

LIFE GUIDANCE<sup>®</sup>

Monthly Calendar of Events and Programming

Featured Events  
this Month:

**Family Paint Night & Soup Social**

Monday, February 9, 4:30 & 6:00 pm

**Valentine's Dinner**

Saturday, February 14, 5:00 pm

**Chef's Demo - Chinese New Year**

Thursday, February 19, 2:30 pm

Atria  
SENIOR LIVING

Atria  
SENIOR LIVING

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<b>Super Bowl® SUNDAY</b> 10:00 <b>IS</b> Spiritual & Meditation Time 10:30 <b>LL</b> Sunday Paper 11:00 <b>HF</b> Moving to Music 1:30 <b>LL</b> Brain Games 2:30 <b>CE</b> Creative Expressing 3:30 <b>C</b> Super Bowl® SUNDAY SUNDAES 4:00 <b>HF</b> Weekend Walkers 6:00 <b>EF</b> Super Bowl® SUNDAY	<b>GROUNDHOG DAY</b> 9:00 Groundhog Breakfast 10:00 <b>IS</b> Spiritual & Meditation Time 11:00 <b>LL</b> ASTROLOGY 11:00 <b>C</b> Out Trip- Lunch 1:30 <b>HF</b> Commit to be Fit 2:00 <b>CE</b> Creative Expressions 3:00 <b>CE</b> Snack Attack 4:00 <b>PA</b> THIS IS YOUR LIFE 6:00 Relax & Remember	10:00 <b>IS</b> Spiritual & Meditation Time 10:30 <b>HF</b> Commit to be Fit 11:00 <b>LL</b> Trivia Jeopardy!® 1:00 <b>IS</b> Craft- Birdhouses 2:00 Fun Fitness 2:30 <b>CV</b> Writing Cards to the Soldiers 3:00 <b>CE</b> Dab It w/ Paints! 3:30 Relax & chat 4:00 <b>CE</b> Glee Club 6:00 REMEMBER WHEN	10:00 <b>IS</b> Spiritual & Meditation Time 10:30 <b>LL</b> Daily Chronicles 11:00 <b>LL</b> Trivia 1:00 <b>LL</b> Movin It! 2:30 <b>LL</b> USO Discussion 3:00 <b>CE</b> Craft Fun 3:30 Snack Attack	10:00 <b>IS</b> Spiritual & Meditation Time 10:30 <b>LL</b> Daily Chronicle 11:00 <b>EF</b> LOOK OUTSIDE THE WINDOW 1:00 Name that Tune 2:00 <b>HF</b> Walking Tall 2:30 <b>C</b> FUN W/ WORDS 3:00 <b>CE</b> Happy Hour 3:30 Sing Along 4:00 <b>EF</b> Here's Looking at You 6:00 Popcorn & Trivia	<b>Wear Red Day- Healthy Hearts!</b> 9:00 Heart Healthy Breakfast Buffet 10:00 <b>IS</b> TV Mass 10:30 <b>IS</b> Protestant Mass- Rev. Chris 11:00 <b>HF</b> Class w/ Physical Therapy 1:00 <b>HF</b> COLORFUL WEIGHTS 2:00 <b>EF</b> Go Red for Women 3:00 <b>C</b> Red Snacks & Chat 4:00 <b>CE</b> Heart Art 4:00 <b>PA</b> Life Stories 6:00 <b>EF</b> Johnny Carson & Friends	<b>Anniversary of Ballet in USA</b> 10:00 <b>IS</b> Spiritual & Meditation Time 10:30 <b>LL</b> Daily Chronicle 11:00 <b>LL</b> Ballet Trivia 1:00 Name that Tune 2:00 <b>HF</b> Happy Feet 2:30 <b>LL</b> Beatles Trivia 3:30 Beatles Social 4:00 <b>EF</b> Grab 'N Go Box 6:00 Night at the Ballet Movie 6:00 Social Connection w/ AL
