






# February 2023 Program Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			<b>1</b> 9:15am East Longmeadow Travel, <i>ML</i> 10:30am St. Andrew's Service, <i>MR</i> 11:00am Music Bingo, <i>RR</i> 1:00pm Dominoes, <i>RR</i> 2:00pm Remembrance Hour, <i>MR</i> 2:30pm Scrabble, <i>CAFE</i> 3:00pm Bowling, <i>TH</i> 7:15pm Movie, <i>TH</i>	<b>2</b> 10:00am Glenmeadow Store Open, <i>LL</i> 1:00pm Exploring the World, <i>TH</i> 2:00pm Blind Tasting, <i>S</i> 2:00pm Remembrance Hour, <i>MR</i> 3:00pm Words in a Word, <i>S</i> 3:00pm Music and Movement of 2023, <i>CH</i> 7:15pm Bingo, <i>CAFE</i>	<b>3</b> 8:00am Longmeadow Travel, <i>L</i> 9:00am Coffee House, <i>FLR</i> 10:30am Rosary, <i>MR</i> 11:00am Name That Tune, <i>RR</i> 1:00pm Putting Green, <i>WC</i> 2:00pm Remembrance Hour, <i>MR</i> 2:00pm Family Feud, <i>S</i> 2:30pm BINGO!, <i>RR</i> 3:00pm Steve's Art Studio, <i>AS</i> 7:15pm Movie, <i>TH</i>	<b>4</b> 1:00pm Card Shark, <i>S</i> 2:00pm Resident-Run Bananagrams, <i>S</i> 2:00pm Remembrance Hour, <i>MR</i> 2:15pm Bowling, <i>TH</i> 7:00pm Lullabies Around the World ft. Cantor Elizabeth Shammash, <i>CH</i> 7:15pm Movie, <i>TH</i>	
		<b>5</b> 2:00pm Remembrance Hour, <i>MR</i> 2:30pm Baking with Amber, <i>S</i> 3:30pm Trivia, <i>TH</i> 7:15pm Movie, <i>TH</i>	<b>6</b> 10:00am Glenmeadow Store Open, <i>LL</i> 11:00am Secrets of the world (Black Holes), <i>TH</i> 2:00pm Sorry, <i>RR</i> 2:00pm Remembrance Hour, <i>MR</i> 2:00pm Sketching in the Solarium, <i>S</i> 3:00pm TED Talks, <i>TH</i> 7:15pm Movie, <i>TH</i>	<b>7</b> 11:00am Crafty Tuesday, <i>RR</i> 11:00am Round Table w/ Peter, <i>KP</i> 1:00pm Garden Club, <i>S</i> 1:30pm Trivia w/ Peter, <i>TH</i> 2:00pm Remembrance Hour, <i>MR</i> 2:30pm An Eye Full of Mysteries, <i>S</i> 3:00pm Give Me 5, <i>RR</i> 3:00pm Great Courses, <i>CH</i> 7:15pm Movie, <i>TH</i>	<b>8</b> 9:15am East Longmeadow Travel, <i>ML</i> 11:00am Music Bingo, <i>RR</i> 11:30am Virtusense Balance/Walker Clinic, <i>TH</i> 12:00pm Pendant Checks, <i>ML</i> 1:30pm Cooking w/ Peter, <i>CK</i> 2:00pm Letter Writing with Camlyn, <i>RR</i> 2:00pm Remembrance Hour, <i>MR</i> 2:30pm Scrabble, <i>CAFE</i> 3:00pm Bowling, <i>TH</i> 7:15pm Movie, <i>TH</i>	<b>9</b> 10:00am Glenmeadow Store Open, <i>LL</i> 1:00pm Exploring the World, <i>TH</i> 2:00pm Remembrance Hour, <i>MR</i> 3:00pm Words in a Word, <i>S</i> 3:00pm Dominoes, <i>RR</i> 7:15pm