

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

Surfing Senior Technology Class

Thursday, February 7, 11:00 AM

**Valentine's Celebration
Music Show**

Thursday, February 14, 7:30 PM

Meditative Dance

Thursday, February 28, 4:00 PM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

FEBRUARY 2019

ATRIA NORWOOD 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:**
- Theatre TR
 - Fitness Center FC
 - Bistro BL
 - Off-Site Location OL
 - Sports Lounge SL
 - Club Room CR
 - Engage Life Center ELC
 - Life Guidance LG

- STAFF KEY:**
- Outside Presenter OP
 - Ally Murphy AM
 - Resident Led Program RL
 - Xiomara Padilla XP
 - George Mkheidze GM
 - Kimmy Got KG
 - Chef Timothy Rolan-Casey TR
 - Meghan Valentine MV

- 1**
- 10:30 **HF** Circuit Training Full Body Exercise (FC) (AM)
 - 11:00 **LL** New York Times Headlines (ELC) (AM)
 - 11:30 **HF** Complete The Advertising Slogan (ELC) (AM)
 - 11:30 **HF** Trip To Haworth Apothecary Gift Store (OL) (GM)
 - 2:00 **CV** Recycling To Better Our Community (ELC) (GM)
 - 2:30 **LL** African American History Month (TR) (AM)
 - 3:30 **HF** Balance Fitness For Stability (FC) (AM)
 - 4:00 **IS** Inspirational Short Story Discussion (TR) (AM)
 - 5:30 **IS** Shabbat Candle Lighting And Blessings (TR) (AM)
 - 7:30 Recent Release Movie (TR)

- 2**
- Groundhog Day**
- 10:30 **HF** Art of Strength & Balance Class (FC) (AM)
 - 11:15 **LL** Local & National News Discussion (ELC) (AM)
 - 11:30 **HF** Exercise The Mind-Crossword Puzzles (ELC) (AM)
 - 2:00 **EF** Matinee Met Opera Movie (TR) (AM)
 - 2:15 **C** Domino Tournament Game (SL) (AM)
 - 3:00 **HF** Dance Your Way To Fit Standing Seated (FC) (AM)
 - 3:30 **EF** Opera Intermission: Wine & Cheese (TR) (AM)
 - 4:00 **LL** Groundhog Day Trivia (TR) (AM)
 - 4:30 **LL** Investigating American Presidents-TGC (TR) (MV)
 - 7:30 Join us for A Saturday Documentary (TR)

- 3**
- 9:30 **IS** Local Church Transportation (OL) (GM)
 - 11:15 **HF** Stretching For Your Health (FC) (XP)
 - 11:45 **HF** Engage Your Brain Exercises (BL) (KG)
 - 12:00 **IS** Sunday Morning Mass - Televised (TR)
 - 2:00 **C** Rummikub® Game Tournament (SL) (KG)
 - 2:15 **CE** Art Class-Explore the hidden Artist Within (ELC) (OP)
 - 3:30 **HF** Strength And Balance Program (FC) (XP)
 - 4:00 **C** Knitting Group (TR) (XP)
 - 6:30 **C** Super Bowl® Party (SL)
 - 7:30 Sunday Classic Night Movie (TR)

- 4**
- 10:30 **HF** Move to the Beat Exercises-Full Body (FC) (XP)
 - 11:00 **PA** Ambassador Program Members Meeting (SL) (XP)
 - 11:30 **HF** Engage Your Brain Fitness Class (TR)
 - 1:30 **EF** Library Trip (OL) (XP)
 - 2:00 Gin Rummy or Cards - Come Play! (SL) (RL)
 - 2:30 **LL** Great Course TV Lecture (TR)
 - 3:30 **HF** Circuit Training Full Body Fitness (FC)
 - 4:00 **C** Name That Tune- Happy Hour (SL) (AM)
 - 7:30 Monday Musical Movie (TR) (RL)

