Assisted Living March 2017 National Nutrition Month

A5	sisted Living			The state of the s	IVI	II CII ZUI/			utio	mat Nutr	ICIO	n IVIONI	IL
	Sunday  THE ARBOR COMPANY  ENGAGED  LIVING	Monday  Arts & Education Deep Connection Health & Wellnes Purposeful Living Recreation & Leis	s s			Daily Chronicles [3TV] George Center Music Therapy [3FC] Chair Exercise [2FB] Rejuvenation Time [3TV] Zumba/Cardio w/ Leiana [2FB] Wine Down Wednesday [3FC] Classic Movie Night [3TV]	9:45 Daily [3TV 10:45 Get l Exer 12:30 Reju 2:00 Mak Arrai 3:00 Com	/] Fit Chair cise [2FB] venation Time [3T\	/] 12:30	Friday  Daily Chronicles [3TV]  Get Fit Chair Exercise [2FB] Rejuvenation Time [3TV]  Happy Happy Hour [3TV] Movie & Popcorn [3TV] Shabbat Service [TR]	- 1	Saturday  Daily Chronicles [3TV] Rejuvenation Tim [3TV] Candy Bingo [3Fo Saturday Social a Snack [3FC] Saturday Movie N [3TV]	C] and
8:30 11:00 12:30 1:00 3:00	Church Transportation [FL] Word Puzzles [3TV] Rejuvenation Time [3TV] Musical Sing -A- Long [3TV] Sunday Social w/ Live Entertainment: Steve Sadowitz [FL] After Dinner Chat [3TV]	9:45 Daily Chronicles [3TV] 10:45 Get Fit Chair Exercise [2FB] 12:30 Rejuvenation Time 1:30 Ride Along Advent Baskin Robbins [FI 3:00 Happy Hour!!! [3TV 6:00 Movie & Popcorn [3	[3TV] 10:45	TV] t Fit Chair ercise [2FB] tuvenation Time [3TV]	9:45 10:30 ••• 11:15 ••• 12:30 1:00 3:00	Daily Chronicles [3TV] George Center Music Therapy [3FC] Chair Exercise [2FB] Rejuvenation Time [3TV] International Women's Day Tea Party!!!! [DR] Wine Down Wednesday W/ Live Entertainment Allen Weisenburg [3FC] Classic Movie Night [3TV]	1:00	Chair Exercise nation Time [3TV] Hands "Volunteer Ch Program" [3FC] Floral Arrangements  Ints Meeting [TR] [3FC] Hour: Andy Griffith	12:30 1:30	Daily Chronicles [3TV] Get Fit Chair Exercise [2FB] Rejuvenation Time [3TV] Jewelry making w/ Terricka [3FC] Happy Happy Hour [3TV] Movie & Popcorn [3TV]	12:30 ] 1:00 2:30	Chronicles [3TV] Rejuvenation Tim [3TV] Candy Bingo [3Fo Saturday Social a Snack [3FC] Saturday Movie N [3TV]	C] and
8:30 11:00 12:30 2:00 3:00	Church Transportation [FL] Word Puzzles [3TV] Rejuvenation Time [3TV] All About Women Trivia!!!! [3TV] Sunday Social w/ Live Entertainment Steve Long [FL] After Dinner Chat [3TV]	9:45 Daily Chronicles [3TV] 10:45 Get Fit Chair Exercise [2FB] 12:30 Rejuvenation Time 1:30 Manicures w/Style Suite (sign up requ [3TV] 3:00 Happy Hour!!! [3TV] 6:00 Movie & Popcorn [3	[3TV] Me iired)  3:00	Chronicles 3TV] Set Fit Chair Exercise		Daily Chronicles [3TV] George Center Music Therapy [3FC] Rejuvenation Time [3TV] Cardio Class w/ Leiana [2FB] Wine Down Wednesday [3FC] Classic Movie Night [3TV]	12:30 Rejur 2:00 Mak