

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

- CONNECT
- CONTRIBUTE
- FEEL
- GROW
- MOVE
- REFLECT



<p>9:45a ● Fitness with Reggie [FC]</p> <p>10:00: ● Morning Meet &amp; Greet</p> <p>10:30, ● Yoga with Connie</p> <p>2:30p. ● Happy Hour Celebration with Gurda Williams [HC]</p> <p>4:00P ● Getting to Know You</p>	1	<p>9:45a. ● Morning Meet &amp; Greet</p> <p>11:00, ● Music &amp; Dance</p> <p>2:00P ● Music Bingo</p> <p>3:30P ● Afternoon Meet &amp; Greet [HC]</p> <p>4:00P ● TCM Movie Classic</p>	2
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**LOCATIONS**

- CY-Courtyard
- HC-Heath Center
- AD-Auditorium
- L-Lobby

**SENIOR LIFESTYLE**

*Come grow with us!*

SENIOR LIFESTYLE  
*Unlimited options,  
 Unparalleled services*

Feb.3 Super Bowl Sunday  
 Gospel Celebration at 2pm

Feb.5 Chinese New Year at  
 2pm

Feb.7th: Renewal Of Vows  
 Ceremony at 2pm

Feb.14th: Fire & Ice

<p><b>Super Bowl Sunday</b></p> <p>11:00: ● Sunrise Fitness &amp; Inspiration [HC]</p> <p>2:00p. ● Metro Baptist Church [HC]</p> <p>2:30P ● Super Bowl Gospel Celebration</p> <p>3:30p. ● Getting To Know You</p> <p>6:00P TCM Movies</p>	3	<p>9:45A ● Fitness with Reggie [FC]</p> <p>10:30, ● Yoga with Connie</p> <p>2:00p. ● Therapeutic Movement with Sandra Falconer MSW</p> <p>3:00P ● Art with Annie [HC]</p> <p>4:00P One-On-One</p>	4	<p><b>Chinese New Year</b></p> <p>9:45A ● Fitness with Reggie [FC]</p> <p>10:00: ● New! Impresso Espresso Coffee Club</p> <p>2:00p. ● Chinese New Year Celebration: The Year Of The Pig [HC]</p> <p>3:00P ● Afternoon Exercise</p> <p>4:00P ● Manicures &amp; Massages</p>	5	<p>9:45A ● Fitness with Reggie [FC]</p> <p>10:00. ● Prayer &amp; Bible Study with Daryl</p> <p>10:30. ● Documentary &amp; Discussion</p> <p>2:00p. ● Michelle Obama Book Club</p> <p>3:30P ● Afternoon Zumba</p> <p>4:00P ● Oprah's Master Class</p>	6	<p>9:45A ● Fitness with Reggie [FC]</p> <p>10:00. ● Learning Mardarin with Omela</p> <p>10:30. ● Thankful Thursday</p> <p>11:00: ● Family Feud</p> <p>2:00P ● Renewal Of Vows Ceremony [AUD]</p> <p>3:30P ● Afternoon Reach &amp; Stretch</p> <p>4:00P ● Manicures &amp; Massages</p>	7	<p>9:45A ● Fitness with Reggie [FC]</p> <p>10:00: ● Morning Meet &amp; Greet</p> <p>10:30, ● Yoga with Connie</p> <p>2:00p. ● Happy Hour Celebration [HC]</p> <p>4:00P ● Getting to Know You</p>	8	<p>9:45a. ● Morning Meet &amp; Greet</p> <p>11:00, ● Music &amp; Dance</p> <p>2:00P ● Music Bingo</p> <p>3:30P ● Afternoon Meet &amp; Greet [HC]</p> <p>4:00P ● TCM Movie Classic</p>	9
<p>9:45a. ● Meet &amp; Greet</p> <p>11:00, ● Inter Faith Ministries [HC]</p> <p>2:00p. ● Family &amp; Resident Social: Celebrating Love [HC]</p> <p>3:30P ● Afternoon Tea Social</p> <p>6:00P TCM Movies</p>	10	<p>9:45A ● Fitness with Reggie [FC]</p> <p>10:00: ● Yoga with Connie</p> <p>2:00p. ● Band Of Bros Men's Club</p> <p>3:00P ● Art with Annie [HC]</p> <p>4:00P One-On-One</p>	11	<p>9:45A ● Fitness with Reggie [FC]</p> <p>10:00: ● New! Impresso Espresso Coffee Club</p> <p>11:00: ● Brain Fitness with Dana</p> <p>2:00p. ● Resident Council Meeting</p> <p>3:00P ● Afternoon Exercise</p> <p>4:00P ● Manicures &amp; Massages</p>	12	<p>9:45A ● Fitness with Reggie [FC]</p> <p>10:00. ● Prayer &amp; Bible Study with Daryl</p> <p>2:00p. ● Michelle Obama Book Club</p> <p>3:30P ● Afternoon Zumba</p> <p>4:00P ● Oprah's