- 5**
- 10:30 **HF** Upper Body Fitness Class (FC) (XP)
 - 11:15 **LL** Current Events - What's In The News? (ELC) (XP)
 - 11:30 **HF** Modern Jeopardy!® Game (ELC) (XP)
 - 2:00 **CV** Butterfly Community Project (ELC) (XP)
 - 2:30 **EF** Broadway Classics Played on Piano W/Lina (TR) (OP)
 - 3:30 **HF** Chair Yoga-Mind & Body Fit with Lori (LG) (OP)
 - 4:15 **CE** Chorus Practice (SL) (OP)
 - 5:00 **C** Short Skits Drama Group (SL) (AM)
 - 7:00 **LL** Trivial Pursuit With Prizes (TR) (AM)
 - 7:30 Film Noir (TR) (RL)

- 6**
- 10:30 **HF** Chair Yoga and Meditation (FC) (XP)
 - 11:00 **HF** Hangman Guessing Game (ELC) (XP)
 - 11:30 **EF** Lunch at Madeline's French Cruise (OL) (XP)
 - 2:00 **IS** Rosary Group With Sister Susanna (TR) (OP)
 - 2:30 **CV** Sewing for a Cause (ELC) (XP)
 - 3:30 **HF** Walking For Charity: Indoors or Outside (BL) (XP)
 - 4:00 **C** Happy Hour with Friends (SL) (XP)
 - 6:30 **LL** Drama Club-Learn Your Role (SL) (KG)
 - 7:00 Classic Wild West Movie (TR) (RL)
 - 7:00 **EF** Nickel Night Bingo (ELC)

- 7**
- 10:30 **HF** Total Body Fitness Workshop (FC) (AM)
 - 11:00 **LL** Surfing Senior Technology Class (SL) (OP)
 - 11:15 **LL** Global News -A Discussion Talk (BL) (AM)
 - 2:30 **CE** Greatest Courses of Science (TR) (XP)
 - 3:30 **HF** Meditation & Yoga-relax & stretch (CR) (AM)
 - 4:00 **C** Men's Poker Group (SL) (RL)
 - 4:30 **C** Meet for Canasta Club (BL) (RL)
 - 4:45 **LL** Arm Chair Travels (TR) (AM)
 - 7:00 **C** After-Dinner Sing Along (SL)
 - 7:30 Tonight's Showing: A Romantic Comedy (TR) (RL)

- 8**
- 10:30 **HF** Full Body Fitness with Resistance Bands (FC) (AM)
 - 11:00 **HF** Stretch & Meditation Class (BL) (AM)
 - 11:30 **LL** Hot Topics In The World & Around Town (BL) (AM)
 - 11:30 Shopping Trip To Nyack Shops (OL) (GM)
 - 2:00 **CE** Kindness Project w/ Boy Scouts (BL) (AM)
 - 3:00 **LL** This Day In History Discussion (TR)
 - 4:00 **C** Hors d'oeuvres, Beverages, And Friends (SL) (AM)
 - 5:30 **IS** Shabbat Candle Lighting And Blessings (TR) (AM)
 - 7:30 A Friday Flick (TR) (RL)

- 9**
- 10:30 **HF** Art of Balance & Strength Exercise Class (FC) (AM)
 - 11:15 **LL** Let's Discuss The NYT and WSJ Headlines (BL) (AM)
 - 11:30 **LL** Come Explore Space With NASA Live (TR) (AM)
 - 2:00 **LL** Investigating American Presidents-TGC (TR) (MV)
 - 2:30 Family Feud™ Game (SL) (AM)
 - 3:30 **HF** Core Strength Training For Balance (BL) (AM)
 - 4:00 **LL** Poetry Readings and Discussion Group (ELC) (AM)
 - 7:30 Come See What's Playing In The Theatre (TR)

