

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:30 This Day in History 10:00 Cesar's Healthy Joints 11:00 Bingo 1:00 Judy Justice 2:00 Posh and Polished Nails 2:00 Wellness Vitals 3:00 Are You a Tiger? 3:30 Chopstick Race 4:00 Poinsettia Stroll 6:00 Holiday Cinema <i>The Joy Luck Club</i> Chinese New Year	9:30 Morning Stroll 10:00 Strength and Balance Workout 11:00 Bingo 1:15 Celebrity Feature: Billie Holiday 2:00 Check In with Puxatawny Phil 3:00 Art Outside the Lines with Betty 4:00 Wine and Jazz Hour 6:00 Comedy Feature <i>Groundhog Day</i> Groundhog Day	9:30 Group Crossword Challenge 10:00 Chair HIIT 11:00 Bingo 1:00 Celebrity Feature: Sidney Poitier 2:00 Music Appreciation Felix Mendelssohn 3:00 Active Living Planning Session 4:00 A Walk in the Park 4:30 Current Events Discussion 6:00 Hollywood Golden Age Film <i>To Kill a Mockingbird</i>	9:30 Morning Stretch and Stroll 10:00 Silver Sneakers 11:00 Cantor Mitzi's Shabbat Service 1:00 BBC Proms: Rodgers and Hammerstein 2:00 Melrose Nail Express 2:00 Audible Book Club 3:00 Bingo 4:00 Martel Stroll 4:30 2022 Winter Olympics Opening Ceremony 6:00 Friday Evening Ballet The Alvin Ailey American Dance Theater	10:00 Saddleback Church Service 11:00 Bingo 1:30 HASFit Healthy Joints 2:00 Saturday Afternoon Entertainment 3:00 Poker Club 4:00 "Songs of the Heart" Sing Along 6:00 Saturday Night Fun Flick <i>The Help</i>
		10:00 Chair Yoga 11:00 Bingo 1:30 Musical Relaxation 2:00 TED Talk: How Great Leaders Inspire Action 3:00 Musical Matinee Porgy and Bess 6:00 Netflix Docuseries <i>Amend: The Fight for America</i>	9:30 Morning Affirmations 10:00 Strength and Balance 11:00 Bingo 1:00 2022 Winter Olympics 2:00 Southern Fried History: The Freedom Riders 3:00 Name That Element 4:00 Martel Stroll 4:30 Obscure Fables and Tales 6:00 Modern Film Classic <i>What's Love Got to Do With It</i>	9:30 Today in History 10:00 Cesar's Healthy Joints 11:00 Bingo 1:30 2022 Winter Olympics 2:30 Rubber Block Print Valentines 3:30 Blackjack Club 4:00 A Walk in the Park 4:30 World Issues Discussion 6:00 Tuesday Night Biopic <i>Antwon Fischer</i>	9:30 Morning Stroll 10:00 Resistance Training 11:00 Bingo 1:15 2022 Winter Olympics 2:00 The Cultural Impact of <i>The Color Purple</i> 3:00 Clay Conversation Hearts (Pt 1) 4:00 Happy Hour: February Birthday Toast 6:00 Hulu Series <i>black-ish</i>	9:30 Scattegories Challenge 10:00 Sit and Be Fit 11:00 Bingo 1:30 2022 Winter Olympics 2:00 Resident Council Meeting 3:00 Clay Conversation Hearts (Pt 2) 4:00 Poinsettia Stroll 4:30 Sports Recap 6:00 Hollywood Golden Age Film <i>In the Heat of the Night</i>
10:00 Stretch and Flex 11:00 Bingo 1:30 Sunday Meditation 2:00 Scrabble Club 3:00 Super Bowl Tailgate 3:30 Super Bowl LVI 6:00 Netflix Docuseries <i>Amend: The Fight for America</i>	9:30 Punny Cupid 10:00 Heart Smart Valentine's Workout 11:00 Bingo 1:30 2022 Winter Olympics 2:00 Romantic Couples Through the Ages 3:00 "Shot to the Heart" Valentine's Party 4:00 Valentine's Happy Hour: Strawberry Shortcake Daiquiri 6:00 Modern Film Classic <i>The Bodyguard</i> Valentine's Day	9:30 Finish the Phrase 10:00 Healthy Joints with Cesar 11:00 Bingo 1:00 2022 Winter Olympics 2:00 Posh and Polished Nails 2:00 Coffee Chat with the Executive