10:00 <b>IS</b> Spiritual & Meditation Time 10:30 <b>LL</b> Sunday Paper 11:00 <b>HF</b> Moving to Music 1:30 <b>LL</b> Brain Aerobics 2:30 <b>CE</b> Bingo 3:30 <b>C</b> Tea Time & Trivia 4:00 <b>HF</b> Weekend Walkers 6:00 The King & I	10:00 <b>IS</b> Spiritual & Meditation Time 10:30 <b>LL</b> Daily Chronicle 11:00 <b>LL</b> Nat'l Black History 11:00 <b>C</b> Out Trip Lunch 1:30 <b>HF</b> Stretch & Flex 3:00 <b>LL</b> Painting Genres 3:30 Wine & cheese Party 4:00 <b>CV</b> Writing Cards to Service Men 4:30 <b>PA</b> Family Paint Night 6:00 Family Soup Social	10:00 <b>EF</b> Tapping to Broadway Music 10:00 <b>IS</b> Spiritual Time 10:30 <b>LL</b> NEWS & VIEWS 11:00 <b>LL</b> FAMOUS PAIRS 1:00 <b>C</b> SPA TIME 2:00 <b>HF</b> Fun Fitness 2:30 <b>PA</b> WHAT WE HAVE IN COMMON 3:00 PARTNER PRINTS 4:00 <b>CE</b> DAB IT 6:00 REMEMBER WHEN	10:00 <b>IS</b> Spiritual & Meditation Time 10:30 <b>LL</b> Daily Chronicles 11:00 <b>PA</b> Writers Corner-Love Poems 1:00 <b>HF</b> It's My Life 2:00 <b>HF</b> STRENGTH TRAINING 3:00 <b>EF</b> HAPPY HOUR-Sing Along 4:00 <b>C</b> ATRIA MUSICAL MOMENTS 6:00 <b>C</b> Call it a Day	<b>LINCOLN'S BIRTHDAY</b> 10:00 <b>IS</b> Spiritual & Meditation Time 10:30 <b>LL</b> Daily Chronicle 11:00 <b>LL</b> Fill in the Blanks 1:00 <b>CE</b> VALENTINE COLLAGE 2:00 <b>CE</b> DANCE TIME 2:30 <b>C</b> JELL-O® social-& fun 3:00 <b>LL</b> Lincoln the Man 4:00 Mixed Bag 6:00 Windin' Down	10:00 <b>IS</b> TV Mass 10:30 <b>IS</b> Protestant Mass- Rev. Chris 11:00 <b>HF</b> Class w/ Physical Therapy 1:30 <b>CE</b> Music Therapy w/ Maggie 2:30 <b>HF</b> Valentine Celebration 3:00 <b>LL</b> Valentine Word Games 4:00 <b>C</b> Glee Time 6:00 <b>C</b> Call It a Day	<b>VALENTINE'S DAY</b> 10:00 <b>IS</b> Spiritual & Meditation Time 10:30 <b>LL</b> Coffee & News 11:00 <b>LL</b> Valentine Memories 1:30 <b>HF</b> Stretch in Time 2:00 <b>EF</b> "Love" Bingo 3:00 <b>IS</b> Heart to Heart 5:00 <b>C</b> VALENTINE Dinner 6:00 Call it a Day 6:00 Social Connection w/ AL
10:00 <b>IS</b> Spiritual & Meditation Time 10:30 <b>LL</b> Sunday Paper 11:00 <b>HF</b> Noodles of Fun 1:30 <b>LL</b> Sunday Trivia 2:30 <b>CE</b> Mardi Gras Masks 3:30 <b>C</b> Sunday Snacks 4:00 <b>HF</b> Weekend Walkers 6:00 Annie	<b>Presidents Day</b> 10:00 <b>IS</b> Spiritual & Meditation Time 10:30 <b>HF</b> Marching to Health 11:00 <b>LL</b> Big Word/ Little Word 11:00 <b>C</b> Out Trip CT Historic Spots 1:30 <b>HF</b> Arthritis Stretches 2:30 Baking for Mardi Gras 3:00 <b>EF</b> Patriotic Sing Along 4:00 <b>LL</b> Presidential Trivia 6:00 Relax & Remember	<b>MARDI GRAS</b> 10:00 <b>IS</b> Spiritual & Meditation Time 10:30 <b>HF</b> MOVIN' & GROOVIN' 11:00 <b>LL</b> LIFE IS A COLLAGE 1:00 <b>LL</b> Learning 'bout Mardi Gras 2:00 Mardi Gras Party 3:00 Playing Cards 4:00 Daily News & Views 6:00 Call it a day	<b>ASH WEDNESDAY</b> 10:00 <b>IS</b> Spiritual & Meditation Time 10:30 <b>LL</b> Daily Chronicles 11:00 <b>CV</b> MAKING DOG TREATS 1:00 Hand Massage 2:00 <b>HF</b> COLORFUL WEIGHTS 3:00 <b>C</b> Happy Hour-Chip Ames 4:00 WHAT WE