Independent Living

January 2018

Beat the Blues

	Sunday	Monday	Tuesday	O TOTAL	Wednesday		Thursday	Friday	Saturday
	THE ARBOR COMPANY COMP	9:45 Morning Exercise First Class [TR]  10:30 Morning Exercise Second Class [TR]  10:45 Bus Errands [FL] 1:00 Candy Bingo [CR] 2:00 The Big History of Civilization [TR]  4:00 New Year's Live Entertainment with Steve Sadowitz [TR]	9:45 Morning Exercise First Class [TR] 0:30 Morning Exercise Second Class [TR] 1:30 Bank Run [FL] 3:00 Let's Play Trivia [CR] 7:30 Poker [CR] 8:00 Evening Movie "Made Of Honor" [TR]	9:45 10:30 2:00 4:00 8:00	Morning Exercise First Class [TR] Morning Exercise Second Class [TR] Classical Music: Medici TV [TR] Happy Hour [BL]	10:00 10:45 1:00 1:30 2:00 3:00 8:00	Exercise with Heritage Healthcare [TR] Bus Errands [FL] Trip to Aldi (sign up required) [FL] Bank Run [FL]	9:45 Morning Exercise First Class [TR]  10:30 Morning Exercise Second Class [TR]  11:00 Transp. to MJCC Rec. Facilities [FL]  11:00 Friday Fun Day [FL] 2:00 Quarter Bingo [CR]	9:00 Transportation to Synagogues [FL] 10:00 Saturday Morning Exercise [TR] 10:30 Transportation to Target [FL] 12:00 Color Therapy "Adult Coloring Books" & Painting [CR] 12:30 Opera/ Ballet: Medici TV [TR] 3:15 Art History Program Class with Roger Green, Ph.D. [TR] 8:00 Evening Bingo [CR]
8:30 11:00 2:00 2:00 3:00 4:30 5:30 8:00	Church Transportation [FL] Church Live Stream Service [TR] Transportation to Stein Mart [FL] Quarter Bingo [CR] Sunday Social with Live Entertainment by Debra Lieb [FL] Documentary Film [TR] Dinner at Maggiano's (sign up required) [FL] Evening Movie "Believe" [TR]	Class [TR]  10:30 Morning Exercise Second Class [TR]  10:45 Bus Errands [FL]  11:00 Transp. to MJCC Rec. Facilities [FL]  1:00 Candy Bingo [CR]  2:00 The Big History of Civilization [TR]  4:00 Happy Hour [BL]  8:00 2018 College Football National	C:45 Morning Exercise First Class [TR] D:30 Transp. to DMV (sign up required) [FL] D:30 Morning Exercise Second Class [TR] D:15 Tai Chi [TR] D:00 Activities/ Engagement Meeting [TR] D:30 Bank Run [FL] D:00 Let's Play Trivia [CR] D:00 Evening Movie"All We Need" [TR]	9:45 10:30 11:00 1:00 2:00 2:00 4:00 8:00 8:00	Morning Exercise First Class [TR] Morning Exercise Second Class [TR] Lunch Outing to The Varsity (sign up required) [FL] Creative Workshop "Jewelry Creations/ Crafts" [2FB] Zumba & Cardio Class with Leiana [2FB] Classical Music: Medici TV [TR] Happy Hour [BL] Evening Movie "No Reservations" [TR] Quarter Bingo [CR]	3:00 3:00 3:30	Exercise with Heritage Healthcare [TR] Bus Errands [FL] Trip to Dollar Tree (sign up required) [FL] Bank Run [FL] Women's Discussion Group with TED Talks [TR] Victoria Collier Kickoff Presentation [TR] Shop & Walk at Phipps Plaza [FL] Transportation to Emory Wesley Woods Center "Men's Transitions Senior Program Support Group" (sign up required" [FL] Evening Movie "Must Love Dogs" [TR]	Second Class [TR]  11:00 Transp. to MJCC Rec. Facilities [FL]  11:15 Tai Chi [TR]	9:00 Transportation to Synagogues [FL] 10:00 Saturday Morning Exercise [TR] 10:30 Transportation to Target [FL] 11:00 Fit for Life Program with Ed Garcia (participation by registration only) [CONF] 12:00 Canvas Painting [CR] 12:30 Opera/ Ballet: Medici TV [TR] 3:00 Yoga with Linda [2FB] 3:15 Art History Program Class with Roger Green, Ph.D. [TR] 8:00 Evening Movie "Annie" [TR] Evening Bingo [CR]
8:30 11:00 2:00 2:00 3:00 4:30 5:30	Church Transportation [FL]  Church Live Stream Service [TR]  Transportation to Marshall's [FL] Quarter Bingo [CR] Sunday Social with Live Entertainment [FL] Documentary Film [TR] Dinner at Houston's (sign up required) [FL] Evening Movie "Field Of Dreams" [TR]	9:30 Jewelry Repair [BL] 9:45 Morning Exercise First Class [TR] 10:30 Morning Exercise Second Class [TR] 10:45 Bus Errands [FL] 11:00 Transp. to MJCC Rec. Facilities [FL] 1:00 Candy Bingo [CR] 2:00 The Big History of Civilization [TR] 3:00 Writer's Group Meeting [PDR]	C:45 Morning Exercise First Class [TR]  C:00 Hearing Clinic with Monica [CR]  Morning Exercise Second Class [TR]  C:15 Tai Chi [TR]  C:30 