

REFLECTIONS - FEBRUARY 2025

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

*“Where there is no vision,
there is no hope.”*
- George Washington
Carver



Notes

Transportation:
Community van
transportation days
are Tuesdays and
Thursdays from
9:30am-3:30pm.
Reservations are first
come first served

Salon:
The hairdresser and
nail technician is
available every Wed-
nesday and Friday

Our engagement
program is built upon
both our residents’
interests and our Five
Principles for Vitality.

By providing quality
and choice, we hope to
encourage socialization
and well-being for mind,
body, and spirit.

Continued Learning
Arts & Culture
Physical Fitness
Community Connections
Wellness & Self-Care



- 1**
9:30 Good News of Today
10:00 **Bach and Boogie: Vivaldi**
10:00 Tai Chi for Arthritis
11:00 Knowledge Bout Challenge
1:15 Reflect and Pray
1:30 **RMS University: Chinese New Year**
2:00 Jewelry Design Workshop
3:00 Saturday Smoothie Café
4:00 Barbell Strength

- 8**
9:30 Good News of Today
10:00 **Bach and Boogie: Mozart**
10:00 Yoga Flow
11:00 Knowledge Bout Challenge
1:15 Reflect and Pray
1:30 **RMS University: MLK and Other Dreamers**
2:00 Jewelry Design Workshop
3:00 Saturday Smoothie Café
4:00 Barbell Strength

- 15**
9:30 Good News of Today
10:00 **Bach and Boogie: Romantic Music**
10:00 Yoga Flow
11:00 Knowledge Bout Challenge
1:15 Reflect and Pray
1:30 **RMS University: Jazz Music**
2:00 Jewelry Design Workshop
3:00 Saturday Smoothie Café
4:00 Barbell Strength

- 22** Happy Birthday Carol!
9:30 Good News of Today
10:00 **Bach and Boogie: Beethoven**
10:00 Yoga Flow
11:00 Knowledge Bout Challenge
1:15 Reflect and Pray
1:30 **RMS University: Harlem Renaissance**
2:00 Jewelry Design Workshop
3:00 Saturday Smoothie Café
4:00 Barbell Strength

- 7**
9:30 Historical Moments
10:00 Tai Chi for Arthritis
11:00 Choir Group
1:15 Reflect and Pray
2:00 Aromatherapy Nail Spa
2:00 **PEM Docent Lecture**
2:00 **Trip: Winfrey’s Chocolate**
3:00 Afternoon High Tea
4:00 Resistance Band Training
6:30 Feature Film of the Week

- 14** Valentine's Day
9:30 Historical Moments
10:00 Tai Chi for Arthritis
11:00 Choir Group
1:15 Reflect and Pray
2:00 Aromatherapy Nail Spa
2:00 **Wine and Chocolate Pairings with Music by Autumn Sol**
3:00 Afternoon High Tea
4:00 Resistance Band Training

- 21**
9:30 Historical Moments
10:00 Tai Chi for Arthritis
11:00 Choir Group
11:00 **Trip: Molly’s Book Store**
1:15 Reflect and Pray
1:15 Aromatherapy Nail Spa
2:00 **Karaoke with Susan**
3:00 Afternoon High Tea
4:00 Resistance Band Training
6:30 Feature Film of the Week

- 28** Ramadan Begins
9:30 Historical Moments
10:00 Tai Chi for Arthritis
11:00 Choir Group
1:15 Reflect and Pray
1:30 **Trip: Putnam Pantry**
2:00 Aromatherapy Nail Spa
3:00 Afternoon High Tea
4:00 Resistance Band Training
6:30 Feature Film of the Week

- 6**
9:30 Global Culture and Events
10:00 **Chaboom Fitness**
11:00 Vinyl Memories: Dinah Washington
1:15 Walking Group
2:00 Art Expressions Class
3:00 Refreshment Hour
4:00 Cardio Dance
6:30 Jigsaw Puzzlers Group

- 13**
9:30 Global Culture and Events
10:00 **Chaboom Fitness**
11:00 Vinyl Memories: Louis Armstrong
1:15 Walking Group
2:00 Art Expressions Class
3:00 Refreshment Hour
3:30 **MHS Fan Club: JV Girls Basketball**
4:00 Cardio Dance

- 20**
9:30 Global Culture and Events
10:00 **Chaboom Fitness**
11:00 Vinyl Memories: Dorothy Dandridge
1:15 Walking Group
1:30 **Robin Shelgren Presents**
2:00 Art Expressions Class
3:00 Refreshment Hour
4:00 Cardio Dance
6:30 Jigsaw Puzzlers Group

- 27**
9:30 Global Culture and Events
10:00 **Chaboom Fitness**
11:00 Vinyl Memories: Bill Bojangles Robinson
1:15 Walking Group
2:00 Art Expressions Class
2:00 **Travel Lecture with Ron**
3:00 Refreshment Hour
4:00 Cardio Dance
6:30 Jigsaw Puzzlers Group

- 5**
9:30 Good News of Today
10:00 Barre & Balance Class
11:00 Floral Arranging
11:30 **Lunch: Manne’s Bakery**
1:15 Reflect and Pray
2:00 Aromatherapy Nail Spa
2:00 **Melrose Test Kitchen**
3:00 Refreshment Hour
4:00 Barbell Strength
6:30 Game of Chance Bingo!