HAVE IN COMMON 6:00 Popcorn & Trivia	<b>CHINESE NEW YEAR</b> 10:00 <b>IS</b> Spiritual & Meditation Time 10:30 <b>HF</b> Shake Rattle & Roll 11:00 <b>LL</b> Chinese History Time 1:00 <b>HF</b> Happy Feet 2:00 <b>CE</b> BALLOON ART 2:30 <b>EF</b> CHINESE NEW YEAR Chef's Table 3:00 <b>IS</b> LISTENING TO MUSIC 4:00 Hand Massage 6:00 Call it a Day	10:00 <b>IS</b> TV Mass 10:30 <b>IS</b> Protestant Mass- Rev. Chris 11:00 <b>HF</b> Class w/ Physical Therapy 1:00 Remember When 2:00 <b>EF</b> Shuffleboard 2:30 Music Time 3:00 <b>EF</b> GIVE ME A COMPLIMENT	10:00 <b>IS</b> Spiritual & Meditation Time 10:30 <b>LL</b> Coffee & News 11:00 <b>HF</b> Conductorcise® 1:00 Hand Massage & Nails 2:00 <b>HF</b> Walk On the Wild Side 2:30 <b>PA</b> Card Games 3:00 Saturday Sippers 3:30 <b>IS</b> Inspirational Readings 6:00 Musical Concert 6:00 Social Connection w/ AL
<b>OSCAR AWARDS</b> 10:00 <b>IS</b> Spiritual & Meditation Time 10:30 <b>LL</b> Sunday Paper 11:00 <b>HF</b> Moving to Music 1:30 <b>LL</b> Oscar Trivia 2:00 <b>EF</b> Hot Potato 3:00 <b>C</b> Movie Predictions & Tea 4:00 <b>LL</b> Thinking Back . . . 6:00 West Side Story 8:00 The Oscars	10:00 <b>IS</b> Spiritual & Meditation Time 10:30 <b>HF</b> Heart Healthy Exercises 11:00 <b>PA</b> Armchair Travel- Antarctica 11:00 <b>C</b> Out Trip- Library 1:30 Cooking Show- TV time 3:00 <b>CV</b> Healthy Treats- Homeless 4:00 Glee Club 6:00 Top Ten Day	10:00 <b>IS</b> Spiritual & Meditation Time 10:30 <b>LL</b> Daily Chronicle 11:00 <b>EF</b> Big Word/Little Word 1:00 <b>CE</b> FABRIC LANDSCAPES 2:00 <b>HF</b> Walking Tall 2:30 ASTROLOGY 3:00 Smoothies 3:30 Things I Like 4:00 <b>EF</b> ATRIA MUSICAL MOMENTS 6:00 Popcorn & Trivia 6:00 <b>EF</b> Unwind	10:00 <b>IS</b> Spiritual Time 10:30 <b>LL</b> Today in History 10:30 <b>HF</b> MOVIN' & GROOVIN' 11:00 <b>PA</b> WHO AM I? 1:00 FEBRUARY COLLAGE 2:00 <b>HF</b> Happy Feet 3:00 <b>C</b> Happy Hour- Piano 3:30 HAND MASSAGE 6:00 Word to the WISE	10:00 <b>IS</b> Spiritual & Meditation Time 10:30 <b>LL</b> Today in History 11:00 <b>PA</b> WHO AM I? 1:00 Remember When 2:00 <b>HF</b> Happy Feet 2:30 <b>PA</b> Cooking Apps 3:30 Homemade Happy Hour 6:00 Word to the WISE 6:30 <b>EF</b> MUSIC TIME	10:00 <b>IS</b> TV Mass 10:30 <b>IS</b> Protestant Mass- Rev. Chris 11:00 <b>HF</b> Class w/ Physical Therapy 1:30 <b>CE</b> Music Therapy- Maggie 2:30 Music & Poetry 3:00 <b>CE</b> Craft fun 3:30 Social Hour & Treats 4:00 <b>EF</b> Here's Looking at You 6:00 Popcorn & Trivia	10:00 <b>IS</b> Meditation Time 10:00 <b>CE</b> STRETCH & FLEX 10:30 <b>LL</b> USA Today 11:00 <b>EF</b> LISTEN TO MUSIC 1:00 TRIVIA TIME 2:00 <b>HF</b> Tapping Time 2:30 <b>C</b> WHO IS IT? 3:00 NAME 5 4:00 <b>LL</b> Name that Tune 6:00 Relax & Remember 6:00 Social Connection w/ AL