- 10**
- 9:30 **IS** Local Church Transportation (OL) (GM)
 - 11:00 **LL** The Sunday Papers - Let's Discuss (BL) (XP)
 - 11:30 **HF** Mind & Body Fitness (FC) (XP)
 - 12:00 **IS** Sunday Morning Mass - Televised (TR)
 - 1:00 **EF** Matinee Movie-Broadway Show (TR)
 - 2:00 **IS** Bible Study about the Heart (TR) (XP)
 - 2:30 **CV** National Secondhand Wardrobe (TR) (AM)
 - 3:00 **EF** Scrabble® Tournament (SL) (XP)
 - 4:15 **HF** Matter of Balance Class (FC) (XP)
 - 7:30 A Night At The Movies (TR)

- 11**
- 10:30 **HF** Rhythm & Movement Exercises (FC) (XP)
 - 11:00 **PA** Choose Our Programming You Enjoy (TR) (XP)
 - 11:30 **LL** World News Discussion (BL) (XP)
 - 11:45 **LL** A Heartfelt Wellness Program (TR) (AM)
 - 1:30 **CV** Atria Norwood Recycles Together (ELC) (GM)
 - 2:00 **EF** Classic Sing Along Party (CR) (XP)
 - 3:30 **HF** Open Gym-Learn To Use The NuStep Machine (FC) (XP)
 - 4:00 **C** Happy Hour Party (SL) (AM)
 - 7:30 Musical Movie Monday (TR) (RL)

- 12**
- 10:30 **HF** Upper Body Resistance Band Training (FC) (XP)
 - 11:00 **HF** Beginnings And Endings Word Discovery (ELC) (XP)
 - 11:30 **LL** Today's News And Your Views (BL) (XP)
 - 1:00 Come See A Movie Matinee (TR)
 - 2:00 **CV** Butterfly Community Project (ELC)
 - 2:30 **EF** Broadway Classics Played on Piano W/Lina (TR) (XP)
 - 3:30 **HF** Chair Yoga & Breathing Exercises W/Lori (FC) (OP)
 - 4:30 **CE** Mastering The Love Languages (TR) (XP)
 - 7:30 **EF** Dr. Campbell Entertains Us On The Piano (TR) (OP)

- 13**
- 10:15 **HF** Morning Fitness Program (FC) (AM)
 - 10:45 **HF** Light Weight Upper Body Exercise Class (FC) (AM)
 - 11:00 **HF** Replace The Missing Letters Challenge (ELC) (XP)
 - 12:30 **EF** Trip to Movie Theater (OL) (XP)
 - 2:00 **IS** Rosary Group With Sister Suzanna (ELC) (OP)
 - 2:45 **CV** Knitting/Sewing for a Cause (ELC) (XP)
 - 3:00 **LL** Academic Lecture W/Great Course Series (TR) (XP)
 - 4:00 **C** Happy Hour with Friends (SL) (AM)
 - 7:00 **IS** Relaxation and Aromatherapy (FC) (KG)
 - 7:30 Tonight's Showing: A Dramatic Movie (TR)

- 14**
- Valentine's Day**
- 10:30 **HF** Total Body Fitness Workshop (FC) (XP)
 - 11:15 **LL** The Local, National And Intn'l News (ELC) (XP)
 - 11:30 **PA** Remember Hangman- Come play (ELC) (XP)
 - 2:00 **HF** Walking Club Challenge (FC)
 - 2:30 **C** Karaoke Sing Along (LG) (AM)
 - 3:00 **LL** Optimizing Brain Fitness (TR)
 - 3:30 **CE** Heart Categorize Puzzles (TR) (AM)
 - 4:00 **C** Men's Poker Group (SL) (RL)
 - 4:30 Meet for Canasta Games (BL) (RL)
 - 7:30 **EF** Valentine's Celebration Music Show (TR) (OP)

- 15**
- 10:30 **HF** Circuit Training (FC) (AM)
 - 11:00 **HF** Who Am I? Guess this famous person (ELC) (AM)
 - 11:30 Shopping Trip To Burlington Factory (OL) (GM)
 - 2:00 Board Game Challenges For Prizes (ELC) (AM)
 - 3:00 **CE** Bob Milli Book Reading (SL) (RL)
 - 3:15 **HF** Yoga For Flexibility And Balance (FC) (AM)
 - 4:00 **LL** You Be The Judge (CR) (XP)
 - 4:00 **PA** Learn How To Play Bridge (BL) (RL)
 - 5:30 **IS** Shabbat Candle Lighting And Blessings (TR) (AM)
 - 7:30 Feature Film Friday (TR)

