February	2024
Vour Vitality	



Your Vitality						with GOEIG
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
THE ARBOR COMPANY ENGAGED LIFESTYLE	1st Floor 1FL BEFIT Studio BEFIT Club Room CR	Location Keys Creative Studio CS Dining Room DR Entertainment Room ER	Great Room G Park P Patio	[BEFIT] 11:00 Trip to Dollar Tree (Please RSVP w/ Concierge) Lobby 11:15 Laughter is the best medicine and Positive News (Entertainment Room)	10:15 Cardio Workout w/ Karen [BEFIT] 11:00 lcons & Titans: (entertainment room) [ER] 11:15 BRAIN GAMES W/ KAREN (CS) [CS] 1:30 GREETING CARDS 4 YOU! w/ Karen (creative room) [CS] 2:30 True Story Matinee (GR) 3:00 Twenty One! Card Game' w/ Karen (Club Room) [CS] 4:30 Lighting Shabbat Candles w/ Beth (Family Volunteer) [ER]	(Befit) [BEFIT] O Classical Concert Series: Vivaldi: The Four Seasons (ER) [ER] Bowling Practice (Befit) Crafting w/ Tamika (CS) [BEFIT] Saturday Afternoon Tea Party w/ Snacks Creative Studio
Game (GR) [GR]	10:15 Agility & Ball Drills w/ Anette (Befit) [BEFIT] 11:15 Brain Games w/ Anette (CS) [CS] 1:30 Life Stories W/ Anette (ER) [ER] 2:30 Crafting Workshop w/ Anette (CS) [CS] 4:00 Bowling Bracket with Anette (Befit) [ER] 6:00 Evening Movie (ER)	10:15 Ageless Grace w/ Tracey [BEFIT]	10:15 Tasty Treats: Joan's Chili cheese dip [ER] 11:15 Zumba w/ Anette [BEFIT] 2:00 Bingo w Anette (ER) [ER] 3:30 Wind Down Wednesday w/ Tessie Porter [GR] 6:00 Evening Movie (ER) 6:00 Twenty-one card game with Brian @ Robin (Family Volunteer) (GR)	[BEFIT] 11:15 Activities planning w/ Karen & Anette 12:30 Field trip: Bus leaves at 12:30 PM. Fiddler on the Roof, \$85.00 per ticket. Show starts at 2pm 2:00 Cornhole Club (Befit) [BEFIT] 3:00 Walking & Talking in the Park w/ Pierra [Pkf]	10:15 Cardio Workout w/ Karen [BEFIT] 11:15 BRAIN GAMES W/ KAREN (CS) [CS] 1:30 GREETING CARDS 4 YOU! w/ Karen (creative room) [CS] 2:30 True Story Matinee (GR) 3:00 Twenty One! Card Game' w/ Karen (Club Room) [CS] 4:30 Lighting Shabbat Candles w/ Beth (Family Volunteer) [ER] 6:00 Evening Movie (ER)	O Classical Concert Series: Vivaldi: The Four Seasons [ER] Bowling Practice (Befit) The How, Where, and Why of Things w/ Gaby (GR) [ER] Afternoon Matinee (GR)
(resident driven) [GR] 10:45 St. Maximilian Kolbe	10:15 Agility & Ball Drills W/ Anette (Befit) [BEFIT] 11:15 Brain Games w/ Anette (CS) [CS] 1:30 Life Stories W/ Karen (ER) [ER] 2:30 Crafting Workshop w/ Anette (CS) [CS] 4:15 Wordle w/ Anette (ER) [ER] 6:00 Evening Movie (ER)	10:15 Ageless Grace w/ Tracey [BEFIT] 11:15 Karafun Karaoke w/ Anette [ER] 1:30 Hand Harmony Exercise w/ Anette (Creative Studio) 3:15 Bowling Bracket [BEFIT] 6:00 Evening Movie (ER) 0:00 Under the Stars Valentine's Day Celebration Live Music with Lawvawn Israel [P]	VALENTINE'S DAY 10:15 Nutritional Nuggets: w/ Anette [CS] 11:15 Zumba w/ Anette [BEFIT] 2:00 Bingo w Anette (ER) [ER] 3:00 Arts and Crafts with Edna, Pro Health! (CS) [GR] 5:00 Valentine's Day Dinner (DR 6:00 Evening Movie (ER)	4 10:15 Ageless Grace w/ Tracey [BEFIT] 11:00 Trip