**PA** Personal Achievement  
**HF** Health & Fitness  
**EF** Entertainment & Fun  
**CV** Civic Engagement  
**LL** Lifelong Learning  
**CE** Creative Expression  
**IS** Inspiration & Spirituality  
**C** Connection

Atria ENGAGE LIFE®

# ENGAGE LIFE<sup>®</sup>

## Monthly Calendar of Events and Programming



Featured Events  
this Month:

**Super Bowl Party**  
Sunday, February 1, 6:00 pm

**Go Red For Women**  
Friday, February 6, 2:00 pm

**Valentine's Day Dinner**  
Saturday, February 14, 4:30 pm

*Atria*  
SENIOR LIVING

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# FEBRUARY 2015

# ATRIA GREENRIDGE PLACE

engage life®

## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

1

9:15 **IS** St. James Church (OT) [JC]  
10:00 **IS** Corpus Christi (OT)  
10:00 **HF** In Style Fitness (TF) [MR]  
10:30 **LL** Wheel of Fortune® (TF) [MR]  
11:00 **HF** Trivia of the Day (TF) [MR]  
1:00 **CE** Candy Crafts (TF) [MR]  
2:00 Bingo (TF) [MR]  
2:00 Protestant Communion  
3:00 **C** Happy Hour (TF) [MR]  
4:00 **HF** Circuit Training (TF) [MR]  
6:00 **EF** Super Bowl® Party (TF) [MR]

2

8:00 **EF** Groundhog Day Breakfast  
10:00 Strength & Stretch  
10:30 **LL** Hearing Clinic w/ Beltone Hearing  
10:30 **HF** What's My Line (TF) [HM]  
11:00 **HF** PBS Specials (TF) [HM]  
1:30 **CE** Poetry Writing (TF) [HM]  
2:00 **HF** Matter of Balance w/ PT (TF) [PT]  
2:30 **LL** International Desserts (TF) [HM]  
4:00 **HF** Walking Club (TF) [HM]  
6:00 Poker Pro's (CK) [JH]  
7:00 Classic Movie (CP)

3

10:00 **HF** Stretching W/ Friends (TF) [HM]  
10:30 **LL** Teddy Roosevelt (TF)  
1:00 **LL** Greenridge Gazette (TF) [HM]  
1:00 Wii® Advanced Bowling (TF)  
1:45 Wii® Pro-Bowlers (TF)  
2:30 **PA** Floral Arranging (TF) [HM]  
3:00 **CV** Birthday Craft Circle (TF) [HM]  
4:15 **HF** Afternoon Exercise (TF) [HM]  
6:00 Coffee Chat (CP)  
7:00 **LL** Comedy Movie (TF) [JC]