Arrai 3:00 Poke 6:00 Com	r] Fit Chair cise [2FB] venation Time [3T\	/]   12:30 1:00	Daily Chronicles [3TV]  Get Fit Chair Exercise [2FB] Rejuvenation Time [3TV] St. Patrick's Day Party W/ Live Entertainment: Connet Lorne [DR]  Happy Happy Hour [3TV] Movie & Popcorn [3TV] Shabbat Service [TR]	7 11:00 C 12:30 1:00 2:30 6:00	Daily Chronicles [3TV] Rejuvenation Tin [3TV] Candy Bingo [3F0 Saturday Social a Snack [3FC] Saturday Movie N [3TV]	C] and
8:30 11:00 12:30 1:00 3:00 6:00	Church Transportation [FL] Word Puzzles [3TV] Rejuvenation Time [3TV] Musical Sing -A- Long [3TV] Sunday Social w/ Live Entertainment: Judy Boehm [FL] After Dinner Chat [3TV]	First Day Of Spring!!!  9:45 Daily Chronicles [3TV]  10:45 Get Fit Chair Exercise [2FB]  12:30 Rejuvenation Time [3TV]  1:30 Ride Along Adventure: Downtown Atlanta Krispy [FL]  2:30 Pretty Nail Spa Polish Ch [3TV]  3:00 Happy Hour!!! [3TV]  6:00 Movie & Popcorn [3TV]	10:45	xercise [2FB] ejuvenation Time [3TV]		Daily Chronicles [3TV]  George Center Music Therapy [3FC]  Chair Exercise [2FB] Rejuvenation Time [3TV] Wine Down Wednesday [3FC] Classic Movie Night [3TV]	12:30 Rejuvena 2:00 Making F 3:00 Let's Hav 3:00 Pokeno [3	y! conicles [3TV] hair Exercise [2FB] tion Time [3TV] cloral Arrangements [3FC) te Some Chips & Dip! [3F	10:45 (12:30 c) 1:30 (13)	Daily Chronicles [3TV]  Get Fit Chair Exercise [2FB] Rejuvenation Time [3TV]  Jewelry making w/ Terricka [3FC]  Happy Happy Hour [3TV] Movie & Popcorn [3TV]	12:30 1 1:00 2:30	Chronicles [3TV] Rejuvenation Tin [3TV] Candy Bingo [3F0 Saturday Social a Snack [3FC] Saturday Movie N [3TV]	C] and
8:30 11:00 12:30 1:00 3:00	Church Transportation [FL] Word Puzzles [3TV] Rejuvenation Time [3TV] Musical Sing -A- Long [3TV] Sunday Social w/ Live Entertainment: Jeni Michealson [3TV] After Dinner Chat [3TV]	9:45 Daily Chronicles [3TV] 10:45 Get Fit Chair Exercise [2FB] 12:30 Rejuvenation Time 1:30 Ride Along Advent Sugar Shack [FL] 2:30 Pretty Nail Spa [3T 3:00 Happy Hour!!! [3TV 6:00 Movie & Popcorn [3	10:45 (1)   10:45 (1)   12:30 (2)   12:00 (2)	Chronicles [3TV] Get Fit Chair Exercise		Daily Chronicles [3TV] George Center Music Therapy [3FC] Chair Exercise [2FB] Rejuvenation Time [3TV] Wine Down Wednesday [3FC] Classic Movie Night [3TV]	12:30 Rejuve 1:00	t Chair ise [2FB] enation Time [3TV] ig Floral Arrangement ing w/ Percata!! [3FC] io [3FC] dy Hour: Andy Griffit	10:45 (12:30 2:00 3:00 (	Daily Chronicles [3TV]  Get Fit Chair Exercise [2FB] Rejuvenation Time [3TV Scrapbooking! Memoric [3FC]  Happy Happy Hour [3TV] Movie & Popcorn [3TV]	2nd F 3rd Fl 3rd Fl Front Lobby	ion Keys loor Balcony Conservatory oor TV Lounge Lobby Dining Room	2FB 3FC 3TV FL DR TR