







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>9:00AM-Chair Zen Stretch (ER) 9:30AM-12PM-Open Gym & Pool 11:00AM-Daily Chronicles <i>(Delivered to your door)</i> 11:00AM- Walk (TS) 11:30AM-Hallway Trivia (1st Floor Syc. 2) 1:00PM-Chair Active (ER) 2:00PM-Chair Active (ER) 2:30PM-Hallway Trivia (2nd Floor Syc. 2) 3:00PM-Chair Zen Stretch (ER) 7PM- Puzzles <i>(Delivered to your door)</i></p>	<p>2</p> <p>9:00AM-12PM-Open Gym & Pool 9:30AM-Chair Active (ER) 10:30AM-Chair Zen Stretch (ER) 11:00AM-Virtual Yoga Class with Lynn (Zoom/ Phone) 11:30AM-Hallway Trivia (1st Floor Creekside) 1:00PM-4PM-Open Gym & Pool 2:00PM-Chair Zen Stretch (ER) 2:30PM-Hallway Trivia (2nd Floor Creekside) 3:00PM-Chair Active (ER) 3:30PM-Kiwi Day <i>(Delivered to your door)</i> 7:00PM-An Accordion Journeys Through Music (Zoom)</p>	<p>3</p> <p>2nd DOSE OF COVID VACCINE DAY  9AM & 10AM-Chair Zen Stretch (ER) 9:30AM /10:30AM/11:30am-Shop Rite 9:30AM-12PM-Open Gym & Pool 1:15PM-Banks 1:00PM-Chair Active (ER) 2:00PM-Chair Active (CH) (ER) 2:15PM-Banks/ Pharmacy 2:30PM-Presentation on "The Art of the Louvre & Wonders of Paris" (Zoom) 3:00PM- Walk (TS) 7:00PM-Documentary: "Honeyland" (Zoom)</p>	<p>4</p> <p>9:00AM-Chair Active (ER) 9-12PM-Open Gym & Pool 10:30AM-Chair Active (ER) 12:00PM- Walk (TS) 1PM-4PM-Open Gym & Pool 1:30PM-Art Lecture: "Augusta Savage" (Zoom) 2:00PM-Chair Zen Stretch (ER) 7PM Movie: "The Best Years of Our Lives" (Zoom)</p>	<p>5</p> <p>WEAR RED DAY 9AM-12PM Open Gym & Pool 9:00AM-Chair Zen Stretch (ER) 11AM-Virtual Balance & Posture with Lynn (Zoom) 1PM-4PM Open Gym & Pool 1PM-Indoor Wear Red Social Distance Heart Walk (Meet In Towne Square) 2:00PM-Chair Zen Stretch (ER) 2PM Shabbat Eve Service(Zoom) 7PM-Vocalist Bonnie Rofe "The Timeless Songs of Broadway" (Zoom)</p>	<p>6</p> <p>11:00AM-Stretch & Strengthen Class (Zoom) 7PM-Movie Night "Modern Times" (Zoom)</p>
<p>7</p> <p>11:15AM Morning Prayer Service with Father O'Connor (Zoom) 2:00PM Ecumenical Prayer Service with Pastor Nancy (Zoom)  3PM Super Bowl Sunday Treats <i>(Delivered to your door)</i></p>	<p>8</p> <p>9:00AM-Chair Zen Stretch (ER) 9:30AM-12PM-Open Gym & Pool 11:00AM February Gardening Project <i>(Sign Up Required, be delivered to your door)</i> 11:00AM- Walk (TS) 1:00PM-Chair Active (ER) 2:00PM-Chair Active (ER) 2:30PM-Hallway Trivia (1st Floor Syc. 1) 3:00PM-Chair Zen Stretch (ER) 3:30PM-Afternoon Meditation (Zoom) 7PM- Puzzles <i>(Delivered to your door)</i></p>	<p>9</p> <p>9:00AM-12PM-Open Gym & Pool 9:30AM-Chair Active (ER) 10:30AM-Chair Zen Stretch (ER) 11:00AM-Virtual Yoga Class with Lynn (Zoom/ Phone) 1:00PM-4PM-Open Gym & Pool 2:00PM-Chair Zen Stretch (ER) 3:00PM-Chair Active (ER) 3:30PM-Ice Cream & Conversation with The Key Club Students (Zoom) 7:00PM-Virtual Cabaret Show (Zoom)</p>	<p>10</p> <p>9AM & 10AM-Chair Zen Stretch (ER) 9:30AM /10:30AM/11:30am-Shop Rite 9:30AM-12PM-Open Gym & Pool 1:00PM-Chair Active (ER) 1:15PM-Banks 2PM Bible Study with Pastor Nancy (Zoom/ Phone) 2:00PM-Chair Active (CH) (ER) 2:15PM-Banks/ Pharmacy 3:00PM- Walk (TS) 3:30PM-Hallway Trivia (2nd Floor Syc. 1) 7PM-Movie: "On Golden Pond" (Zoom)</p>	<p>11</p> <p>9-12PM-Open Gym & Pool 9:00AM-Chair Active (ER) 10:30AM-Chair Active (ER) 12:00PM- Walk (TS) 1PM-4PM-Open Gym & Pool 2:00PM-Chair Zen Stretch (ER) 2:30PM-Current Events (Zoom) 7PM Opera Video: "The Magic Flute" (Zoom)</p>	<p>12</p> <p>9AM-12PM Open Gym & Pool 9:00AM-Chair Zen Stretch (ER) 11AM-Virtual Balance & Posture with Lynn (Zoom) 1:00PM-Chair Active (ER) 1PM-4PM Open Gym & Pool 2:00PM-Chair Zen Stretch (ER)  2:30PM-Virtual Pre-Valentine's Day Party(Zoom) 7PM-Lecture: "Valentine's Greetings" (Zoom)</p>	<p>13</p> <p>11:00AM-Stretch & Strengthen Class (Zoom) 7PM-Movie Night "Places In The Heart" (Zoom)</p>
<p>14</p> <p>VALENTINE'S DAY Valentine's Day Treats <i>(Delivered to your door)</i>  11:15AM Morning Prayer Service with Father O'Connor (Zoom) 2:00PM Ecumenical Prayer Service with Pastor Nancy (Zoom) 7PM-Love Songs on The Piano with Clint Edwards (Zoom)</p>	<p>15</p> <p>PRESIDENTS' DAY 9:00AM-Chair Zen Stretch (ER) 11AM- Puzzles <i>(Delivered to your door)</i> 11:00AM- Walk (TS) 1:00PM-Chair Active (ER) 1PM-4PM-Open Gym & Pool 2:00PM-Chair Active (ER) 3:00PM-Chair Zen Stretch (ER) 7PM- Lecture: "American Presidents & First Ladies" (Zoom)</p>	<p>16</p> <p>9:30AM-Chair Active (ER) 10:30AM-Chair Zen Stretch (ER) 10:30AM-Building Committee Meeting (HH) 11:00AM-Virtual Yoga Class with Lynn (Zoom/ Phone) 1:00PM-4PM-Open Gym & Pool 2:00PM-Chair Zen Stretch (ER)  2:30PM-Mardi Gras Necklaces, Coffee & Conversation with Friends on Zoom (Zoom) 3:00PM-Chair Active (ER) 7PM-Musical Performance: Flute Solos Through Time (Zoom)</p>	<p>17</p> <p>ASH WEDNESDAY Distribution of Ashes (See Inside Newsletter for Times) 9AM & 10AM-Chair Zen Stretch (ER) 9:30AM /10:30AM/11:30am-Shop Rite 11:00AM-Daily Chronicles & Puzzles <i>(Delivered to your door)</i> 1:00PM-Chair Active (ER) 1PM-4PM-Open Gym & Pool 1:15PM-Banks 2:00PM-Chair Active (CH) (ER) 2:15PM-Banks/ Pharmacy 3:00PM- Walk (TS) 7PM-Movie: "Hidden Figures" (Zoom)</p>	<p>18</p> <p>9:00AM-Chair Active(CH) (ER) 10:30AM-Chair Active (ER) 12:00PM- Walk (TS) 1PM-4PM-Open Gym & Pool 2:00PM-Chair Zen Stretch (ER) 2:30PM Health Lecture: "The Benefits of Essential Oils" <i>(Delivered to your door)</i> 7:00PM-Documentary: "The Booksellers" (Zoom)</p>	<p>19</p> <p>9:00AM-Chair Zen Stretch (ER) 11:00AM-Virtual Balance & Posture with Lynn (Zoom) 1PM-4PM Open Gym & Pool 1:00PM-Chair Active (ER) 2:00PM-Chair Zen Stretch (ER) 2PM: Shabbat Eve Service (Z) 7PM-Vocalist Keith Hickman (Zoom)</p>	<p>20</p> <p>11:00AM-Stretch & Strengthen Class (Zoom) 7PM-Movie Night "Definitely, Maybe" (Zoom)</p>
<p>21</p> <p>11:15AM Morning Prayer Service with Father O'Connor (Zoom) 2:00PM Ecumenical Prayer Service with Pastor Nancy (Zoom) 7PM-Movie Night "Love Affair" (Zoom)</p>	<p>22</p> <p>9:00AM-Chair Zen Stretch (ER) 11AM-Daily Chronicles<i>(Delivered to your door)</i> 11:00AM- Walk (TS) 1PM-4PM-Open Gym & Pool 1:00PM-Chair Active (ER) 2:00PM-Chair Active (ER) 3:00PM-Chair Zen Stretch (ER) 3:30PM-Afternoon Meditation (Zoom) 5PM-Take Out Dinner Night Hunan Taste Restaurant <i>(Sign Up with Activities)</i> 7PM- Puzzles <i>(Delivered to your door)</i></p>	<p>23</p> <p>9:30AM-Chair Active (ER) 10:30AM-Chair Zen Stretch (ER) 11:00AM-Virtual Yoga Class with Lynn (Zoom/ Phone) 1PM-4PM-Open Gym & Pool 1PM-4PM-Open Gym & Pool 2:00PM-Chair Zen Stretch (ER) 2:30PM-Lecture: "Here Comes The Bride" on Zoom with Coffee & Cupcakes <i>(Delivered to your door)</i> 3:00PM-Chair Active (ER) 7PM- Musical Performance By The City Winds Duo (Zoom)</p>	<p>24</p> <p>9AM & 10AM-Chair Zen Stretch (ER) 9:30AM /10:30AM/11:30am-Shop Rite 1:00PM-Chair Active (ER) 1PM-4PM-Open Gym & Pool 1:15PM-Banks 2PM Bible Study with Pastor Nancy (Zoom/ Phone) 2:00PM-Chair Active (CH) (ER) 2:15PM-Banks/ Pharmacy 3PM-Health Presentation: "Low Sodium Diet" (Zoom) 3:00PM- Walk (TS) 7PM-Movie: "Emma" (Zoom)</p>	<p>25</p> <p> FRENCH THEME MEAL 9:00AM-Chair Active(CH) (ER) 10:30AM-Chair Active (ER) 12:00PM- Walk (TS) 1PM-4PM-Open Gym & Pool 2:00PM-Chair Zen Stretch (ER) 2:00PM-Afternoon Concert "La Francais Vie" (Zoom) 4:00PM- Happy Hour 7PM Travelogue: "France" (Zoom)</p>	<p>26</p> <p>9:00AM-Chair Zen Stretch (ER) 9:30AM-Virtual Balance & Posture with Lynn (Zoom) 10:30AM-Towne Hall Meeting with Marina (Zoom/Phone) 1PM-4PM Open Gym & Pool 1:00PM-Chair Active (ER) 2:00PM-Chair Zen Stretch (ER) 7PM-Vocalist Bob Kulik (Zoom)</p>	<p>27</p> <p>11:00AM-Stretch & Strengthen Class (Zoom) 7PM-Movie Night "The Call of The Wild" (Zoom)</p>
<p>28</p> <p>11:15AM Morning Prayer Service with Father O'Connor (Zoom) 2:00PM Ecumenical Prayer Service with Pastor Nancy (Zoom) 7PM-Movie Night "A Man For All Seasons" (Zoom)</p>	