4

9:30 **IS** Rosary (CK)  
10:00 **IS** Tai Chi (TF) [1]  
10:30 **EF** Movie Bunch: Berlin Cinemas (OT) [JH]  
10:30 **CE** Poetry w/ Andy (TF)  
11:00 **LL** Blood Pressure Clinic  
1:30 Cribbage Crew (CP)  
2:00 **LL** Documentary Discussion: USO (TF)  
3:00 Resident Council Meeting (TF) [JH]  
4:00 **C** Ambassador Meeting (CK) [JH]  
6:00 Poker Pros  
7:00 Romantic Movie (TF)

5

7:30 **C** Breakfast Club (CP) [JH]  
10:00 **HF** Exercise w/ PT (TF) [PT]  
10:30 **PA** Economics Discussions (TF)  
11:00 **HF** Word Search (CK)  
1:15 **CE** Pop-up Cards (TF) [HM]  
1:30 **PA** Knitting w/ Nina (TF)  
2:00 **CE** Mixed Medium Art (TF) [HM]  
3:00 **EF** Entertainment: Graham's Jazz Trio (TF) [JH]  
4:00 **HF** Circuit Training (TF) [HM]  
6:30 **C** Winter Predictions & Hot Coco (TF) [HM]  
7:00 Featured Movie

6

9:30 **IS** Communion  
10:00 **HF** Stretch & Flex (TF) [HM]  
10:30 **LL** Red Out Wear Red Day (TF)  
11:00 American Heart Association Speaker  
11:30 **EF** Red Out Lunch [HM]  
1:30 **CE** Make Your Own Tea (CK) [HM]  
2:00 **CV** Go Red For Women (TF) [HM]  
3:30 Cocktail Hour (TF) [HM]  
3:30 **LL** Taste of Atria: Go Red  
4:00 **HF** Circuit Training (TF) [HM]  
7:00 Family Movie (CP)

7

10:00 **HF** Forever-Fit (TF)  
10:45 **LL** Computer Lessons: Basic Use of Computer (TF) [MR]  
1:00 **LL** Travel Log (TF) [MR]  
2:00 Pokeno® (TF) [MR]  
3:00 Hot Apple Cider (TF) [MR]  
3:30 **C** Black History Social (TF) [MR]  
4:00 **HF** Circuit Training (TF) [MR]  
6:00 **C** AL & LG Connections (CP) [MR]  
7:00 Classic Movie Presentation (CP)

8

9:15 **IS** St. James Church (OT)  
10:00 **EF** Corpus Christi  
10:00 **HF** In Style Fitness (TF) [MR]  
10:30 **LL** Boy Scouts Merritt Badge Craft & History (TF) [MR]  
1:00 **CE** Beading (TF) [MR]  
2:00 Bingo (TF) [MR]  
3:00 **CE** Baking Club: Snow Globe Cake (TF) [MR]  
4:00 **HF** Circuit Training (TF) [MR]  
6:00 **HF** Word Search Challenge (CK) [MR]  
7:00 Movie of the Week

9

10:00 **HF** Strength & Stretch (TF) [JH]  
10:30 **HF** Ted Talks (TF) [HM]  
11:00 **HF** Presidential Trivia (TF) [HM]  
1:00 **CE** Creative Writing (L) [HM]  
2:00 **HF** Matter of Balance w/ PT (TF)  
2:30 **CE** Paper Crafts (CK) [HM]  
3:30 Simple Card Games (TF) [HM]  
4:00 **HF** Walking Club (LB) [HM]  
6:00 Poker Pros (CK) [JH]  
7:00 Classic Movie (TF)

10

10:00 **HF** Stretching W/ Friends (TF) [JC]  
10:30 **CE** Love Poems (TF) [HM]  
11:00 **LL** Biography of a Famous Person (TF) [HM]  
12:45 Wii® Pro-Bowlers (TF)  
1:30 Wii® Advanced Bowling (TF)  
2:00 **CE** JELL-O® Making (TF) [HM]  
2:30 **PA** Floral Arranging (TF) [HM]  
3:15 **LL** Greenridge Book Club (TF) [HM]  
3:45 **HF** Afternoon Aerobics (TF) [HM]  
6:30 **C** Coffee Chat (CP)  
7:00 Classic Movie (TF)