Bingo, <i>CAFE</i>	<b>10</b> 8:00am Longmeadow Travel, <i>L</i> 9:00am Coffee House, <i>FLR</i> 10:30am Rosary, <i>MR</i> 11:00am Uno, <i>RR</i> 1:00pm Putting Green, <i>WC</i> 1:30pm Walking Group, <i>ML</i> 2:00pm Remembrance Hour, <i>MR</i> 2:00pm Proverbial Wisdom, <i>RR</i> 2:30pm BINGO!, <i>RR</i> 3:00pm Steve's Art Studio, <i>AS</i> 7:15pm Movie, <i>TH</i>
<b>12</b> 2:00pm Remembrance Hour, <i>MR</i> 2:30pm Baking with Amber, <i>S</i> 3:30pm Trivia, <i>TH</i> 7:15pm Movie, <i>TH</i>	<b>13</b> 10:00am Glenmeadow Store Open, <i>LL</i> 10:00am Yankee Candle Outing (sign up only), <i>ML</i> 2:00pm Remembrance Hour, <i>MR</i> 7:15pm Discussion w/Saul, <i>TH</i> 7:15pm Movie, <i>TH</i>	<b>14</b> <b>Valentine's Day</b> 11:00am Crafty Tuesday, <i>RR</i> 11:00am Food Committee, <i>TH</i> 11:00am Round Table w/ Peter, <i>KP</i> 1:00pm Garden Club, <i>S</i> 1:30pm Trivia w/ Peter, <i>TH</i> 2:00pm Remembrance Hour, <i>MR</i> 2:30pm Love Struck w/ Dave Colucci, <i>CH</i> 7:15pm Movie, <i>TH</i>	<b>15</b> 9:15am East Longmeadow Travel, <i>ML</i> 10:30am Pillars of Wellness (Heart Health), <i>CH</i> 10:30am Catholic Mass, <i>MR</i> 11:00am Music Bingo, <i>RR</i> 1:00pm Dominoes, <i>RR</i> 2:00pm Remembrance Hour, <i>MR</i> 2:30pm Scrabble, <i>CAFE</i> 3:30pm Birthday Celebration/Cocktails, <i>FLR</i> 7:15pm Movie, <i>TH</i>	<b>16</b> 10:00am Glenmeadow Store Open, <i>LL</i> 1:00pm Exploring the World, <i>TH</i> 2:00pm Blind Tasting, <i>S</i> 2:00pm Remembrance Hour, <i>MR</i> 3:00pm Words in a Word, <i>S</i> 3:00pm Dominoes, <i>RR</i> 7:15pm Bingo, <i>CAFE</i>	<b>17</b> 8:00am Longmeadow Travel, <i>L</i> 9:00am Coffee House, <i>FLR</i> 10:30am Rosary, <i>MR</i> 11:00am Balloon Tennis, <i>CH</i> 1:00pm Putting Green, <i>WC</i> 1:30pm Walking Group, <i>ML</i> 2:00pm Remembrance Hour, <i>MR</i> 2:00pm Family Feud, <i>S</i> 2:30pm BINGO!, <i>RR</i> 3:00pm Steve's Art Studio, <i>AS</i> 7:15pm Movie, <i>TH</i>	<b>18</b> 1:00pm Believe It Or Not, <i>S</i> 2:00pm Resident-Run Bananagrams, <i>S</i> 2:00pm Remembrance Hour, <i>MR</i> 2:15pm Putting, <i>WC</i> 7:15pm Movie, <i>TH</i>	
