

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

- Be Adventurous
- Be Challenged
- Be Connected
- Be Family
- Be Inspired
- Be Social
- Be Well

**Location Keys**

- 2nd Floor
- 2nd Floor Dining Room
- 2nd Floor Patio
- 2nd
- 2FDR
- 2FP



- 1
- 10:15 Sit & Be Fit [2FDR]
  - 10:45 Walking Club [2nd]
  - 11:00 The Daily Chronicles [2FDR]
  - 2:00 Expressive Design [2nd]
  - 2:30 MANICURES
  - 3:30 Culinary Creations
  - 3:45 Table Tennis
  - 6:30 Art Expressions

- 2
- GROUNDHOG DAY**
- 10:00 Lior's Music & Drum Circle
  - 11:00 The Daily Chronicles [2FDR]
  - 2:00 Sing-A-Long with ElderSong [2nd]
  - 3:00 Sentimental Documentary Series [2nd]
  - 6:15 Walking Club [2nd]
  - 6:30 Evening Bingo

- 3
- 10:15 Sit & Be Fit [2FDR]
  - 11:00 The Daily Chronicles [2FDR]
  - 1:30 Culinary Creations [2FDR]
  - 2:00 Afternoon Musical
  - 3:30 Happy Hour [2FP]
  - 6:30 Evening Board Games

- 4
- 10:15 Sit & Be Fit [2FDR]
  - 10:30 Bible Study [2nd]
  - 10:30 The Daily Chronicles
  - 11:00 Piano music with Aaron
  - 1:30 Picture Bingo
  - 3:30 Bowling Fun!
  - 6:30 Evening Movie

- 5
- 10:00 Lior's Music & Drum Circle
  - 11:00 The Daily Chronicles [2FDR]
  - 2:00 Expressive Design [2nd]
  - 3:00 Trivia Q and A
  - 3:30 Sing-A-Long With ElderSong [2nd]
  - 6:15 Walking Club [2nd]
  - 6:30 Evening Brain Challenges

- 6
- 10:30 The Daily Chronicles
  - 11:00 Chair Yoga Fitness with Laurence
  - 2:00 Afternoon Musical
  - 2:30 MANICURES
  - 3:30 Culinary Creations
  - 6:30 Bulls-Eye Challenge

- 7
- 10:15 Sit & Be Fit [2FDR]
  - 11:00 The Daily Chronicles [2FDR]
  - 11:30 Enjoyable Outting
  - 2:00 Expressive Design [2nd]
  - 3:00 Trivia Q and A
  - 3:30 Happy Hour [2FP]
  - 6:30 Evening Bingo

- 8
- 10:15 Sit & Be Fit [2FDR]
  - 11:00 The Daily Chronicles [2FDR]
  - 2:00 Expressive Design [2nd]
  - 2:30 MANICURES
  - 3:30 Culinary Creations
  - 4:15 Poets Corner
  - 6:30 Art Expressions

- 9
- 10:00 Lior's Music & Drum Circle
  - 11:00 The Daily Chronicles [2FDR]
  - 2:00 Sing-A-Long with ElderSong [2nd]
  - 3:00 Sentimental Documentary Series [2nd]
  - 6:15 Walking Club [2nd]
  - 6:30 Evening Bingo

- 10
- 10:15 Sit & Be Fit [2FDR]
  - 11:00 The Daily Chronicles [2FDR]
  - 1:30 Culinary Creations [2FDR]
  - 2:00 Afternoon Musical
  - 3:30 Happy Hour [2FP]
  - 6:30 Evening Board Games

- 11
- 10:15 Sit & Be Fit [2FDR]
  - 10:30 Bible Study [2nd]
  - 10:30 The Daily Chronicles
  - 11:00 Piano music with Aaron
  - 1:30 Picture Bingo
  - 3:30 Bowling Fun!
  - 6:30 Evening Movie

- 12
- 10:00 Lior's Music & Drum Circle
  - 11:00 The Daily Chronicles [2FDR]
  - 2:00 From OUR Generations to YOURS!
  - 2:00 Expressive Design [2nd]
  - 3:00 Trivia Q and A
  - 3:30 Sing-A-Long With ElderSong [2nd]
  - 6:15 Walking Club [2nd]
  - 6:30 Evening Brain Challenges

- 13
- 10:30 The Daily Chronicles
  - 11:00 Chair Yoga Fitness with Laurence
  - 2:00 Afternoon Musical
  - 2:30 MANICURES
  - 3:30 Culinary Creations
  - 6:30 Bulls-Eye Challenge