- 16**
- 10:30 **HF** Art of Strength & Balance Class (FC) (AM)
 - 11:15 **LL** The News And Its Effect On Daily Living (TR) (MV)
 - 11:30 **IS** Laughter is The Best Medicine (TR) (MV)
 - 12:00 **LL** Snack Food Saturday (TR) (MV)
 - 2:00 **CE** Music Painting Class (ELC) (AM)
 - 2:30 **LL** Great Course Lecture on US Presidents (TR) (MV)
 - 3:00 **IS** National Programming-StoryWise (CR) (AM)
 - 3:30 **HF** Stretch & Meditation Program (FC) (AM)
 - 4:00 **C** Juice and Jeopardy!® Party! (ELC) (AM)
 - 7:30 Comedy Film For A Saturday Evening (TR) (RL)

- 17**
- 9:30 **IS** Local Church Transportation (OL) (GM)
 - 10:30 **HF** Mind Body Fitness (FC) (XP)
 - 11:15 **C** Men's Hobby Grp-Bring Something To Show (SL) (GM)
 - 11:30 **LL** Today's News and Politics In The Bistro (BL) (XP)
 - 12:00 **IS** Sunday Morning Mass - Televised (TR)
 - 2:00 **HF** Charity Miles Walking Club (BL) (XP)
 - 2:30 **EF** Family Game Day With Prizes (ELC) (KG)
 - 3:30 **C** Karaoke Holiday Sing Along (SL) (XP)
 - 4:00 **IS** Chicken Soup for the Soul Book Reading (CR) (XP)
 - 7:30 Come See What's At The Movies (TR)

- 18**
- President's Day**
- 10:30 **HF** Move To The Beat (FC) (XP)
 - 11:15 **LL** Today's National & International News (BL) (XP)
 - 11:30 **C** Presidents Day Trivia Challenge (SL) (XP)
 - 1:30 **HF** After Lunch Walking Group (BL) (KG)
 - 2:00 Bridge And Canasta Players Join Us! (BL) (RL)
 - 3:30 **HF** Nu-Step Challenge-Beat your record & win (FC) (XP)
 - 4:00 **C** Happy Hour Libations With Your Friends (SL) (AM)
 - 4:00 **PA** Meet With Chef To Share Your Thoughts (SL) (TR)
 - 7:30 Monday Evening Musical (TR) (RL)

- 19**
- 10:30 **HF** Upper Body Fitness Class (FC) (XP)
 - 11:00 **LL** World Culture-Let's Explore... (ELC) (OP)
 - 11:30 **LL** Let's Discuss...The NYT And WSJ (BL) (XP)
 - 1:00 **EF** Matinee Movie (TR) (AM)
 - 2:00 **CV** Butterfly Community Project (ELC)
 - 2:30 **EF** Piano W/Volunteer Lina (TR) (XP)
 - 3:15 **HF** Yoga For Flexibility And Meditation (FC) (OP)
 - 4:00 **LL** Super Bowl® Lecture w/ Evan Weiner (TR) (OP)
 - 5:30 **CE** Drama Club-Practice your lines (TR) (KG)
 - 7:00 **LL** Trivial Pursuit Game for Prizes (TR) (AM)

- 20**
- 10:15 **HF** Stretch & Tone w/ Weights (FC) (XP)
 - 10:45 **HF** Mind Body Management Through Tai Chi (FC) (AM)
 - 11:30 **HF** Addables - How Many Words Can You Make? (ELC) (XP)
 - 1:00 **EF** Butterfly Community Project (ELC)
 - 2:00 **IS** Rosary Group (ELC) (OP)
 - 2:45 **CE** National Programming StoryWise™ (ELC) (AM)
 - 3:15 **C** Sidney Poitier Day Discussion
 - 4:00 **C** Happy Hour Social (SL) (XP)
 - 7:00 **EF** Nickel Night Bingo Challenge (ELC) (AM)
 - 7:30 On The Big Screen - A Movie Drama (TR)