Director 3:00 Casino Royale 4:00 Poinsettia Stroll 6:00 Tuesday Night Biopic <i>Malcolm X</i>	9:30 Morning Stroll 10:00 Weight Circuit 11:00 Bingo 1:00 2022 Winter Olympics 2:00 Sky Gazers: The Full Snow Moon 3:00 Art Outside the Lines with Betty 4:00 Happy Hour: Pub Trivia 6:00 Hulu Series <i>black-ish</i>	9:30 Group Crossword Challenge 10:00 Fit to the Core 11:00 Bingo 1:00 2022 Winter Olympics 2:00 18th Century Opera: Handel & Mozart 3:00 Let's Get Crafty! Red Hat Fascinators 4:00 A Walk in the Park 4:30 Current Events Discussion 6:00 Hollywood Golden Age Film <i>The Defiant Ones</i>	9:30 Poinsettia Stroll 10:00 Chair Tap 11:00 Cantor Mitzi's Shabbat Service 1:00 2022 Winter Olympics 2:00 Gardens Nail Express 2:00 Audible Book Club 3:00 Right Brain/Left Hand 3:30 Martel Stroll 4:00 Bingo 6:00 Friday Night Cinema <i>Self-Made</i>	10:00 Saddleback Church Service 11:00 Bingo 1:00 Cardio with HASfit 2:00 Saturday Afternoon Live Entertainment 3:00 Uno Challenge 4:00 "Colorful" Karaoke 6:00 Saturday Night Fun Flick <i>Driving Miss Daisy</i>
10:00 Chair Yoga 11:00 Bingo 1:30 TED Talk: Elon Musk 2:00 NBA Allstar Game 2022 4:00 Word Games 6:00 Netflix Docuseries <i>Amend: The Fight for America</i>	9:30 Presidential Stickman 10:00 Kickboxing Workout 11:00 Bingo 1:15 The Ultimate Guide to the Presidents 2:00 Jimmy Carter: From Peanut Farmer to President of the United States 3:00 Presidential Race 4:00 Martel Stroll 4:30 Sports Recap 6:00 President's Day Feature Film <i>The American President</i> Presidents' Day	9:30 Name that First Lady 10:00 Cesar's Healthy Joints 11:00 Bingo 1:00 Judy Justice 2:00 Melrose Nail Salon 2:00 Food for Thought 3:00 Game On 4:00 A Walk in the Park 4:30 Tech Talk Tuesday 6:00 Tuesday Night Biopic <i>Ray</i>	9:30 Morning Stroll 10:00 Resistance Training 11:00 Bingo 1:00 Virtual Tour of the Rochester Museum and Science Center The Life and Works of W.E.B. DuBois 2:00 Trivia Challenge 4:00 Happy Hour Welcome New Residents! 6:00 Hulu Series <i>black-ish</i>	9:30 Scattegories Challenge 10:00 Fit to the Core 11:00 Bingo 1:00 Celebrity Feature: Alice Walker 2:00 The Negro Speaks of Rivers Poetry Reading and Discussion 3:00 Resident Auction 4:00 Poinsettia Stroll 4:30 World Check In 6:00 Hollywood Golden Age Film <i>A Raisin in the Sun</i>	9:30 Melrose Walking Club 10:00 Tai Chi 11:00 Cantor Mitzi's Shabbat Service 1:00 Negro Spiritual Sing Along 2:00 Emergency and Disaster Training 3:00 Red Hat Society: Afternoon Tea 3:00 Men's Club: Woodworking 4:00 Bingo 6:00 Friday Night Cinema <i>Fences</i>	10:00 Saddleback Church Service 11:00 Bingo 1:30 Total Body Work with Meredith 2:00 Saturday Afternoon Live Entertainment 3:00 Jewelry Making 4:00 Sentimental Scrappers 6:00 Saturday Night Fun Flick <i>The Bucket List</i>
10:00 Stretch and Flex 11:00 Bingo 1:30 Sunday Meditation 2:00 News and Views 3:00 Sunday Afternoon Matinee The Wiz 6:00 Netflix Docuseries <i>Amend: The Fight for America</i>	9:30 Guided Meditation 10:00 Strength and Balance 11:00 Bingo 1:00 Along the Mississippi: The Deep South 2:00 Chef Demo: Southern Style Peach Cobbler 3:00 Jeopardy Challenge 4:00 Poinsettia Stroll 6:00 Modern Film Classic: <i>The Butler</i>					
<h1 style="text-align: center;">FEBRUARY 2022</h1>						