









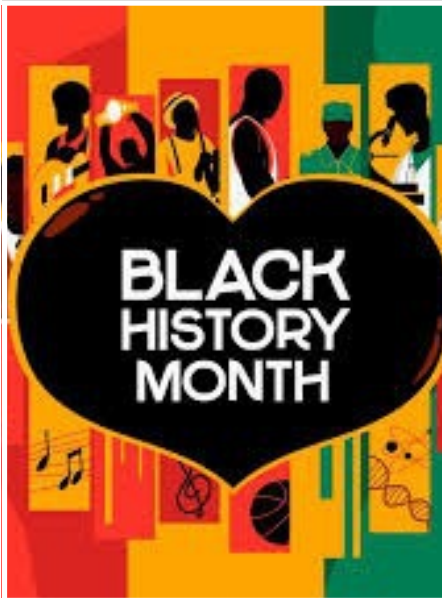


Sunday Monday Tuesday Wednesday Thursday Friday Saturday

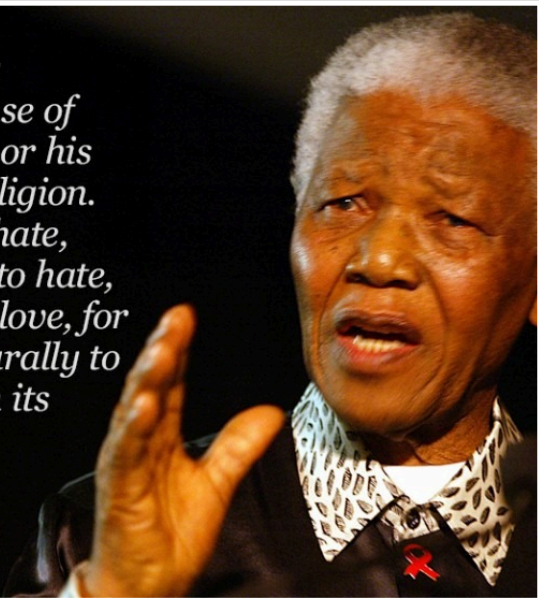
Location Keys






AL 2nd FL Activity Room	AAR	IL Game Room-4th FL	ILGR
AL 2nd FL Living Room	2LVR	IL Ping Pong Room -3rd FL	ILPPR
AL 4th FL Theater	ALT	Mezzanine Activity Room	Mez
Bistro	BST	Mezzanine Library	ML
Fitness Center	FC	Mezzanine Living Room	MLR
IL Cafe	ILC	We Come to You	WCY








-  Creative Arts
-  Emotional
-  Health and Wellness
-  Intellectual
-  Nature
-  Purposeful
-  Recreation and Leisure
-  Spiritual











No one is born hating another person because of the colour of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite.


















- 9:30  Carrington Community Church [BST] **1**
- 10:30  Daily Chronicle [AAR]
- 11:00  Moving For Mobility [AAR]
- 2:00  Afternoon Cinema - Twist of Fate (Prime) [ALT]
- 3:00  Black History Month: Stamped From The Beginning [BST]








- Groundhog Day** **2**
- 10:00  Sit and Be Fit! [Mez]
 - 10:30  News and Views [Mez]
 - 10:45  Singfit! [Mez]
 - 2:00  AL Movie - An American in Paris (Prime) [ALT]
 - 2:00  Bingo With Trudy [ILC]
 - 2:00  Crafter's Corner-Valentine Mosaics [Mez]
 - 4:00  Daily Rewind [MLR]






- 10:00  Sit and Be Fit [AAR] **3**
- 10:30  Daily Chronicle [AAR]
- 11:00  Random Buddy Holly Trivia [AAR]
- 1:00 Movement and Balance with Select Rehab [FC]
- 2:00  Dancing with Martha! [FC]
- 3:00  Bingo! [AAR]
- 6:30  AL Movie - Ground Hog Day (Prime) [ALT]
- 7:00  Poker Night [ILGR]
- 7:15  Everyone Has A Story [BST]








