

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2018

1
 7:30... Power Kick Start - Ex St
 9:00... Light Weight Line Dancing - Ex St
 10:00... Chess Club - Art Rm
 10:15... Aqua Fit - Pool
 11:00... Catholic Communion Serv - QR
 11:30... Gentle Balance - Ex St
 12:00... Doctor's Forum - Ex St
 1:30... Water Walking - Pool
 2:00... Shop @ Copaco - Nbhd
 7:00... UCONN Womens' Basketball-MR
 8:00... "Citizen Jane: Battle for the City" TV ONLY

2
 8:30... Sunrise Circuit - Ex St
 9:30... Chair Yoga - Ex St
 10:00... T-G-I-JEFF - Lounge
 10:15... Cardio H2O - Pool
 10:28... Cribbage - Lounge
 11:30... Sit & Be Fit - Ex St
 12:30... Veteran's Chat - Lounge
 2:00... Music and the Brain - MR
 2:00... Episcopal Service w/Rev. Pinkerton at Caleb

3
 9:00... Core Fit - Ex St
 10:15... Aqua Circuit - Pool
 10:30-12:00... Jeffrey Engel presents "Prokofiev and His Love For Fairy Tales" -MR
 11:30... Sit & Be Fit - Ex St
 8:00... PROGRAM: Vicki Summers presents "Bella, An Immigrant's Tale" - MR

4
 9:15... Bus to AHCC & Trinity - FCL
 9:55... Sacred Heart / St. John's - FCL
 10:30... Morning Prayer at Caleb with Trinity Episcopal Church
 11:00 - 3:00... Family Swim - Pool
 4:00 - 5:30PM Gallery Opening "From My Palette" By Jean Dalton

 6:00... SUPERBOWL PARTY Meeting Room

5
 9:00... Power Balance - MR
 9:00 - 3:30 PEDICARE - Rehab Rm
 9:30... Dabblers - Art Room
 10:15... Cardio H2O - Pool
 10:15... Gentle Yoga - Ex St
 11:00... Great Courses: How to Draw-4thFCR
 11:00-12:00...Blood Pressure Clinic-QR
 11:30... Gentle Balance - Ex St
 1:30... Caregiver's Support Group - HR
 1:30... "The Islamic Golden Age" - MR
 2:00... Tai Chi - Ex St
 2:15... BINGO - 4thFCR
 3:30... Aqua Fit - Pool
 3:30... Maximize Your Mind - MR
 7:15... Duplicate Bridge - MR

6
 7:30... Power Kick Start - Ex St
 9:00... Move, Stretch & Strength - Ex St
 9:30... Table Talk with Sara - Cafe
 9:30... Shop in Bloomfield - Nbhd
 10:00... Outreach Knitters - HR
 10:15... Aqua Yoga - Pool
 11:00... CHAT - MR
 1:00... Shop at Westfarms, Bishops Comer-FCL
 1:30... SongPlay with Adele - Lounge
 1:30... Water Walking - Pool
 1:30... Qi Gong - Ex St
 3:00... Masterminds - Board Rm
 4:45... Tuesdays at Duncaster: "The Mystery of the Franklin Expedition" with Michael Robinson MR

7
 9:00... Power Balance - MR
 10:00... NO Collage with Harriet
 10:15... Cardio H2O - Pool
 10:30... Chaplain's Chat - TW Sunroom
 10:30... Color with Laurie - TW Parlor
 11:30... Sit & Be Fit - Ex St
 1:00-1:45... Get Up - MR
 1:30... Gentle Yoga - Ex St
 2:02... Scrabble - Lounge
 2:45... Tutor bus to Metacomet - FC
 3:30... Aqua Fit - Pool
 4:00... PROGRAM: "Life in Politics" featuring a Panel of Former Resident Politicians - MR
 8:00... Movie: "Pitch Perfect" MR/TV

8
 7:30... Power Kick Start - Ex St
 9:00... Light Weight Line Dancing - Ex St
 10:00... Chess Club - Art Rm
 10:15... Aqua Fit - Pool
 11:00... Mindful Meditation - QR
 11:30... Gentle Balance - Ex St
 1:15... Bus to Mohegan Sun-FC Lobby
 1:30... Water Walking - Pool
 2:00... Shop @ Copaco - Nbhd
 2:45... Rabbi Plavin Session - 4thFCR
 7:30... Ballet Film Series: MR only "BLACK & WHITE" Ballets - Jiri Kylian

9
 8:30... Sunrise Circuit - Ex St
 9:30... Chair Yoga - Ex St
 10:00... NO T-G-I-JEFF - Lounge
 10:00-10:45... Get Up - MR
 10:15... Cardio H2O - Pool
 10:28... Cribbage - Lounge
 11:30... Sit & Be Fit - Ex St
 2:00... Great Courses: Music and the Brain - MR

10
 9:00... Core Fit - Ex St
 10:15... Aqua Circuit - Pool
 10:55/11:25... Bus to Met-Live Opera at Bloomfield Cinemas - FC Lobby
 11:30... Sit & Be Fit - Ex St
 8:00... Movie: MR/TV "The Glass Castle"

