

FEBRUARY 2010

	Mon. Feb. 1, 2010	Tue. Feb. 2, 2010	Wed. Feb. 3, 2010	Thu. Feb. 4, 2010	Fri. Feb. 5, 2010	Sat. Feb. 6, 2010
	9:00a & 10:00-Group Exercise/☐ 9:30a Bus to East Longmeadow▶ 11:00a Aquacise 11:00a Movin' & Groovin'/GH 1:00p Tai Chi w/George/GH 1:45p Rabbi Katz/CL 2:30p Tea & Coffee/Cafe 3:00p Glee Club/CL 7:30p Resident's Choice Movie/▶	9:30a Bus to Longmeadow Shops 10:00a Line Dancing/CR 11:00a Green Committee/RMR 1:00p Personal Training/FR 1:30p Scrabble/Lombard Rm 2:30p Tea & Coffee/Cafe 2:45p Strength Training/GH 7:30p Music Hour w/Sam/CL	9:00a Group Exercise/GH 9:30a Chapel w/Fr. Reilly/KP 10:15a Flexibility/Stretching w/La▶ 10:30a Free Blood Pressure Scro▶ 11:00a Supervised Swim & Pool▶ 12:45p Depart Cinema 2:30p Tea & Coffee/Cafe 6:00p Opera Talk w/Paul/DR 7:30p Opera Evening/CL	10:00a Rosary/QR 10:45a Yiddish Club/CL 1:00p Knitting & Needles w/Linda/Cafe Ext. 1:00p Personal Training/FR 2:00p Bible Study/RR 2:30p Tea & Coffee/Cafe 2:45p Strength Training/GH 7:30p Bingo/Harris	9:00a Group Exercise/CR 10:00a Group Exercise/CR 11:00a Aquacise 1:00p Bus to Longmeadow Shops 2:30p Card Making w/Laura/RR 2:30p Tea & Coffee/Cafe 6:30p Movie/GH 7:30p Movie Classic/CR	11:00a Stretch n' Tone/GH 11:30a Depart HD Met Opera 1:15p Line Dancing w/Russ/CR 2:30p Tea/Coff/Cafe 3:00p Gather for Games/Cafe Extension 3:00p Movie/GH 7:30p After Dinner Movie/CR
Sun. Feb. 7, 2010	Mon. Feb. 8, 2010	Tue. Feb. 9, 2010	Wed. Feb. 10, 2010	Thu. Feb. 11, 2010	Fri. Feb. 12, 2010	Sat. Feb. 13, 2010
9:15a Transportation to Area Churches 10:00a Chalice of Salvation/GH 2:30p Sunday Movie/GH 2:30p Tea & Coffee/Cafe 7:00p 60 Minutes-TV/Chapin 7:30p Movie/CR	9:00a & 10:00-Group Exercise/☐ 9:30a Bus to East Longmeadow▶ 11:00a Aquacise 11:00a Movin' & Groovin'/GH 1:00p Tai Chi w/George/GH 1:45p Rabbi Katz/CL 2:30p Tea & Coffee/Cafe 3:00p Glee Club/CL 7:15p Saul Finestone/CL	9:30a Bus to Longmeadow Shops 10:00a Line Dancing/CR 11:00a Depart Library 1:00p Personal Training/FR 1:30p Scrabble/Lombard Rm 2:30p Tea & Coffee/Cafe 2:45p Strength Training/GH 7:30p Music Hour w/Sam/CL	9:00a Group Exercise/GH 11:00a Wellness Talk w/Laurie/GH 1:30p Depart Whole Foods 2:30p Tea & Coffee/Cafe 6:00p Opera Talk w/Paul/DR 7:30p Opera Evening/CL	10:00a Rosary/QR 1:00p Knitting & Needles w/Linda/Cafe Ext. 1:00p Personal Training/FR 1:30p Heritage Visit/GH 2:00p Bible Study/RR 2:30p Tea & Coffee/Cafe 3:15p Strength Training/GH 7:30p Bingo/Harris	9:00a Group Exercise/CR 10:00a Group Exercise/CR 11:00a Aquacise 1:00p Bus to Longmeadow Shops 2:00p Opera Lecture/GH 2:30p Tea & Coffee/Cafe 6:30p Movie/GH 7:30p Movie Classic/CR	11:00a Stretch n' Tone/GH 1:15p Line Dancing w/Russ/CR 2:30p Tea/Coff/Cafe 3:00p Gather for Games/Cafe Extension 3:00p Movie/GH 7:30p After Dinner Movie/CR
Sun. Feb. 14, 2010	Mon. Feb. 15, 2010	Tue. Feb. 16, 2010	Wed. Feb. 17, 2010	Thu. Feb. 18, 2010	Fri. Feb. 19, 2010	Sat. Feb. 20, 2010