- 10:00  Sit & Be Fit [AAR] **4**
- 10:30  Daily Chronicle [AAR]
- 11:00  Fact Files: National Texas Day [AAR]
- 3:00  Games in the Living Room [2LVR]
- 6:30  AL Movie - We Grown Now (Netflix) [ALT]








- 10:00  Zumba & Laughing Yoga with Janette! [AAR] **5**
- 10:45  Daily Chronicle [AAR]
- 11:00  Black History Month Trivia [AAR]
- 1:45  Rock Steady Boxing [MLR]
- 3:00  Happy Hour with Randy Walker [BST]
- 6:30  AL Movie - A Brooklyn Love Story (Prime) [ALT]








- 10:00  Move and Groove [AAR] **6**
- 10:30  Daily Chronicle [AAR]
- 10:45  The RoundUp: Groundhog Day [AAR]
- 1:00  Rosary and Communion with Cozetta [ML]
- 1:30  Express Fitness with Arthur [FC]
- 2:30  Craft Time with Gina [AAR]
- 6:30  Friends of Bill W. (AA Meeting) [ILPPR]
- 6:30  Special Film Showing: Conclave [ALT]
- 7:00  Poker Night [ILGR]






- 10:00  Sit & Be Fit [AAR] **7**
- 10:30  Daily Chronicle [AAR]
- 10:45  Fact Files: Garth Brooks [AAR]
- 11:00  Sing-Along with Annamarie [2LVR]
- 3:00  Bingo! [AAR]
- 4:30  Shabbat [BST]
- 6:30  AL Movie - Ironwood (Prime) [ALT]









- 9:30  Carrington Community Church [BST] **8**
- 10:30  Daily Chronicle [AAR]
- 11:00  Moving For Mobility [AAR]
- 2:00  AL Movie - Two for the Road (Netflix) [ALT]
- 3:00  Black History Month: Lucy Smith Sings the Blues [BST]







- 10:00  Sit and Be Fit! [Mez] **9**
- 10:30  News and Views [Mez]
- 10:45  Singfit! [Mez]
- 2:00  AL Movie - Maria (Netflix) [ALT]
- 2:00  Bingo With Trudy [ILC]
- 4:00  Daily Rewind [MLR]
- 5:30  Super Bowl LIX






- 10:00  Sit and Be Fit [AAR] **10**
- 10:30  Daily Chronicle [AAR]
- 11:00  Can You Picture This? [AAR]
- 1:00 Movement and Balance with Select Rehab [FC]
- 2:00  Dancing with Martha! [FC]
- 3:00  Bingo! [AAR]
- 6:30 AL Movie - We are Marshall (Prime) [ALT]
- 7:00  Poker Night [ILGR]
- 7:15  TedTalk Time [BST]


- 10:00  Sit & Be Fit [AAR] **11**
- 10:30  Daily Chronicle [AAR]
- 11:00  The RoundUp: Thomas Edison [AAR]
- 1:15  Opera Club
- 2:00  Visits with Myra! [WCY]
- 3:00  Games in the Living Room [2LVR]
- 6:30  AL Movie - The Six Triple Eight (2024) [ALT]

- 10:00  Zumba & Laughing Yoga with Janette! [AAR] **12**
- 10:45  Daily Chronicle [AAR]
- 11:00  Rick Steves: European Tour [AAR]
- 3:00  Happy Hour: Classical Piano Duo [BST]
- 6:30  AL Movie - Heart of a Stranger (Netflix) [ALT]

- 10:00  Move and Groove [AAR] **13**
- 10:30  Daily Chronicle [AAR]
- 10:45  The RoundUp: John Williams [AAR]
- 1:00  Rosary with Cozetta [ML]
- 1:30  Express Fitness with Arthur [FC]
- 3:00  Special: Thursday BINGO [AAR]
- 6:30  AL Movie - Defamation (Prime) [ALT]
- 6:30  Friends of Bill W. (AA Meeting) [ILPPR]
- 7:00 Poker Night [ILGR]

