



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	American Heart Month Black History Month Humpback Whale Awareness Month National Cherry Month Spunky Old Broads Month	Please check "The Weekly" and Channel 591 for updates. Programs & locations are subject to change.				10:00 Channel 138 Shabbat Morning Svc 11:00 Independent Activities -ML 11:15 Tai Chi w/ Jonathan - FL 1:30 Tea & Chat - WL 3:00 Michael Rea, Singer - A

<b>GROUND HOG &amp; UKULELE DAY</b> Dining Room Brunch Served 11:45 - 2 10:00 Catholic Mass - A 2:00 Afternoon Movie - A 2:30 Pinochle - 3rd FL 6:00 Taize - A	9:00 Seated Yoga w/ Kayti- FC 9:30 Guided Meditation - FC 11:00 Seated Drumming w/ Cindy - FC 11:00 HealthPRO - A 1:00 Balance, Bands&Balls w/ Kayti - FC 1:00 Channel 591 Movie 1:00 Pokeno w/ Joey - 2nd FL 1:30 Hook & Needle - 3rd FL 2:00 February Birthday Celebration- WL 2:30 Resident Chorus Rehearsal - A	9:00 Yoga Stretch w/ Kayti - FC <b>10:00 Outing - IKEA</b> 10:30 Aqua Fitness w/ Cindy - FC 11:00 LCR w/ Joey - 2nd FL 12:30 Balance thru Ballet w/ Lisa - FC 1:00 Channel 591 Movie 1:30 Strength Train Bone Health - FC 2:00 Family Feud w/ Joey - A 3:00 Underwater Forest, DOC -YT - A 3:00 Corn Hole- FC 7:00 Tom Sansone, Entertainer - ML	9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation w/ Kayti - FC 10:00 Shopping Outing - FL 10:00 Catholic Mass - A 11:00 Ladies Poker w/ Joey - 2nd FL 11:00 Seated Drumming w/ Cindy - FC 1:00 Creative Art w/ Kayti - CAS 2:00 Acey-Deucey w/ Joey - 2nd FL 3:00 Worship Service w/Rev Rowe	9:00 Yoga Stretch w/ Kayti- FC 10:00 Happy Knitters - 4th FL 10:30 Aqua Fitness w/ Cindy - FC 11:00 Wheel of Fortune w/ Joey - A 1:00 Afternoon Movie - SR 1:00 WU - Beginners Spanish Class - ML 1:00 Blood Pressure Screening - WC 1:30 Strength Train Bone Health - FC 2:00 Bingo w/ Joey - 2nd FL 3:00 Concert James Taylor, YT - A	<b>WEAR RED DAY Fundraiser for AHA</b> 9:00 Yoga Stretch w/ Lisa - FC 10:00 Shopping Outing - ML 11:00 Dominos w/ Joey - 2nd FL 11:00 Standing Drumming w/ Cindy - FC 12:45 LCR w/ Joey - 2nd FL 2:00 Shabbat w/ Rabbi Paris - A 3:00 Ping Pong - FC 4:15 Eucharistic Service - A	10:00 Channel 138 Shabbat Morning Svc 11:00 Independent Activities - ML 11:15 Tai Chi w/ Jonathan - FL 1:30 Tea & Chat - WL 3:00 Nicole Wang, Pianist - A
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<b>SUPER BOWL SUNDAY NATIONAL PIZZA DAY</b> Dining Room Brunch Served 11:45 - 2 10:00 Catholic Mass - A 2:00 Afternoon Movie - A 2:30 Pinochle - 3rd FL 6:00 Super Bowl Party - WL	9:00 Seated Yoga w/ Kayti- FC 9:30 Guided Meditation - FC 11:00 Seated Drumming w/ Cindy - FC 1:00 Balance, Bands&Balls w/ Kayti - FC 1:00 Channel 591 Movie 1:30 Pokeno w/ Joey - ML 1:30 Hook & Needle - 3rd FL 2:00 Duplicate Bridge - 4th FL 2:30 Tech Chorus Rehearsal - FC & A	9:00 Yoga Stretch w/ Kayti - FC 10:30 Aqua Fitness w/ Cindy - FC 11:00 LCR w/ Joey - ML 12:30 Balance thru Ballet w/ Lisa - FC 1:00 Channel 591 Movie 1:30 Strength Train Bone Health - FC 2:00 Family Feud w/ Joey - ML 2:15 Wine Travel w/ Jon Haight - WL 3:00 Brain Game w/ Lisa - ML 3:00 Corn Hole- FC 7:30 Co-ED Poker w/ Joey - ML	9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation w/ Kayti - FC 10:00 Shopping Outing - FL 10:00 Catholic Mass - IFC 11:00 Ladies Poker w/ Joey - ML 11:00 Seated Drumming w/ Cindy - FC 1:00 Creative Art w/ Kayti - CAS 2:00 Acey-Deucey w/ Joey - ML 3:00 Resident Chorus Concert - A	9:00 Yoga Stretch w/ Lisa- FC <b>10:00 Outing - Veterans Museum</b> 10:00 Happy Knitters - 4th FL 10:30 Aqua Fitness w/ Cindy - FC 11:00 Wheel of Fortune w/ Joey - ML 1:00 Afternoon Movie - SR 1:00 WU - Beginners Spanish Class 1:00 Blood Pressure Screening - WC 1:30 Strength Train Bone Health - FC 2:00 Bingo w/ Joey - ML 3:00 Literature, News&Faith/Rev Rowe	<b>VALENTINE'S DAY</b> 9:00 Yoga Stretch w/ Lisa - FC 10:00 Shopping Outing - ML 11:00 Dominos w/ Joey - ML 11:00 Standing Drumming w/ Cindy - FC 12:45 LCR w/ Joey - ML 2:00 Shabbat Led by Residents - IFC 2:00 Valentine's Day Tea Party - A 3:00 Ping Pong - FC 4:15 Eucharistic Service - IFC 4:45 Special Valentine's Day Dinner -	10:00 Channel 138 Shabbat Morning Svc 11:00 Independent Activities 11:15 Tai Chi w/ Jonathan - FL 1:30 Tea & Chat - WL 3:00 Frank Porto Band - A
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Dining Room Brunch Served 11:45 - 2 10:00 Catholic Mass - A 2:00 Afternoon Movie - A 2:30 Pinochle - 3rd FL	<b>PRESIDENT'S DAY RANDOM ACTS OF KINDNESS DAY</b> 9:00 Seated Yoga w/ Kayti- FC 9:30 Guided Meditation - FC 11:00 Seated Drumming w/ Cindy - FC 11:00 HealthPRO - A 1:00 Balance, Bands&Balls w/ Kayti - FC 1:00 Channel 591 Movie 1:00 Pokeno w/ Joey - ML 1:30 Hook & Needle - 3rd Floor 3:00 One Day University - A	9:00 Yoga Stretch w/ Kayti - FC 10:30 Aqua Fitness w/ Cindy - FC 11:00 LCR w/ Joey - ML 12:30 Balance thru Ballet w/ Lisa - FC 1:00 Channel 591 Movie 1:30 Strength Train Bone Health - FC 1:30 Veteran's Chat w/ Sean - 2nd FL 2:00 Family Feud w/ Joey - A 3:00 On Broadway-42nd St. Act 1-YT-A 3:00 Corn Hole - FC	9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation w/ Kayti - FC 10:00 Shopping Outing - FL 10:00 Catholic Mass - IFC 10:30 Mark Albertson, Historian - A 11:00 Seated Drumming w/ Cindy - FC 1:00 Creative Art w/ Kayti - CAS 2:00 Word Game - ML 3:00 On Broadway-42nd St. Act 2-YT-A	<b>NATIONAL COMFY DAY</b> 9:00 Yoga Stretch w/ Kayti - FC 10:00 Happy Knitters - 4th FL 10:30 Aqua Fitness w/ Cindy - FC 11:00 Wheel of Fortune w/ Joey - A 1:00 Afternoon Movie - SR 1:00 WU - Beginners Spanish Class 1:00 Blood Pressure Screening - WC 1:30 Strength Train Bone Health - FC 2:30 Joey & Lynn Sing Along - WL	9:00 Yoga Stretch w/ Lisa - FC 10:00 Shopping Outing - ML 10:00 Resident Council Meeting - 4th FL 11:00 Dominos w/ Joey - ML 11:00 Standing Drumming w/ Cindy - FC 12:45 LCR w/ Joey - ML 2:00 Shabbat w/ Rabbi Paris - IFC 3:00 Ping Pong - FC 3:00 Arm Chair Travelers - A 4:15 Eucharistic Service - IFC	10:00 Channel 138 Shabbat Morning Svc 11:00 Independent Activities - 11:15 Tai Chi w/ Jonathan - FL 1:30 Tea & Chat - WL 3:00 Silver Threads Band - A
