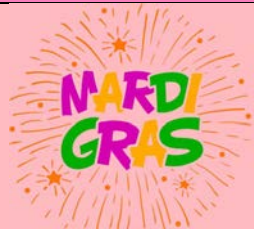






February 2023

Independent Living

Events & Adventures

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10:00A Tech Time With Nikita (GR) 11:15A Therapy Dogs (ML) 12:00P Movie Matinee —Forest Gump (AU/CH2) 3:00P Chair Volleyball (AU) 6:00P Bridge (GR)	2 10:00A Writer's Workshop (AC) 11:15A Prayer Group (GR) 2:00P Rummikub (GR) 4:00P Social Hour (CC) 6:15P Bingo! (AC)	3 10:00A Ladies Bible Study (AC) 11:15A Let's Do Lunch: (\$) 1:00P Catholic Communion (GR) 1:30P Movie Matinee— Grease (AU/CH2) 4:00P Evening Stroll (ML)	4 MOD: Derone Martin 9:30A Coffee with Neighbors (CR) 1:30P Knitting and Crocheting (AC) 3:00P Puzzles With Friends 6:15P Bingo! (AC)
5 MOD: Derone Martin 11:00A-2:00P Sunday Brunch(DR) 11:30A Music w/ Rodney Rasberry (ML) 3:30P Vespers (AU/Ch2) 4:30P Coffee and Chatter (CR) 6:00P Game Classes (GR)	6 9:00A Dr. Ho By Appt. 9:00A-9:45A Kroger (ML) 10:00A IRIS Cards (AC) 1:30P Bible School (GR) 3:00P Bunco (AC) 6:00P Mexican Train! (GR)	7 10:00A ART GROUP (AC) 1:00P Craft Time With Nikita (AC) 2:00P Puzzles With Friends 2:30P Menu Chat w/ Chef (AU) 4:00P Spanish with Rocio (GR) 6:15P BINGO! (AC)	8 10:00A Tech Time With Nikita (GR) 12:00P Movie Matinee — The Proposal(AU/CH2) 2:00P– PWP Singers Rehearsal (AU) 3:00P Chair Volleyball (AU) 6:00P Bridge (GR)	9 10:00A Writer's Workshop (AC) 11:15A Prayer Group (GR) 2:00P Rummikub (GR) 4:00P Social Hour (CC) 6:15P Bingo! (AC)	10 10:00A Ladies Bible Study (AC) 10:00A Men's Group (GR) 11:15A Let's Do Lunch: (\$) 1:30P Movie Matinee—The Breakfast Club (AU/CH2) 2:00P Walgreens/CVS (ML)* 4:00P Evening Stroll (ML)	11 MOD: Gina Powell 9:30A Coffee with Neighbors (CR) 1:30P Knitting and Crocheting (AC) 3:00P Puzzle With Friends 6:15P Bingo! (AC)
12 MOD: Gina Powell 11:00A-2:00P Sunday Brunch(DR) 11:00A Music w/ Mark Bruni(ML) 3:30P Vespers (AU/Ch2) 4:30P Coffee and Chatter (CR) 6:00P Game Classes (GR)	13 9:00A-9:45A Kroger (ML) 10:00A IRIS Cards (AC) 1:30P Bible School (GR) 3:00P Outdoor Games 6:00P Mexican Train! (GR)	14 Valentine's Day 10:00A ART GROUP (AC) 1:00P Valentine's Day Cookie Social (ML) 2:00P Puzzles With Friends 4:00P Spanish with Rocio (GR) 6:15P BINGO! (AC)	15 10:00A Tech Time With Nikita (GR) 11:15A