<b>19</b> 2:00pm Remembrance Hour, <i>MR</i> 2:30pm Baking with Amber, <i>S</i> 3:30pm Trivia, <i>TH</i> 7:15pm Movie, <i>TH</i>	<b>20</b> <b>President's Day</b> 10:00am Glenmeadow Store Closed, <i>LL</i> 2:00pm Remembrance Hour, <i>MR</i> 7:15pm Movie, <i>TH</i>	<b>21</b> 11:00am Crafty Tuesday, <i>RR</i> 11:00am Round Table w/ Peter, <i>KP</i> 1:00pm Garden Club, <i>S</i> 1:15pm Otago Balance, <i>CH</i> 2:00pm Remembrance Hour, <i>MR</i> 2:15pm Conversations w/ Anne, <i>CH &amp; 918</i> 3:00pm Great Courses, <i>CH</i> 7:15pm Movie, <i>TH</i>	<b>22</b> 9:15am East Longmeadow Travel, <i>ML</i> 11:00am Music Bingo, <i>RR</i> 1:30pm Cooking w/ Peter, <i>CK</i> 2:00pm Letter Writing with Camlyn, <i>RR</i> 2:00pm Remembrance Hour, <i>MR</i> 2:30pm Scrabble, <i>CAFE</i> 3:00pm Bowling, <i>TH</i> 7:15pm Movie, <i>TH</i>	<b>23</b> 10:00am Glenmeadow Store Open, <i>LL</i> 1:00pm Exploring the World, <i>TH</i> 2:00pm Remembrance Hour, <i>MR</i> 3:00pm Words in a Word, <i>S</i> 3:00pm Dominoes, <i>RR</i> 7:15pm Bingo, <i>CAFE</i>	<b>24</b> 8:00am Longmeadow Travel, <i>L</i> 9:00am Coffee House, <i>FLR</i> 10:30am Rosary, <i>MR</i> 11:00am Sentence Cubes, <i>RR</i> 1:00pm Putting Green, <i>WC</i> 2:00pm Remembrance Hour, <i>MR</i> 2:00pm Simon Says, <i>S</i> 2:30pm BINGO!, <i>RR</i> 3:00pm Steve's Art Studio, <i>AS</i> 7:15pm Movie, <i>TH</i>	<b>25</b> 1:00pm Uno, <i>S</i> 2:00pm Resident-Run Rummikub, <i>S</i> 2:00pm Remembrance Hour, <i>MR</i> 2:15pm Ring Toss, <i>WC</i> 7:15pm Movie, <i>TH</i>	
<b>26</b> 2:00pm Remembrance Hour, <i>MR</i> 2:30pm Baking with Amber, <i>S</i> 3:30pm Trivia, <i>TH</i> 7:15pm Movie, <i>TH</i>	<b>27</b> 10:00am Glenmeadow Store Open, <i>LL</i> 11:00am Secrets of the world (Black Holes), <i>TH</i> 1:00pm 21 Card Game, <i>RR</i> 2:00pm Combine and Define, <i>RR</i> 2:00pm Remembrance Hour, <i>MR</i> 3:00pm Card Making w/ Amber, <i>AS</i> 3:00pm TED Talks, <i>TH</i> 7:15pm Movie, <i>TH</i>	<b>28</b> 11:00am Crafty Tuesday, <i>RR</i> 11:00am Round Table w/ Peter, <i>KP</i> 1:00pm Garden Club, <i>S</i> 1:30pm Trivia w/ Peter, <i>TH</i> 2:00pm Winter Olympics, <i>CH</i> 2:00pm Remembrance Hour, <i>MR</i> 3:00pm Great Courses, <i>CH</i> 7:15pm Movie, <i>TH</i>				<b>MEETING PLACES</b> <i>ML</i> - Main Lobby <i>MR</i> - Meditation Room <i>WC</i> - Wellness Center <i>Pool</i> - Pool <i>RR</i> - 2nd Floor Recreation Room <i>CAFE</i> - Cafe <i>TH</i> - Esther Sara Theater	<i>LL</i> - Lower Level <i>S</i> - Solarium <i>CH</i> - Cotz Hall <i>FLR</i> - Family Living Room <i>AS</i> - Art Studio <i>KP</i> - Kirkham Parlor <i>CK</i> - Country Kitchen <i>918</i> - Channel 918