- Valentine's Day** **14**
- 10:00  Sit & Be Fit [AAR]
 - 10:30  Daily Chronicle [AAR]
 - 10:30  Veteran's Club
 - 10:45  Red, White, and Pink Trivia [AAR]
 - 2:30  Valentine's Day Party [2LVR]
 - 4:30  Shabbat [BST]
 - 6:30 AL Movie - Valentine's Day (Prime) [ALT]

- 9:30  Carrington Community Church [BST] **15**
- 10:30  Daily Chronicle [AAR]
- 11:00  Moving For Mobility [AAR]
- 2:00  AL Movie - The Great Dictator (Prime) [ALT]
- 3:00  Black History Month: Mr. & Mrs. Loving [BST]

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 ↔ Sit and Be Fit! [Mez] 16</p> <p>10:30 ⚡ News and Views [Mez]</p> <p>10:45 ⚡ Singfit! [Mez]</p> <p>2:00 🐾 Bingo With Trudy [ILC]</p> <p>2:00 🐾 Sunday Matinee - Whiplash (Netflix) [ALT]</p> <p>4:00 ⚡ Daily Rewind [MLR]</p>	<p>Presidents' Day 17</p> <p>10:00 ↔ Sit and Be Fit [AAR]</p> <p>10:30 ⚡ Daily Chronicle [AAR]</p> <p>11:00 ⚡ Random Candy Trivia [AAR]</p> <p>1:00 Movement and Balance with Select Rehab [FC]</p> <p>2:00 ↔ Dancing with Martha! [FC]</p> <p>3:00 🐾 Bingo! [AAR]</p> <p>6:30 🐾 Movie Night - The Twelve Chairs (Prime) [ALT]</p> <p>7:00 🐾 Poker Night [ILGR]</p> <p>7:15 Everyone Has A Story [BST]</p>	<p>10:00 ↔ Sit & Be Fit [AAR] 18</p> <p>10:30 ⚡ Daily Chronicle [AAR]</p> <p>11:00 🌿 Nature Documentary [AAR]</p> <p>3:00 🐾 Games in the Living Room [2LVR]</p> <p>6:30 🐾 Movie Night - Lincoln (Prime) [ALT]</p>	<p>10:00 ↔ Zumba & Laughing Yoga with Janette! [AAR] 19</p> <p>10:45 ⚡ Daily Chronicle [AAR]</p> <p>11:00 ⚡ Remember When? Conversation Game [AAR]</p> <p>3:00 🐾 Happy Hour with Daryl Nitz [BST]</p> <p>6:30 🐾 Movie Night - Father Figures (Netflix) [ALT]</p>	<p>10:00 ↔ Move and Groove [AAR] 20</p> <p>10:30 ⚡ Daily Chronicle [AAR]</p> <p>10:45 ⚡ Thursday Tongue Twisters [AAR]</p> <p>1:00 🦋 Rosary with Cozetta [ML]</p> <p>1:30 ↔ Express Fitness with Arthur [FC]</p> <p>2:30 🦋 Craft Time with Gina [AAR]</p> <p>6:30 🦋 Friends of Bill W. (AA Meeting) [ILPPR]</p> <p>6:30 🐾 Movie Night - Cinema Sabaya (Prime) [ALT]</p> <p>7:00 🐾 Poker Night [ILGR]</p>	<p>10:00 ↔ Sit & Be Fit [AAR] 21</p> <p>10:30 ⚡ Daily Chronicle [AAR]</p> <p>10:45 ⚡ Rick Steves: Ireland [AAR]</p> <p>2:15 🐾 Monthly Birthday Bash! [2LVR]</p> <p>3:00 🐾 Bingo! [AAR]</p> <p>4:30 🦋 Shabbat [BST]</p> <p>6:30 🐾 Movie Night - The Great Gatsby (Prime) [ALT]</p>	<p>9:30 🦋 Carrington Community Church [BST] 22</p> <p>10:30 ⚡ Daily Chronicle [AAR]</p> <p>11:00 ↔ Moving For Mobility [AAR]</p> <p>2:00 🐾 Afternoon Cinema - It Ends With Us (Netflix) [ALT]</p> <p>3:00 ⚡ Black History: More Than A Month [BST]</p> <p>6:00 🏠 A ROARING 20'S GALA (RSVP)</p>