11
 9:15... Bus to AHCC & Trinity - FCL
 9:55... Sacred Heart / St. John's - FCL
 10:30... Morning Prayer at Caleb with Trinity Episcopal Church
 11:00 - 3:00... Family Swim - Pool
 3:00... Bus to CONCORRA Series - FCL

12
 9:00... Power Balance - MR
 9:30... Dabblers - Art Room
 10:00... Input/ Output - Board Room
 10:15... Cardio H2O - Pool
 10:15... Gentle Yoga - Ex St
 11:00... Great Courses: How to Draw-4thFCR
 11:00-12:00...Blood Pressure Clinic-QR
 11:30... Gentle Balance - Ex St
 1:30... "The Islamic Golden Age" - MR
 2:00... Tai Chi - Ex St
 2:15... BINGO - 4thFCR
 3:30... Aqua Fit - Pool
 3:30... Maximize Your Mind - MR
 7:15... Duplicate Bridge - MR

13
 7:30... Power Kick Start - Ex St
 9:00... Move, Stretch & Strength - Ex St
 9:30... Table Talk with Sara - Cafe
 9:30... Shop in Bloomfield - Nbhd
 10:00-12:00... World Affairs - MR
 1:00... Shop at Wades/Bishops Comer
 1:30... SongPlay with Adele - Lounge
 1:30... Water Walking - Pool
 1:30... Qi Gong - ExSt
 2:00... Residents' Council Mtg - 4thFCR
 4:00... PROGRAM: "Sinatra at 102" presented by Gil Gigliotti - MR

14
 Valentine's Day
 9:00... Power Balance - MR
 10:00... NO Collage with Harriet
 10:15... Cardio H2O - Pool
 10:30... Chaplain's Chat - TW Sunroom
 10:30... Color with Laurie - TW Parlor
 11:30... Sit & Be Fit - Ex St
 1:00-4:00... Bridge Party - MR
 1:30... Gentle Yoga - Ex St
 2:02... Scrabble - Lounge
 2:45... Tutor bus to Metacomet - FC
 3:30... Aqua Fit - Pool
 8:00... Marcie & Gordon Swift present Fiddle & Harp "Love & Romance" -MR

15
 7:30... Power Kick Start - Ex St
 9:00... Light Weight Line Dancing - Ex St
 9:30... Good Morning Good Music: HSO Brass Quintet-CC
 9:30-11:00... Hearing Aid Clinic - HR
 10:00... Chess Club - Art Rm
 10:15... Aqua Fit - Pool
 11:00... Mindful Meditation - QR
 11:30... Gentle Balance - Ex St
 1:30... Water Walking - Pool
 2:00... Shop @ Copaco - Nbhd
 3:00... Speaker Series: John Magaldi, MD - MR
 6:45... Bus to Garmany Series @ U of H- FCL
 8:00... Documentary: "A Ballerina's Tale"MR/TV

16
 8:30... Sunrise Circuit - Ex St
 9:30... Chair Yoga - Ex St
 10:00... T-G-I-JEFF - Lounge
 10:15... Cardio H2O - Pool
 10:28... Cribbage - Lounge
 11:00... Book Chat - 4thFC
 11:30... Sit & Be Fit - Ex St
 2:00... Great Courses: Music and the Brain - MR
 6:30... Bus to Masterworks - FCL

17
 9:00... Core Fit - Ex St
 9:30... Bus to the New Britain Museum of American Art-FC Lobby
 10:15... Aqua Circuit - Pool
 11:30... Sit & Be Fit - Ex St
 8:00... Movie: MR/TV "Victoria & Abdul"

18
 9:15... Bus to AHCC & Trinity - FCL
 9:55... Sacred Heart / St. John's - FCL
 10:30... Morning Prayer at Caleb with Trinity Episcopal Church
 11:00 - 3:00... Family Swim - Pool
 1:15... Bus to Playhouse on Park - FCL
 2:15... Bus to Masterworks - FCL

19
 9:00... Power Balance - MR
 9:00 - 3:30 PEDICARE - Rehab Rm
 9:30... Dabblers - Art Room
 10:15... Cardio H2O - Pool
 10:15... Gentle Yoga - Ex St
 11:00... Great Courses: How to Draw-4thFCR
 11:00-12:00...Blood Pressure Clinic-QR
 11:30... Gentle Balance - Ex St
 1:30... Caregiver's Support Group - HR
 1:30... "The Islamic Golden Age" - MR
 2:00... Tai Chi - Ex St
 2:15... BINGO - 4thFCR
 3:30... Aqua Fit - Pool
 3:30... Maximize Your Mind - MR
 7:15... Duplicate Bridge - MR