to Publix and Lunch at JT's (Please RSVP w/ Concierge) [1FL] 2:00 Cornhole Club (Befit) [BEFIT] 3:00 Walking & Talking in the Park w/ Pierre [PK] 3:15 Movie Matinee (Entertainment Room) 4:15 Game Time [1FL] 6:00 Evening Movie (ER) 6:00 Twenty-one card game with Brian & Robin (Family Volunteer) (GR)	11:00 Icons & Titans: (entertainment room) [ER] 11:15 BRAIN GAMES W/ KAREN (CS) [CS] 1:30 GREETING CARDS 4 YOU! w/ Karen (creative room) [CS] 2:30 True Story Matinee (GR) 11:10 11:	O Classical Concert Series: Vivaldi: The Four Seasons [ER] Bowling Practice (Befit) The How, Where, and Why of Things w/ Gaby (GR) [ER] Afternoon Matinee (GR)
Game (resident driven) [GR]	10:15 Agility & Ball Drills W/ Anette (Befit) [BEFIT] 11:15 Brain Games w/ Anette (CS) [CS] 1:30 Life Stories W/ Karen (ER) [ER] 2:30 Crafting Workshop w/ Anette (CS) [CS] 4:15 Wordle w/ Anette (ER) [ER] 6:00 Evening Movie (ER)	10:15 Ageless Grace w/ Tracey [BEFIT] 11:15 Karafun Karaoke w/ Anette [ER] 1:30 Mardi Gras King Cake [ER] 1:30 Resident Council Officers Meeting [CR] 2:30 Hand Harmony Exercise w/ Anette (Creative Studio) 3:00 Bowling Bracket [BEFIT] 6:00 Evening Movie (ER)	10:15 Nutritional Nuggets: w/ Anette [CS] 11:15 Zumba w/ Anette (ER) [BEFIT] 1:30 Resident Council Meeting [E 2:00 Bingo w Anette (ER) [ER] 3:30 Wind Down Wednesday w/ Manny Estrela [GR] 6:00 Blackjack Night w/ Carol (Family Volunteer) (GR) 6:00 Evening Movie (ER)	Tracey [BEFIT] 11:00 Trip to Pembrook Lake Mall	11:10 Icons & Htans. (entertainment room) [ER] 11:15 BRAIN GAMES W/ KAREN (CS) [CS] 1:30 GREETING CARDS 4 YOU! w/ Karen (creative room) [CS] 2:30 True Story Matinee (GR)	O Classical Concert Series: Vivaldi: The Four Seasons [ER] Bowling Practice (Befit) The How, Where, and Why of Things w/ Gaby (GR) [ER] Afternoon Matinee (GR)
9:30 Morning Domino Game (resident driven) [GR] 10:45 St. Maximilian Kolbe Catholic Church [ER] 11:30 Sunday Brunch w/ Magdiel Madrigal [DR] 2:00 Bingo w/ Anette(ER) [ER] 4:30 Chair Yoga and Stretching w/ Anette (BeFit) [BEFIT] 6:00 Evening Movie (ER)	10:15 Agility & Ball Drills w/ Anette (Befit) [BEFIT] 11:15 Brain Games w/ Anette (CS) [CS] 1:30 Life Stories W/ Karen (ER) [ER] 2:00 Food for Thought with Ervin (Chef) (ER) 2:30 Crafting Workshop w/ Anette (CS) [CS] 4:15 Wordle w/ Anette (ER) [ER] 6:00 Evening Movie (ER)	10:15 Ageless Grace w/ Tracey [BEFIT] 11:15 Karafun Karaoke w/ Anette [ER] 1:30 Hand Harmony Exercise w/ Anette (Creative Studio) 2:00 Name That Tune w/ Michael Rossinsky [ER] 3:15 Sqaure Dancing Fitness w/ Michael Rossinsky [BEFIT] 6:00 Evening Movie (ER)	10:15 Nutritional Nuggets: w/ Anette [CS] 11:15 Zumba w/ Anette (ER) [BEFIT] 2:00 Bingo w Anette (ER) [ER] 3:30 Happy Birthday February Celebrants w/ Aieda Cruz [Gebrants w/ Aieda Cruz [Gebrants w/ Aieda Cruz [Gebranty Volunteer) (GR) [GR] 6:00 Evening Movie (ER)	11:00 Trip to Casino and lunch (Please RSVP w/ Concierge) 2:00 Cornhole Club (Befit) [BEFIT] 3:00 Walking & Talking in the Park w/ Pierre [PK] 3:15 Movie Matinee (Entertainment		