





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8:00 Exercise with PT - FT 9:15 Stretch Tone & Balance - FT, TV, & Z 10:00 Aqua Aerobics w/ Jody - PL 10:15 Needlework Group - CG 1:00 Exercise with PT - FT 2:00 Zumba Gold - FT 4:00 Current Events Discussion - FH	2 7:45 Croquet - FH 11:00 Cardio Fit - FT 1:00 Canasta - SN 1:30 Yoga w/ Joanie - FT 2:00 Mah Jongg - CG 2:00 Movie Matinee – TV 2:00 Dementia in our Midst Discussion* - Asst'd Living, Memory Care, Health Center Part 3 of 3 (FULL) - FH 4:00 Religious Life - CG 4:30 Happy Hour - BB	3 8:00 Exercise with PT - FT 9:00 Coffee Chat w/ Ray - BB 9:15 Stretch Tone & Balance - FT, TV, & Z 10:00 Aqua Aerobics w/ Sarah - PL 10:30 On Hold- Understanding Terrorism - SR 1:00 Exercise with PT - FT 4:00 Birthday Social with Orlando Phillips on Steel Drums - FH 7:15 Movie Night - SR	4 7:45 Croquet - FH 9:00 Qigong & Tai Chi w/ Lin Kalb - FT 10:00 Aqua Aerobics w/ Sarah - PL 7:30 Emil Chudnovsky, Classical Violinist - FH
5 11:00 Church Service - FH 12:00 Sunday Buffet - CR 2:00 Mah Jongg - CG	6 Nametag Day 8:00 Exercise with PT - FT 9:15 Stretch Tone & Balance - FT, TV, & Z 10:00 Aqua Aerobics w/ Jody - PL 1:00 Exercise with PT - FT 1:15 Duplicate Bridge - FH 2:00 Mah Jongg - CG 2:00 Dining Committee - SN 7:15 Movie Night - SR	7 9:30 Line Dancing - HAR 10:00 Men's Fellowship - CC 10:00 Women's Bible Study - SR 11:00 On Hold - Cardio Fit - FT 1:00 Canasta - SN 1:00 Gale Gillespie, Guest Speaker, "The Silk Road" - AR 2:00 Chorus - FH 2:00 Gentle Seated Yoga - FT, TV, & Z 4:30 Happy Hour - BB	8 8:00 Exercise with PT - FT 9:15 Stretch Tone & Balance - FT, TV, & Z 10:00 Aqua Aerobics w/ Jody - PL 10:00 Newcomers Meeting - AN 10:15 Needlework Group - CG 11:00 Newcomers Bus Tour - LO 1:00 Exercise with PT - FT 2:00 Zumba Gold - FT 4:30 Karaoke - BB	9 7:45 Croquet - FH 11:00 Cardio Fit - FT 1:00 Canasta - SN 1:30 Yoga w/ Joanie - FT 2:00 Mah Jongg - CG 2:00 Movie Matinee – TV 4:30 Happy Hour - BB 7:00 Pet-a-Pooch - LO 7:30 BINGO - FH	10 8:00 Exercise with PT - FT 9:15 Stretch Tone & Balance - FT, TV, & Z 10:00 Aqua Aerobics w/ Sarah - PL 10:15 Canasta - SN 10:30 On Hold- Understanding Terrorism - SR 1:00 Exercise with PT - FT 2:00 Touchtown  Community App Kickoff Party! 2:30 Quilt & Sew Room Open - QS 7:15 Movie Night - SR	11 7:45 Croquet - FH 9:00 Qigong & Tai Chi w/ Lin Kalb - FT 10:00 Aqua Aerobics w/ Sarah - PL 7:30 Music Pilgrim Trio, Music from Around the World - FH
12 11:00 Church Service - FH 2:00 Mah Jongg - CG 	13 Nametag Day 8:00 Exercise with PT - FT 9:00 Res. Club Exec. Mtng - CG 9:15 Stretch Tone & Balance - FT, TV,&Z 10:00 Aqua Aerobics w/ Jody - PL 10:30 Readers Group - CG 1:00 Exercise with PT - FT 1:15 Duplicate Bridge - FH 2:00 Mah Jongg - CG 2:00 Dining Committee - SR 7:15 Movie Night - SR	14  HAPPY VALENTINE'S DAY 9:00 Resident Appreciation Breakfast - CR 9:30 Line Dancing - HAR 10:00 Men's Fellowship - CC 10:00 Women's Bible Study - SR 11:00 Catholic Mass - FH 11:00 On Hold - Cardio Fit - FT 2:00 Chorus - FH 2:00 Gentle Seated Yoga - FT, TV, & Z 4:30 Happy Hour - BB	15 8:00 Exercise with PT - FT 9:15 Stretch Tone & Balance - FT, TV, & Z 10:00 Aqua Aerobics w/ Jody - PL 10:00 Ecumenical Celebration of Love Service - FH 10:15 Needlework Group - CG 1:00 Exercise with PT - FT 2:00 Resident Club Meeting - FH 3:00 Sip n' Paint w/ Cathryn* - SN	16 7:45 Croquet - FH 11:00 Cardio Fit - FT 1:00 Canasta - SN 1:30 Yoga w/ Joanie - FT 2:00 Mah Jongg - CG 2:00 Movie Matinee - TV 2:00 Great Decisions Discussion Group - SR 4:30 Happy Hour - BB	17 8:00 Exercise with PT - FT 9:00 Coffee Chat w/ Ray Fisher- BB 9:15 Stretch Tone & Balance - FT, TV, & Z 10:00 Aqua Aerobics w/ Sarah - PL 10:30 On Hold Understanding Terrorism - SR 12:00 Men's Group Lunch - AN 1:00 Exercise with PT - FT 3:00 Poetry Group - CG 7:15 Movie Night - SR	18 7:45 Croquet - FH 9:00 Qigong & Tai Chi w/ Lin Kalb - FT 10:00 Aqua Aerobics w/ Sarah - PL 1:00 Canasta - SN 7:30 Jody Marshall & Jim Queen, Dulcimer & Violin - FH

