January 2018 Beat the Blues **Assisted Living** Tuesday Saturday Sunday Monday Wednesday Thursday Friday HAPPY NEW YEARS!!!!! 9:30 Carly Bird Daily 9:30 Carly Bird Daily Review & Chat! [3CS] Activities Review & **Activities Review &** No Transportation! **Activities Review Activities Review &** 10:30 O George Center Music Chat! [3CS] Chat! [3CS] Chat! [3CS] & Chat! [3CS] Therapy [3FC] 10:00 C Exercise w/ Heritage Healthcare **Activities Review & Chat! [3CS]** 10:30 Chair Exercise [TR] 11:15 News Views Chat [3FC] THE ARBOR COMPANY 10:30 🔘 Chair Exercise [TR] 10:30 Chair Exercise [TR] 10:30 O Chair Exercise [TR] Baking Club [3CS] 1:15 🙆 Candy Bingo [3FC] One on One Activities w/ 1:15 11:00 Trivia [2FB] **ENGAGED** 2:30 Healthy Juice Bar & Health Tip **Short Stories/ Journal** 2:30 **FUN CART! [3FC]** Classical Music with Live Opera [3FC] 2:30 Fresh Fruit Smoothie Bar & Nutrition Movie & Popcorn:" Christmas 6:00 Writing & Snacks [3FC] & Aromatherapy [3FC] 2:00 Candy Bingo [3FC] 3:00 Pretty Nail Spa [3FC] Tip [3FC] Inheritance" [3FC] 3:15 😬 Bus Joyride (sign up 2:00 : Floral Arrangements & Coffee!!! 4:00 © Craft Workshop [3FC] 4:00 4:00 **New Year's Live Entertainment** Wine Down Wednesday w/ Live 8:00 Shabbat Service [TR] required) [FL] [3FC] **Entertainment Valerie Snider! [3FC]** with Steve Sadowitz [TR] 6:00 Old Time Classic Movie!!!! 3:00 **Documentary & Discussions** Saturday Movie Night [3FC] Classic Movie Night [3FC] 6:00 Movie & Popcorn [3FC] [3FC] [3FC] 6:00 6:00 Movie Night!!! [3FC] Church 9:30 : Early Bird Daily Activities 9:30 C Early Bird Daily 9:30 Carly Bird Daily 8:30 9:30 **Early Bird Daily** Review & Chat! [3CS] **Activities Review &** Transportation [FL] **Activities Review & Activities Review & Activities Review Activities** 10:30 **George Center Music** Chat! [3CS] Chat! [3CS] Chat! [3CS] & Chat! [3CS] **Review & Chat!** Therapy [3FC] 10:00 C Exercise w/ Heritage Healthcare **Activities Review & Chat!** 11:15 O News Views Chat [3FC] 10:30 🔼 Chair Exercise [TR] 10:30 Chair Exercise [TR] [3CS] [3FC] [TR] [3CS] 1:15 (2) Candy Bingo [3FC] Manicures w/ Style Me Suite [3FC] 10:30 🔘 Chair Exercise [TR] 11:00 Trivia [2FB] 10:30 Chair Exercise [TR] **Scrapbooking & Memories** 2:30 Healthy Juice Bar & Health Tip [3FC] **Short Stories/ Journal Classical Music with Live Opera** 1:00 (bring your photos) [3FC] 3:00 : Pretty Nail Spa Polish Change [3FC] 1:15 One on One Activities Writing & Snacks [3FC] [3FC] & Aromatherapy [3FC] [3FC] 2:00 Co Relax & Color [3FC] Wine & Chat! [3FC] 4.00 w/ FUN CART! [3FC] 3:15 🙆 Bus Joyride (sign up 2:00 Zumba w/ Leiana [2FB] 6:00 Movie & Popcorn:" 6:00 Movie & Popcorn [3FC] Sunday Social [FL] 2:00 **Candy Bingo [3FC]** required) [FL] 2:30 Fresh Fruit Smoothie Bar & [3FC] **Christmas Inheritance**" 2018 College Football National 8:00 Saturday Movie Night [3FC] **Nutrition Tip [3FC]** 3:00 C Documentary & Discussions 6:00 Old Time Classic 6:00 Championship "Georgia Bulldogs vs. [3FC] Wine Down Wednesday!! [3FC] [3FC] Alabama Crimson Tide" [3FC] Movie!!!! [3FC] Classic Movie Night [3FC] 6:00 6:00 Movie Night!!! [3FC] 6:00 9:30 C Early Bird Daily 9:30 : Early Bird Daily Church **Podiatrist** 9:30 C Early Bird Daily 9:30 C Early Bird Daily Transportation [FL] **Activities Review &** Review & Chat! [3CS] **Activities Review & Activities Review &** Activities Review & 10:00 🔘 Exercise w/ Heritage Chat! [3CS] Chat! [3CS] Chat! [3CS] Chat! [3CS] **Activities Review &** Healthcare [TR] 10:30 🔾 George Center Music Therapy **Activities Review & Chat!