9:15a Transportation to Area Churches▶ 10:00a Chalice of Salvation/GH 2:00p Left Bank Swing Band/GT 2:30p Tea & Coffee/Cafe 5:00p Valentine's Dinner - 1st S▶ 6:30p Valentine's Dinner - 2nd S▶ 7:00p 60 Minutes-TV/Chapin 7:30p Movie/CR	9:00a & 10:00-Group Exercise/☐ 9:30a Bus to East Longmeadow▶ 11:00a Aquacise 11:00a Movin' & Groovin'/GH 1:00p Tai Chi w/George/GH 1:45p Rabbi Katz/CL 2:30p Tea & Coffee/Cafe 3:00p NO GLEE CLUB TODAY 7:15p John Fitzgerald/CL	9:30a Bus to Longmeadow Shops 10:00a Line Dancing/CR 1:00p Personal Training/FR 1:30p Jewelry Class/CR 1:30p Scrabble/Lombard Rm 2:30p Tea & Coffee/Cafe 2:45p Strength Training/GH 7:30p Music Hour w/Sam/CL	9:00a Group Exercise/GH 10:15a Flexibility/Stretching w/La▶ 11:00a Supervised Swim & Pool▶ 1:30p Depart Barnes and Noble 2:00p Free Blood Pressure Scro▶ 2:30p Tea & Coffee/Cafe 6:00p Opera Talk w/Paul/DR 7:30p Opera Evening/CL	10:00a Rosary/QR 10:45a Yiddish Club/CL 11:00a Food Committee/RMR 1:00p Knitting & Needles w/Linda/Cafe Ext. 1:00p Personal Training/FR 2:00p Bible Study/RR 2:30p Tea & Coffee/Cafe 2:45p Strength Training/GH 7:30p Bingo/Harris	9:00a Group Exercise/CR 10:00a Group Exercise/CR 11:00a Aquacise 1:00p Bus to Longmeadow Shops 2:30p Tea & Coffee/Cafe 3:00p Ent. Tom Carroll/GH 6:30p Movie/GH 7:30p Movie Classic/CR	11:00a Stretch n' Tone/GH 1:15p Line Dancing w/Russ/CR 2:30p Tea/Coff/Cafe 3:00p Gather for Games/Cafe Extension 3:00p Movie/GH 7:30p After Dinner Movie/CR
Sun. Feb. 21, 2010	Mon. Feb. 22, 2010	Tue. Feb. 23, 2010	Wed. Feb. 24, 2010	Thu. Feb. 25, 2010	Fri. Feb. 26, 2010	Sat. Feb. 27, 2010
9:15a Transportation to Area Churches 10:00a Chalice of Salvation/GH 2:30p Sunday Movie/GH 2:30p Tea & Coffee/Cafe 7:00p 60 Minutes-TV/Chapin 7:30p Movie/CR	9:00a & 10:00-Group Exercise/☐ 9:30a Bus to East Longmeadow▶ 11:00a Aquacise 11:00a Movin' & Groovin'/GH 1:00p Tai Chi w/George/GH 1:45p Rabbi Katz/CL 2:30p Tea & Coffee/Cafe 3:00p Glee Club/CL 4:00p Resident Council Mtg./R▶ 7:15p Trivia w/Laura/CL	9:30a Bus to Longmeadow Shops 10:00a Line Dancing/CR 11:00a Depart Library 1:00p Personal Training/FR 1:30p Scrabble/Lombard Rm 2:30p Tea & Coffee/Cafe 2:45p Strength Training/GH 7:30p Music Hour w/Sam/CL	9:00a Group Exercise/GH 9:30a Chapel w/1st Church/KP 11:00a Wellness Talk w/Laurie/GH 11:30a Depart Maine Fish Market 2:30p Tea & Coffee/Cafe 4:30p Cocktails w/Tim/CL 6:00p Opera Talk w/Paul/DR 7:30p Opera Evening/CL	10:00a Rosary/QR 1:00p Knitting & Needles w/Linda/Cafe Ext. 1:00p Personal Training/FR 2:00p -4:00-Louis & Clark/SW 2:00p Bible Study/RR 2:30p Tea & Coffee/Cafe 2:45p Strength Training/GH 7:30p Bingo/Harris	9:00a Group Exercise/CR 10:00a Group Exercise/CR 11:00a Aquacise 1:00p Bus to Longmeadow Shops 2:30p Tea & Coffee/Cafe 4:00p Ent. Laurie Festa/GH 6:30p Movie/GH 7:30p Movie Classic/CR	11:00a Stretch n' Tone/GH 1:15p Line Dancing w/Russ/CR 2:30p Tea/Coff/Cafe 3:00p Gather for Games/Cafe Extension 3:00p Movie/GH 7:30p After Dinner Movie/CR
Sun. Feb. 28, 2010						
9:15a Transportation to Area Churches 10:00a Chalice of Salvation/GH 12:00p Brunch - 1st Seating 1:30p Brunch - 2nd Seating 2:30p Sunday Movie/GH 2:30p Tea & Coffee/Cafe 7:00p 60 Minutes-TV/Chapin 7:30p Movie/CR						