

livfun

Mackenzie Place
COLORADO SPRINGS

FEBRUARY 2019 • FITNESS FRENZY

Activities for Heart Month

American Heart Month has been observed every February since 1964, encouraging people to learn more about heart disease and ways to practice heart-healthy habits. These ideas can help you take charge of your health as well as raise awareness in your community.

Wear red – Sport some crimson clothing on National Wear Red Day, the first Friday in February, to show your support for Heart Month. Consider wearing a red ribbon all month long to spark conversation about heart health.

Know your numbers – Take advantage of blood pressure checks and cholesterol screenings in your community. Record your numbers and work with your doctor to make any needed changes.

Get fit with a friend – Exercise is one of the best ways to help your heart, and it's often more fun with another person. Invite a friend to join you for a walk or to try a new exercise class.

Set a nutritious example – Focus on making heart-healthy foods a regular part of your diet. When others see you choosing options such as fish, whole grains, beans, fruits and veggies, they may be motivated to do the same.

Give back – Participate in health fundraisers and events, such as a 5K or blood drive. Or you could make a donation to the American Heart Association or other organization in honor of Heart Month.



Sweets at the Cinema

For many, a trip to the movies includes indulging in a tub of popcorn. But some want to satisfy their sweet tooth. Treat yourself to this list of classic movie theater candy:

Red Vines: Biting the end off of one of these fruity licorice twists converts it into a drinking straw, handy for slurping a soda. First produced in the 1950s as Raspberry Vines, the chewy treat was renamed Original Red to better describe its subtle sweetness.

Junior Mints: Introduced in 1949, this creamy confection is a combination of dark chocolate and refreshing peppermint. The candy was named after the popular Broadway show “Junior Miss.”

Jujubes: These colorful gummy bites debuted during the Roaring '20s, as did their cousin, Jujufruits. They originally came in exotic flavors such as rose and lilac.

Sno-Caps: Fans of these miniature chocolates topped with white candy beads say the best way to enjoy them is poured into a bucket of warm popcorn, where they melt to form a sweet-and-salty snack.



Military-Made Movies

During World War II, a group of Americans served the nation by combining their specialized talents to form the First Motion Picture Unit, a division of the U.S. Army Air Forces.

The unit was formed in 1942. Recognizing the urgent need for a recruitment film, the commander of the USAAF, Gen. Henry “Hap” Arnold, called upon Jack Warner, the head of Warner Bros. movie studios. Warner and scriptwriter Owen Crump quickly produced “Winning Your Wings,” a short film starring actor and USAAF pilot Jimmy Stewart and directed by John Huston. It played in theaters nationwide, prompting more than 150,000 men to sign up for the Army Air Forces.

Staffed by professionals enlisted from the movie industry – actors, directors, screenwriters, animators and more – the FMPU began producing high-quality training films from its base at a Hollywood studio lot. Throughout the war, the unit made more than 400 movies, covering topics such as survival skills and how to recognize enemy aircraft.

Some of the notable members of the FMPU included Clark Gable, William Holden, Alan Ladd and Ronald Reagan.

The Power of Pet Therapy

Petting a dog or cuddling a kitty can be a joyful, heartwarming experience. There's evidence those warm, fuzzy feelings have health benefits.

While history shows that animals were used to lift people's spirits as far back as the Middle Ages, little research was done on the subject until the 1960s. After observing the positive effect his dog had on a young patient, American psychologist Boris Levinson began to explore the connection. He coined the term "pet therapy," believing animals could aid people in therapeutic ways.

Studies show that spending time with animals on a regular basis can improve a person's emotional and physical quality of life. Animal therapy programs offer unique opportunities for interaction and socializing with others. Pets supply companionship and affection, which help calm anxiety and increase self-esteem. Walking, grooming and petting animals are physical activities that can improve mobility and motor skills as well as boost energy.

Animal therapy is used in a variety of settings, including senior care centers, hospitals, veterans organizations and schools. Dogs and cats are the most popular therapy animals, but horses, llamas, rabbits, pigs and birds are also among the pets used.