- 21**
- 10:30 **HF** Body Fitness (FC) (OP)
 - 11:15 **LL** What's In Your Newspaper? Let's Chat (ELC) (XP)
 - 11:30 **HF** Crossword Puzzles (ELC) (XP)
 - 1:30 **HF** Afternoon Walking Club (BL) (XP)
 - 2:15 **CV** Atria Helping Hands-Baking for Police (LG)
 - 2:30 Canasta - All Levels (BL) (RL)
 - 3:30 **HF** Guided Meditation Workshop (TR) (AM)
 - 4:00 **LL** Winter Benefits of Aromatherapy Workshop (TR) (OP)
 - 6:45 **IS** Spiritual Trivia Challenge (TR) (AM)
 - 7:30 **EF** Tonight's Special Feature Film

- 22**
- 10:30 **HF** Balance And Strength Training (FC) (XP)
 - 11:00 **HF** How Many Words Are In This Word? (ELC) (AM)
 - 11:30 Shopping Trip To Macy's (OL) (GM)
 - 2:15 **CE** Creative Writing Workshop (ELC) (AM)
 - 3:30 **HF** Chair Pilates For Flexibility & Balance (FC) (AM)
 - 4:00 **CV** Fundraising for Local Charities (BL) (AM)
 - 4:15 **LL** Washington's Birthday- Discussion (TR) (XP)
 - 5:30 **IS** Shabbat Candle Lighting And Blessings (TR) (AM)
 - 7:30 Friday Night Recent Feature Film (TR)

- 23**
- 10:15 **LL** Coffee Chat and Headlines Discussion Grp (BL) (AM)
 - 10:30 **HF** The Art of Strength and Balance Program (FC) (AM)
 - 11:00 **HF** Trivia For Prizes - Let's Win! (ELC) (AM)
 - 12:00 **EF** Broadway HD Play (TR) (OP)
 - 1:00 **CE** Painting To The Music (ELC) (AM)
 - 2:00 **C** Pianist Elvin Cho Returns (SL) (AM)
 - 3:00 **LL** Ted Talk Lecture-Mindful Minutes
 - 3:30 **HF** Use It Or Lose It - Workout Your Core (BL) (AM)
 - 4:00 **IS** Choral Group- come sing or listen (ELC) (AM)
 - 7:30 Saturday Night At The Movies (TR)

- 24**
- 9:30 **IS** Local Church Transportation (OL) (GM)
 - 11:00 **HF** Barre Program-Strength & Balance (FC) (XP)
 - 11:30 **LL** Discussing The News - What's In Papers? (BL) (XP)
 - 11:45 **HF** Engage Your Brain-word challenges (BL) (XP)
 - 12:00 **IS** Sunday Morning Mass - Televised (TR)
 - 2:00 **C** Family Bingo With Prizes, & Refreshments (BL) (XP)
 - 3:30 **HF** Music & Walking For Charity (BL) (XP)
 - 4:00 **C** Red Carpet Day Discussion (BL) (AM)
 - 7:30 Sunday Night At The Movies (TR)

- 25**
- 10:30 **HF** Move to the Beat (FC) (XP)
 - 11:00 **PA** Monthly Resident Council Meeting (TR) (RL)
 - 11:30 **HF** Engage Your Brain Challenge (TR) (XP)
 - 1:30 **CV** Atria Norwood Recycling Project (ELC) (GM)
 - 2:00 **HF** Walking Club for Charity (FC) (XP)
 - 2:30 **LL** Favorite Literary Couples Day (TR) (AM)
 - 3:00 Meet for Chess Match (CR) (RL)
 - 4:00 **C** Special Happy Hour February Birthdays (SL) (XP)
 - 7:30 What's Playing At Our Theatre? (TR) (RL)

