Independent Living Fe			bruary 2017				Love is in the Air			
Sunday	Monday	Tuesday		Wednesday		Thursday		Friday		Saturday
CONTRACTOR COMPANY THE ARBOR COMPANY ENGAGED LIVING	<ul> <li>Arts &amp; Education</li> <li>Deep Connections</li> <li>Health &amp; Wellness</li> <li>Recreation &amp; Leisure</li> </ul>		10:00 11:15 2:00 2:00 4:00 7:45		10:00 10:45 10:45 1:00 2:00 3:00 7:00 7:45	Morning Exercise [TR] Chair Exercise [2FB] Bus Errands [FL] Trip to World Market (sign up required) [FL] Mah-Jong [GR] Exploring Our Minds with Ed Garcia [TR] Transportation to Atlanta Jewish Film Festival "Dirty Wolves" (ticket required) [FL] Walking Club [FL] Transportation to Atlanta Symphony Orchestra "Le Bourgeois Gentilhomme" (ticket required) [FL] Evening Movie [TR]	9:45 10:00 10:45 11:00 2:00 3:00 4:00 7:00 8:00	Transp. to MJCC Rec. Facilities [FL] Morning Exercise [TR] Chair Exercise [2FB] Friday Fun Day [FL] Bank Run [FL] Quarter Bingo [CR] Current Events [TR] Happy Hour & Specialty Cocktail [BL] Transportation to Atlanta Ballet "Carmina Burana" (ticket required) [FL] Shabbat Service [TR]	10:30 12:00	Transportation to Synagogues [FL] Saturday Morning Exercise [TR] Transportation to Target [FL] Color Therapy "Adult Coloring Books" [CR] Opera/ Ballet: Medici TV [TR] Transportation to Atlanta Jewish Film Festival "Harmonia" (ticket required) [FL] Evening Bingo [CR]
<ul> <li>8:30 Church Transportation [FL]</li> <li>2:00 Transportation to Stein Mart Plaza [FL]</li> <li>2:00 Quarter Bingo [CR]</li> <li>3:00 Sunday Social with Live Entertainment by Jeni Michelson [FL]</li> <li>5:30 Dinner at Seasons 52 (sign up required) [FL]</li> <li>6:30 Super Bowl 51 Party [Pub]</li> <li>7:45 Evening Movie [TR]</li> </ul>	10:00         Morning Exercise [TR]         10:45           10:45         Chair Exercise [2FB]         10:45           10:45         Bus Errands [FL]         11:15           1:00         Candy Bingo [CR]         1:00           1:00         Men's Discussion Group [CONF]         1:30           2:00         The Tour of Greece & Italy [TR]         2:00           4:00         Happy Hour [BL]         1	Transp. to DMV (sign up required) [FL]	10:00 11:00 😒 11:15 1:00 2:00 2:00 2:00 4:00 7:45		10:00 10:45 10:45 1:00 2:00 2:30 3:00 3:00 4:00 6:00 7:45	Morning Exercise [TR] Chair Exercise [2FB] Bus Errands [FL] Trip to Dollar Tree (sign up required) [FL] Mah-Jong [GR] Women's Discussion Group [TR] Transportation to Atlanta Jewish Film Festival "Last Laugh" (ticket required) [FL] Residents Meeting [TR] Walking Club [FL] Candlelight Dinner 1st Seating [DR] Candlelight Dinner 2nd Seating [DR] Evening Movie [TR]	9:45 10:00 10:45 11:15 1:00 1:30 2:00 3:00 4:00 7:45	Transp. to MJCC Rec. Facilities [FL] Morning Exercise [TR] Chair Exercise [2FB] Tai Chi [TR] Transportation to Atlanta Jewish Film Festival "Norman Lear" (ticket required) [FL] Bank Run [FL] Quarter Bingo [CR] Current Events [TR] Happy Hour & Specialty Cocktail [BL] Evening Movie [TR]	10:30 12:00 1:00 1:00	Transportation to Synagogues [FL] <b>Saturday Morning</b> Exercise [TR] Transportation to Target [FL] Color Therapy "Adult Coloring Books" [CR] Transportation to Atlanta Ballet "Snow White" (ticket required) [FL] Opera/ Ballet: Medici TV [TR] Yoga with Linda [2FB] Evening Bingo [CR]
<ul> <li>8:30 Church Transportation [FL] 12</li> <li>2:00 Transportation to Stein Mart Plaza [FL]</li> <li>2:00 Quarter Bingo [CR]</li> <li>3:00 Sunday Social with Live Entertainment by Steve Long [FL]</li> <li>5:30 Dinner at Bistro Niko (sign up required) [FL]</li> <li>7:45 Evening Movie [TR]</li> </ul>	Facilities [FL]         J           10:00         Morning Exercise [TR]         10:45           10:45         Chair Exercise [2FB]         11:15           10:45         Bus Errands [FL]         10:00           1:00         Candy Bingo [CR]         1:00           1:00         Men's Discussion Group [CONF]         1:00           2:00         The Tour of Greece & Italy [TR]         1:30	[TR] 44 Chair Exercise [2FB] Tai Chi [TR] Valentine's Day Party with Live Entertainment [DR] Learn & Play Canasta [BL] Bridge Game [GR] Poker [CR]	10:00 10:45 11:15 2:00 2:00 2:00 4:00 7:45	Morning Exercise [TR] Outing to Ponce City Market (sign up required) [FL] Chair Exercise [2FB] Cardio/Zumba w/Leiana [2FB] Rummikub [GR] Classical Music: Medici TV [TR] Happy Hour [BL] Quarter Bingo [CR]	10:00 10:45 10:45 1:00 2:00 3:00 3:00 7:45	Morning Exercise [TR] Chair Exercise [2FB] Bus Errands [FL] <b>Trip to Sam's Club (sign up and</b> <b>membership required) [FL]</b> Mah-Jong [GR] Sexploring Our Minds with Ed Garcia [TR] Bible Study [CONF] <b>Walking Club [FL]</b> Evening Movie [TR]	9:45 10:00 10:45 11:00 2:00 3:00 4:00 8:00	Transp. to MJCC Rec. Facilities [FL] Morning Exercise [TR] Chair Exercise [2FB] Friday Fun Day [FL] Bank Run [FL] Quarter Bingo [CR] Current Events [TR] Happy Hour & Specialty Cocktail [BL] Shabbat Service [TR]	9:00 10:00 10:30 12:00 1:00 7:45	Transportation to Synagogues [FL] <b>18</b> Saturday Morning Exercise [TR] Transportation to Target [FL] Color Therapy "Adult Coloring Books" [CR] Opera/ Ballet: Medici TV [TR] Evening Bingo [CR]
8:30Church Transportation [FL]1 92:00Transportation to Stein Mart Plaza [FL]2:00Quarter Bingo [CR]3:00Sunday Social with Live Entertainment by Alan Weisenberg [FL]5:30Dinner at True Food Kitchen (sign up required) [FL]7:45Evening Movie [TR]	Facilities [FL]         10:00           10:00         Morning Exercise [TR]         10:45           10:45         Chair Exercise [2FB]         10:45           10:45         Bus Errands [FL]         11:15           1:00         Candy Bingo [CR]         1:00           1:00         Men's Discussion Group [CONF]         1:30	<ul> <li>[TR] Z Z Z</li> <li>[TR] Z Z Z</li> <li>[TR] Hearing Clinic with Monica [CR] Chair Exercise [2FB]</li> <li>[Chair E</li></ul>	10:30 11:00 11:15 2:00 2:00 4:00 6:30	Morning Exercise [TR] Lunch Outing at Swan Coach House (sign up required) [FL] Brain Masters with Heidi [CR] Chair Exercise [2FB] Rummikub [GR] Classical Music: Medici TV [TR] Happy Hour & Margaritas "National Margarita Day" [BL] Transportation to Alliance Theater "The Temple Bombing" (ticket required) [FL] Quarter Bingo [CR]	10:00 10:45 10:45 1:00 2:00 3:00 7:45	[TR] Z3 Chair Exercise [2FB] Bus Errands [FL] Trip to Aldi (sign up required) [FL] Mah-Jong [GR] Women's Discussion Group [TR] Walking Club [FL]	9:45 10:00 10:45 11:15 12:00 1:30 2:00 3:00 4:00 7:45	Transp. to MJCC Rec. Facilities [FL] Morning Exercise [TR] Chair Exercise [2FB] Tai Chi [TR] Men's Business Luncheon "Pizza & Beer" [PDR] Bank Run [FL] Quarter Bingo [CR] Current Events [TR] Happy Hour [BL] Evening Movie [TR]	10:00 C 10:30 12:00 1:00	Transportation to Synagogues [FL] 25 Saturday Morning Exercise [TR] Transportation to Target [FL] Color Therapy "Adult Coloring Books" [CR] Opera/ Ballet: Medici TV [TR] Yoga with Linda [2FB] Evening Bingo [CR] Transportation to MET Opera Live Stream "Rusalka" (ticket required) [FL]
<ul> <li>8:30 Church Transportation [FL]</li> <li>2:00 Transportation to Stein Mart Plaza [FL]</li> <li>2:00 Quarter Bingo [CR]</li> <li>3:00 Sunday Social with Live Entertainment by The Kerry Hill Band [FL]</li> <li>5:30 Dinner at Colonnade Restaurant (sign up required) [FL]</li> <li>7:00 Oscars 89th Academy Awards &amp; Popcorn [TR]</li> </ul>	Facilities [FL]         10:45           10:00         Morning Exercise [TR]         11:15           10:45         Chair Exercise [2FB]         1:00           10:45         Bus Errands [FL]         1:30           1:00         Candy Bingo [CR]         1:30           1:00         Men's Discussion Group [CONF]         2:00           2:00         The Tour of Greece & Italy [TR]         3:00	[TR] Chair Exercise [2FB] Tai Chi [TR] Learn & Play Canasta [BL] Bridge Game [GR] February Birthday Party "Mardi Gras Theme" with Live Entertainment [DR] Poker [CR]	Locatic 2nd Flo 4th Flo Back L Conf R Crafts Front L Lobby Private Pub	on Keys Door Balcony 2FB Door Game Room GR Dobby BL Doom CONF Room CR					1	