19 11:00 Church Service - FH 12:00 Sunday Buffet - CR 2:00 Mah Jongg - CG	20 Presidents' Day Staff Holiday Nametag Day 8:00 Exercise with PT - FT 9:15 Stretch Tone & Balance - FT, TV, & Z 10:00 Aqua Aerobics w/ Jody - PL 10:00 Meaningful Conversations* - AN 1:00 Exercise with PT - FT 1:15 Duplicate Bridge - FH 2:00 Mah Jongg - CG 7:15 Foreign Movie Night - SR	21 9:30 Line Dancing - HAR 10:00 Men's Fellowship – CC 10:00 Women's Bible Study - SR 11:00 On Hold - Cardio Fit - FT 1:00 Canasta – SN 1:30 Mardi Gras Theme Grab n’ Go 2:00 Chorus - FH 2:00 Gentle Seated Yoga - FT, TV, & Z 4:30 Happy Hour - BB 4:45 Mardi Gras Theme Buffet - CR Note: SD & BB Closed	22 8:00 Exercise with PT - FT 9:15 Stretch Tone & Balance - FT, TV, & Z 10:00 Aqua Aerobics w/ Jody - PL 10:15 Needlework Group - CG 1:00 Exercise with PT - FT 1:30 Ash Wednesday Service - FH 2:00 Zumba Gold - FT 2:00 Teaching Kitchen - BB 2:30 Writers Workshop - CG 4:30 Trivia with Friends - BB	23 7:45 Croquet - FH 11:00 Cardio Fit - FT 1:00 Canasta - SN 1:30 Yoga w/ Joanie - FT 2:00 Mah Jongg - CG 2:00 Movie Matinee - TV 4:30 Happy Hour - BB 7:30 BINGO - FH	24 8:00 Exercise with PT - FT 9:15 Stretch Tone & Balance - FT, TV, & Z 10:00 Aqua Aerobics w/ Sarah - PL 10:00 Caregivers Group - CC 10:15 Canasta - SN 10:30 Understanding Terrorism - SR 1:00 Exercise with PT - FT 2:30 Quilt & Sew Room Open - QS 7:15 Movie Night - SR	25 7:45 Croquet - FH 9:00 Qigong & Tai Chi w/ Lin Kalb - FT 10:00 Aqua Aerobics w/ Sarah - PL 7:00 NEW - Movie Night on Channel 970 - TV
26 11:00 Church Service - FH 2:00 Mah Jongg - CG 2:30 Mid-Atlantic Symphony Brass Quintet & Percussion - FH	27 Nametag Day 8:00 Exercise with PT - FT 9:00 Buildings & Grounds Meeting - CG 9:15 Stretch Tone & Balance - FT, TV, & Z 10:00 Aqua Aerobics w/ Jody - PL 1:00 Exercise with PT - FT 1:15 Duplicate Bridge - FH 2:00 Mah Jongg - CG 7:15 Movie Night - SR	28 9:30 Line Dancing - HAR 10:00 Men's Fellowship – CC 10:00 Women's Bible Study - SR 11:00 Catholic Mass - FH 11:00 On Hold - Cardio Fit - FT 2:00 Chorus - FH 2:00 Gentle Seated Yoga - FT, TV,&Z 4:30 Happy Hour - BB 4:45 French Theme Buffet - CR Note: SD & BB Closed			<u>ROOM LOCATION KEY</u> AN - Annapolis Room BB - Bugeye Bar BT - Bus Trip CQ - Croquet Court CG - Card & Game Room CC - Caring Cove CR - Chesapeake Dining Room FH - Friendship Hall FH/CH 971 - Live Stream on Channel 971 FT - Fitness Room	GZ - Gazebo HR - Heritage Activity Room LO - Lobby PL - Aquatic Center QS – Quilt & Sew Room SD - Skipjack Deck SN - Schooner Room SR - South River room TV - Channel 970 Z - Zoom TBD - To Be Determined *Requires Sign Up in Mailroom



Come one! Come All! To the Kickoff of our
NEW TOUCHTOWN COMMUNITY APP
2pm Friday, February 10 in Friendship Hall

Together, we’ll get Touchtown downloaded on your phone or tablet, set up your profile & learn all its features with help from friends.
(This replaces our Connected Living App.)

Food, Games, Prizes, Fun....
SCORE A TOUCHDOWN WITH TOUCHTOWN!