A Floral Favorite

With more than 100 million of them grown for Valentine's Day alone, the rose is one of the most popular flowers in America.

- There are at least 100 different species and thousands of varieties of roses. Hybrid tea roses make up the majority of the roses found in flower shops and home gardens.
- President George Washington was the first rose breeder in the U.S.
- Technically, a rose's thorns aren't true thorns; they're actually prickles.
- It's been a longtime tradition to convey a message by using a rose's color. For example, red is associated with romance, pink signifies gratitude, and yellow expresses friendship.
- The rose is America's national flower, as well as the official flower of four states: Georgia, Iowa, New York and North Dakota.
- California is where you'll find the world's tallest rosebush, growing to 18 feet, 8 inches.

Lucky Lanterns

Whether it's called Chinese New Year, Lunar New Year or the Spring Festival, it's a major holiday in China and other Asian countries. The 15-day celebration begins on Feb. 5 this year and ends with the Lantern Festival, which marks the first full moon of the lunar year. Decorating these festivities are displays of glowing, hanging lanterns.

Made of paper or silk wrapped around a wooden or metal frame, Chinese lanterns were invented as early as A.D. 25. The traditional lantern shape is a sphere, representing the full moon. Some varieties take the form of other Chinese symbols, such as a dragon or lotus flower.

Decorated with calligraphy or art, the lanterns come in all sizes and can be almost any color, but usually they are red, a popular hue in China that represents happiness and good fortune. Red or gold tassels often hang from the bottom of each lantern.

Lanterns are displayed throughout spaces both outdoors and indoors. A lantern hanging in the home is a symbol of protection and good luck, and lighting it is believed to bring prosperity.