Master Class</p>	13	<p><b>Valentine's Day</b></p> <p>9:45A ● Fitness with Reggie [FC]</p> <p>10:00. ● Learning Mardarin with Omela</p> <p>10:30. ● Thankful Thursday</p> <p>11:00: ● Family Feud</p> <p>2:00P ● Fire &amp; Ice Valentine's Day Party [HC]</p> <p>3:30P ● Afternoon Reach &amp; Stretch</p> <p>4:00P ● Manicures &amp; Massages</p>	14	<p>9:45A ● Fitness with Reggie [FC]</p> <p>10:00: ● Morning Meet &amp; Greet</p> <p>10:30, ● Yoga with Connie</p> <p>2:15p. ● Happy Hour with Brian Rudolph</p> <p>4:00P ● Getting to Know You</p>	15	<p>9:45a. ● Morning Meet &amp; Greet</p> <p>11:00, ● Music &amp; Dance</p> <p>2:00P ● Music Bingo</p> <p>3:30P ● Afternoon Meet &amp; Greet [HC]</p> <p>4:00P ● TCM Movie Classic</p>	16
<p>9:45a. ● Meet &amp; Greet</p> <p>11:00, ● Inter Faith Ministries [HC]</p> <p>2:00p. ● Family Resident Movie Matinee</p> <p>3:30P ● Afternoon Tea Social</p> <p>6:00P TCM Movies</p>	17	<p><b>President's Day</b></p> <p>9:45A ● Fitness with Reggie [FC]</p> <p>10:00: ● Yoga with Connie</p> <p>2:00p. ● Sugar &amp; Spice with Leah</p> <p>3:00P ● Art with Annie [HC]</p> <p>4:00P One-On-One</p>	18	<p>9:45A ● Fitness with Reggie [FC]</p> <p>10:00: ● New! Impresso Espresso Coffee Club</p> <p>2:00p. ● Around The World: Traveling to Africa</p> <p>3:00P ● Afternoon Exercise</p> <p>4:00P ● Manicures &amp; Massages</p>	19	<p>9:45A ● Fitness with Reggie [FC]</p> <p>10:00. ● Prayer &amp; Bible Study with Daryl</p> <p>2:00p. ● Michelle Obama Book Club</p> <p>3:30P ● Afternoon Zumba</p> <p>4:00P ● Oprah's Master Class</p>	20	<p>9:45A ● Fitness with Reggie [FC]</p> <p>10:00. ● Learning Mardarin with Omela</p> <p>10:30. ● Thankful Thursday</p> <p>11:00: ● Family Feud</p> <p>2:00P ● Love Language: Sign Language ( Learn Sign Language) [AUD]</p> <p>3:30P ● Afternoon Reach &amp; Stretch</p> <p>4:00P ● Manicures &amp; Massages</p> <p>6:00p. ● Evening Happy Hour with Brian Rudolph</p>	21	<p>9:45A ● Fitness with Reggie [FC]</p> <p>10:00: ● Morning Meet &amp; Greet</p> <p>10:30, ● Yoga with Connie</p> <p>2:00p. ● Happy Hour Celebration</p> <p>2:00p. ● Therapeutic Movement with Sandra Falconer MSW</p> <p>4:00P ● Getting to Know You</p>	22	<p>9:45a. ● Morning Meet &amp; Greet</p> <p>11:00, ● Music &amp; Dance</p> <p>2:00P ● Music Bingo</p> <p>3:30P ● Afternoon Meet &amp; Greet [HC]</p> <p>4:00P ● TCM Movie Classic</p>	23
<p>9:45a. ● Meet &amp; Greet</p> <p>11:00: ● Morning Inspiration</p> <p>2:00p. ● Black History Moment</p> <p>3:30P ● Afternoon Tea Social</p> <p>6:00P TCM Movies</p>	24	<p>9:45A ● Fitness with Reggie [FC]</p> <p>10:00: ● Yoga with Connie</p> <p>3:00P ● Art with Annie [HC]</p> <p>4:00P One-On-One</p>	25	<p>9:45A ● Fitness with Reggie [FC]</p> <p>10:00: ● New! Impresso Espresso Coffee Club</p> <p>3:00P ● Afternoon Exercise</p> <p>4:00P ● Manicures &amp; Massages</p>	26	<p>9:45A ● Fitness with Reggie [FC]</p> <p>10:00. ● Prayer &amp; Bible Study with Daryl</p> <p>2:00p. ● Michelle Obama Book Club</p> <p>3:30P ● Afternoon Zumba</p> <p>4:00P ● Oprah's Master Class</p>	27	<p>9:45A ● Fitness with Reggie [FC]</p> <p>10:00. ● Learning Mardarin with Omela</p> <p>10:30. ● Thankful Thursday</p> <p>11:00: ● Family Feud</p> <p>2:00P ● Revolution: " We are Warriors" Black Historty Program [HC]</p> <p>3:30P ● Afternoon Reach &amp; Stretch</p> <p>4:00P ● Manicures &amp; Massages</p>	28				