20
 7:30... Power Kick Start - Ex St
 9:00... Move, Stretch & Strength - Ex St
 9:30... Table Talk with Sara - Cafe
 9:30... Shop in Bloomfield - Nbhd
 10:00... Outreach Knitters - HR
 10:15... Aqua Yoga - Pool
 11:00... CHAT - MR
 1:00... Shop at Wades/Bishops Comer
 1:30... SongPlay with Adele - Lounge
 1:30... Water Walking - Pool
 1:30... Qi Gong - ExSt
 3:00... Masterminds - Board Rm
 3:30...Puccini's "La Boheme" Act I, II - MR
 6:45... Bus to Broadway at Bushnell - FCL

21
 9:00... Power Balance - MR
 10:00... Collage with Harriet - Art Rm
 10:15... Cardio H2O - Pool
 10:30... Chaplain's Chat - TW Sunroom
 10:30... Color with Laurie - TW Parlor
 11:30... Sit & Be Fit - Ex St
 1:30... Gentle Yoga - Ex St
 2:02... Scrabble - Lounge
 2:45... Tutor bus to Metacomet - FC
 3:30... Aqua Fit - Pool
 8:00... Simsbury Community Band - MR

22
 7:30... Power Kick Start - Ex St
 9:00... Light Weight Line Dancing - Ex St
 10:00... Chess Club - Art Rm
 10:15... Aqua Fit - Pool
 10:30... Bible Study & Eucharist w/Rev. Pace-MR
 11:00... Mindful Meditation - QR
 11:30... Gentle Balance - Ex St
 1:30... Water Walking - Pool
 2:00... Shop @ Copaco - Nbhd
 3:30... Program: Min Jung Kim, Director, NBMAA -MR
 5:00-6:00... Resident Cocktail Party - Lounge
 8:00... Documentary: "Into the Arms of Strangers" MR

23
 8:30... Sunrise Circuit - Ex St
 9:30... Chair Yoga - Ex St
 9:30... Bus to the Hartford Flower Show FCL
 10:00... T-G-I-JEFF - Lounge
 10:15... Cardio H2O - Pool
 10:28... Cribbage - Lounge
 11:30... Sit & Be Fit - Ex St
 2:00... Great Courses: Music and the Brain - MR

24
 9:00... Core Fit - Ex St
 10:15... Aqua Circuit - Pool
 11:30... Sit & Be Fit - Ex St
 11:55/12:25... Bus to Met-Live Opera at Bloomfield Cinemas - FC Lobby
 8:00... Movie: MR/TV "Invictus"

25
 9:15... Bus to AHCC & Trinity - FCL
 9:55... Sacred Heart / St. John's - FCL
 10:30... Morning Prayer at Caleb with Trinity Episcopal Church
 11:00 - 3:00... Family Swim - Pool
 1:15... Bus to Kingswood-Oxford Student presentation of "The Putnam County Spelling Bee" FC Lobby

26
 9:00... Power Balance - MR
 9:30... Dabblers - Art Room
 10:15... Cardio H2O - Pool
 10:15... Gentle Yoga - Ex St
 11:00... Great Courses: How to Draw-4thFCR
 11:00-12:00...Blood Pressure Clinic-QR
 11:30... Gentle Balance - Ex St
 1:30... "The Islamic Golden Age" - MR
 2:00... Tai Chi - Ex St
 2:15... BINGO - 4thFCR
 3:30... Aqua Fit - Pool
 3:30... Maximize Your Mind - MR
 7:15... Duplicate Bridge - MR

27
 7:30... Power Kick Start - Ex St
 9:00... Move, Stretch & Strength - Ex St
 9:30... Table Talk with Sara - Cafe
 9:30... Shop in Bloomfield - Nbhd
 10:00... Outreach Knitters - HR
 10:15... Aqua Yoga - Pool
 10:00-12:00... World Affairs - MR
 1:00... Shop at Wades/Bishops Comer
 1:30... SongPlay with Adele - Lounge
 1:30... Water Walking - Pool
 1:30... Qi Gong - ExSt
 3:30-5:30... Puccini's "La Boheme" Act III, IV with Bob Gruskay - MR

28
 9:00... Power Balance - MR
 10:00... Collage with Harriet - Art Rm
 10:15... Cardio H2O - Pool
 10:30... Chaplain's Chat - TW Sunroom
 10:30... Color with Laurie - TW Parlor
 11:30... Sit & Be Fit - Ex St
 1:15... Bus to Hartford Stage - FCL
 1:00... U of H Rehab Presentation - MR
 1:30... Timekeeper Shop - Lounge
 1:30... Gentle Yoga - Ex St
 2:02... Scrabble - Lounge
 2:45... Tutor bus to Metacomet - FC
 3:30... Aqua Fit - Pool
 4:00... Program: Dr. Heidi Hadsell - MR
 8:00... Movie: "Love Affair" MR/TV



Room Key abbreviations
 4th FCR...4th Floor Conference Room
 ALCR ... Assisted Living Conference Room
 BR.....Board Room
 Ex StExercise Studio
 FC..... Fitness Center
 FCL..... Fitness Center Lobby
 HR..... Hospitality Room
 MR..... Meeting Room
 Nbhd Neighborhood Entrances
 OPDR.... Old Private Dining Room
 PDR..... Private Dining Room
 QR..... Quiet Room
 TW Thistle Way Parlor