Tea Party & Chat [DR]  Bank Run [FL]  C:00 Residents Meeting [TR]  C:30 Poker [CR]  Evening Movie "E.T The Extra-Terrestrial" [TR]	9:45 10:30 1:00 1:30 2:00 4:00 8:00	Morning Exercise First Class [TR] Morning Exercise Second Class [TR] Creative Workshop "Jewelry Creations/ Crafts" [2FB] New Resident Social (New Residents Welcomed) [PDR] Classical Music: Medici TV [TR] Happy Hour [BL] Evening Movie "A Holiday Engagement" [TR] Quarter Bingo [CR]	3:00 3:00 3:15 4:00	Exploring Our Minds with Ed Garcia [TR]	Second Class [TR]  11:00 Transp. to MJCC Rec. Facilities  [FL]  11:00 Transp. Transp. [FL]	9:00 Transportation to Synagogues [FL] 10:00 Outing to Harrah's Casino "Cherokee, NC" (sign up & deposit required) [FL] 10:00 Saturday Morning Exercise [TR] 10:30 Transportation to Target [FL] 12:00 Puzzles [CR] 12:30 Opera/ Ballet: Medici TV [TR] 3:15 Art History Program Class with Roger Green, Ph.D. [TR] 8:00 Evening Movie "Sully" [TR] 8:00 Evening Bingo [CR]
8:30 11:00 2:00 2:00 3:00 4:30 5:30 8:00	Church Transportation [FL] Church Live Stream Service [TR] Transportation to TJ Maxx & Ross [FL] Quarter Bingo [CR] Sunday Social with Live Entertainment by Judy Boehm [FL] Documentary Film [TR] Dinner at Brio (sign up required) [FL] Evening Movie "Drillbit Taylor" [TR]	Class [TR]  10:30 Morning Exercise Second Class [TR]  10:45 Bus Errands [FL]  11:00 Transp. to MJCC Rec. Facilities [FL]  1:00 Candy Bingo [CR]  2:00 The Big History of Civilization [TR]	23  Morning Exercise First Class [TR]  Cla	9:45 10:30 11:00 1:00 2:00 2:00 4:00 8:00 8:00	Morning Exercise First Class [TR] Morning Exercise Second Class [TR] Outing to Callanwolde Fine Arts Center (sign up required) [FL] Creative Workshop "Jewelry Creations/ Crafts" [2FB] Zumba & Cardio Class with Leiana [2FB] Classical Music: Medici TV [TR] Happy Hour [BL] Evening Movie "Always" [TR] Quarter Bingo [CR]	10:45 1:00 1:30 2:00 3:00 3:30 7:00	up required) [FL] Bank Run [FL]	Class [TR]  10:30 Morning Exercise Second Class [TR]  11:00 Transp. to MJCC Rec. Facilities [FL]  11:15 Tai Chi [TR]  12:00 Men's Discussion Group Luncheon	9:00 Transportation to Synagogues [FL] 10:00 Saturday Morning Exercise [TR] 10:30 Transportation to Target [FL] 11:00 Fit for Life Program with Ed Garcia (participation by registration only) [CONF] 11:45 Transportation to Metro Opera Live Stream "Tosca" (sign up & ticket required) 12:00 Jewelry Creations [CR] 12:30 Opera/ Ballet: Medici TV [TR] 3:00 Oyag with Linda [2FB] 3:15 Art History Program Class with Roger Green, Ph.D. [TR] 8:00 Evening Movie "Adventures in Babysitting" [TR] Evening Bingo [CR]
8:30 11:00 2:00 2:00 3:00 4:30 5:30 8:00	Church Transportation [FL] Church Live Stream Service [TR] Transportation to Toco Hills Shopping Center [FL] Quarter Bingo [CR] Karla Tievsky Suzuki Violin Concert [TR] Documentary Film [TR] Dinner at Pricci [FL] Evening Movie "Extractions" [TR]	Class [TR] 10:30 Morning Exercise Second Class [TR] 10:45 Bus Errands [FL] 11:00 Transp. to MJCC Rec. Facilities [FL] 12:00 Women's Discussion Group Participants Luncheon "Pizza & Beer" (ticket required to attend) [DR] 1:00 Candy Bingo [CR] 2:00 The Big History of Civilization [TR]	Morning Exercise First Class [TR]  30 Morning Exercise Second Class [TR]  31 Tai Chi [TR]  32 Bank Run [FL]  33 Book Club Meeting [PDR]  35 Book Club Meeting [PDR]  36 Big Band Music Legend Slideshow with Dennis Goodwin [TR]  37 Candlelight Dinner First Seating [DR]  38 Candlelight Dinner Second Seating [DR]  39 Poker [CR]  30 Evening Movie "Border Town" [TR]	9:45 10:30 11:00 1:00 2:00 4:00 8:00	Morning Exercise First Class [TR] Morning Exercise Second Class [TR] Atlanta Rich & Famous Tour with Jim Howe (sign up required) [FL] Creative Workshop "Jewelry Creations/ Crafts" [2FB] Classical Music: Medici TV [TR] Happy Hour [BL] Evening Movie "Midnight in Paris" [TR] Quarter Bingo [CR]	0	Arts & Education  Deep Connections  Health & Wellness  Recreation & Leisure	Location Keys  2nd Floor Balcony 2FB Back Lobby BL Conf Room CONF Crafts Room CR Front Lobby FL Lobby Dining Room DR Private Dining Room TR	