

# REFLECTIONS - FEBRUARY 2025

## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

## NOTES



**1**  
**10:00** Barbell Body Blast  
**10:30** Great Writers Review  
**11:00** Conscious Conversations  
**1:30** Tai Chi for Vitality  
**2:00** Spa Session - Manicures  
**2:30** Chew & Chat  
**3:30** Community Chorus  
**6:30** Card Players Group

**2**  
**9:30** Virtual Faith Services  
**10:00** Fitness Fusion  
**10:30** Dynamic Discussions  
**11:00** Hymnal Harmonies  
**1:30** Stroll Patrol  
**2:00** Artful Adventures  
**2:30** Collective Catch Up  
**3:30** Bottoms Up Diane  
**6:30** It's Bingo Bonanza

**3**  
**10:00** Agility Training  
**10:30** Neighborhood Ice Breakers  
**11:00** Nostalgic Reads  
**1:30** Namaste Fit Yoga  
**2:00** Zen Aromatherapy  
**2:30** Mid-day Soiree  
**3:30** Colorful Canvas Creations  
**6:30** Dancers Delight

**4**  
**10:00** Barbell Body Blast  
**10:30** Historical Figures  
**11:00** Integrated Insights  
**11:30** Words with Friends  
**1:30** Flexibility Training  
**2:00** Rolling Pin Club  
**3:00** Flavorful Feasting  
**3:30** Community Chorus  
**6:30** Positive Affirmations

**5**  
**9:00** Moments in History  
**10:00** Barre & Balance Class  
**10:30** Wit, Wager, & Win  
**10:30** Signature Series  
**11:00** Quiz Wiz Challenge  
**1:30** Tai Chi for Vitality  
**2:00** Tibetan Soundbath  
**3:00** Tasty Tidbits  
**6:30** Movie Magic

**6**  
**9:00** NY Times Crossword  
**10:00** Agility Training  
**11:00** Intro to Drawing  
**11:00** Visiting Presenter  
**1:30** Namaste Fit Yoga  
**2:00** Breathing for Balance  
**2:30** Mid-day Soiree  
**3:30** Cornhole Challengers  
**3:30** Watercolor Serenity  
**6:30** Laugh-Out-Loud Lounge

**7**  
**10:00** Barre & Balance Class  
**10:30** Quizbusters  
**11:00** Knowledge Bowl  
**1:30** Flexibility Training  
**2:30** Sole Striders  
**3:00** Flavorful Feasting  
**3:30** Cheerful Chuckles Comedy  
**6:30** Blooming Bouquets

**8**  
**10:00** Barbell Body Blast  
**10:30** Music Knowledge  
**11:30** Street Smarts Debates  
**1:30** Tai Chi for Vitality  
**2:00** Spa Session - Manicures  
**2:30** Chew & Chat  
**3:30** Community Chorus  
**6:30** Card Players Group

**9**  
**9:30** Virtual Faith Services  
**10:00** Fitness Fusion  
**10:30** Brain Busters  
**11:00** Hymnal Harmonies  
**11:00** Collaboration Club  
**1:30** Stroll Patrol  
**2:30** Collective Catch Up  
**3:30** Masterpiece Moments  
**6:30** It's Bingo Bonanza

**10**  
**10:00** Agility Training  
**10:30** Getting to Know You  
**11:00** Nostalgic Reads  
**1:30** Harmonious Yoga  
**2:00** Healing Diffusions  
**2:30** Mid-day Soiree  
**3:30** Artistic Explorations  
**6:30** Musical Movement Crew

**11**  
**10:00** Barbell Body Blast  
**10:30** Historical Figures  
**11:00** Integrated Insights  
**11:30** Trivia Titans  
**1:30** Flexibility Training  
**2:00** Culinary Creations Crew  
**3:00** Flavorful Feasting  
**3:30** Community Chorus  
**6:30** Reflective Moments

**12**  
**9:00** Moments in History  
**10:00** Barre & Balance Class  
**10:30** Wit, Wager, & Win  
**11:00** Quiz Wiz Challenge  
**1:30** Tai Chi for Vitality  
**2:00** Tibetan Soundbath  
**3:00** Tasty Tidbits  
**6:30** Manicure Massage Spa

**13**  
**10:00** Agility Training  
**10:30** Wordsmith Linguistics  
**11:00** Creative Journaling  
**1:30** Harmonious Yoga  
**2:00** Mantra Meditation  
**2:30** Mid-day Soiree  
**3:30** Mixed Media Canvas Art  
**3:30** Cornhole Challengers  
**6:30** TEDTalks:Positive Thinking

**14**  
**10:00** Barre & Balance Class  
**11:00** Dreamers Den Discussions  
**1:30** Flexibility Training  
**2:00** Reflective Journaling  
**2:00** Signature Series  
**2:30** Sole Striders  
**3:00** Flavorful Feasting  
**3:30** Cheerful Chuckles Comedy  
**6:30** Horticulturist Designs

**15**  
**10:00** Barbell Body Blast  
**10:30** Great Writers Review  
**11:00** Conscious Conversations  
**1:30** Tai Chi for Vitality  
**2:00** Spa Session - Manicures  
**2:30** Chew & Chat  
**3:30** Community Chorus  
**6:30** Card Players Group