RETIREMENT
IN FULL BLOOM

1605 Elm Creek View
Colorado Springs, CO 80907
719.633.8181

Staff

General Manager

Meagan Reynolds

Guest Services Manager

Kathy Price

Sales Advisor

Mark Brantley

Community Relations Representative

Kristi Graham

Sales and Move-in Coordinator

Daniel Nord

Executive Chef

Tom Gillispie

Restaurant Manager

Christa Anderson

Health and Wellness Director

Rebecca McCay

Health and Wellness Assistant Director

Kelly Krc

Memory Care Program Managers

Savannah Long
Lorie Falkenstine

Office Manager

Mark Hatten

Program Supervisor

Lindsey McEvoy

PrimeFit Instructor

Adel Susic


Plant Operations Supervisor

Oliver Milan-Lopez



PRIMEFIT

2019 PrimeFit Resolution:
Welcome to the new you.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Locations</p> <p>Living Room, LR Nancy Lewis Park, NLP Outing, O Outing \$, O-\$ Palmer's Dining Room, PDR Prepaid Outing \$, PPO-\$ PrimeFit, PF PrimeFit Pool, PFPL Stratton's Dining Room, SDR Terrace Driveway, TD Theatre, TH</p> <p>Arbours Lobby, AL Arbours Loft, L Arbours Piano Lounge, PL Arbours Theatre, AT Ballroom, BLM Bistro, B Creative Arts Room, CR Game Room, GR Library, LB</p>	<p>Birthdays</p> <p>Catherine Dunn, 1st Patricia Drake, 2nd Suzanne Schenk, 2nd Florence Zemitis, 3rd Trudy Hembree, 3rd Ed Weissler, 3rd Dorothy Priewe, 4th Jean Bennison, 4th Audrey Suter, 5th</p>	<p>Lois Lucas, 5th Sherry Toepfer, 6th Phyllis Lawrence, 7th Kathy Patterson, 8th Tedde Myers, 8th Nina Gross, 9th Wilfred Bain, 10th Broin Beverly, 11th Helen Rohde, 11th Donald Good, 11th</p>	<p>Donald Peterson, 12th Gloria Kessinger, 14th Mary Jo McCurry, 15th Bernadine Shipley, 18th Virginia Gray, 21st Robert Stratton, 23rd Janet Wilcox, 24th Mary Leinweber, 26th Joanne Dickinson, 27th Mary Eddy, 29th</p>		<p>9:15 Head to Toe 60, PF 9:30 Hand & Foot Card Game, B 10:00 Wii Bowling, TH 10:00 Bunco, L 10:15 Positively Living with Daniel, CR <i>MP Discussion Group (Socrates), BLM</i> 1:00 Chair Yoga, PF 2:30 Happy Hour with Nat Stuart, LR 3:00 Balance Beginners, PF 6:30 New Release Movie Night, TH</p>	<p>1 GROUNDHOG DAY 2</p> <p>9:15 Head to Toe 30, PF 9:30 Hand & Foot Card Game, B 10:30 Aqua Fit Water Aerobics, PFPL 2:00 Blood Pressure Check, PF 2:15 Poker, B 2:30 Walking Club with Rebecca, PF 3:00 Groundhog Movie & Snack, TH 3:30 Tai Chi Flow, PF 4:15 Seated Tai Chi, PF</p>
<p>9:15 Head to Toe 30, PF 10:30 <i>Nondenominational Services, BLM</i> 11:00 Sunday Brunch Buffet, B 11:00 Aqua Motion, PFPL 1:00 Tiddly Wink Dominoes, L 2:00 Poker, B 3:15 Bunco!, B 4:00 Hymns of Faith Singalong with Gordon Johnson, AL 4:30 Super Bowl Party!, B 5:30 Bingo Night!, BLM</p>	<p>9:15 Head to Toe 60, PF 9:30 Prayer Group, BLM 10:00 <i>Bible Study, BLM</i> 10:00 Wii Bowling, TH 10:00 Mexican Train Dominoes, B 10:30 Uno, L 10:30 Aqua Fit Water Aerobics, PF 1:00 Resident-Led Bridge, CR 2:00 Ping Pong, PF 2:15 Poker, B 4:30 Dinner Outing – Hacienda, O 6:30 Life Tree Cafe Discussion Group, BLM</p>	<p>9:15 Head to Toe 30, PF 10:00 Poker Dice, B 10:00 Arbours Head to Toe, L 10:45 Balance Principles, PF 1:30 Poker, B 3:00 Head to Toe 30, PF 3:00 Bingo!, BLM 3:00 Afternoon Movie, TH</p>	<p>9:00 <i>Catholic Communion Service, AT</i> 9:15 Head to Toe 60, PF 9:30 Seamstress, PF 10:00 <i>Ask An Attorney, LB</i> 10:30 Aqua Fit Water Aerobics, PFPL 