Therapy Dogs (ML) 12:00P Movie Matinee — Valentine's Day (AU/CH2) 3:00P Chair Volleyball (AU) 6:00P Bridge (GR)	16 10:00A Writer's Workshop (AC) 11:00A Episcopal Service (AU) 11:15A Prayer Group (GR) 2:00P Rummikub (GR) 4:00P Social Hour– Valentines Day (CC) 6:15P Bingo! (AC)	17 10:00A Ladies Bible Study (AC) 11:00A Book Club (L) 11:15A Let's Do Lunch: (\$) 1:30P Movie Matinee—Crazy Rich Asians (AU/CH2) 4:00P Evening Stroll (ML)	18 MOD: Renee Copley 9:30A Coffee with Neighbors (CR) 1:30P Knitting and Crocheting (AC) 3:00P Puzzle With Friends 6:15P Bingo! (AC)
19 MOD: Renee Copley 11:00A-2:00P Sunday Brunch(DR) 11:30A Music w/ Rodney Rasberry (ML) 3:30P Vespers (AU/Ch2) 4:30P Coffee and Chatter (CR) 6:00P Game Classes (GR)	20 9:00A-9:45A Kroger (ML) 10:00A IRIS Cards (AC) 1:30P Bible School (GR) 3:00P Birthday Social Feat. Danette McMahon (AU) 6:00P Mexican Train! (GR)	21 Mardi Gras 10:00A ART GROUP (AC) 1:00P Craft Time With Nikita (AC) 2:00P Tim Holder Sing-A-Long (AU) 4:00P Spanish with Rocio (GR) 6:15P BINGO! (AC)	22 10:00A Tech Time With Nikita (GR) 12:00P Movie Matinee — Ever After(AU/CH2) 2:00P– PWP Singers Rehearsal (AU) 3:00P Chair Volleyball (AU) 6:00P Bridge (GR)	23 10:00A Writer's Workshop (AC) 11:15A Prayer Group (GR) 2:00P Rummikub (GR) 4:00P Social Hour—Mardi Gras (CC) 6:15P Bingo! (AC)	24 Go Texan Day 10:00A Ladies Bible Study (AC) 11:15A Let's Do Lunch: (\$) 1:30P Movie Matinee—Julie & Julia (AU/CH2) 2:00P Walgreens/CVS (ML)* 4:00P Evening Stroll (ML)	25 MOD: Michelle Barroso 9:30A Coffee with Neighbors (CR) 1:30P Knitting and Crocheting (AC) 3:00P Puzzles With Friends 6:15P Bingo! (AC)
26 MOD: Michelle Barroso 11:00A-2:00P Sunday Brunch(DR) 11:00A Music w/ Mark Bruni(ML) 3:30P Vespers (AU/Ch2) 4:30P Coffee and Chatter (CR) 6:00P Game Classes (GR)	27 9:00A-9:45A Kroger (ML) 10:00A IRIS Cards (AC) 1:30P Bible School (GR) 3:00P Outdoor Games 6:00P Mexican Train! (GR)	28 10:00A ART GROUP (AC) 2:00P Prize Bingo With HHR(AC) 3:30P TOWN HALL! (AU/Ch2) 6:15P BINGO! (AC)		<u>MAP LEGEND</u> AC—Arts and Crafts Room AU—Auditorium B-Bistro CC—Cabana Café CP—Community Pool CR—Cabana Room		<u>MAP LEGEND CONT.</u> DR-Dining Room GR– Game Room L-Library ML—Main Lobby Activities Are Subject To Change Without Notice