**16**  
**9:30** Virtual Faith Services  
**10:00** Fitness Fusion  
**10:30** Dynamic Discussions  
**11:00** Hymnal Harmonies  
**1:30** Stroll Patrol  
**2:00** Artful Adventures  
**2:30** Collective Catch Up  
**3:30** Bottoms Up Diane  
**6:30** It's Bingo Bonanza

**17**  
**10:00** Agility Training  
**10:30** Neighborhood Ice Breakers  
**11:00** Nostalgic Reads  
**11:00** Visiting Presenter  
**1:30** Namaste Fit Yoga  
**2:00** Zen Aromatherapy  
**2:30** Mid-day Soiree  
**3:30** Colorful Canvas Creations  
**6:30** Dancers Delight

**18**  
**10:00** Barbell Body Blast  
**10:30** Historical Figures  
**11:00** Integrated Insights  
**11:30** Words with Friends  
**1:30** Flexibility Training  
**2:00** Rolling Pin Club  
**3:00** Flavorful Feasting  
**3:30** Community Chorus  
**6:30** Positive Affirmations

**19**  
**9:00** Moments in History  
**10:00** Barre & Balance Class  
**10:30** Wit, Wager, & Win  
**11:00** Quiz Wiz Challenge  
**1:30** Tai Chi for Vitality  
**2:00** Tibetan Soundbath  
**3:00** Tasty Tidbits  
**6:30** Movie Magic

**20**  
**9:00** NY Times Crossword  
**10:00** Agility Training  
**11:00** Intro to Drawing  
**1:30** Namaste Fit Yoga  
**2:00** Breathing for Balance  
**2:30** Mid-day Soiree  
**3:30** Cornhole Challengers  
**3:30** Watercolor Serenity  
**6:30** Laugh-Out-Loud Lounge

**21**  
**10:00** Barre & Balance Class  
**10:30** Quizbusters  
**11:00** Knowledge Bowl  
**1:30** Flexibility Training  
**2:00** Live Performance  
**2:30** Sole Striders  
**3:00** Flavorful Feasting  
**3:30** Cheerful Chuckles Comedy  
**6:30** Blooming Bouquets

**22**  
**10:00** Barbell Body Blast  
**10:30** Music Knowledge  
**11:30** Street Smarts Debates  
**1:30** Tai Chi for Vitality  
**2:00** Spa Session - Manicures  
**2:30** Chew & Chat  
**3:30** Community Chorus  
**6:30** Card Players Group

**23**  
**9:30** Virtual Faith Services  
**10:00** Fitness Fusion  
**10:30** Brain Busters  
**11:00** Hymnal Harmonies  
**11:00** Collaboration Club  
**1:30** Stroll Patrol  
**2:30** Collective Catch Up  
**3:30** Masterpiece Moments  
**6:30** It's Bingo Bonanza

**24**  
**10:00** Agility Training  
**10:30** Getting to Know You  
**11:00** Nostalgic Reads  
**1:30** Harmonious Yoga  
**2:00** Healing Diffusions  
**2:30** Mid-day Soiree  
**3:30** Artistic Explorations  
**6:30** Musical Movement Crew

**25**  
**10:00** Barbell Body Blast  
**10:30** Historical Figures  
**11:00** Integrated Insights  
**11:30** Trivia Titans  
**1:30** Flexibility Training  
**2:00** Culinary Creations Crew  
**3:00** Flavorful Feasting  
**3:30** Community Chorus  
**6:30** Reflective Moments

**26**  
**9:00** Moments in History  
**10:00** Barre & Balance Class  
**10:30** Wit, Wager, & Win  
**11:00** Quiz Wiz Challenge  
**1:30** Tai Chi for Vitality  
**2:00** Tibetan Soundbath  
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**6:30** Manicure Massage Spa

**27**  
**10:00** Agility Training  
**10:30** Wordsmith Linguistics  
**11:00** Creative Journaling  
**1:30** Harmonious Yoga  
**2:00** Mantra Meditation  
**2:30** Mid-day Soiree  
**3:30** Mixed Media Canvas Art  
**3:30** Cornhole Challengers  
**6:30** TEDTalks:Positive Thinking

**28**  
**10:00** Barre & Balance Class  
**11:00** Dreamers Den Discussions  
**1:30** Flexibility Training  
**2:00** Reflective Journaling  
**2:00** Live Entertainment  
**2:30** Sole Striders  
**3:00** Flavorful Feasting  
**3:30** Cheerful Chuckles Comedy  
**6:30** Horticulturist Designs



Mon-Scenic Drive  
 Tues-Med Appts  
 9-3  
 Weds-Outting  
 Thurs-Outting  
 \*Schedule is subject to change based on availability. Please make all transportation requests with a member of our concierge team.

Our engagement program is built upon both our residents' interests and our Five Principles for Vitality.

By providing quality and choice, we hope to encourage socialization and well-being for mind, body, and spirit.

Continued Learning  
 Arts & Culture  
 Physical Fitness  
 Community Connections  
 Wellness & Self-Care