

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday			
<div><div><div>Be Inspired</div><div>WWW.SENIORLIFESTYLE.COM</div><div>Activities are subject to change</div></div><div><div>SENIOR LIFESTYLE</div><div>your life, your style</div></div></div>		<div><div>Resident Birthdays</div><div>Howard H. 2/1</div><div>Christine M. 2/1</div><div>Inge T. 2/14</div><div>Gerald M. 2/14</div><div>Virginia B. 2/15</div><div>Jerome J. 2/18</div><div>Anita W. 2/19</div><div>Seymor R. 2/20</div><div>Martin D. 2/28</div><div>Susan P. 2/28</div><div>John M. 2/28</div></div>		<div><div>11:00 ● Basic Boot Camp Workout [MK] [BF]</div><div>12:00 ● Ted Talk: Black History Month [MK] [LA]</div><div>1:30 ● Metropolitan Opera Live HD: Carmen [MK] [LA]</div><div>2:00 ● Afternoon Movie [MK] [R]</div><div>2:00 ● Canasta & Board Games [Resident Run] [HL]</div><div>2:00 ● Socrates Café: Black Roles In U.S. History [MK] [LB]</div><div>3:00 ● Fab, Fit & Fun Fitness [MK] [BF]</div><div>4:00 ● Who Am I? Famous Black Americans [MK] [LA]</div><div>7:30 ● Late Night Movie [C] [R]</div></div>		<div><div>Groundhog Day</div><div>10:00 ● Animal Planet: Day of The Groundhog [SL] [LA]</div><div>11:00 ● Exercise With Weights [SL] [LA]</div><div>12:00 ● Reminiscing: SNOW [SL] [LA]</div><div>2:00 ● Black History Month: Leaders & Legends [SL] [LA]</div><div>2:00 ● Meet Me At The Movies: Groundhog Day [SL] [R]</div><div>2:00 ● The Artist Studio: Zoom With Lauren [LB]</div><div>3:00 ● Fitness Fits Everyone [SL] [LB]</div><div>4:00 ● Creative Writing - Sara Humphreys [LA]</div><div>4:00 ● Will Spring Arrive Early Bingo [SL] [LB]</div><div>7:30 ● Movie Night: Groundhog Day [C] [R]</div></div>		<div><div>10:00 ● Black History Month Trivia & History [SL] [LA]</div><div>11:00 ● Embrace The Power Fitness [SL] [LA]</div><div>12:00 ● BLM: Freedom Quilt Project [SL] [LA]</div><div>2:00 ● Chair Fitness Tone & Trim [SL] [CR]</div><div>2:00 ● Movie In The Reel: Harriet [SL] [R]</div><div>2:30 ● Mah Jongg Open Play Club [C]</div><div>3:00 ● Jazzing Up Winter Happy Hour [SL] [C]</div><div>4:30 ● Jazzing Up Winter Happy Hour [SL] [RK]</div><div>7:30 ● Late Night Movie: Harriet [C] [R]</div></div>		<div><div>10:00 ● Crossword Connection [SL] [CR]</div><div>11:00 ● Enhanced Fitness [SL] [LA]</div><div>12:00 ● Technology 101: iPads, iPhones & Kindles [SL] [C]</div><div>2:00 ● Movie In The Reel [SL] [R]</div><div>2:00 ● Putting It On The Page: Poetry Appreciation: Susan Kronish [SL] [LA]</div><div>3:00 ● Heavenly Bodies Fitness [SL] [LA]</div><div>3:30 ● Resident Council [CR]</div><div>3:30 ● Resident Council [LA]</div><div>4:30 ● Underground Railroad: The Williams Still Story [SL]</div><div>7:30 ● Classic Movie Night [C] [R]</div></div>		<div><div>Go Red For Women / Wear Red Day</div><div>10:00 ● AHA - Healthy Living Tips [SL] [LA]</div><div>11:00 ● Heart Healthy Fitness [SL] [BF]</div><div>12:00 ● Make A Word 'Go Read Because Your Heart Matters' [SL] [LA]</div><div>2:00 ● #GoRedGetFit Workout [SL] [LA]</div><div>2:00 ● Card & Board Games [Resident Run] [HL]</div><div>2:00 ● Categories: Winter [SL] [LA]</div><div>2:00 ● Picture Perfect Afternoon Movie [SL] [R]</div><div>2:00 ● Rummikub [SL] [C]</div><div>3:00 ● Crossword [SL] [C]</div><div>3:00 ● Zoom Shabbat Service: Rabbi Crystal [SL] [LA]</div><div>4:00 ● Wine & Brain Games [SL] [HL]</div><div>7:30 ● Friday Night Movie [C] [R]</div></div>		<div><div>10:00 ● 30 Second Mysteries [SL] [C]</div><div>10:00 ● National Geographic: Dawn Of Darkness - Savage Kingdom [SL] [LA]</div><div>11:00 ● Body Jazz Workout [SL] [CR]</div><div>12:00 ● Bobby Kennedy For President: A New Generation - Part 1 [SL] [LA]</div><div>12:00 ● Famous Pairs [SL] [R]</div><div>2:00 ● Year Of The Ox Chinese New Year Craft [SL] [LB]</div><div>3:00 ● Jazzercise With Weights [SL] [LA]</div><div>4:00 ● Who Am I? Famous Black Americans [SL] [C]</div><div>7:30 ● Saturday Night At The Movies [C] [R]</div></div>	
<div><div>Super Bowl Sunday / Team Jersey Day</div><div>11:00 ● Football Fun & Fitness Workout [MK] [LA]</div><div>12:00 ● Make A Word 'Superbowl Sunday Is The Championship For The NFL' [MK] [LA]</div><div>2:00 ● No Punt Intended Bingo [MK] [LA]</div><div>2:00 ● Sunday Movie Matinee [MK] [R]</div><div>2:00 ● Super Bowl Sunday Word Puzzles [MK] [C]</div><div>3:00 ● May The Best Team Win Workout [MK] [LA]</div><div>3:00 ● Our Planet: Frozen Worlds [MK] [LA]</div><div>4:00 ● Board / Card Game Hour! [MK] [HL]</div><div>4:30 ● Super Bowl Pre Game Happy Hour [RK]</div><div>4:30 ● Super Bowl Pre Game Happy Hour [C]</div><div>6:00 ● Super Bowl Game LV [C] [RK]</div><div>7:30 ● Sunday Night At The Movies [C] [R]</div></div>		<div><div>11:00 ● Pump It Up Fitness [MK] [LA]</div><div>12:00 ● Music & Art: Black History & Culture Trivia [MK] [LA]</div><div>1:30 ● Metropolitan Opera Live HD: The Exterminating Angel [MK] [LA]</div><div>2:00 ● Black Life Matters: Unsung Heroes of The Civil Rights Movement [MK] [LB]</div><div>2:00 ● Canasta & Board Games [Resident Run] [HL]</div><div>2:00 ● Monday Afternoon Movie [MK] [R]</div><div>3:00 ● The Body Shop Workout [MK] [LA]</div><div>4:00 ● February Word Searches & Crossword Puzzles [MK] [C]</div><div>7:30 ● Late Night Movie [C] [R]</div></div>		<div><div>10:00 ● Our Planet: Jungles [SL] [LA]</div><div>11:00 ● Work Out & Warm Up [SL] [LA]</div><div>12:00 ● Black History Month : Basketball Greats & Free Throw Contest [SL] [LA]</div><div>2:00 ● Black History Month Message [SL] [LA]</div><div>2:00 ● Meet Me At The Movies [SL] [R]</div><div>2:00 ● The Artist Studio: Zoom With Lauren [LB]</div><div>3:00 ● Total Body Strength Training [SL] [LB]</div><div>4:00 ● Creative Writing - Sara Humphreys [LA]</div><div>4:00 ● Shout Out With Bingo [SL] [LB]</div><div>7:30 ● Movie Night [C] [R]</div></div>		<div><div>10:00 ● The Ingenuity Of Black Inventors [SL] [LA]</div><div>11:00 ● Total Body Strength Training [SL] [BF]</div><div>12:00 ● Love Notes [SL] [LB]</div><div>2:00 ● Chair