11

9:30 **IS** Rosary (CK)  
10:00 **HF** Tai Chi (TF) [1]  
10:30 **CE** Deep Breathing Impact (TF)  
11:00 **C** Track Your Past w/ Genealogy (TF) [JH]  
11:30 **EF** Lunch Bunch: Angelico's on the Lake (OT) [MR]  
1:30 Cribbage Crew (CK)  
2:00 **IS** Inspirational Readings (CK)  
3:00 **EF** Entertainment: Jim Sheehan (TF)  
3:30 Happy Hour Sing Along  
4:00 **HF** Greenridge Walking Club (LB) [JH]  
6:00 Poker Pros  
7:00 Drama Movie (TF)

12

7:30 **C** Breakfast Club (CP) [JH]  
9:30 **LL** Microsoft Teaches Technology (TF)  
10:00 **HF** Exercise w/ PT (TF) [PT]  
10:30 **PA** Economics Lecture Series (TF)  
11:30 **CE** Chef's Table  
2:00 **C** Men's Club (LB) [JH]  
2:00 **CE** Mixed Medium Art (TF) [HM]  
2:30 Matinee Movie & Popcorn (TF) [HM]  
3:00 **CE** Valentines Day Cards (CK) [HM]  
4:00 **HF** Circuit Training (TF) [HM]  
5:00 **PA** Greenridge Gazette (TF) [HM]  
6:30 **C** New Resident Tea Social (CK) [HM]

13

9:30 Communion  
10:00 **HF** Stretch & Flex (TF) [HM]  
10:30 **HF** Current Events (TF) [HM]  
11:00 **HF** Words w/ Friends (TF) [HM]  
1:30 **CE** Baking Club: Chocolate Mousse (TF) [HM]  
2:30 Bocce (TF) [HM]  
2:30 **LL** Music Therapy w/ Maggie (TF)  
3:30 Chocolate Cocktails (TF) [HM]  
4:00 **HF** Mid-day Aerobics (TF) [HM]  
7:00 Drama Movie (TF)

14

10:00 **HF** Forever Fit (TF)  
10:45 **LL** Valentine's Day Word Game (TF) [MR]  
11:30 **LL** History of Valentine's Day  
1:30 Pokeno® (CK) [MR]  
2:30 **C** Manicures (TF) [MR]  
3:00 Hot Apple Cider Social (TF) [MR]  
4:00 **HF** Circuit Training (TF)  
4:30 **C** Valentine's Day Dinner  
4:30 Singing Valentine's Entertainment  
6:00 **CE** Cupid's Corner (TF) [MR]  
7:00 Classic Movie (CP)

15

9:15 **IS** St. James Church (OT)  
10:00 Corpus Christi  
10:00 **HF** In Style Fitness [MR]  
10:30 **HF** News Currents (TF) [MR]  
11:00 What's in a Word? (TF) [MR]  
1:00 **LL** Actors Studio Skit Performances (TF) [MR]  
1:15 **EF** Mystery Ride (OT) [JC]  
2:00 Bingo (TF) [MR]  
3:00 **C** Origami Spaceships w/ Grandchildren (TF) [MR]  
4:00 **HF** Circuit Training (TF) [MR]  
6:00 Scrabble® (CK) [MR]  
7:00 Movie of the Week

16

10:00 **HF** Strength & Stretch (TF) [HM]  
10:30 **LL** News Crews Debates (TF) [HM]  
11:15 **HF** ROKU Games (TF) [HM]  
1:30 **CE** Poetry Reading (CK) [HM]  
2:00 **HF** Matter of Balance w/ PT (TF)  
2:30 **LL** International Desserts (TF) [HM]  
3:00 **C** Wine of the Month (TF) [HM]  
4:00 **HF** Sports Exercise (TF) [HM]  
6:00 Poker Pros (CK) [JH]  
7:00 Word Search (CP)