February 2023

Independent Living

Wellness

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><i>“May your heart be filled with gladness.”</i></p> <p><i>~Author Unknown</i></p>		<p>1</p> <p>9:30A-10:00A Advanced Strength WC</p> <p>10:00-10:30A Intermediate Strength WC</p> <p>10:30A—11:00A Beginner Strength WC</p> <p>11:00-Noon—Consultations</p> <p>1:00—1:45P On The Ball! WC</p> <p>3:00P—4:00P Chair Volleyball AU</p> <p>4:30-4:45P—Evening Stroll</p>	<p>2</p> <p>9:30A—10:00A Advanced Balance WC</p> <p>10:00A-10:30A Intermediate Balance WC</p> <p>10:30A-11:00A—Beginner Balance WC</p> <p>2:15P-2:45P Aquatic Agilities WCP</p> <p>3:00P—4:00P Door Dash Fitness!</p> <p>4:30-4:45P—Evening Stroll</p>	<p>3</p> <p>10:00—10:30A Short Circuit! WC</p> <p>11:00-12:00P Personalized Program Development by Appointment</p> <p>1:00-1:45P Core. Floor. &More! WC</p> <p>3:00P—4:00P Door Dash Fitness!</p> <p>4:30-4:45P—Evening Stroll</p>	<p>4</p> <p>Virtual Workouts!</p> <p>Please log into your ENGAGE Hub on Channel 64 on your television and choose from a variety of workouts in the convenience of your apartment</p>
<p>5</p> <p>Virtual Workouts!</p> <p>Please log into your ENGAGE Hub on Channel 64 on your television and choose from a variety of workouts in the convenience of your apartment</p>	<p>6</p> <p>930A-10:00A Advanced Strength WC</p> <p>10:00-10:30A Intermediate Strength WC</p> <p>10:30A—11:00A Beginner Strength WC</p> <p>1:00—1:45P On The Ball! WC</p> <p>3:00P—4:00P Door Dash Fitness!</p> <p>4:30-4:45P—Evening Stroll</p>	<p>7</p> <p>9:30A—10:00A Advanced Balance WC</p> <p>10:00A-10:30A Intermediate Balance WC</p> <p>10:30A-11:00A—Beginner Balance WC</p> <p>12:15P-2:45P Aquatic Agilities WCP</p> <p>3:00P—4:00P Door Dash Fitness!</p> <p>4:30-4:45P—Evening Stroll</p>	<p>8</p> <p>9:30A-10:00 Advanced Strength WC</p> <p>10:00-10:30A Intermediate Strength WC</p> <p>10:30A—11:00A Beginner Strength WC</p> <p>1:00—1:45P On The Ball! WC</p> <p>3:00P—4:00P Chair Volleyball AU</p> <p>4:30-4:45P—Evening Stroll</p>	<p>9</p> <p>9:30A—10:00A Advanced Balance WC</p> <p>10:00A-10:30A Intermediate Balance WC</p> <p>10:30A-11:00A—Beginner Balance WC</p> <p>2:15P-2:45P Aquatic Agilities WCP</p> <p>3:00P—4:00P Door Dash Fitness!</p> <p>4:30-4:45P—Evening Stroll</p>	<p>10</p> <p>10:00A—10:30AShort Circuit! WC</p> <p>11:00-12:00P Personalized Program Development by Appointment</p> <p>1:00-1:45P Core. Floor& More! WC</p> <p>3:00P—4:00P Door Dash Fitness!</p> <p>4:30-4:45P—Evening Stroll</p>	<p>11</p> <p>Virtual Workouts!</p> <p>Please log into your ENGAGE Hub on Channel 64 on your television and choose from a variety of workouts in the convenience of your apartment</p>
<p>12</p> <p>Virtual Workouts!</p> <p>Please log into your ENGAGE Hub on Channel 64 on your television and choose from a variety of workouts in the convenience of your apartment</p>	<p>13</p> <p>930A-10:00A Advanced Strength WC</p> <p>10:00-10:30A Intermediate Strength WC</p> <p>10:30A—11:00A Beginner Strength WC</p> <p>1:00—1:45P On The Ball! WC</p> <p>3:00P—4:00P Door Dash Fitness!</p>	<p>14</p> <p>9:30A—10:00A Advanced Balance WC</p> <p>10:00A-10:30A Intermediate Balance WC</p> <p>10:30A-11:00A—Beginner Balance</p> <p>1:30-2:00PAgility Abilities w/ Amy—AL</p> <p>2:15P-2:45P Aquatic Agilities WCP</p> <p>3:00P—4:00P Door Dash Fitness!