11:00 Supervised Swim & Water Walking, PFPL 11:00 TOWN HALL MEETING, BLM 3:00 Balance Beginners, PF 3:00 Dessert & Keyboard with Bobby Jackson, PL</p>	<p>9:00 Cripple Creek, O 7 9:15 Head to Toe 30, PF 10:00 Arbours Head to Toe 30, L 10:30 Uno, L 10:45 Balance Principles, PF 1:00 Tiddly Wink Dominoes!, L 2:00 Poker, B 3:00 Head to Toe 30, PF 3:00 Afternoon Movie, TH 3:30 Valentine Craft, CR</p>	<p>9:15 Head to Toe 60, PF 9:30 Hand & Foot Card Game, B 10:00 Wii Bowling, TH 10:00 Scrabble, L 10:15 Positively Living with Daniel, CR 1:00 Chair Yoga, PF 2:30 DECEMBER BIRTHDAY BASH WITH GEORGE SISNEROS, B 3:00 Balance Beginners, PF 6:30 New Release Movie Night, TH</p>	<p>9:00 <i>Golf Acres Mobile Optical, B</i> 9:15 Head to Toe 30, PF 9:30 Hand & Foot Card Game, B 10:30 Aqua Fit Water Aerobics, PFPL 1:00 Tiddly Wink Dominoes, L 2:00 Blood Pressure Check, PF 2:15 Poker, B 2:30 Walking Club with Rebecca, PF 3:00 Afternoon Movie, TH 3:30 Tai Chi Flow, PF 4:15 Seated Tai Chi, PF</p>
<p>9:15 Head to Toe 30, PF 10:30 <i>Nondenominational Services, BLM</i> 11:00 Sunday Brunch Buffet, B 11:00 Music by Dale Miller, PDR 11:00 Aqua Motion, PFPL 2:00 Afternoon Movie, TH 2:00 Poker, B 3:15 Bunco!, B 4:00 Hymns with Gordon Johnson, AL 5:30 Bingo Night!, BLM</p>	<p>9:15 Head to Toe 60, PF 9:30 Prayer Group, BLM 10:00 <i>Bible Study, BLM</i> 10:00 Wii Bowling, TH 10:00 Mexican Train Dominoes, B 10:30 Uno, L 10:30 Aqua Fit Water Aerobics, PF 1:00 Resident-Led Bridge, CR 2:00 Ping Pong, PF 2:15 Poker, B 6:30 Life Tree Cafe Discussion Group, BLM</p>	<p>9:15 Head to Toe 30, PF 10:00 Arbours Head to Toe, L 10:45 Balance Principles, PF 11:30 Lunch & Learn, BLM 1:30 Poker, B 2:30 Music with Dan Garipey, PL 3:00 Head to Toe 30, PF 3:00 Bingo!, BLM 3:00 Afternoon Movie, TH 3:45 Girl Scout Cookies, LR</p>	<p>9:00 <i>Catholic Communion Service, AT</i> 9:15 Head to Toe 60, PF 10:00 MACKENZIE PLACE 101, TH 10:30 Aqua Fit Water Aerobics, PFPL 11:00 Supervised Swim & Water Walking, PFPL 1:00 Tiddly Wink Dominoes, L 3:00 Dessert & Piano with Bud, PL 3:00 Balance Beginners, PF 3:45 Girl Scout Cookies, LR</p>	<p>VALENTINE'S DAY 14 9:15 Head to Toe 30, PF 10:00 <i>Pikes Peak Library, B</i> 10:00 Arbours Head to Toe 30, L 10:30 Lunch & Scenic Drive, O-\$ 10:45 Balance Principles, PF 1:00 Tiddly Wink Dominoes!, L 2:00 Poker, B 3:00 Head to Toe 30, PF 3:00 Afternoon Movie, TH</p>	<p>9:15 Head to Toe 60, PF 9:30 Hand & Foot Card Game, B 10:00 Wii Bowling, TH 10:00 Bunco, L 10:15 Positively Living with Daniel, CR <i>MP Discussion Group (Socrates), BLM</i> 1:00 Chair Yoga, PF 3:00 Happy Hour with Brian Usher, B 3:00 Balance Beginners, PF 6:30 New Release Movie Night, TH</p>	<p>9:15 Head to Toe 30, PF 9:30 Hand & Foot Card Game, B 10:30 Aqua Fit Water Aerobics, PFPL 1:15 Air Force Men's Basketball Game, O 2:00 Blood Pressure Check, PF 2:15 Resident Led Poker, B 2:30 Walking Club with Rebecca, PF 3:00 Afternoon Movie, TH 3:30 Tai Chi Flow, PF 4:15 Seated Tai Chi, PF</p>