- 26**
- 10:30 **HF** Matter of Balance & Barre Class
 - 11:15 **LL** Coffee, Tea, News And Views (BL) (XP)
 - 11:30 **HF** Trivia Challenge (ELC) (AM)
 - 1:45 **HF** Walking & Stretching Club (FC) (OP)
 - 2:30 **CV** Jewelry Making for a cause (ELC) (XP)
 - 2:30 **EF** Piano Show W/ Volunteer Lina (TR) (OP)
 - 3:15 **HF** Chair Yoga W/Instructor Lori (FC) (OP)
 - 3:30 **LL** Arts By The People Lecture-South Africa (TR) (OP)
 - 4:30 **IS** Kindness Project (ELC) (AM)
 - 7:00 **C** Trivial Pursuit Challenge (SL)

- 27**
- 10:30 **HF** Stretch & Tone Training (FC) (XP)
 - 11:00 **HF** iPad®-Pictures, Words, Imagination! (ELC) (XP)
 - 2:00 **IS** Rosary Group (TR) (OP)
 - 2:30 **PA** Google™ Map Exploration of The World (TR) (XP)
 - 3:00 **CE** The Making Of A Recipe Book (CR) (AM)
 - 3:30 **HF** Yoga For Flexibility And Meditation (FC) (AM)
 - 4:00 **C** Welcoming Our Newest Residents Social (SL) (XP)
 - 7:00 **EF** Nickel Night Bingo (CR) (XP)
 - 7:30 The Wednesday Evening Drama Movie (TR)

- 28**
- 10:30 **HF** Total Body Fitness (FC) (OP)
 - 11:00 Who What Where (ELC) (AM)
 - 11:30 **LL** The NYT And WSJ Headlines & Conversation (BL) (XP)
 - 3:30 **HF** The Healing Art of Tai Chi (FC) (XP)
 - 4:00 **HF** Meditative Dance (ELC) (XP)
 - 4:00 **EF** Karaoke Sing Along (SL) (AM)
 - 5:30 **LL** Everything Italian-Exploring Culture (TR) (AM)
 - 7:00 **IS** The Scents And Sounds Of Relaxation (FC) (AM)
 - 7:30 Tonight's Showing: A Romantic Comedy (TR) (RL)

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LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

Welcome to the Neighborhood

Sunday, February 10, 2:00 PM

Valentine's Party

Thursday, February 14, 3:00 PM

February Birthdays

Saturday, February 23, 3:00 PM

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SENIOR LIVING

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FEBRUARY 2019

SUNDAY

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- StoryWise** Atria StoryWise

3
10:00 **HF** Morning Strollers
11:00 **IS** Devotional
1:00 **J** Legato-Karaoke
2:00 **LL** Daily Chronicles
3:00 **C** This day in History
4:00 **HF** Sittercise
5:00 **CE** Words Scramblers
6:00 **EF** Movie Night

4
10:00 **HF** Flex & Stretch
11:00 **J** Legato- Country Music
1:00 **CE** 80's Vintage Fashion Show
2:00 **LL** Famous Explores
3:00 **C** Comedy Club
4:00 **HF** Ring Toss
5:00 **EF** Baking Club
6:00 **EF** Movie Night

5
10:00 **HF** Swinging To The Oldies
11:00 **LL** Daily Chronicles
1:00 **J** Legato- Maracas
2:00 **CE** Creative Crafting
3:00 **LL** Name 10
4:00 **HF** Walking Club
5:00 **C** Chicken Soup Stories
6:00 **EF** Theater-Movie Night

6
10:00 **HF** Rise and Stretch
11:00 **LL** Lecture and Discussion-Daily Chronicles
1:00 **CE** Painting and Punch
2:00 **HF** Parachute Ball Toss
3:00 **J** Legato-dancing to the 20's
4:00 **CE** Watercolors
5:00 **LL** Appreciation of History, Music, Art
6:00 **EF** Movie Night