# February 2023 Wellness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			10:00am Stretch and Improve your Posture, <b>CH &amp; 918</b> 10:30am Open Gym w/ Kinga, <b>WC</b> 11:00am Aquasize w/ Amber, <b>Pool</b> 11:00am Exercise w/Lauren, <b>918</b> 1:30pm Exercise with Bands, <b>WC +&amp; 918</b>	10:00am Exercise w/ Bands, <b>CH &amp; 918</b> 10:30am Tai Chi, <b>CH &amp; 918</b> 11:00am Meditation - Bring the Mind to Peace, <b>CH &amp; 918</b> 2:00pm BARRE 360, <b>WC</b>	10:00am Strength & Balance, <b>CH &amp; 918</b> 11:00am 1 on 1 Fitness**, <b>WC</b> 1:30pm Walking Group, <b>ML</b> 1:30pm Exercise with Kinga, <b>CH &amp; 918</b>	10:30am Stretch & Tone, <b>CH &amp; 918</b> 1:30pm Exercise, <b>WC +&amp; 918</b>
5	6	7	8	9	10	11
10:00am Exercise with BANDS, <b>CH &amp; 918</b> 1:30pm Exercise w/ Amber, <b>WC +&amp; 918</b>	10:00am Exercise w/ Peter, <b>CH &amp; 918</b> 10:30am Circuit Training/ Open Gym, <b>WC</b> 11:00am Aquacise w/ Amber, <b>Pool</b> 1:30pm Mile walk w/ Kinga, <b>WC</b> 2:30pm 1 on 1 Fitness **, <b>WC</b>	10:00am Exercise with Kinga, <b>CH &amp; 918</b> 10:30am Tai Chi, <b>CH &amp; 918</b> 1:15pm Otago Balance, <b>CH</b> 2:00pm STEP CLASS**, <b>WC</b> 2:30pm 1 on 1 Fitness**, <b>WC</b>	10:00am Exercise w/ Peter, <b>CH &amp; 918</b> 10:30am Open Gym w/ Kinga, <b>WC</b> 11:00am Aquasize w/ Amber, <b>Pool</b> 11:00am Exercise w/Lauren, <b>918</b> 1:30pm Exercise with Bands, <b>WC +&amp; 918</b>	10:00am Exercise w/ Bands, <b>CH &amp; 918</b> 10:30am Tai Chi, <b>CH &amp; 918</b> 11:00am Meditation - Bring the Mind to Peace, <b>CH &amp; 918</b> 2:00pm BARRE 360 ( Level 2 Exercise), <b>WC</b>	10:00am Strength & Balance, <b>CH &amp; 918</b> 11:00am 1 on 1 Fitness**, <b>WC</b> 1:30pm Walking Group, <b>ML</b> 1:30pm Exercise with Kinga, <b>CH &amp; 918</b>	10:30am Stretch & Tone, <b>CH &amp; 918</b> 1:30pm Exercise, <b>WC +&amp; 918</b>
12	13	14	15	16	17	18
10:00am Exercise with BANDS, <b>CH &amp; 918</b> 1:30pm Exercise w/ Amber, <b>WC +&amp; 918</b>	10:00am Exercise w/ Peter, <b>918</b> 11:00am Intermediate Yoga w/ Carol, <b>CH</b> 1:30pm Exercise, <b>918</b>	<b>Valentine's Day</b> 10:00am Exercise w/ Bands, <b>CH &amp; 918</b> 10:30am Tai Chi, <b>CH &amp; 918</b> 1:15pm Otago Balance, <b>CH</b> 2:00pm STEP CLASS**, <b>WC</b>	10:00am Stretch and Improve your Posture, <b>CH &amp; 918</b> 11:00am Aquasize w/ Amber, <b>Pool</b> 11:00am Exercise w/Lauren, <b>918</b> 1:30pm Exercise with Bands, <b>WC +&amp; 918</b>	10:00am Exercise w/ Bands, <b>CH &amp; 