<p>9:15 Head to Toe 30, PF 10:30 <i>Nondenominational Services, BLM</i> 11:00 Sunday Brunch Buffet, B 11:00 Aqua Motion, PFPL 1:00 Tiddly Wink Dominoes, L 2:00 Afternoon Movie, TH 2:00 Poker, B 3:15 Bunco!, B 4:00 Hymns of Faith Singalong with Gordon Johnson, AL 5:30 Bingo Night!, BLM</p>	<p>PRESIDENTS DAY 18 9:15 Head to Toe 60, PF 9:30 Prayer Group, BLM 10:00 <i>Bible Study, BLM</i> 10:00 Wii Bowling, TH 10:00 Mexican Train Dominoes, B 10:30 Uno, L 10:30 Aqua Fit Water Aerobics, PF 1:00 Resident-Led Bridge, CR 2:00 Ping Pong, PF 2:15 Poker, B 4:30 Dinner Outing Texas T Bone, O-\$ 6:30 Life Tree Cafe Discussion Group, BLM</p>	<p>9:15 Head to Toe 30, PF 10:00 Vitals Clinic with Optimal, LB 10:00 Arbours Head to Toe, L 10:00 Charity Auction!, BLM 10:45 Balance Principles, PF 1:30 Poker, B 3:00 Head to Toe 30, PF 3:00 Bingo!, BLM 3:00 Afternoon Movie, TH</p>	<p>9:00 <i>Catholic Communion Service, AT</i> 9:15 Head to Toe 60, PF 10:30 Jewelry Making with Rita, CR 10:30 Aqua Fit Water Aerobics, PFPL 11:00 Supervised Swim & Water Walking, PFPL 1:00 Pamper Day, BLM 3:00 Balance Beginners, PF 3:00 Dessert & Piano, PL</p>	<p>9:15 Head to Toe 30, PF 10:00 Arbours Head to Toe 30, L 10:30 Uno, L 10:30 WWII Aviation Museum & Lunch, O 10:45 Balance Principles, PF 1:00 Tiddly Wink Dominoes!, L 2:00 Poker, B 3:00 Head to Toe 30, PF 3:00 Afternoon Movie, TH 3:30 Mardi Gras Mask Craft, CR 5:00 Philanthropic Dinner <i>Reservations Required</i></p>	<p>9:15 Head to Toe 60, PF 9:30 Hand & Foot Card Game, B 10:00 Wii Bowling, TH 10:00 Scrabble, L 10:15 Positively Living with Daniel, CR 1:00 Chair Yoga, PF 1:30 Art for All Ages, CR 2:30 Friday Entertainment with Gus Meza, B 3:00 Balance Beginners, PF 6:30 New Release Movie Night, TH</p>	<p>9:15 Head to Toe 30, PF 9:30 Hand & Foot Card Game, B 10:30 Aqua Fit Water Aerobics, PFPL 1:00 Tiddly Wink Dominoes, L 2:00 Blood Pressure Check, PF 2:15 Poker, B 2:30 Walking Club with Rebecca, PF 3:00 Afternoon Movie, TH 3:30 Tai Chi Flow, PF 4:15 Seated Tai Chi, PF</p>
<p>9:15 Head to Toe 30, PF 10:30 <i>Nondenominational Services, BLM</i> 11:00 Sunday Brunch Buffet, B 11:00 Aqua Motion, PFPL 2:00 Afternoon Movie, TH 2:00 Poker, B 3:15 Bunco!, B 4:00 Hymns with Gordon Johnson, AL 5:30 Bingo Night!, BLM 6:00 Oscar Night!, TH</p>	<p>9:15 Head to Toe 60, PF 9:30 Prayer Group, BLM 10:00 <i>Bible Study, BLM</i> 10:00 Wii Bowling, TH 10:00 Mexican Train Dominoes, B 10:30 Uno, L 10:30 Aqua Fit Water Aerobics, PF 1:00 Resident-Led Bridge, CR 1:00 Mexican Train Dominoes, L 2:00 Ping Pong, PF 2:15 Poker, B 6:30 Life Tree Cafe Discussion Group, BLM</p>	<p>9:15 Head to Toe 30, PF 10:00 Arbours Head to Toe, L 10:45 Balance Principles, PF 1:30 Poker, B 3:00 DOUBLE JACKPOT BINGO PRESENTED BY AMADA, BLM 3:00 Head to Toe 30, PF 3:00 Afternoon Movie, TH</p>	<p>9:00 <i>Catholic Communion Service, AT</i> 9:15 Head to Toe 60, PF 10:00 Pokeno, L 10:30 Aqua Fit Water Aerobics, PFPL 11:00 Supervised Swim & Water Walking, PFPL 3:00 Balance Beginners, PF 4:00 Sweetheart Sock Hop Party, B</p>	<p>9:00 Breakfast Outing: Cracker Barrel, O-\$ 28 9:15 Head to Toe 30, PF 10:00 <i>Pikes Peak Library, B</i> 10:00 Arbours Head to Toe 30, L 10:45 Balance Principles, PF 1:00 Tiddly Wink Dominoes!, L 2:00 Poker, B 3:00 Head to Toe 30, PF 3:00 Afternoon Movie, TH 3:30 BOOK CLUB, CR</p>	<p>Transportation Monday, 8:30 a.m. & 1 p.m.: Austin Bluffs, Academy, N. Union, N. Nevada Tuesday, 8:30 a.m. & 1 p.m.: Powers, Austin Bluffs, Academy & Union Wednesday, 1 p.m.: Uintah Gardens, Downtown, Manitou, Bon Shopping Thursday, Outing Days: Sign Up In The Book Friday, 8:30 a.m. & 1 p.m.: Academy & Platte, N. Circle, Uintah, Union</p>	

