF** Strength & Balance Program
- 11:00 **J** Legato Music Gene Kelly Dance Style
- 1:30 **HF** Golf Club
- 2:00 **C** History of Pizza around the World
- 2:30 **C** Creating Pizza with friends
- 3:00 **C** Making Bird House
- 3:30 **CE** Umbrella Art Design
- 4:30 **LL** Book Club (TP)
- 6:00 **EF** Movie Feature - Singing in the Rain (PP)

10

- 10:00 **IS** Spiritual Connection
- 10:30 **LL** Coffee/Donut Chat
- 11:00 **LL** Tongue Twisting Challenge
- 11:30 **HF** Drum Circle
- 1:00 **J** Legato Music with The Rat Pack Gang
- 2:00 **IS** Forest Grove Group Prayers & Sing Along
- 3:00 **HF** Pilates
- 4:00 **EF** Mocktail Happy Hour
- 4:30 **IS** Singing Seniors
- 6:00 **EF** Movie Night Ed Sullivan shows

11

- 10:00 **HF** Flex and Stretch
- 10:30 **LL** Daily Chronicles
- 11:00 **LL** World Kindness Day
- 1:00 **J** Legato Music Patriot Tunes of the Past
- 2:00 **HF** Pilates
- 2:30 **LL** Inspirational Quotes
- 3:00 **CE** Creating Kindness cards
- 4:00 **CE** Art Classes Valentine's Wreath Design
- 4:30 **HF** Let's Play Heads UP
- 6:30 **LL** Historical Presentation: Harriet Tubman

12

- 10:00 **HF** Happy Feet
- 10:30 **C** News and Views
- 11:00 **C** Memory Match Game
- 1:00 **CV** Card Making for Cause
- 2:00 **J** Legato Music: Mardi Gras & Dancing
- 2:30 **C** Wheel of Fortune®
- 3:00 **C** Mystery Person: Who am I?
- 4:00 **HF** Balloon Volley Ball (TP)
- 4:30 **C** Top Ten Tuesdays
- 6:00 **C** Chinese Bingo Fun

13

- 10:00 **HF** Pilates
- 10:30 **C** Daily Chronicles
- 11:00 **C** Fun Facts about bread
- 1:00 **HF** Legato Music of the Heart
- 2:00 **EF** Mister Potato Head games with friends
- 2:30 **CE** Creative Art - Heart Projects
- 4:30 **LL** Fun on the iPad®
- 6:00 **IS** Movie Feature - Sleepless in Seattle
- 6:30 **C** Visit from SKY - Dog Therapy

14

- 10:00 **HF** Active Agers
- 10:30 **LL** Daily Chronicles
- 11:00 **J** Legato Music Love Songs
- 1:00 **HF** Walking Club in the Neighborhood
- 1:30 **C** Valentine's Day around the World
- 2:00 **IS** Valentine Tea with Friends
- 3:30 **CE** Learning to dance the Macarena
- 4:30 **C** Make us Laugh with Mad Lib
- 6:00 **EF** Classic Movie Night

15

- 10:00 **HF** Strength and Balance Program
- 10:30 **EF** Seniors on the Run Outing
- 11:00 **C** Cooking Club - Dump Cake Treat
- 1:00 **CE** Making Book Markers for the Kids
- 2:00 **HF** Legato Music with B.B. King
- 3:00 **EF** Mocktail Happy Hour with Trivia
- 4:00 **EF** Make Us Laugh
- 6:00 **C** Word to the WISE

16

- 10:00 **HF** Happy Feet
- 10:30 **LL** Remember when with the Daily Chronicles
- 11:00 **C** StoryWise™ with Friends
- 1:15 **LL** Fashions of the Past
- 2:00 **J** Legato Drumming with Nancy Server
- 2:30 **EF** Smoothie Treats
- 3:00 **C** Work Games the Friends
- 4:00 **HF** Ball Toss with a Twist
- 6:00 **EF** Movie Feature - The Philadelphia Story

17

- 10:00 **IS** Spiritual Connection
- 10:30 **C** Coffee/Donut Chat
- 11:00 **LL** You be the Judge
- 11:30 **LL** The History of the Wright Brothers
- 1:00 **HF** Legato Music Dance Party
- 2:00 **CE** Surprise Treat
- 3:30 **C** Fun with Words with Friends
- 4:30 **HF** Singing Senior
- 6:00 **EF** Enjoying the Johnny Carson Show

18

Presidents' Day

- 10:00 **HF** Flex and Stretch
- 10:30 **PA** Discussion Group- What would you do
- 11:00 **LL** Daily Chronicles
- 11:30 **C** Naming 10 Top Presidents
- 1:00 **J** Legato Music- Stevie Wonder
- 2:00 **HF** Flex & Stretch
- 2:30 **EF** Celebrating Seniors!
- 3:00 **LL** Presidents' Day Program by Ed Eisner (ACT)
- 3:30 **HF** Shuffle Board
- 4:00 **CE** Art Expression
- 6:00 **EF** Broadway Shows Caberet