** Chat! [3CS] 10:30 Chair Exercise [TR] 10:30 O Chair Exercise [TR] 11:15 O News Views Chat [3FC] 11:00 Trivia [2FB] [3CS] 10:30 🔘 Chair Exercise [TR] One on One Activities w/ FUN Baking Club [3CS] 1:15 1:30 1:15 (a) Candy Bingo [3FC] Classical Music with Live Opera & 10:30 O Chair Exercise [TR] **Scrapbooking & Memories** Ride Alona Adventure [FL] CART! [3FC] Aromatherapy [3FC] **Short Stories/ Journal** 2:30 (bring your photos) [3FC] 2:30 Healthy Juice Bar & Health 2:00 (Candy Bingo [3FC] 2:00 (Floral Arrangements & Coffee!!! Movie & Popcorn:" Christmas 6:00 Writing & Snacks [3FC] [3FC] 2:00 C Relax & Color [3FC] Tip [3FC] 3:00 Residents Meeting [TR] Inheritance" [3FC] 3:15 😬 Bus Joyride (sign up 2:30 Fresh Fruit Smoothie Bar & Documentary & Discussions [3FC] Sunday Social [FL] Pretty Nail Spa [2FB] 4:00 Craft Workshop [3FC] 3:00 8:00 Shabbat Service [TR] required) [FL] **Nutrition Tip [3FC]** Renaissance on Peachtree 30th 6:00 : Sunday Evening Movie [3FC] 4:00 Wine & Chat! [3FC] 6:00 6:00 Old Time Classic Movie!!!! Wine Down Wednesday!! [3FC] 4:00 Saturday Movie Night [3FC] Anniversary Celebration Cocktail Movie & Popcorn [3FC] Classic Movie Night [3FC] 6:00 [3FC] 6:00 6:00 6:00 Movie Night!!! [3FC] **Church Transportation** 9:30 **Early Bird Daily** 26 **Activities Review & Activities Review** Chat! [3CS] Chat! [3CS] Chat! [3CS] Chat! [3CS] Chat! [3CS] & Chat! [3CS] 10:00 C Exercise w/ Heritage Healthcare **Activities Review & Chat! [3CS]** 10:30 🔘 Chair Exercise [TR] 10:30 🔘 Chair Exercise ITRI 11:15 News Views Chat [3FC] 10:30 Chair Exercise [TR] [3FC] Scrapbooking & Memories (bring Ride Alona Adventure [FL] **January Birthday Party** 1:30 1:00 1:15 (2) Candy Bingo [3FC] 10:30 O Chair Exercise [TR] Trivia [2FB] your photos) [3FC] 11:00 **Celebration with Live** 2:30 Healthy Juice Bar & Health **Short Stories/ Journal** 1:30 O Spa Day Facials & Aromatherapy **Classical Music with Live Opera** Relax & Color [3FC] 1:00 **Entertainment by Jeni** Tip [3FC] Writing & Snacks [3FC] & Aromatherapy [3FC] [3FC] **Sunday Social with Live** Michelson [DR] 3:15 😬 Bus Joyride (sign up **Entertainment by Judy Boehm** Floral Arrangements & Coffee!!! Zumba w/ Leiana [2FB] 2:00 6:00 Movie & Popcorn:" 3:00 (Candy Bingo [3FC] [3FC] required) [FL] Wine Down Wednesday w/ Live 3:30 Christmas Inheritance" Wine & Chat! [3FC] 6:00 6:00 Old Time Classic Movie!!!! 4:00 6:00 : Sunday Evening Movie [3FC] **Entertainment [3FC]** 3:00 **Documentary & Discussions** 6:00 Saturday Movie Night [3FC] [3FC] [3FC] Movie & Popcorn [3FC] 6:00 Classic Movie Night [3FC] 6:00 Church 31 **Activities Review &** Transportation [FL] **Activities Review Activities Review** Arts & Education Chat! [3CS] & Chat! [3CS] & Chat! [3CS] Deep Connections **Activities Review & Chat!** 10:30 🔘 Chair Exercise [TR] 10:30 🔘 Chair Exercise [TR] Location Kevs [3CS] 2nd Floor Balcony 2FB Ride Along Adventure [FL] 1:00 **Cooking Demonstration** O Health & Wellness 10:30 Chair Exercise [TR] 3rd FI Conservatory Scrapbooking & Memories 3FC [3FC] 2:30 Healthy Juice Bar & Health 1:30 O Spa Day Facials & Aromatherapy 3rd Floor Chamblee Station Dining Room 3CS (bring your photos) [3FC] Purposeful Living Tip [3FC] 2:00 **Candy Bingo [3FC]** Front Lobby Relax & Color [3FC] 2:30 Fresh Fruit Smoothie Bar & Lobby Dining Room DR Candlelight Dinner [3CS] 3:00 Pretty Nail Spa [2FB] Recreation & Leisure Karla Tievsky Suzuki Violin Theater Room TR **Nutrition Tip [3FC]** Wine & Chat! [3FC] 4:00 6:00 Old Time Classic Movie!!!! Concert [FL] Wine Down Wednesday!! [3FC] 4:00

Classic Movie Night [3FC]

6:00

[3FC]

Spiritual Journey

6:00

Movie & Popcorn [3FC]