

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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

LOCATIONS

HC-Health Center  
CY-Courtyard  
AD-Auditorium

Happy New Year!

SENIOR LIFESTYLE  
Come grow with us!

SENIOR LIFESTYLE  
Unlimited options,  
Unparalleled services

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Activities are subject to change

9:30a. Morning Meet & Greet  
10:00. Rosary with Jim  
10:30. Karaoke Friday  
11:30. Exercise  
2:00P. Happy Hour Celebration  
3:30P. Friday Movie Matinee  
6:00P. Reach and Stretch

9:30a. Morning Meet & Greet  
10:00. Jump 1, 2, 3 Exercise  
1:30P. Music Bingo  
4:00p. The Healing Circle  
6:00P. Novels At Night

9:30a. Morning Meet & Greet  
10:00. Sunrise Fitness  
2:00pi. Super Bowl Gospel Celebration  
3:30P. Sunday Movie  
6:00P. Proverbs & Cliches

9:30a. Morning Meet & Greet  
10:00. Exercise  
10:30. Morning Sing-A-Longs  
11:00. The Rise & Shine Group  
2:00P. Theraputic Movement with Sandra Falconer MSW  
3:00P. Art with Annie  
6:00P. New Compassions Group

9:30a. Morning Meet & Greet  
10:30. Nazeeha's Music Therapy Class  
11:30. The Great Derby Race  
2:00P. Chinese New Year Celebration: The Year Of The Pig  
3:00P. Grandma's Parlor  
4:00P. Yoga With Jess  
6:00P. Novels at Night

9:30a. Morning Meet & Greet  
10:00. WTL: Warriors Of The Light  
10:30. Captial Music Therapy  
11:30. Exercise  
2:00P. Around The World: Traveling To Tokyo  
4:00P. Manicures & Massages  
6:00P. I Love Lucy

9:30a. Morning Meet & Greet  
10:00. Thankful Thursday  
10:30. Quotes of Thankfulness  
11:00. Kites & Candy  
2:00P. Renewal Of Vows Ceremony  
3:00P. Wedding Reception  
6:00P. Puzzles, Trivia & More

9:30a. Morning Meet & Greet  
10:00. Rosary with Jim  
10:30. Karaoke Friday  
11:30. Exercise  
2:30p. Happy Hour Celebration with Gurda Williams  
3:30P. Friday Movie Matinee  
6:00P. Reach and Stretch

9:30a. Morning Meet & Greet  
10:00. Jump 1, 2, 3 Exercise  
1:30P. Music Bingo  
4:00p. The Healing Circle  
6:00P. Novels At Night

9:30a. Morning Meet & Greet  
10:00. Sunrise Fitness  
11:00. Inter Faith Ministries  
2:00P. Family & Resident Social: Celebrating Love [HC]  
3:30P. Sunday Movie  
6:00P. Proverbs & Cliches

9:30a. Morning Meet & Greet  
10:00. Exercise  
10:30. Morning Sing-A-Longs  
11:00. The Rise & Shine Group  
3:00P. Art with Annie  
6:00P. New Compassions Group

9:30a. Morning Meet & Greet  
10:00. Class 101: Reading Lab  
11:30. The Great Derby Race  
2:00P. Dennis & Rose Musical Celebration  
3:00P. Grandma's Parlor  
4:00P. Yoga With Jess  
6:00P. Novels at Night

9:30a. Morning Meet & Greet  
10:00. WTL: Warriors Of The Light  
11:30. Exercise  
2:00p. Cooking Class 101  
4:00P. Manicures & Massages  
6:00P. I Love Lucy

9:30a. Morning Meet & Greet  
10:00. Thankful Thursday  
10:30. Quotes of Thankfulness  
11:00. Kites & Candy  
2:00P. Fire & Ice Valentine's Day Party  
3:00P. Manicures & More  
6:00P. Puzzles, Trivia & More

Sensory Dining Day  
9:30a. Morning Meet & Greet  
10:00. Rosary with Jim  
10:30. Karaoke Friday  
11:30. Exercise  
2:15p. Happy Hour with Brian Rudolph  
3:30P. Friday Movie Matinee  
6:00P. Reach and Stretch

9:30a. Morning Meet & Greet  
10:00. Jump 1, 2, 3 Exercise  
1:30P. Music Bingo  
4:00p. The Healing Circle  
6:00P. Novels At Night

9:30a. Morning Meet & Greet  
10:00. Sunrise Fitness  
11:00. Inter Faith Ministries  
2:00P. Family Resident Movie Matinee  
3:30P. Sunday Movie  
6:00P. Proverbs & Cliches

9:30a. Morning Meet & Greet  
10:00. Exercise  
10:30. Morning Sing-A-Longs  
11:00. The Rise & Shine Group  
2:00p. President's Day Trivia  
3:00P. Art with Annie  
6:00P. New Compassions Group

9:30a. Morning Meet & Greet  
10:00. Daryl Music Therapy  
11:30. The Great Derby Race  
2:00p. Black History Moment  
3:00P. Grandma's Parlor  
4:00P. Yoga With Jess  
6:00P. Novels at Night

9:30a. Morning Meet & Greet  
10:00. WTL: Warriors Of The Light  
11:30. Exercise  
2:00p. Around The World: Traveling to Germany  
4:00P. Manicures & Massages  
6:00P. I Love Lucy

9:30a. Morning Meet & Greet  
10:00. Thankful Thursday  
10:30. Quotes of Thankfulness  
11:00. Kites & Candy  
2:00P. Love Language: Sign Language ( Learn Sign Language) [AUD]  
3:00P. Manicures & More  
6:00P. Puzzles, Trivia & More

9:30a. Morning Meet & Greet  
10:00. Rosary with Jim  
10:30. Karaoke Friday  
11:30. Exercise  
2:00p. Happy Hour Celebration  
3:30P. Friday Movie Matinee  
6:00P. Reach and Stretch

9:30a. Morning Meet & Greet  
10:00. Jump 1, 2, 3 Exercise  
1:30P. Music Bingo  
4:00p. The Healing Circle  
6:00P. Novels At Night

9:30a. Morning Meet & Greet  
10:00. Sunrise Fitness  
11:00. Inter Faith Ministries  
2:00p. Family Game Day  
3:30P. Sunday Movie  
6:00P. Proverbs & Cliches

9:30a. Morning Meet & Greet  
10:00. Exercise  
10:30. Morning Sing-A-Longs  
11:00. The Rise & Shine Group  
3:00P. Art with Annie  
6:00P. New Compassions Group

9:30a. Morning Meet & Greet  
11:30. The Great Derby Race  
2:00p. Scenic Ride  
3:00P. Grandma's Parlor  
4:00P. Yoga With Jess  
6:00P. Novels at Night

9:30a. Morning Meet & Greet  
10:00. WTL: Warriors Of The Light  
11:30. Exercise  
2:00p. Trivia, Memory Games, and More  
4:00P. Manicures & Massages  
6:00P. I Love Lucy

9:30a. Morning Meet & Greet  
10:00. Thankful Thursday  
10:30. Quotes of Thankfulness  
11:00. Kites & Candy  
2:00p. Revolution: " We are Warriors" Black Historty Program  
3:00P. Manicures & More  
6:00P. Puzzles, Trivia & More