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

opal key

- Physical
- Social
- Experiential
- Emotional & Spiritual
- Creative & Artistic
- Therapeutic
- Sensory

Birthdays
Phyllis Lawrence, 7th
Gloria Kessinger, 14th
Gordon Ware, 20th

Daily Programs are subject to change.
Afternoon Snack served daily at 2:30 p.m.



<p>9:20 ● Reach & Stretch 10:00 ● Reminiscing Ball 10:30 ● Nondenominational Church Service 10:30 ● Jigsaws, Coffee & Conversation 1:30 ● Good News & Views 2:15 ● Coloring Arts to Music 3:00 ● Walking Club 3:45 ● Hymn Sing 6:00 ● Hand Therapy</p> <p style="text-align: right;">3</p>	<p>9:20 ● Reach & Stretch 10:30 ● Short Story Reading 11:00 ● Conversation Cards 11:00 ● Indoor Gardening 1:30 ● Uno! 2:15 ● Movie Matinee 4:00 ● Sketching the Outdoors 6:00 ● Hand Massage</p> <p style="text-align: right;">4</p>	<p>9:20 ● Reach & Stretch 9:50 ● Bingo for Candy 11:00 ● Conversation Cards 1:30 ● Seated Tai Chi 2:00 ● Coffee Social! 2:15 ● Traversing the World 3:00 ● Spiritual Sparkle & Devotional 3:30 ● Hand Massage 4:00 ● Exercise with PrimeFit 6:00 ● Tuesday Night Concert Series</p> <p style="text-align: right;">5</p>	<p>9:20 ● Reach & Stretch 10:00 ● Music to Our Ears 10:00 ● Scenic Drive 11:00 ● Indoor Gardening 11:15 ● Tana & Dalmatian Pet Visit 2:00 ● Movie Magic & Popcorn! 3:00 ● Music Social in the Piano Lounge! 4:00 ● Coloring Art 6:00 ● Documentary Dabble Night 6:30 ● Hand Massage</p> <p style="text-align: right;">6</p>	<p>9:20 ● Reach & Stretch 10:00 ● Traveling the World 10:00 ● We Bake It, You Take It! 1:30 ● Brain Teasers & Puzzles 2:00 ● Cornhole! 3:00 ● Big Band Thursday 3:30 ● Arts & Crafts: Coloring 4:00 ● Exercise with PrimeFit 6:30 ● Thursday Throwback Sports Night</p> <p style="text-align: right;">7</p>	<p>9:20 ● Reach & Stretch 10:00 ● Let's Get Crafty! 11:15 ● Indoor Gardening 1:30 ● Friday Book Club! 2:30 ● TGIF Happy Hour 2:30 ● Entertainment in the Bistro 2:30 ● Happy Hour! 4:00 ● Exercise with PrimeFit * 6:00 ● Classic TV Nite</p> <p style="text-align: right;">8 PF</p>	<p>1 GROUNDHOG DAY</p> <p>9:20 ● Reach & Stretch 9:45 ● Arts & Crafts 10:00 ● Punxsutawney Phil Predictions 10:30 ● Bingo! 11:00 ● Indoor Gardening 1:30 ● Good News & Views 2:00 ● Scrapbooking Fun 3:00 ● Trivia on In2L 3:30 ● Walking Club * 4:00 ● Hand Therapy 6:00 ● Saturday Night Movie</p> <p style="text-align: right;">2 PF</p>