17

10:00 **HF** Stretching W/ Friends (TF) [JC]  
10:30 **HF** Educational Series: Geronimo (TF) [HM]  
11:00 **C** Tea Social Word Game (TF) [HM]  
1:00 **PA** Greenridge Gazette (TF) [HM]  
1:00 Wii® Bowling for Beginners  
1:30 Wii® Advanced Bowling (TF)  
2:00 **C** Men's Club/Women's Club (LB) [JH]  
2:00 Birds of Prey Presentation  
2:15 Wii® Pro-Bowlers (TF)  
2:30 Floral Arranging  
3:00 **LL** Music Cultures of the World (TF)  
6:30 Coffee Chat (CP)

18

9:30 **IS** Rosary (CK)  
10:00 **HF** Tai Chi w/ Sifu Pete (TF) [1]  
10:30 **CE** Expressing Yourself Through Poetry (TF) [1]  
11:30 **EF** Lunch Bunch: Outback Steak House (OT) [MR]  
1:30 **PA** Cribbage Crew (CK)  
2:00 **LL** Documentary Discussion (TF)  
3:00 **EF** Entertainment: Chip Ames (TF) [JH]  
3:30 Happy Hour Sing Along (OT) [JH]  
4:00 **HF** Greenridge Walking Club (LB) [JH]  
7:00 Comedy Movie (TF)

19

7:00 **C** Breakfast Club (CP) [JH]  
10:00 **HF** Exercise w/ PT (TF) [PT]  
10:30 **LL** Economics Discussion (TF)  
11:00 **PA** The Bucket List (TF) [JH]  
1:30 **PA** Knitting Club (TF)  
2:00 **CE** Mixed Medium Art (CK) [HM]  
3:00 **LL** Music of the World (TF)  
4:00 **HF** Circuit Training (TF) [HM]  
4:30 **EF** The Van Man Tours CT (LB)  
6:00 **C** Make Your Own Bird House (TF) [HM]  
7:00 Comedy Movie

20

9:30 **IS** Communion  
10:00 **HF** Stretch & Flex (TF) [HM]  
10:30 **LL** Remembering the Roaring 20's (TF) [HM]  
11:30 **LL** Microsoft Out Trip (OT) [JH]  
1:30 **LL** Spa Lecture Series (TF) [PT]  
2:00 **LL** Low Vision Support Group (TF)  
2:45 **EF** Bowling (TF) [HM]  
3:30 **EF** Cocktail Hour (TF) [HM]  
4:00 **HF** Afternoon Stretch (LB) [HM]  
7:00 Family Movie (TF)

21

10:00 **HF** Forever Fit (TF) [MR]  
10:45 **HF** News Currents (TF) [MR]  
11:00 **HF** What's in a Word (TF) [MR]  
1:30 **CE** Baking Club: Winter Snowflake Cookies (TF) [MR]  
2:30 Pokeno® (TF) [MR]  
3:30 Hot Apple Cider (TF) [MR]  
4:00 **HF** Circuit Training (LB)  
6:00 **C** AL & LG Connections (TF) [MR]  
7:00 Classic Movie (CP)

22

9:30 **IS** St. James Church (OT)  
10:00 Corpus Christi  
10:00 **HF** In Style Fitness (TF) [MR]  
10:30 **HF** G.W. Social (TF) [MR]  
11:00 **LL** Healthy Habits Discussion (TF) [MR]  
1:30 Bingo (TF) [MR]  
3:00 **CE** Soapbox Dragsters w/ Grandchildren (TF) [MR]  
3:30 **C** Daytona 500 Happy Hour (TF) [MR]  
4:00 **HF** Circuit Training (TF) [MR]  
6:00 Trivia Challenge  
7:00 Movie of the Week

