

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

- Connect
- Contribute
- Feel
- Grow
- Move
- Reflect



Be Inspired

- 9:30 ● Senior Fit Aerobics [PTR]
- 10:30 ● Chicken Soup for the Soul Book Club [CS]
- 1:30 ● Visits of Peace [RA]
- 2:00 ● Floral Centerpieces with Babbette [ER]
- 3:30 ● Happy Hour [LB]
- 6:45 ● Sports Hub & Games [LB]

- 9:30 ● Saturday Morning Stretches [PTR]
- 10:15 ● Wii Bowling (Group 1) [LB]
- 10:15 ● Wii Bowling (Group 2) [ER]
- 10:45 ● Competitive Team Trivia [CS]
- 2:00 ● Garbage Card Game [ER]
- 3:45 ● Crafter's Corner: "Sticker Art" [CS]

LOCATIONS

CR - Club Room

CS - Creative Studio

DR- Dining Room

ER - Entertainment Room

LB - Lobby

OT - Outing

PTR- Physical Therapy Room

BS-Beauty Salon

Beauty Shop

Thursday & Friday Mornings

SENIOR LIFESTYLE

Come grow with us!

SENIOR LIFESTYLE

Unlimited options, Unparalleled services

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Activities are subject to change

Birthdays:

2/4 Lois B.

2/6 Mickey P.

2/8 Muriel T.

2/8 Nola H.

2/19 Marshall S.

- 9:30 ● Senior Strength Training [PTR]
- 10:15 ● Crosswords & Brain Teasers [CS]
- 11:00 ● Christian Service with Pastor Dale [ER]
- 2:00 ● BINGO (\$2 ante) [ER]
- 2:30 ● Puzzling Parlour [LB]
- 3:30 ● Free Manicures [BS]
- 5:30 ● SUPER BOWL PARTY! [ER]

- 9:30 ● Senior Strength Training [PTR]
- 10:15 ● Crosswords & Brain Teasers [CS]
- 11:00 ● Christian Service with Pastor Dale [ER]
- 2:00 ● BINGO (\$2 ante) [ER]
- 2:30 ● Puzzling Parlour [LB]
- 3:30 ● Aromatherapy & Hand Massages [BS]

- 9:30 ● Senior Strength Training [PTR]
- 10:15 ● Crosswords & Brain Teasers [CS]
- 11:00 ● Christian Service with Pastor Dale [ER]
- 1:15 ● OUTING: Sunday Afternoon Concert- Estrella Piano Duo [OT]
- 2:00 ● BINGO (\$2 ante) [ER]
- 3:30 ● Free Manicures [BS]

- 9:30 ● Senior Strength Training [PTR]
- 10:15 ● Crosswords & Brain Teasers [CS]
- 11:00 ● Christian Service with Pastor Dale [ER]
- 2:00 ● BINGO (\$2 ante) [ER]
- 2:30 ● Puzzling Parlour [LB]
- 3:30 ● Practice Mindfulness & Meditation [PTR]

- 9:30 ● Stronger Senior Exercise [PTR]
- 10:30 ● Catholic Communion & Holy Rosary [ER]
- 11:00 ● Wrinkles of Laughter: A Comedy Program [CS]
- 2:15 ● Senior Spelling Bee! [ER]
- 3:45 ● Inside Quest with Tom Bilyeu [ER]
- 6:30 ● Table Top Game Night: Board Games, Dice or Cards! [ER]

- 9:30 ● Stronger Senior Exercise [PTR]
- 10:30 ● Catholic Communion & Holy Rosary [ER]
- 10:35 ● Brown Bag Lunch & Classic Film "The Magnificent Seven" [OT]
- 2:15 ● Burning Bowl Ceremony [CS]
- 3:45 ● BHU-Cultivating a Healthy Brain [CS]
- 5:00 ● Memory Care Townhall [ER]
- 6:00 ● Alzheimer's/Dementia Support Group [ER]

- 9:30 ● Stronger Senior Exercise [PTR]
- 10:30 ● Catholic Communion & Holy Rosary [ER]
- 11:00 ● Drama Club: Script Reading 101 [CS]
- 2:15 ● Senior Spelling Bee! [ER]
- 3:45 ● BHU-Cultivating a Healthy Brain [CS]
- 6:30 ● Table Top Game Night: Board Games, Dice or Cards! [ER]

- 9:30 ● Stronger Senior Exercise [PTR]
- 10:30 ● Catholic Communion & Holy Rosary [ER]
- 11:00 ● Cookies for Firefighters! [CS]
- 2:15 ● Taste of the Month: Krispy-Kreme [ER]
- 3:45 ● OUTING: Shopping Trip to Dollar Tree [CS]
- 6:30 ● Table Top Game Night: Board Games, Dice or Cards! [ER]

- 9:30 ● Zumba Gold with Elizabeth [PTR]
- 10:15 ● Wii Bowling (Group 1) [LB]
- 10:15 ● Wii Bowling (Group 2) [ER]
- 11:15 ● Informative Session: The Grandparent Scam with our Police Department [ER]
- 2:00 ● BINGO (\$2 ante) & Reflection of the Day [ER]
- 3:30 ● Activity Committee Meets with Osiris [CS]
- 6:30 ● Classic Films Movie Night: "The Scarlet Coat" [ER]