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<b>BANANA BREAD DAY</b> Dining Room Brunch Served 11:45 - 2 10:00 Catholic Mass - A 2:00 Afternoon Movie - A 2:30 Pinochle - 3rd FL 4:00 Bingo w/ Joey - ML	9:00 Seated Yoga w/ Kayti- FC 9:30 Guided Meditation - FC 11:00 Seated Drumming w/ Cindy - FC 1:00 Balance, Bands&Balls w/ Kayti - FC 1:00 Channel 591 Movie 1:30 Pokeno w/ Joey - ML 1:30 Hook & Needle - 3rd FL 3:00 One Day University - A	9:00 Yoga Stretch w/ Kayti - FC <b>9:30 Outing - Lyman Allan Museum</b> 10:30 Aqua Fitness w/ Cindy - FC 11:00 LCR w/ Joey - ML 12:30 Balance thru Ballet w/ Lisa - FC 1:00 Channel 591 Movie 1:30 Strength Train Bone Health - FC 2:00 Family Feud w/ Joey - ML 3:00 Julian Bream, DOC, YT - A 3:00 Corn Hole - FC	9:00 Seated Yoga w/ Kayti - FC 9:30 Guided Meditation w/ Kayti - FC 10:00 Shopping Outing - FL 10:00 Catholic Mass - IFC 11:00 Pokeno - ML 11:00 Seated Drumming w/ Cindy - FC 1:00 Creative Art w/ Kayti - CAS 2:00 Laughter Yoga w/ Cindy - 2nd FL 3:00 Dame Margot Fonteyn, DOC, TY - A	<b>NATIONAL CHILI DAY</b> 9:00 Yoga Stretch w/ Kayti- FC 10:00 Town Hall w/ Joan King E.D. 11:00 Wheel of Fortune w/ Joey - A 1:00 Afternoon Movie - SR 1:00 WU - Beginners Spanish Class - ML 1:00 Blood Pressure Screening - WC 1:30 Strength Train Bone Health - FC 2:00 Bingo w/ Joey - 2nd FL 3:00 Literature, News&Faith/Rev Rowe	<b>FIRST DAY OF RAMADAN</b> 9:00 Yoga Stretch w/ Lisa - FC 10:00 Shopping Outing - ML 11:00 Dominos w/ Joey - 2nd FL 11:00 Standing Drumming w/ Cindy - FC 12:45 LCR w/ Joey - ML 2:00 Shabbat w/ Rabbi Shulman 3:00 Ping Pong - FC 3:00 Gilad Harel, Prof of Music -A 4:15 Eucharistic Service - IFC	<b>Recurring Programs:</b> 12:00 Channel 591 In-Room Seated Stretch - Daily 3:00 Tuesdays Mahjong Resident Meet Up - 3rd FL Lounge 12:30 Thursday Learning Bridge w/ The Mehta's - 3rd FL Lounge
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# FEBRUARY 2025

## Independent Living



AT 3030 PARK

ACTIVITY LOCATOR KEY
A - AUDITORIUM AG - ART GALLERY CL - COMPUTER LOUNGE (1st Floor) CP - CAFE PATIO CAS - CREATIVE ART STUDIO DR - DINING ROOM DOC - DOCUMENTARY FL - FRONT LOBBY GC - GALLERY CAFE IFC - INTERFAITH CHAPEL ML - MAIN LOUNGE RC - REHAB CLINIC WC - WELLNESS CLINIC WL - W LOUNGE 2ND FL - 2ND FLOOR LOUNGE 3RD FL - 3RD FLOOR LOUNGE 4TH FL - 4TH FLOOR LOUNGE SR - SCREENING ROOM YT - YOUTUBE



All you need is love.  
 But a little chocolate now and then doesn't hurt.  
CHARLES M. SCHULZ