918</b> 10:30am Tai Chi, <b>CH &amp; 918</b> 11:00am Meditation - Bring the Mind to Peace, <b>CH &amp; 918</b> 2:00pm BARRE 360 - Level 2 Exercise, <b>WC</b>	10:00am Strength & Balance, <b>CH &amp; 918</b> 11:00am 1 on 1 Fitness**, <b>WC</b> 1:30pm Walking Group, <b>ML</b> 1:30pm Exercise with Kinga, <b>CH &amp; 918</b>	10:30am Stretch & Tone, <b>CH &amp; 918</b> 1:30pm Exercise, <b>WC +&amp; 918</b>
19	20	21	22	23	24	25
10:00am Exercise with BANDS, <b>CH &amp; 918</b> 1:30pm Exercise w/ Amber, <b>WC +&amp; 918</b>	<b>President's Day</b> 10:00am Exercise, <b>918</b> 11:00am Intermediate Yoga w/ Carol, <b>CH</b> 1:30pm Exercise, <b>918</b>	10:00am Exercise w/ Bands, <b>CH &amp; 918</b> 10:30am Tai Chi, <b>CH &amp; 918</b> 11:00am 1 on 1 Fitness**, <b>WC</b> 1:15pm Otago Balance, <b>CH</b>	10:00am Exercise w/ Peter, <b>CH &amp; 918</b> 10:30am Open Gym w/ Kinga, <b>WC</b> 11:00am Aquasize w/ Amber, <b>Pool</b> 11:00am Exercise w/Lauren, <b>918</b> 1:30pm Exercise with Bands, <b>WC +&amp; 918</b>	10:00am Exercise w/ Bands, <b>WC +&amp; 918</b> 10:30am Tai Chi, <b>MR &amp; 918</b> 11:00am Meditation - Bring the Mind to Peace, <b>MR &amp; 918</b> 2:00pm BARRE 360- Level 2 Exercise, <b>WC</b>	10:00am Strength & Balance, <b>CH &amp; 918</b> 11:00am 1 on 1 Fitness**, <b>WC</b> 1:30pm Walking Group, <b>ML</b> 1:30pm Exercise with Kinga, <b>CH &amp; 918</b>	10:30am Stretch & Tone, <b>CH &amp; 918</b> 1:30pm Exercise, <b>WC +&amp; 918</b>
26	27	28			<b>MEETING PLACES</b>	
10:00am Exercise with BANDS, <b>CH &amp; 918</b> 1:30pm Exercise w/ Amber, <b>WC +&amp; 918</b>	10:00am Exercise w/ Peter, <b>CH &amp; 918</b> 10:30am Circuit Training/ Open Gym, <b>WC</b> 11:00am Aquacise w/ Amber, <b>Pool</b> 11:00am 1 on 1 Fitness**, <b>WC</b> 11:00am Intermediate Yoga w/ Carol, <b>CH</b> 1:30pm Mile walk w/ Kinga, <b>WC</b> 2:30pm 1 on 1 Fitness **, <b>WC</b>	10:00am Exercise w/ Bands, <b>CH &amp; 918</b> 10:30am Tai Chi, <b>CH &amp; 918</b> 11:00am 1 on 1 Fitness**, <b>WC</b> 1:15pm Otago Balance, <b>CH</b>			<b>ML</b> - Main Lobby <b>MR</b> - Meditation Room <b>WC</b> - Wellness Center <b>Pool</b> - Pool <b>RR</b> - 2nd Floor Recreation Room <b>CAFE</b> - Cafe <b>TH</b> - Esther Sara Theater	<b>LL</b> - Lower Level <b>S</b> - Solarium <b>CH</b> - Cotz Hall <b>FLR</b> - Family Living Room <b>AS</b> - Art Studio <b>KP</b> - Kirkham Parlor <b>CK</b> - Country Kitchen <b>918</b> - Channel 918