7
10:00 **HF** Chair Aerobics
11:00 **LL** Daily Chronicle Discussion
1:00 **J** Legato- Musical Drums
2:00 **LL** History of Travel
3:00 **C** The Common Factor
4:00 **HF** Walk About
5:00 **CE** Jewelry Making
6:00 **EF** Movie Night

8
10:00 **HF** Chair Aerobics
11:00 **PA** Wheel of Fortune®
1:00 **LL** Daily Chronicles
2:00 **J** Legato-Elvis Presley Music
3:00 **HF** Dance Class
4:00 **CE** Painting and Punch
5:00 **C** Table Top Gamers
6:00 **EF** Theater-Movie Night

9
10:00 **HF** Colorful Weights
11:00 **LL** Daily Chronicles
1:00 **C** You Be the Judge
2:00 **LL** World Culture
3:00 **J** Legato- reading music
4:00 **C** Puzzle it Out
5:00 **HF** Walking club
6:00 **EF** Movie Night

10
10:00 **HF** Morning Strollers
11:00 **IS** Devotional
1:00 **LL** Daily Chronicles
2:00 **EF** Welcome to the Neighborhood
3:00 **C** Remember When
4:00 **HF** Conductorcise®
5:00 **CE** Pretty Nails
6:00 **EF** Movie night

11
10:00 **HF** Chair Dancing
11:00 **CV** Library trip
1:00 **C** Name 10
2:00 **LL** GoogleTravel
3:00 **HF** Square Dancing
4:00 **J** Sing Along
5:00 **EF** Casino
6:00 **EF** Theater-Movie Night

12
10:00 **HF** Stretch & Flex
11:00 **LL** Daily Chronicles
1:00 **J** Legato: Moovin & Groovin
2:00 **LL** Finishing The Phrase
3:00 **LL** Book Club
4:00 **HF** Meditation
5:00 **C** Social Club
6:00 **EF** Movie Night

13
10:00 **HF** Strength and Balance Program
11:00 **LL** Daily Chronicles
1:00 **J** LEGATO: Stephen Foster Day
2:00 **LL** World Culture
3:00 **CE** Remember when...
4:00 **C** How It's Made
5:00 **C** Bingo
6:00 **EF** Movie night

14
10:00 **HF** Chair Yoga
11:00 **LL** Daily Chronicles
1:00 **PA** Sharing Family Traditions
2:00 **CE** Pretty Nails
3:00 **EF** Valentine's Party
4:00 **J** Legato: Violin Day
5:00 **LL** Book Club
6:00 **EF** Theater-Movie Night

15
10:00 **HF** Flex & Stretch
11:00 **LL** Daily Chronicles
1:00 **J** Legato- Big band music
2:00 **HF** Parachute
3:00 **C** Reminiscing On Days Gone By
4:00 **PA** Puzzles and Games
5:00 **LL** Mystery Person
6:00 **EF** Theater-Movie Night

16
10:00 **HF** Sittercise
11:00 **LL** Daily Chronicles
1:00 **CE** Art Class
2:00 **J** Legato: karaoke
3:00 **C** StoryWise™
4:00 **HF** Chair Yoga
5:00 **LL** Share A Treasure
6:00 **EF** Movie Night

17
10:00 **HF** Morning Strollers
11:00 **IS** Devotional
1:00 **EF** Madeline's Restaurant
2:00 **LL** Book Club
3:00 **EF** Trivia
4:00 **J** Legato-karaoke
5:00 **HF** Shuffle Board
6:00 **EF** Theater-Movie Night

18
10:00 **HF** Sittercise
11:00 **EF** Library Trip
1:00 **HF** Walking Club
2:00 **EF** Casino
3:00 **C** Happy hour
4:00 **C** What Would You Do?
5:00 **C** StoryWise™
6:00 **EF** Movie Night

19
10:00 **HF** Stretch & Flex
11:00 **CE** Google™ ZooCam
1:00 **EF** Culinary-Bake Bread
2:00 **C** Gardening Club
3:00 **PA** Scrap Booking
4:00 **LL** Learn about Italy
5:00 **J** Legato: Dolly Parton Music
6:00 **EF** Theater- movie night