<p>9:20 ● Reach & Stretch 10:00 ● Reminiscing Ball 10:30 ● Nondenominational Church Service 10:30 ● Jigsaws, Coffee & Conversation 1:30 ● Good News & Views 2:15 ● Coloring Arts to Music 3:00 ● Walking Club 3:45 ● Hymn Sing 6:00 ● Hand Therapy</p> <p style="text-align: right;">10</p>	<p>9:20 ● Reach & Stretch 10:30 ● Short Story Reading 11:00 ● Conversation Cards 11:00 ● Indoor Gardening 1:30 ● Uno! 2:15 ● Movie Matinee 4:00 ● Sketching the Outdoors 6:00 ● Hand Massage</p> <p style="text-align: right;">11</p>	<p>9:20 ● Reach & Stretch 9:50 ● Bingo for Candy 11:00 ● Conversation Cards 1:30 ● Valentine Making 2:00 ● Music with Alex & Marshall 2:15 ● Traversing the World 3:00 ● Spiritual Sparkle & Devotional 3:30 ● Hand Massage 4:00 ● Exercise with PrimeFit 6:00 ● Tuesday Night Concert Series</p> <p style="text-align: right;">12</p>	<p>9:20 ● Reach & Stretch 10:00 ● Music to Our Ears 10:00 ● Scenic Drive 11:00 ● Indoor Gardening 11:15 ● Tana & Dalmatian Pet Visit 2:00 ● Movie Magic & Popcorn! 3:00 ● Music Social in the Piano Lounge! 4:00 ● Coloring Art 6:00 ● Documentary Dabble Night 6:30 ● Hand Massage</p> <p style="text-align: right;">13</p>	<p>VALENTINE'S DAY</p> <p>9:20 ● Reach & Stretch 10:00 ● Traveling the World 10:00 ● We Bake It, You Take It! 1:30 ● Brain Teasers & Puzzles 2:00 ● Bowling League! 2:30 ● Valentine's Day Tea 4:00 ● Exercise with PrimeFit 4:00 ● Arts & Crafts Painting 6:30 ● Thursday Throwback Sports Night</p> <p style="text-align: right;">14</p>	<p>9:20 ● Reach & Stretch 10:00 ● Let's Get Crafty! 11:15 ● Indoor Gardening 1:30 ● Friday Book Club! 2:30 ● TGIF Happy Hour 2:30 ● Entertainment in the Bistro 2:30 ● Happy Hour! 4:00 ● Exercise with PrimeFit * 6:00 ● Classic TV Nite</p> <p style="text-align: right;">15 PF</p>	<p>9:20 ● Reach & Stretch 9:45 ● Arts & Crafts 10:30 ● Bingo! 11:00 ● Indoor Gardening 1:30 ● Good News & Views 2:00 ● Scrapbooking Fun 3:00 ● Trivia on In2L 3:30 ● Walking Club * 4:00 ● Hand Therapy 6:00 ● Saturday Night Movie</p> <p style="text-align: right;">16 PF</p>
<p>9:20 ● Reach & Stretch 10:00 ● Reminiscing Ball 10:30 ● Nondenominational Church Service 10:30 ● Jigsaws, Coffee & Conversation 1:30 ● Good News & Views 2:15 ● Coloring Arts to Music 3:00 ● Walking Club 3:45 ● Hymn Sing 6:00 ● Hand Therapy</p> <p style="text-align: right;">17</p>	<p>PRESIDENTS DAY</p> <p>9:20 ● Reach & Stretch 10:30 ● Short Story Reading 11:00 ● Conversation Cards 11:00 ● Indoor Gardening 1:30 ● Uno! 2:15 ● Movie Matinee 4:00 ● Sketching the Outdoors 6:00 ● Hand Massage</p> <p style="text-align: right;">18</p>	<p>9:20 ● Reach & Stretch 9:50 ● Bingo for Candy 11:00 ● Conversation Cards 1:30 ● Seated Tai Chi 2:00 ● Coffee Social! 2:15 ● Traversing the World 3:00 ● Spiritual Sparkle & Devotional 3:30 ● Hand Massage 4:00 ● Exercise with PrimeFit 6:00 ● Tuesday Night Concert Series</p> <p style="text-align: right;">19</p>	<p>9:20 ● Reach & Stretch 10:00 ● Music to Our Ears 10:00 ● Scenic Drive 11:00 ● Indoor Gardening 11:15 ● Tana & Dalmatian Pet Visit 1:30 ● Birthday Party! 