- 9:30 ● Zumba Gold with Elizabeth [PTR]
- 10:15 ● Wii Bowling (Group 1) [LB]
- 10:15 ● Wii Bowling (Group 2) [ER]
- 11:00 ● Discover your Mark: A Creative Arts Program [CS]
- 2:00 ● BINGO (\$2 ante) & Reflection of the Day [ER]
- 6:30 ● Classic Films Movie Night: "Titanic Part 1" [ER]

- 9:30 ● Zumba Gold with Elizabeth [PTR]
- 10:15 ● Wii Bowling (Group 1) [LB]
- 10:15 ● Wii Bowling (Group 2) [ER]
- 11:00 ● Science Club: How do Rainbows form? [CS]
- 2:00 ● BINGO (\$2 ante) & Reflection of the Day [ER]
- 2:00 ● Visiting Veterans from the GBPL [CS]
- 6:30 ● Classic Films Movie Night: "Titanic Part 2" [ER]

- 9:30 ● Zumba Gold with Elizabeth [PTR]
- 10:15 ● Wii Bowling (Group 1) [LB]
- 10:15 ● Wii Bowling (Group 2) [ER]
- 10:45 ● Discover your Mark: A Creative Arts Program [CS]
- 2:00 ● BINGO (\$2 ante) & Reflection of the Day [ER]
- 3:30 ● Resident Town Hall with Department Directors [ER]
- 6:30 ● Classic Films Movie Night: "Casa Blanca" [ER]

- 9:30 ● Coffee Clutch with Guest [ER]
- 10:00 ● Gail Borden Visits: "Ice Castles and more" [ER]
- 10:30 ● Chair Fitness with Susan [PTR]
- 1:30 ● Theme of Month Movie: "Extremely Loud & Incredibly Close" [ER]
- 3:30 ● Dining Committee Meets with Chad! [CR]
- 4:15 ● OUTING: "Paul's Restaurant" [OT]

- 9:30 ● Coffee Clutch with Guest [ER]
- 10:30 ● Chair Fitness with Susan [PTR]
- 11:00 ● Jeopardy of the Month! [ER]
- 1:30 ● Theme of Month Movie: "Facing the Giants" [ER]
- 4:00 ● Walk and Talk Club [LB]

- 9:30 ● Coffee Clutch with Guest [ER]
- 10:30 ● Chair Fitness with Susan [PTR]
- 11:00 ● Dance of the Month: "All about Ballet" [ER]
- 2:00 ● Cooking Demo with Chad [ER]
- 3:45 ● High Tea Party [CR]

- 9:30 ● Coffee Clutch with Guest [ER]
- 10:30 ● Chair Fitness with Susan [PTR]
- 11:00 ● Sweet Tooth's Avenue: Strawberry Avocado Toast [CS]
- 1:30 ● Theme of Month Movie: "The War Room" [ER]
- 4:00 ● "Waters of Life" Bible Study [ER]

- 9:30 ● Exercise and Meditation [PTR]
- 10:30 ● Sing-Along & Finishing Lyrics [ER]
- 11:00 ● Learning Session: Why is it Important to Reflect? [ER]
- 2:00 ● BINGO (\$2 ante) & Joke of the Day [ER]
- 3:30 ● Lucky Entertainment: Alyssa Cruz [LB]
- 6:30 ● Evening Trivia & Prizes! [ER]

- 9:30 ● Exercise and Meditation [PTR]
- 10:30 ● Sing-Along & Finishing Lyrics [ER]
- 11:00 ● Learning Session: Creating an Environment for Reflection [ER]
- 2:00 ● BINGO (\$2 ante) & Joke of the Day [ER]
- 3:30 ● Lucky Entertainment: Anne Marie [LB]
- 6:30 ● Evening Trivia & Prizes! (Valentine's Edition) [ER]

- 9:30 ● Exercise and Meditation [PTR]
- 10:30 ● Sing-Along & Finishing Lyrics [ER]
- 11:00 ● Learning Session: Why is Philosophy and Theology important? [ER]
- 2:00 ● BINGO (\$2 ante) & Joke of the Day [ER]
- 3:45 ● Jackie Miller Vocal Performance [LB]
- 6:30 ● Evening Trivia & Prizes! [ER]

- 9:30 ● Exercise and Meditation [PTR]
- 10:30 ● Sing-Along & Finishing Lyrics [ER]
- 11:00 ● Learning Session: Eulogy Exercise [ER]
- 12:00 ● RESIDENT BIRTHDAY LUNCH [D]
- 2:00 ● BINGO (\$2 ante) & Joke of the Day [ER]
- 3:30 ● Lucky Entertainment: Jae Wilkins [LB]
- 6:30 ● Evening Trivia & Prizes! [ER]

- 9:30 ● Senior Fit Aerobics [PTR]
- 10:15 ● Chicken Soup for the Soul Book Club [CS]
- 11:00 ● Senior Tech Classes with Phil [CS]
- 1:30 ● Visits of Peace [RA]
- 2:00 ● Floral Centerpieces with Babbette [ER]
- 3:30 ● Happy Hour [LB]
- 6:45 ● Sports Hub & Games [LB]

- 9:30 ● Senior Fit Aerobics [PTR]
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- 11:00 ● Senior Tech Classes with Phil [CS]
- 1:30 ● Visits of Peace [RA]
- 2:00 ● Floral Centerpieces with Babbette [ER]
- 3:30 ● Happy Hour [LB]
- 5:00 ● Themed Dinner: "A Night Out in Paris" [D]
- 6:45 ● Sports Hub & Games [LB]

"When it rains, look for rainbows. When it's dark, look for stars."

— Unknown