19

- 10:00 **HF** Chair Dance
- 10:30 **LL** Interesting facts about the Titanic Film
- 1:00 **J** Legato Music The Music Man sing-a-long
- 1:30 **IS** Rosary & Eucharist Prayers (SPB)
- 2:00 **IS** Yoga with Barbara Weikamp
- 2:30 **HF** MOVIN' and GROOVIN'
- 3:00 **CE** Making Small Pillows
- 4:00 **C** Jokes for Seniors
- 4:30 **AS** StoryWise™ with Friends
- 6:00 **EF** Drama Movie Feature

20

National Cherry Pie Day

- 10:00 **HF** Fun Fitness
- 10:30 **C** News and Views
- 11:00 **LL** Table Games
- 1:00 **C** StoryWise™ Circle with Friends
- 2:30 **CE** Cherry Pie Tarts with Chief Maria
- 3:00 **J** Legato Musical Melodies with Elvis
- 4:00 **HF** Kick Ball
- 4:30 **EF** End the Day with a Laugh
- 6:30 **C** Visit from SKY - Dog Therapy
- 6:30 **IS** Pauline Miklos ~ Great American Songs (ACT)

21

- 10:00 **LL** Daily Chronicles
- 10:30 **HF** Low-Impact Aerobic
- 11:00 **C** Price is Right Game
- 1:15 **HF** Walking Club
- 2:00 **PA** Making Rice Krispy Treats
- 2:30 **J** Legato Oklahoma Sing Along
- 4:00 **HF** Bean Bag Toss
- 4:30 **C** Joking Seniors
- 6:00 **EF** Movie Feature My Big Fat Greek Wedding

22

- 9:00 **C** Celebrating Veterans Breakfast
- 10:00 **HF** Flex & Stretch with Friends
- 10:30 **C** Traveling Seniors
- 11:00 **J** Legato Music Ragtime
- 1:15 **CV** Making Soaps for a Cause
- 2:00 **HF** Fun Fitness
- 2:30 **PA** WHAT WE HAVE IN COMMON
- 3:00 **LL** Give Me Five
- 3:30 **C** Balloon Toss
- 4:00 **C** Crossword Puzzles with the Group
- 6:00 **EF** Movie Feature Rocky

23

- 9:15 **C** Visit from Fergus!
- 10:00 **HF** Flex and Stretch
- 10:30 **C** USA Today
- 11:00 **CE** Making Dream Catchers
- 1:15 **HF** Walking Club in the Community
- 2:30 **PA** Welcome to the Neighborhood Happy Hour
- 3:30 **LL** What does Dreams really mean?
- 4:30 **J** Legato Name that Tune
- 6:00 **EF** Movie Feature Cinderella man

24

- 10:00 **IS** Spiritual Connection
- 10:30 **LL** Coffee/Donut Chat
- 11:00 **HF** Bean bag Toss
- 1:00 **J** Legato Music Learn to Swing Dance
- 2:00 **CE** Making Sunday Smoothies
- 2:30 **C** Laughter is the Best Medicine (BFV2p74)
- 3:00 **HF** Balloon Volley with Friends
- 4:00 **CE** Art Expression
- 6:00 **EF** Call It A Day

25

- 10:00 **HF** Stronger Seniors
- 10:30 **IS** Religious Holiday Celebrations
- 11:00 **J** Legato Music with Nancy Sinatra's Songs
- 1:00 **HF** Balloon Volleyball
- 1:30 **LL** Vincent van Gogh painting Appreciation
- 2:00 **PA** Fun with Numbers
- 2:30 **CE** Painting with a Twist
- 3:30 **C** Tell me a Joke.
- 4:30 **EF** Toasting with friends
- 6:00 **C** Enjoying the evening with Friends

26

- 10:00 **HF** Chair Dance
- 10:30 **C** News & Views at the Solana
- 11:00 **J** Legato Music With Nancy Sinatra
- 1:15 **CV** Making Dog Treats (MB)
- 2:00 **HF** Bean Bag Toss
- 2:30 **CE** Making Table Centerpiece
- 3:30 **C** Mystery Person: Who am I?
- 4:00 **LL** Travels with Rick Steve to India
- 6:30 **IS** Marcus Chaney Musical Performance

27

- 10:00 **HF** Stronger Seniors
- 10:30 **C** Coffee & Chat
- 11:00 **C** What in a Soufflé?
- 1:00 **J** Legato Music with Johnny Cash
- 2:00 **HF** Chair Exercises
- 2:30 **CE** Art Expression
- 3:00 **C** Word to the WISE
- 4:15 **C** Daily Chronicles
- 6:00 **EF** Movie Features Kiss Me Kate
- 6:30 **C** Visit from SKY - Dog Therapy

28

- 10:00 **HF** Flex and Stretch
- 10:30 **C** Today in History
- 1:00 **IS** Affirming Adjectives (BF103)
- 2:00 **HF** Engage Your Brain
- 2:30 **J** Legato Show off your Talent
- 3:00 **PA** Sharing Stories/Memories
- 3:30 **C** Right under your Nose
- 4:00 **C** Finish The Phrase
- 6:00 **EF** Movie Feature Showboat

iPad® is a registered trademark of Apple Inc.
Jeopardy® is a registered trademark of JeopardyProductions, Inc. All rights reserved.
The Price is Right™ is a registered trademark of FremantleMedia Operations BV.
Wheel of Fortune™ is a registered trademark of Callion Productions, Inc. All Rights Reserved.