2:00 ● Movie Magic & Popcorn! 3:00 ● Music Social in the Piano Lounge! 4:00 ● Coloring Art 6:00 ● Documentary Dabble Night 6:30 ● Hand Massage</p> <p style="text-align: right;">20</p>	<p>9:20 ● Reach & Stretch 10:00 ● Traveling the World 10:00 ● We Bake It, You Take It! 1:30 ● Brain Teasers & Puzzles 2:00 ● Cornhole! 3:00 ● Big Band Thursday 3:30 ● Arts & Crafts: Coloring 4:00 ● Exercise with PrimeFit 6:30 ● Thursday Throwback Sports Night</p> <p style="text-align: right;">21</p>	<p>9:20 ● Reach & Stretch 10:30 ● Elder Grow! 11:15 ● Indoor Gardening 1:30 ● Friday Book Club! 2:30 ● TGIF Happy Hour 2:30 ● Entertainment in the Bistro 2:30 ● Happy Hour! 4:00 ● Exercise with PrimeFit * 6:00 ● Classic TV Nite</p> <p style="text-align: right;">22 PF</p>	<p>9:20 ● Reach & Stretch 9:45 ● Arts & Crafts 10:30 ● Bingo! 11:00 ● Indoor Gardening 1:30 ● Good News & Views 3:00 ● Board Game Saturday 3:00 ● Trivia on In2L 3:30 ● Walking Club * 4:00 ● Hand Therapy 6:00 ● Saturday Night Movie</p> <p style="text-align: right;">23 PF</p>
<p>9:20 ● Reach & Stretch 10:00 ● Reminiscing Ball 10:30 ● Nondenominational Church Service 10:30 ● Jigsaws, Coffee & Conversation 1:30 ● Good News & Views 2:15 ● Coloring Arts to Music 3:00 ● Walking Club 3:45 ● Hymn Sing 6:00 ● Hand Therapy</p> <p style="text-align: right;">24</p>	<p>9:20 ● Reach & Stretch 10:30 ● Short Story Reading 11:00 ● Conversation Cards 11:00 ● Indoor Gardening 1:30 ● Uno! 2:15 ● Movie Matinee 4:00 ● Sketching the Outdoors 6:00 ● Hand Massage</p> <p style="text-align: right;">25</p>	<p>9:20 ● Reach & Stretch 9:50 ● Bingo for Candy 11:00 ● Conversation Cards 1:30 ● Science with Savannah! 2:15 ● Traversing the World 2:30 ● Entertainment with George 3:00 ● Spiritual Sparkle & Devotional 3:30 ● Hand Massage 4:00 ● Exercise with PrimeFit 6:00 ● Tuesday Night Concert Series</p> <p style="text-align: right;">26</p>	<p>9:20 ● Reach & Stretch 10:00 ● Music to Our Ears 10:00 ● Scenic Drive 11:00 ● Indoor Gardening 11:15 ● Tana & Dalmatian Pet Visit 2:00 ● Movie Magic & Popcorn! 3:00 ● Music Social in the Piano Lounge! 4:00 ● Coloring Art 6:00 ● Documentary Dabble Night 6:30 ● Hand Massage</p> <p style="text-align: right;">27</p>	<p>9:20 ● Reach & Stretch 10:00 ● Traveling the World 10:00 ● We Bake It, You Take It! 1:30 ● Brain Teasers & Puzzles 2:00 ● Bowling League! 3:00 ● Big Band Thursday 4:00 ● Exercise with PrimeFit 4:00 ● Arts & Crafts Painting 6:30 ● Thursday Throwback Sports Night</p> <p style="text-align: right;">28</p>		