## Independent Living

## January 2017

		3					
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 2:00 2:00 3:00 5:30 7:45	[FL] Quarter Bingo [CR] Transportation to Stein Mart Plaza [FL]	10:45Chair Exercise [2FB]111:00Candy Bingo [CR]1:00Men's Discussion Group [CONF]2:00A Smithsonian Tour Through American History [TR]4:00Happy Hour [BL]7:45Evening Movie [TR]		[TR] 4 11:15 Chair Exercise [2FB] 1:00 © Let's Play Trivia [CR] 2:00 Rummikub [GR]	<ul> <li>1:00 Trip to Trader Joe's (sign up required) [FL]</li> <li>1:00 Learn to Play Mah-Jong [GR]</li> <li>2:00 ♥ Exploring Our Minds with Ed</li> </ul>	10:45 Chair Exercise [2FB] 11:00 😬 Friday Fun Day [FL]	9:00Transportation to Synagogues [FL]710:00Saturday Morning Exercise [TR]710:30Transportation to Target [FL]10:30Transportation to Target [FL]12:00Color Therapy "Adult Coloring Books" [CR]1:00Opera/ Ballet: Medici TV [TR]1:30Jewelry Making with Gillian [CR]7:45Evening Bingo [CR]
8:30 2:00 2:00 3:00 5:30 7:45	Transportation [FL] Quarter Bingo [CR] Transportation to Stein Mart Plaza [FL] Sunday Social with Live Entertainment by Steve Long [FL] Dinner at Atlanta Fish Market (sign up required) [FL]	9:45       Transp. to MJCC Rec. Facilities [FL]       9         10:00       Morning Exercise [TR]       11         10:45       Chair Exercise [2FB]       11         10:45       Bus Errands [FL]       11         10:00       Candy Bingo [CR]       12         1:00       Men's Discussion Group [CONF]       12         2:00       A Smithsonian Tour Through American History [TR]       14         4:00       Happy Hour [BL]       14	0:00 Morning Exercise 1	<ul> <li>10:00 Morning Exercise [TR]</li> <li>11:00 Outing to Martin Luther King Jr. National Historic Site (sign up required) [FL]</li> <li>11:00 Brain Masters with Heidi [CR]</li> <li>11:15 Chair Exercise [2FB]</li> <li>2:00 Rummikub [GR]</li> <li>2:00 Classical Music: Medici TV [TR]</li> <li>4:00 Happy Hour [BL]</li> <li>7:45 Quarter Bingo [CR]</li> </ul>		Facilities [FL] J 10:00 Morning Exercise [TR] 10:45 Chair Exercise [2FB] 11:15 Tai Chi [TR]	9:00Transportation to Synagogues [FL]1410:00Saturday Morning Exercise [TR]10:30Transportation to Target [FL]10:30Transportation to Target [FL]12:00Color Therapy "Adult Coloring Books" [CR]1:00Opera/ Ballet: Medici TV [TR]3:00Yoga with Linda [2FB]7:45Evening Bingo [CR]
8:30 2:00 2:00 3:00 5:30 7:45	Transportation [FL] Transportation to Stein Mart Plaza [FL] Quarter Bingo [CR] Sunday Social with Live Entertainment by Steve Sadowitz [FL] Dinner at Bone's (sign up required) [FL] Evening Movie [TR]	9:30Jewelry Repair [BL]109:45Transp. to MJCC Rec. Facilities [FL]10010:00Morning Exercise [TR]1110:45Chair Exercise [2FB]1110:45Bus Errands [FL]111:00Candy Bingo [CR]121:00Men's Discussion Group [CONF]2002:00A Smithsonian Tour Through American History [TR]3:003:00Writer's Group Meeting [PDR]12	<ul> <li>Morning Exercise [TR]</li> <li>Hearing Clinic with Monica [CR]</li> <li>Chair Exercise [2FB]</li> <li>Chair Exercise [2FB]</li> <li>Tai Chi [TR]</li> <li>Learn &amp; Play Canasta [BL]</li> <li>Bridge Game [GR]</li> <li>Bridge Game [GR]</li> <li>January Birthday Party [DR]</li> <li>Conversations with the Council [TR]</li> <li>Poker [CR]</li> <li>Evening Movie [TR]</li> </ul>	11:15 Chair Exercise [2FB]	<ul> <li>1:00 Trip to Michael's Crafts Store (sign up required) [FL]</li> <li>1:00 Learn to Play Mah-Jong [GR]</li> <li>2:00 ○ Exploring Our Minds with Ed Garcia [TR]</li> <li>3:00 Bible Study [CONF]</li> </ul>	Facilities [FL] ZU 10:00 Morning Exercise [TR] 10:45 Chair Exercise [2FB] 11:00 Friday Fun Day [FL] 1:00 Ed Feldman's presentation "World Play" [TR] 1:00 Page [FL]	9:00       Transportation to Synagogues [FL]       21         10:00       Saturday Morning Exercise [TR]       21         10:30       Transportation to Target [FL]       12:00         10:30       Transportation to MET Opera Live Stream "Romeo et Juliette" (ticket required) [FL]         12:00       Color Therapy "Adult Coloring Books" [CR]         1:00       Opera/ Ballet: Medici TV [TR]         1:30       Jewelry Making with Gillian [CR]         3:30       7th & 15th Floor Social [2FB]         7:45       Evening Bingo [CR]