20
10:00 **HF** Stretch and Flex
11:00 **CE** Art Classes
1:00 **HF** Toss Across
2:00 **CE** Baking Group
3:00 **J** Legato-maracas
4:00 **J** Pretty Nails
5:00 **C** Social Program
6:00 **EF** Movie Night

21
10:00 **HF** Exercise Class - Weights
11:00 **LL** Daily Chronicles
1:00 **J** Stevie Wonder style Legato
2:00 **LL** Academic Challenge
3:00 **CE** Make & Take Craft
4:00 **HF** Bean Bag Toss
5:00 **EF** Culinary Enhancement Programs
6:00 **EF** Theater- Movie Night

22
10:00 **HF** Ball Toss
11:00 **EF** Northvale Diner
1:00 **J** Legato-world music
2:00 **LL** Hot Topics
3:00 **PA** Table Top Puzzles and Games
4:00 **HF** Dance Class-Chair Tap Dancing Group
5:00 **CE** Kitchen Science
6:00 **EF** Theater- Movie Night

23
10:00 **HF** Chair Dancing
11:00 **LL** Share Holiday & Family Traditions
1:00 **J** Legato- Beatles and Don McLean
2:00 **HF** Chair Yoga
3:00 **EF** February Birthdays
4:00 **EF** Dancing- Tango
5:00 **LL** Learn About Israel
6:00 **EF** Movie Night

24
10:00 **HF** Sittercise
11:00 **IS** Devotional
1:00 **J** Legato-Neil Diamond
2:00 **EF** Book Title Mashup
3:00 **C** Happy Hour
4:00 **HF** Horse Shoes
5:00 **IS** Poetry Club
6:00 **EF** Theater: Movie Night

25
10:00 **HF** Chair Dancing
11:00 **LL** Lecture and Discussion
1:00 **J** Legato- Ronnie Scott Jazz music
2:00 **HF** Patio Stroll
3:00 **IS** Timeless Trivia
4:00 **PA** Poetry Club
5:00 **LL** Science and Technology Class
6:00 **EF** Theater-Movie Night

26
10:00 **HF** Stretch & Flex
11:00 **LL** Daily Chronicle
1:00 **HF** Patio stroll
2:00 **CV** Life Guidance®- spa day
3:00 **J** Legato- 50's music
4:00 **PA** Fun With Words
5:00 **EF** Challenges and Tournaments
6:00 **EF** Theater-Movie Night

27
10:00 **HF** Light & Lively Exercise
11:00 **CV** Knitting/Sewing for a Cause
1:00 **CV** Writing thank you cards
2:00 **LL** Daily Chronicles
3:00 **J** Legato-Mozart Classical Music
4:00 **PA** Name 10
5:00 **EF** Table Top Gamers
6:00 **EF** Movie Night

28
10:00 **HF** Stretch Flex
11:00 **J** Legato: Ronnie Scott Jazz
1:00 **CE** Make & Take Crafting
2:00 **HF** Parachute Game
3:00 **C** Happy Hour
4:00 **PA** Coupon Clippers
5:00 **CE** Art Classes
6:00 **EF** Theater-Movie Night

1
10:00 **HF** Dancing to the Oldies
11:00 **LL** Lecture and Discussion: Daily Chronicles
1:00 **HF** Low-Impact Aerobic
3:00 **IS** Poets Among Us
4:00 **C** StoryWise™
5:00 **EF** Theater-Name the Actors
6:00 **EF** Movie night

2
10:00 **HF** Swing Into the Oldies
11:00 **LL** Daily Chronicles
1:00 **CE** Talent Show
2:00 **C** Card Game
3:00 **J** Legato-Neil Sedaka sing along
4:00 **IS** Meditation
5:00 **HF** Dance Class-Chair Tap Dancing Group
6:00 **EF** Theater-Tonight's Show

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