

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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



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

1

- 9:45A ● Fitness with Reggie [FC]
- 10:00: ● Morning Meet & Greet
- 10:30, ● Yoga with Connie
- 2:30p. ● Happy Hour Celebration with Gurda Williams [HC]
- 4:00P ● Getting to Know You

2

- 9:45a. ● Morning Meet & Greet
- 11:00, ● Music & Dance
- 2:00P ● Music Bingo
- 3:30P ● Afternoon Meet & Greet [HC]
- 4:00P ● TCM Movie Classic

3

- Super Bowl Sunday**
- 11:00: ● Sunrise Fitness & Inspiration [HC]
 - 2:00p. ● Metro Baptist Church [HC]
 - 2:30P ● Super Bowl Gospel Celebration
 - 3:30p. ● Getting To Know You
 - 6:00P TCM Movies

4

- 9:45A ● Fitness with Reggie [FC]
- 10:30, ● Yoga with Connie
- 2:00p. ● Theraputic Movement with Sandra Falconer MSW
- 3:00P ● Art with Annie [HC]
- 4:00P One-On-One

5

- Chinese New Year**
- 9:45A ● Fitness with Reggie [FC]
 - 10:00: ● New! Impresso Espresso Coffee Club
 - 2:00p. ● Chinese New Year Celebration: The Year Of The Pig [HC]
 - 3:00P ● Afternoon Exercise
 - 4:00P ● Manicures & Massages

6

- 9:45A ● Fitness with Reggie [FC]
- 10:00, ● Prayer & Bible Study with Daryl
- 10:30, ● Documentary & Discussion
- 2:00p. ● Michelle Obama Book Club
- 3:30P ● Afternoon Zumba
- 4:00P ● Oprah's Master Class

7

- 9:45A ● Fitness with Reggie [FC]
- 10:00, ● Learning Mardarin with Omela
- 10:30, ● Thankful Thursday
- 11:00: ● Family Feud
- 2:00P ● Renewal Of Vows Ceremony [AUD]
- 3:30P ● Afternoon Reach & Stretch
- 4:00P ● Manicures & Massages

8

- 9:45A ● Fitness with Reggie [FC]
- 10:00: ● Morning Meet & Greet
- 10:30, ● Yoga with Connie
- 2:00p. ● Happy Hour Celebration [HC]
- 4:00P ● Getting to Know You

9

- 9:45a. ● Morning Meet & Greet
- 11:00, ● Music & Dance
- 2:00P ● Music Bingo
- 3:30P ● Afternoon Meet & Greet [HC]
- 4:00P ● TCM Movie Classic

10

- 9:45a. ● Meet & Greet
- 11:00, ● Inter Faith Ministries [HC]
- 2:00p. ● Family & Resident Social: Celebrating Love [HC]
- 3:30P ● Afternoon Tea Social
- 6:00P TCM Movies

11

- 9:45A ● Fitness with Reggie [FC]
- 10:00: ● Yoga with Connie
- 2:00p. ● Band Of Bros Men's Club
- 3:00P ● Art with Annie [HC]
- 4:00P One-On-One

12

- 9:45A ● Fitness with Reggie [FC]
- 10:00: ● New! Impresso Espresso Coffee Club
- 11:00: ● Brain Fitness with Dana
- 2:00p. ● Resident Council Meeting
- 3:00P ● Afternoon Exercise
- 4:00P ● Manicures & Massages

13

- 9:45A ● Fitness with Reggie [FC]
- 10:00, ● Prayer & Bible Study with Daryl
- 2:00p. ● Michelle Obama Book Club
- 3:30P ● Afternoon Zumba
- 4:00P ● Oprah's Master Class

14

- Valentine's Day**
- 9:45A ● Fitness with Reggie [FC]
 - 10:00, ● Learning Mardarin with Omela
 - 10:30, ● Thankful Thursday
 - 11:00: ● Family Feud
 - 2:00P ● Fire & Ice Valentine's Day Party [HC]
 - 3:30P ● Afternoon Reach & Stretch
 - 4:00P ● Manicures & Massages