8:30 2:00 2:00 3:00 5:30 7:45	Church Transportation [FL] 22 Transportation to Stein Mart Plaza [FL] Quarter Bingo [CR]	9:45Transp. to MJCC Rec. Facilities [FL]231010:00Morning Exercise [TR]1010:45Chair Exercise [2FB]1110:45Bus Errands [FL]111:00Candy Bingo [CR]1:00Men's Discussion Group [CONF]2:00A Smithsonian Tour Through American History [TR]4:00Happy Hour [BL]7:45Evening Movie [TR]	0:00       Morning Exercise [TR]       24         0:45       Chair Exercise [2FB]       24         1:15       O       Tai Chi [TR]       24         1:00       Sarts & Crafts with Gillian [CR]       100       100         1:00       Arts & Crafts with Gillian [CR]       100       100         1:00       Eearn & Play Canasta [BL]       100       100         1:00       Bridge Game [GR]       100       100         2:00       Two O'clock Tunes with Steve Long [FL]       100         3:00       John Wesley Powell presentation by Brandt Ross [TR]       100         7:30       Poker [CR]       100       100         7:45       Evening Movie [TR]       100	11:00       Strain Masters with Heidi [CR]       20         11:15       Chair Exercise [2FB]         2:00       Rummikub [GR]         2:00       Classical Music: Medici TV [TR]         2:30       Lunch at Mary Mac's Tea Room (sign up required) [FL]	10:45       Bus Errands [FL]         1:00       Trip to Aldi (sign up required) [FL]         1:00       Learn to Play Mah-Jong [GR]         2:00       Women's Discussion Group [TR]         3:00       Heritage Healthcare Presentation [TR]         3:00       Walking Club [FL]         7:00       Transportation to Stage Door	9:45 Transp. to MJCC Rec. Facilities [FL] 27 10:00 Morning Exercise [TR] 10:45 Chair Exercise [2FB] 11:15 Tai Chi [TR] 12:00 Men's Business Luncheon "Pizza & Beer"	9:00Transportation to Synagogues [FL]2810:00Saturday Morning Exercise [TR]10:30Transportation to Target [FL]10:30Transportation to Target [FL]12:00Color Therapy "Adult Coloring Books" [CR]1:00Opera/ Ballet: Medici TV [TR]3:00Yoga with Linda [2FB]7:45Evening Bingo [CR]
8:30 2:00 2:00 3:00 4:00 5:30 7:45	[FL] 29 Transportation to Stein Mart Plaza [FL] Quarter Bingo [CR] Sunday Social with Live Entertainment by Judy Boehm	Facilities [FL]       JU         10:00       Morning Exercise [TR]         10:45       Chair Exercise [2FB]         10:45       Bus Errands [FL]         10:45       Bus Errands [FL]         1:00       Candy Bingo [CR]         1:00       Men's Discussion Group [CONF]         2:00       A Smithsonian Tour Through American History [TR]         4:00       Happy Hour [BL]         7:45       Evening Movie [TR]	0:00Morning Exercise [TR]310:45Chair Exercise [2FB]1:15Tai Chi [TR]1:00Learn & Play Canasta [BL]1:30Bridge Game [GR]2:00Two O'clock Tunes with Jeni Michelson [FL]2:00Book Club Meeting [PDR]7:30Poker [CR]7:45Evening Movie [TR]	THE ARBOR COMPANY CO ENGAGED LIVING	<ul> <li>Arts &amp; Education</li> <li>Deep Connections</li> <li>Health &amp; Wellness</li> <li>Recreation &amp; Leisure</li> </ul>	Location Keys2nd Floor Balcony2FB4th Floor Game RoomGRBack LobbyBLConf RoomCONFCrafts RoomCRFront LobbyFLLobby Dining RoomDRPrivate Dining RoomTR	

New Year, New You	New	Year,	Nei	v You
-------------------	-----	-------	-----	-------