23

10:00 Strength & Stretch (TF) [JH]  
10:30 **HF** Ted Talks (TF) [HM]  
11:00 **HF** Heart Healthy Quiz (TF) [HM]  
1:30 **CE** Creative Writing (CK) [HM]  
2:00 **HF** Matter of Balance Class w/ PT (TF) [PT]  
2:30 **CE** Clay Molds (TF) [HM]  
3:30 **EF** Where in the World! (TF) [HM]  
4:00 Sports Exercise  
6:00 Poker Pros  
7:00 Comedy Movie (TF)

24

10:00 **HF** Stretching W/ Friends (TF) [JC]  
10:30 **HF** Biography of a Famous Person (TF) [HM]  
11:00 **HF** Black History PBS Documentary (TF) [HM]  
1:00 Wii® Pro Bowling  
1:30 Wii® Sports for Beginners  
2:30 Floral Arranging (TF) [HM]  
3:00 **CE** Innovative Inventions (TF) [HM]  
3:30 **HF** Afternoon Aerobics [HM]  
6:30 Coffee Chat (CP)  
7:00 Romantic Movie (TF)

25

9:30 **IS** Rosary (CK)  
10:00 **HF** Tai Chi w/ Sifu Pete (TF)  
10:30 **CE** Deep Breathing Impact (TF)  
11:00 **C** Track Your Past w/ Genealogy (L) [JH]  
11:30 **EF** Lunch Bunch: Olive Garden (OT) [MR]  
1:30 Cribbage Crew (CK)  
2:00 **IS** Inspirational Readings w/ Mickie (CK)  
3:00 **EF** Pianist: Richard Dajenais (TF)  
3:30 Happy Hour Sing Along (TF) [JH]  
4:00 **HF** Greenridge Walking Club (LB) [JH]  
6:00 Poker Pro's  
7:00 Comedy Movie

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7:00 **C** Breakfast Club (CP) [JH]  
9:30 **LL** Microsoft Teaches Technology (TF) [JH]  
10:00 **HF** Exercise w/ PT (TF) [PT]  
10:30 **PA** Economics Lecture (TF)  
11:00 **HF** Lighter Side of the News (CP)  
1:30 **PA** Knitting w/ Nina (TF)  
2:00 **CE** Art Appreciation Lecture Series (TF) [HM]  
3:00 Blackjack (CK) [HM]  
4:00 **HF** Circuit Training (TF) [HM]  
5:00 **LL** Greenridge Gazette (CK) [HM]  
6:00 **CE** Paint Night (CK) [HM]  
7:00 Comedy Movie (TF)

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9:30 Communion  
10:00 Stretch & Flex  
10:30 **HF** Famous Women Trivia (TF) [HM]  
11:00 **C** Tea Social (TF) [HM]  
1:30 **LL** Learning Calligraphy (TF) [HM]  
2:30 **LL** Music Therapy w/ Maggie (TF)  
3:30 Cocktail Hour (TF) [HM]  
4:00 **HF** Circuit Training (TF) [HM]  
7:00 Family Movie (CP)

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10:00 **HF** Forever Fit (TF)  
10:45 **HF** News Currents (TF) [MR]  
11:15 **HF** What's So Funny (TF) [MR]  
1:30 **LL** Genealogy Project (TF) [MR]  
2:00 **CE** Scrapbooking (TF) [MR]  
3:00 **EF** Entertainment: Larry Batter (TF) [MR]  
3:30 Writers Corner (TF) [MR]  
4:00 **HF** Circuit Training (TF) [MR]  
6:00 **C** AL & LG Connections (TF) [MR]  
7:00 Classic Movie (CP)



**PA** Personal Achievement  
**HF** Health & Fitness  
**EF** Entertainment & Fun  
**CV** Civic Engagement  
**LL** Lifelong Learning  
**CE** Creative Expression  
**IS** Inspiration & Spirituality  
**C** Connection

### ROOM LOCATION KEY:

Out Trip  
Third Floor  
Country Kitchen  
Cafe Piccolo  
Library  
Lobby

OT

TF

CK

CP

L

LB

### STAFF KEY:

John Christianson  
Masilla Rumbullaku  
Holly Marrero  
Physical Therapy  
Jeremy Hall  
Tai Chi Master Pete

JC

MR

HM

PT

JH

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