<p>10:00 ↔ Sit and Be Fit! [Mez] 23</p> <p>10:30 ⚡ News and Views [Mez]</p> <p>10:45 ⚡ Singfit! [Mez]</p> <p>2:00 🐾 Bingo With Trudy [ILC]</p> <p>2:00 🐾 Sunday Matinee - My Father's Violin (Netflix) [ALT]</p> <p>3:00 🐾 Music with Phi Mu Alpha! [BST]</p> <p>4:00 ⚡ Daily Rewind [MLR]</p>	<p>10:00 ↔ Sit and Be Fit [AAR] 24</p> <p>10:30 ⚡ Daily Chronicle [AAR]</p> <p>11:00 ⚡ Random Trivia [AAR]</p> <p>1:00 Movement and Balance with Select Rehab [FC]</p> <p>2:00 ↔ Dancing with Martha! [FC]</p> <p>3:00 🐾 Bingo! [AAR]</p> <p>6:30 🐾 Movie Night - The Illusionist (Prime) [ALT]</p> <p>7:00 🐾 Poker Night [ILGR]</p>	<p>10:00 ↔ Sit & Be Fit [AAR] 25</p> <p>10:30 ⚡ Daily Chronicle [AAR]</p> <p>11:00 ⚡ Tell me about a time when...Game [AAR]</p> <p>2:30 ❤️ Moments from Hollywood Musicals [ALT]</p> <p>6:30 🐾 Movie Night - Ladyhawke (Prime) [ALT]</p>	<p>10:00 ↔ Zumba & Laughing Yoga with Janette! [AAR] 26</p> <p>10:45 ⚡ Daily Chronicle [AAR]</p> <p>11:00 ⚡ The RoundUp: Levi Strauss [AAR]</p> <p>1:30 🏠 AL Resident Meeting [2LVR]</p> <p>3:00 🐾 Happy Hour with Stephanie & Don [BST]</p> <p>6:30 🐾 Movie Night - Il Treno Dei Bambini (Netflix) [ALT]</p>	<p>10:00 ↔ Move and Groove [AAR] 27</p> <p>10:30 ⚡ Daily Chronicle [AAR]</p> <p>10:45 ⚡ Men In Black Trivia [AAR]</p> <p>1:00 🦋 Rosary with Cozetta [ML]</p> <p>1:30 ↔ Express Fitness with Arthur [FC]</p> <p>2:30 🦋 Craft Time with Gina [AAR]</p> <p>6:30 🦋 Friends of Bill W. (AA Meeting) [ILPPR]</p> <p>6:30 🐾 Movie Night - The Book Thief (Prime) [ALT]</p> <p>7:00 🐾 Poker Night [ILGR]</p>	<p>10:00 ↔ Sit & Be Fit [AAR] 28</p> <p>10:30 ⚡ Daily Chronicle [AAR]</p> <p>10:45 ⚡ Tooth Idioms Game [AAR]</p> <p>3:00 🐾 Bingo! [AAR]</p> <p>4:30 🦋 Shabbat [BST]</p> <p>6:30 🐾 Movie Night - Jesse Stone: Thin Ice (Prime) [ALT]</p>	

All activities are subject to change. Please refer to the Daily Calendar for the most up to date schedule.



Resident Birthdays

Cecilia P.	2/1
Nancy D.	2/20
Shobha B.	2/26