- 14
- VALENTINE'S DAY**
- 10:15 Sit & Be Fit [2FDR]
  - 11:00 The Daily Chronicles [2FDR]
  - 11:30 NEVER STOP exploring trip! [2nd]
  - 2:00 Expressive Design [2nd]
  - 3:00 Trivia Q and A
  - 3:30 Happy Hour [2FP]
  - 6:30 Evening Bingo

- 15
- 10:15 Sit & Be Fit [2FDR]
  - 11:00 The Daily Chronicles [2FDR]
  - 2:00 Expressive Design [2nd]
  - 2:30 MANICURES
  - 3:30 Culinary Creations
  - 3:45 Table Tennis
  - 6:30 Art Expressions

- 16
- 10:00 Lior's Music & Drum Circle
  - 11:00 The Daily Chronicles [2FDR]
  - 2:00 Sing-A-Long with ElderSong [2nd]
  - 3:00 Sentimental Documentary Series [2nd]
  - 6:15 Walking Club [2nd]
  - 6:30 Evening Bingo

- 17
- 10:15 Sit & Be Fit [2FDR]
  - 11:00 The Daily Chronicles [2FDR]
  - 1:30 Culinary Creations [2FDR]
  - 2:00 Afternoon Musical
  - 3:30 Happy Hour [2FP]
  - 6:30 Evening Board Games

- 18
- 10:15 Sit & Be Fit [2FDR]
  - 10:30 Bible Study [2nd]
  - 10:30 The Daily Chronicles
  - 11:00 Piano music with Aaron
  - 1:30 Picture Bingo
  - 3:30 Bowling Fun!
  - 6:30 Evening Movie

- 19
- PRESIDENT'S DAY**
- 10:00 Lior's Music & Drum Circle
  - 11:00 The Daily Chronicles [2FDR]
  - 2:00 Expressive Design [2nd]
  - 3:00 Trivia Q and A
  - 3:30 Sing-A-Long With ElderSong [2nd]
  - 6:15 Walking Club [2nd]
  - 6:30 Evening Brain Challenges

- 20
- 10:30 The Daily Chronicles
  - 11:00 Chair Yoga Fitness with Laurence
  - 2:00 Afternoon Musical
  - 2:30 MANICURES
  - 3:30 Culinary Creations
  - 6:30 Bulls-Eye Challenge

- 21
- 10:15 Sit & Be Fit [2FDR]
  - 11:00 The Daily Chronicles [2FDR]
  - 11:30 Enjoyable Outting
  - 2:00 Expressive Design [2nd]
  - 3:00 Trivia Q and A
  - 3:30 Happy Hour [2FP]
  - 6:30 Evening Bingo

- 22
- 10:15 Sit & Be Fit [2FDR]
  - 11:00 The Daily Chronicles [2FDR]
  - 2:00 Expressive Design [2nd]
  - 2:30 MANICURES
  - 3:30 Culinary Creations
  - 4:15 Poets Corner
  - 6:30 Art Expressions

- 23
- 10:00 Lior's Music & Drum Circle
  - 11:00 The Daily Chronicles [2FDR]
  - 2:00 Sing-A-Long with ElderSong [2nd]
  - 3:00 Sentimental Documentary Series [2nd]
  - 6:15 Walking Club [2nd]
  - 6:30 Evening Bingo

- 24
- 10:15 Sit & Be Fit [2FDR]
  - 11:00 The Daily Chronicles [2FDR]
  - 1:30 Culinary Creations [2FDR]
  - 2:00 Afternoon Musical
  - 3:30 Happy Hour [2FP]
  - 6:30 Evening Board Games

- 25
- 10:15 Sit & Be Fit [2FDR]
  - 10:30 Bible Study [2nd]
  - 10:30 The Daily Chronicles
  - 11:00 Piano music with Aaron
  - 1:30 Picture Bingo
  - 3:30 Bowling Fun!
  - 6:30 Evening Movie

- 26
- 10:00 Lior's Music & Drum Circle
  - 11:00 The Daily Chronicles [2FDR]
  - 2:00 Expressive Design [2nd]
  - 3:00 Trivia Q and A
  - 3:30 Sing-A-Long With ElderSong [2nd]
  - 6:15 Walking Club [2nd]
  - 6:30 Evening Brain Challenges

- 27
- 10:30 The Daily Chronicles
  - 11:00 Chair Yoga Fitness with Laurence
  - 2:00 Afternoon Musical
  - 2:30 MANICURES
  - 3:30 Culinary Creations
  - 6:30 Bulls-Eye Challenge

- 28
- 10:15 Sit & Be Fit [2FDR]
  - 11:00 The Daily Chronicles [2FDR]
  - 11:30 NEVER STOP exploring trip! [2nd]
  - 2:00 Expressive Design [2nd]
  - 3:00 Trivia Q and A
  - 3:30 Happy Hour [2FP]
  - 6:30 Evening Bingo