Fitness Tone & Trim [SL] [CR]</div><div>2:00 ● Movie In The Reel: Selma [SL] [R]</div><div>2:30 ● Mah Jongg Open Play Club [C]</div><div>3:00 ● February Is Very Short & Sweet Happy Hour [SL] [C]</div><div>4:30 ● February Is Very Short & Sweet Happy Hour [SL] [RK]</div><div>7:30 ● Late Night Movie: Selma [C] [R]</div></div>		<div><div>10:00 ● Make A Word Frosty 'Mornings & Toasty Mugs' [SL] [CR]</div><div>11:00 ● Enhanced Fitness [SL] [LA]</div><div>11:00 ● Harlem Renaissance: History.com [SL] [CR]</div><div>12:00 ● Fight The Winter Blues Workout [SL] [BF]</div><div>2:00 ● Movie In The Reel [SL] [R]</div><div>2:30 ● Ethics & Culture Zoom Discussion: Rabbi Tamar Crystal [SL] [LA]</div><div>3:30 ● Food / Dining Meeting [LA]</div><div>4:30 ● Ambassadors in the Studio: Matisse's African Art Collection [SL] [LA]</div><div>7:30 ● Classic Movie Night [C] [R]</div></div>		<div><div>Chinese New Year</div><div>10:00 ● BBC's The Travel Show: China [SL] [LA]</div><div>11:00 ● May Your Wishes Come True Fitness [SL] [BF]</div><div>12:00 ● Chinese New Year Slide Show [SL] [LA]</div><div>2:00 ● Canasta & Board Games [Resident Run] [HL]</div><div>2:00 ● Good Health & Happiness Workout [SL] [LA]</div><div>2:00 ● Picture Perfect Afternoon Movie [SL] [R]</div><div>2:00 ● Rummikub [SL] [C]</div><div>3:00 ● Make A Word 'Wishing You A Chinese New Year Filled With Joy & Celebration' [SL] [C]</div><div>3:00 ● Zoom Shabbat [SL] [LA]</div><div>4:00 ● Crossword / Word Search [SL] [LB]</div><div>4:00 ● National Geographic: China [MK] [LA]</div><div>4:00 ● Wine, Fortune Cookie / Horoscopes [SL] [HL]</div><div>7:30 ● Friday Night At The Movies [C] [R]</div></div>		<div><div>10:00 ● National Geographic: Legend of Atlantis - Drain the Oceans [SL] [LA]</div><div>10:00 ● You Be The Judge? [SL] [HL]</div><div>11:00 ● Chair Fitness Tone & Trim [SL] [CR]</div><div>12:00 ● Bobby Kennedy For President: I'd Like to Serve - Part 2 [SL] [LA]</div><div>12:00 ● Make A Word 'Though, February Is Short, It Is Filled With Lots Of Love & Sweet Surprises' [SL] [LA]</div><div>2:00 ● Movie Classic [SL] [R]</div><div>2:00 ● Palindromes & Anagrams [SL] [LA]</div><div>3:00 ● Exercise With Weights [SL] [BF]</div><div>3:00 ● It's Debatable: Zoom With Ralph Cohen [SL] [LA]</div><div>4:00 ● Valentine's Charades [SL] [LA]</div><div>7:30 ● Saturday Night At The Movies [C] [R]</div></div>			
<div><div>CONNECT</div><div>CONTRIBUTE</div><div>FEEL</div><div>GROW</div><div>MOVE</div><div>REFLECT</div></div>		<div><div>Valentine's Day</div><div>11:00 ● Red Hot Sweethearts Workout [MK] [LA]</div><div>12:00 ● Make A Word 'There Is Only One Happiness In Life: To Love & Be Loved' [MK] [LA]</div><div>1:00 ● Valentine's Day Word Puzzles [MK] [C]</div><div>2:00 ● Matter Of Heart Bingo [MK] [LA]</div><div>2:00 ● Romantic Comedy Afternoon Movie [MK] [R]</div><div>3:00 ● Be Mine Weekend Workout [MK] [LA]</div><div>4:30 ● Heart To Heart Happy Hour [MK] [C]</div><div>4:30 ● Heart To Heart Happy Hour [MK] [RK]</div><div>5:30 ● Valentine's Day Dinner [OAK]</div><div>5:30 ● Valentine's Day Dinner [PR]</div><div>7:30 ● After Dinner Love Story [C] [R]</div></div>		<div><div>Presidents' Day</div><div>11:00 ● Basic Boot Camp Workout [MK] [BF]</div><div>12:00 ● Black History: Influence In Government [MK] [LA]</div><div>1:30 ● Metropolitan Opera Live HD: Met Stars Aleksandra Kurzak & Roberto Alagna [MK] [LA]</div><div>2:00 ● Afternoon Movie: Ruby Bridges [MK] [R]</div><div>2:00 ● Canasta & Board Games [Resident Run] [HL]</div><div>2:00 ● Presidents' Day Word Searches & Puzzles [MK] [C]</div><div>3:00 ● Honoring Our Presidents Fitness Workout [MK] [LA]</div><div>4:00 ● Segregation & Education [MK] [LA]</div><div>7:30 ● Late Night Movie: Ruby Bridges [C] [R]</div></div>		<div><div>Mardi Gras</div><div>10:00 ● History Of Mardi Gras / Armchair Travel [SL] [LA]</div><div>11:00 ● Fitness For Life [SL] [LA]</div><div>12:00 ● Let's Get Crafty! Mardi Gras Masks [SL] [LB]</div><div>2:00 ● Erik The Travel Guy: New Orleans [SL] [LA]</div><div>2:00 ● Mardi Gras Beads & Masks Bingo [SL] [LA]</div><div>2:00 ● Meet Me At The Movies [SL] [R]</div><div>2:00 ● The Artist Studio: Zoom With Lauren [LB]</div><div>3:00 ● Celebrating Mardi Gras Happy Hour [SL] [C]</div><div>4:30 ● Celebrating Mardi Gras Happy Hour [SL] [RK]</div><div>7:30 ● Movie Night [C] [R]</div></div>		<div><div>11:00 ● Chair Fitness Tone & Trim [SL] [BF]</div><div>12:00 ● Traveling The Underground Railroad Slide Presentation [SL] [LA]</div><div>2:00 ● Chair Fitness Tone & Trim [SL] [CR]</div><div>2:00 ● Movie In The Reel: Hidden Figures [SL] [R]</div><div>2:30 ● Mah Jongg Open Play Club [C]</div><div>3:00 ● Fitness Fits Everyone [SL] [LB]</div><div>4:00 ● Creative Writing - Sara Humphreys [LA]</div><div>4:00 ● History.com - Civil Rights Movement Timeline [SL] [C]</div><div>7:30 ● Late Night Movie: Hidden Figures [C] [R]</div></div>		<div><div>10:00 ● Craft Works: African Trade Beads [SL] [LB]</div><div>11:00 ● Lifetime Fitness [SL] [LA]</div><div>12:00 ● Technology 101: iPads, iPhones & Kindles [SL] [C]</div><div>2:00 ● Movie In The Reel [SL] [R]</div><div>2:00 ● Pen & Ink Journaling: Dreaming Of Spring, Sunshine & Flowers [SL] [LA]</div><div>3:00 ● Heavenly Bodies Fitness [SL] [LA]</div><div>3:00 ● Programming Meeting [LA]</div><div>3:30 ● On The Same Page Book Club [V]</div><div>4:00 ● Expressive Art Studio: Collaging [SL] [LB]</div><div>7:30 ● Classic Movie Night [C] [R]</div></div>		<div><div>Civil Rights Timeline [SL] [LA]</div><div>11:00 ● In Shape Morning Workout [SL] [LA]</div><div>12:00 ● Crazy U.S. Laws [SL] [LA]</div><div>2:00 ● Card & Board Games [Resident Run] [HL]</div><div>2:00 ● Cuts & Curves Fitness [SL] [LA]</div><div>2:00 ● Picture Perfect Afternoon Movie [SL] [R]</div><div>2:00 ● Rummikub [SL] [C]</div><div>3:00 ● List Them? [SL] [C]</div><div>3:00 ● Shabbat: Rabbi Crystal [SL] [LA]</div><div>4:00 ● Wine & Thinklers! [SL] [HL]</div><div>7:30 ● Friday Night At The Movies [C] [R]</div></div>		<div><div>10:00 ● Big White Book Of Trivia [SL] [CR]</div><div>10:00 ● National Geographic: Lost World Of The Maya [SL] [LA]</div><div>11:00 ● Chair Fitness Tone & Trim [SL] [CR]</div><div>12:00 ● Bobby Kennedy For President: You Only Get One Time Around - Part 3 [SL] [LA]</div><div>12:00 ● Philosophers Forum: Racial Injustice [SL] [LA]</div><div>2:00 ● Movie Classic [SL] [R]</div><div>2:00 ● Words That Start With...? [SL] [LA]</div><div>3:00 ● Tone & Strengthen [SL] [LA]</div><div>4:00 ● Jeopardy Challenge [SL] [LA]</div><div>7:30 ● Saturday Night At The Movies [C] [R]</div></div>	
<div><div>Location Keys</div><div>Be Fit - T1</div><div>Card Room - 2 Floor</div><div>Carnegie Room - Lobby Level</div><div>Hudson Lounge - Lobby Level</div><div>Lodge A - T1</div><div>Lodge B - T1</div><div>Oak Room - Lobby Level</div><div>Pine Room - Lobby Level</div><div>Rockefeller's - Lobby Level</div><div>The Reel - T1</div><div>The View - 8th Floor</div><div>BF</div><div>CR</div><div>C</div><div>HL</div><div>LA</div><div>LB</div><div>OAK</div><div>PR</div><div>RK</div><div>R</div><div>V</div></div>		<div><div>11:00 ● Let's Stay Fit With Weights [MK] [LA]</div><div>12:00 ● Masterminds Trivia Corner [MK] [LA]</div><div>2:00 ● February Bingo Challenge [MK] [LB]</div><div>2:00 ● Sunday Movie Matinee: Ray [MK] [R]</div><div>3:00 ● Pump It Up Fitness [MK] [LA]</div><div>4:00 ● Board / Card Game Hour! [MK] [HL]</div><div>4:00 ● Swiss Alps / Austrian & Italian Alps [MK] [LA]</div><div>4:00 ● Wine & Music of Black Jazz Greats In Rockefeller's [MK] [RK]</div><div>7:30 ● After Dinner Movie: Ray [C]</div></div>		<div><div>11:00 ● Body Design Fitness [MK] [LA]</div><div>12:00 ● Unsung Heros [MK] [LA]</div><div>1:30 ● Metropolitan Opera Live HD: Philip Glass's Akhnaten [MK] [LA]</div><div>2:00 ● Afternoon Movie [MK] [R]</div><div>2:00 ● Black Music History Greats Trivia [MK] [C]</div><div>2:00 ● Canasta & Board Games [Resident Run] [HL]</div><div>3:00 ● Creative Thinking - Categories [MK] [LA]</div><div>4:00 ● Sleep Hygiene & Positioning [SL] [LA]</div><div>7:30 ● Late Night Movie [C] [R]</div></div>		<div><div>10:00 ● National Geographic: Petra: Secrets Of Ancient Builders [SL] [LA]</div><div>11:00 ● Keep Active & Be Fit Fitness[SL] [LA]</div><div>2:00 ● Exploring Historical Places Of the Civil Rights Movement [SL] [LA]</div><div>2:00 ● Meet Me At The Movies [SL] [R]</div><div>2:00 ● The Artist Studio: Zoom With Lauren [LB]</div><div>3:00 ● Fitness Fits Everyone [SL] [LB]</div><div>4:00 ● Creative Writing - Sara Humphreys [LA]</div><div>4:00 ● Go For The Prize Bingo [SL] [LA]</div><div>7:30 ● Movie Night [C] [R]</div></div>		<div><div>11:00 ● Fitness 4 Life [SL] [LA]</div><div>12:00 ● BHM: Basketball Greats Trivia [SL] [LA]</div><div>2:00 ● Fitness Fun With Noodles [SL] [BF]</div><div>2:00 ● Movie In The Reel: Hoop Dreams [SL] [R]</div><div>2:30 ● Mah Jongg Open Play Club [C]</div><div>3:00 ● Love, Laugh, Live Winter Happy Hour [SL] [RK]</div><div>4:30 ● Live, Love, Laugh Winter Happy Hour [SL] [RK]</div><div>7:30 ● Late Night Movie: Hoop Dreams [C] [R]</div></div>		<div><div>Purim</div><div>10:00 ● What is Purim? [SL] [LA]</div><div>11:00 ● C.O.R.E Conditioning [SL] [LA]</div><div>12:00 ● Technology 101: iPads, iPhones & Kindles [SL] [C]</div><div>2:00 ● Make A Word 'Purim Is The Day On Which All Of Us Should Seek A Positive Change In Our Lives: [SL] [CR]</div><div>2:00 ● Movie In The Reel [SL] [R]</div><div>3:00 ● Chill Out This Winter Workout [SL] [LA]</div><div>4:00 ● Dessert First! Making Hamantaschen [SL] [LB]</div><div>7:30 ● Classic Movie Night [C] [R]</div></div>		<div><div>11:00 ● Firsts & Famous [SL] [LA]</div><div>11:00 ● Wintertime Move & Groove [SL] [LA]</div><div>12:00 ● Things That Are?</div><div>2:00 ● Canasta & Board Games [Resident Run] [HL]</div><div>2:00 ● Cuts & Curves Fitness [SL] [LA]</div><div>2:00 ● Picture Perfect Afternoon Movie [SL] [R]</div><div>2:00 ● Rummikub [SL] [C]</div><div>3:00 ● Giant Crossword [SL] [LA]</div><div>3:00 ● Zoom Shabbat Service: Rabbi Crystal [SL] [LA]</div><div>4:00 ● Wine & 30 Second Mysteries [SL] [HL]</div><div>7:30 ● Friday Night At The Movies [C] [R]</div></div>		<div><div>10:00 ● National Geographic: City of the Future: Singapore [SL] [LA]</div><div>10:00 ● Table Talk [SL] [CR]</div><div>11:00 ● Chair Fitness Tone & Trim [SL] [CR]</div><div>12:00 ● Bobby Kennedy For President: Justice For Bobby - Part 4 [SL] [LA]</div><div>12:00 ● Double Letter Words & Palindromes [SL] [LA]</div><div>2:00 ● Martin Luther King Quotes & Maya Angelou Poetry [SL] [LA]</div><div>2:00 ● Movie Classic [SL] [R]</div><div>3:00 ● Exercise With Weights [SL] [BF]</div><div>3:00 ● It's Debatable - Current Events Zoom Presentation With Ralph Cohen [SL] [LA]</div><div>4:00 ● Scrabble With Sherry [C] [C]</div><div>7:30 ● Saturday Night At The Movies [C] [R]</div></div>	
<div><div>Be Fit - T1</div><div>Card Room - 2 Floor</div><div>Carnegie Room - Lobby Level</div><div>Hudson Lounge - Lobby Level</div><div>Lodge A - T1</div><div>Lodge B - T1</div><div>Oak Room - Lobby Level</div><div>Pine Room - Lobby Level</div><div>Rockefeller's - Lobby Level</div><div>The Reel - T1</div><div>The View - 8th Floor</div><div>BF</div><div>CR</div><div>C</div><div>HL</div><div>LA</div><div>LB</div><div>OAK</div><div>PR</div><div>RK</div><div>R</div><div>V</div></div>		<div><div>28</div><div>Winter Tone & Trim Workout [MK] [LA]</div><div>12:00 ● Wikipedia: The Game About Everything! [MK] [LA]</div><div>2:00 ● Place Your Bets On Bingo! [MK] [LB]</div><div>2:00 ● Sunday Movie Matinee [MK] [R]</div><div>3:00 ● Mind & Body Workout [MK] [LA]</div><div>4:00 ● Board / Card Game Hour! [MK] [HL]</div><div>4:00 ● Exposa Travel: Alaska [MK] [LA]</div><div>7:30 ● Meet Me For A Movie [C] [R]</div></div>		<div><div>BLACK HISTORY MONTH</div></div>		<div><div>American Heart Month</div></div>		<div><div>SUPER BOWL</div></div>		<div><div></div></div>		<div><div></div></div>			