</p>	<p>15</p> <p>9:30A-10:00 Advanced Strength WC</p> <p>10:00-10:30A Intermediate Strength WC</p> <p>10:30A—11:00A Beginner Strength WC</p> <p>1:00—1:45P On The Ball! WC</p> <p>3:00P—4:00P Chair Volleyball AU</p> <p>4:30-4:45P—Evening Stroll</p>	<p>16</p> <p>9:30A—10:00A Advanced Balance WC</p> <p>10:00A-10:30A Intermediate Balance WC</p> <p>10:30A-11:00A—Beginner Balance WC</p> <p>2:00P-2:30P Aquatic Agilities WCP</p> <p>3:00P—4:00P Door Dash Fitness!</p> <p>4:30-4:45P—Evening Stroll</p>	<p>17</p> <p>10:00A—10:30AShort Circuit! WC</p> <p>11:00-12:00P Personalized Program Development by Appointment</p> <p>1:00-1:45P Core. Floor & More! WC</p> <p>3:00P—4:00P Door Dash Fitness!</p> <p>4:30-4:45P—Evening Stroll</p>	<p>18</p> <p>Virtual Workouts!</p> <p>Please log into your ENGAGE Hub on Channel 64 on your television and choose from a variety of workouts in the convenience of your apartment</p>
<p>19</p> <p>Virtual Workouts!</p> <p>Please log into your ENGAGE Hub on Channel 64 on your television and choose from a variety of workouts in the convenience of your apartment</p>	<p>20</p> <p>930A-10:00A Advanced Strength WC</p> <p>10:00-10:30A Intermediate Strength WC</p> <p>10:30A—11:00A Beginner Strength WC</p> <p>1:00—1:45P On The Ball! WC</p> <p>3:00P—4:00P Door Dash Fitness!</p> <p>4:30-4:45P—Evening Stroll</p>	<p>21</p> <p>9:00A—9:30A Advanced Balance WC</p> <p>10:00A-10:30A Intermediate Balance WC</p> <p>10:30A-11:00A—Beginner Balance WC</p> <p>1:00P-1:30P-Zumba with Amy AL</p> <p>2:00P-2:30P Aquatic Agilities WCP</p> <p>3:00P—4:00P Door Dash Fitness!</p>	<p>22</p> <p>9:30A-10:00 Advanced Strength WC</p> <p>10:00-10:30A Intermediate Strength WC</p> <p>10:30A—11:00A Beginner Strength WC</p> <p>1:00—1:45P On The Ball! WC</p> <p>3:00P—4:00P Chair Volleyball AU</p> <p>4:30-4:45P—Evening Stroll</p>	<p>23</p> <p>9:00A—9:30A Advanced Balance WC</p> <p>10:00A-10:30A Intermediate Balance WC</p> <p>10:30A-11:00A—Beginner Balance WC</p> <p>2:15P—2:45PAquatic Agilities WCP</p> <p>3:00P—4:00P Door Dash Fitness!</p> <p>4:30-4:45P—Evening Stroll</p>	<p>24</p> <p>10:00A—10:30AShort Circuit! WC</p> <p>11:00-12:00P Personalized Program Development by Appointment</p> <p>1:00-1:45P Core. Floor & More! WC</p> <p>3:00P—4:00P Door Dash Fitness!</p> <p>4:30-4:45P—Evening Stroll</p>	<p>25</p> <p>Virtual Workouts!</p> <p>Please log into your ENGAGE Hub on Channel 64 on your television and choose from a variety of workouts in the convenience of your apartment</p>
<p>28</p> <p>Virtual Workouts!</p> <p>Please log into your ENGAGE Hub on Channel 64 on your television and choose from a variety of workouts in the convenience of your apartment</p>	<p>27</p> <p>930A-10:00A Advanced Strength WC</p> <p>10:00-10:30A Intermediate Strength WC</p> <p>10:30A—11:00A Beginner Strength WC</p> <p>1:00—1:45P On The Ball! WC</p> <p>3:00P—4:00P Door Dash Fitness!</p> <p>4:30-4:45P—Evening Stroll</p>	<p>28</p> <p>930A-10:00A Advanced Strength</p> <p>10:00-10:30A Intermediate Strength WC</p> <p>10:30A—11:00A Beginner Strength WC</p> <p>1:00P-1:30P-Zumba with Amy AL</p> <p>3:00P—4:00P Door Dash Fitness!</p> <p>4:30-4:45P—Evening Stroll</p>	<p><u>MAP LEDGEND</u></p> <p>AU— Auditorium</p> <p>WC- Wellness Center</p> <p>WC Pool - Wellness Center Pool</p>	<p><i>“Forever doesn’t exist without you.”</i></p> <p><i>~Author Unknown</i></p>		<p><i>“With a brave heart anything is possible.”</i></p> <p><i>~Attius</i></p>