15

- 9:45A ● Fitness with Reggie [FC]
- 10:00: ● Morning Meet & Greet
- 10:30, ● Yoga with Connie
- 2:15p. ● Happy Hour with Brian Rudolph
- 4:00P ● Getting to Know You

16

- 9:45a. ● Morning Meet & Greet
- 11:00, ● Music & Dance
- 2:00P ● Music Bingo
- 3:30P ● Afternoon Meet & Greet [HC]
- 4:00P ● TCM Movie Classic

17

- 9:45a. ● Meet & Greet
- 11:00, ● Inter Faith Ministries [HC]
- 2:00p. ● Family Resident Movie Matinee
- 3:30P ● Afternoon Tea Social
- 6:00P TCM Movies

18

- President's Day**
- 9:45A ● Fitness with Reggie [FC]
 - 10:00: ● Yoga with Connie
 - 2:00p. ● Sugar & Spice with Leah
 - 3:00P ● Art with Annie [HC]
 - 4:00P One-On-One

19

- 9:45A ● Fitness with Reggie [FC]
- 10:00: ● New! Impresso Espresso Coffee Club
- 2:00p. ● Around The World: Traveling to Africa
- 3:00P ● Afternoon Exercise
- 4:00P ● Manicures & Massages

20

- 9:45A ● Fitness with Reggie [FC]
- 10:00, ● Prayer & Bible Study with Daryl
- 2:00p. ● Michelle Obama Book Club
- 3:30P ● Afternoon Zumba
- 4:00P ● Oprah's Master Class

21

- 9:45A ● Fitness with Reggie [FC]
- 10:00, ● Learning Mardarin with Omela
- 10:30, ● Thankful Thursday
- 11:00: ● Family Feud
- 2:00P ● Love Language: Sign Language (Learn Sign Language) [AUD]
- 3:30P ● Afternoon Reach & Stretch
- 4:00P ● Manicures & Massages
- 6:00p. ● Evening Happy Hour with Brian Rudolph

22

- 9:45A ● Fitness with Reggie [FC]
- 10:00: ● Morning Meet & Greet
- 10:30, ● Yoga with Connie
- 2:00p. ● Happy Hour Celebration
- 2:00p. ● Theraputic Movement with Sandra Falconer MSW
- 4:00P ● Getting to Know You

23

- 9:45a. ● Morning Meet & Greet
- 11:00, ● Music & Dance
- 2:00P ● Music Bingo
- 3:30P ● Afternoon Meet & Greet [HC]
- 4:00P ● TCM Movie Classic

24

- 9:45a. ● Meet & Greet
- 11:00: ● Morning Inspiration
- 2:00p. ● Black History Moment
- 3:30P ● Afternoon Tea Social
- 6:00P TCM Movies

25

- 9:45A ● Fitness with Reggie [FC]
- 10:00: ● Yoga with Connie
- 3:00P ● Art with Annie [HC]
- 4:00P One-On-One

26

- 9:45A ● Fitness with Reggie [FC]
- 10:00: ● New! Impresso Espresso Coffee Club
- 3:00P ● Afternoon Exercise
- 4:00P ● Manicures & Massages

27

- 9:45A ● Fitness with Reggie [FC]
- 10:00, ● Prayer & Bible Study with Daryl
- 2:00p. ● Michelle Obama Book Club
- 3:30P ● Afternoon Zumba
- 4:00P ● Oprah's Master Class

28

- 9:45A ● Fitness with Reggie [FC]
- 10:00, ● Learning Mardarin with Omela
- 10:30, ● Thankful Thursday
- 11:00: ● Family Feud
- 2:00P ● Revolution: " We are Warriors" Black Historty Program [HC]
- 3:30P ● Afternoon Reach & Stretch
- 4:00P ● Manicures & Massages