- 12**
9:30 Good News of Today
10:00 Barre & Balance Class
11:00 Jeopardy!
11:00 **Trip: Colarusso’s Bakery**
1:15 Reflect and Pray
2:00 Aromatherapy Nail Spa
2:00 **Mixology: “Rum Away” with Michelle**
3:00 Refreshment Hour
4:00 Barbell Strength

- 19**
9:30 Good News of Today
10:00 Barre & Balance Class
11:00 Floral Arranging
11:30 **Lunch: Fuddrucker’s**
1:15 Reflect and Pray
2:00 Aromatherapy Nail Spa
2:00 **Meet the Author: Jane Healey**
3:00 Refreshment Hour
4:00 Barbell Strength

- 26**
9:30 Good News of Today
10:00 Barre & Balance Class
11:00 Jeopardy!
1:15 Reflect and Pray
2:00 Aromatherapy Nail Spa
2:00 **Trip: Mahoney’s Garden Center**
3:00 Refreshment Hour
4:00 Barbell Strength
6:30 Game of Chance Bingo!

- 4** Happy Birthday Phyllis!
9:30 Historical Moments
10:00 **Yoga with Marianne**
11:00 **Resident Council**
1:15 Walking Group
1:30 **Piano and Vocals with Nancy Day**
2:00 Chronology
3:00 Happy Hour Social
4:00 Resistance Band Training
6:30 Open Art Studio

- 11**
9:30 Historical Moments
10:00 Yoga Flow
11:00 Culture Café: Spain
1:15 Walking Group
2:00 **Vocals with Steve O’Connell**
3:00 Happy Hour Social
4:00 Resistance Band Training
6:30 Open Art Studio

- 18**
9:30 Historical Moments
10:00 **Yoga with Marianne**
11:00 Chronology
1:15 Walking Group
2:00 **Film Selection Committee**
3:00 Happy Hour Social
4:00 Resistance Band Training
6:30 Open Art Studio

- 25**
9:30 Historical Moments
10:00 Yoga Flow
11:00 Chronology
1:15 Walking Group
2:00 Poetry Hour
3:00 Happy Hour Social
4:00 Resistance Band Training
6:30 Open Art Studio

- 3**
9:30 Motivational Mondays
10:00 Tai Chi for Arthritis
11:00 Gardening and Nature Club
1:15 Reflect and Pray
2:00 **Baking Class: Chocolate Cherry Bars**
3:00 Refreshment Hour
3:15 Massages with Michelle
4:00 Cardio Dance
6:30 Dealer’s Choice: Cards

- 10**
9:30 Motivational Mondays
10:00 Tai Chi for Arthritis
11:00 Gardening and Nature Club
1:15 Reflect and Pray
2:00 **Baking Class: Red Velvet Cheesecake Brownies**
3:00 Refreshment Hour
3:15 Massages with Michelle
4:00 Cardio Dance
6:30 Dealer’s Choice: Cards

- 17** Presidents' Day
9:30 Motivational Mondays
10:00 Tai Chi for Arthritis
11:00 Gardening and Nature Club
1:15 Reflect and Pray
2:00 **Baking Class: Chocolate Trifle**
3:00 Refreshment Hour
3:15 Massages with Michelle
4:00 Cardio Dance
6:30 Dealer’s Choice: Cards

- 24**
9:30 Motivational Mondays
10:00 Tai Chi for Arthritis
11:00 Gardening and Nature Club
1:15 Reflect and Pray
2:00 **Baking Class: Black Forest Cookies**
3:00 Refreshment Hour
3:15 Massages with Michelle
4:00 Cardio Dance
6:30 Dealer’s Choice: Cards

- 2** Groundhog Day
9:30 Global Culture and Events
10:00 Barre & Balance Class
10:00 *Spiritual Services*
11:00 Person of Interest: George Washington Carver
1:15 Walking Group
2:00 Art Expressions Class
3:00 Sundae Social
4:00 Barbell Strength
6:30 Game Night- Board Games

- 9**
9:30 Global Culture and Events
10:00 Barre & Balance Class
10:00 *Spiritual Services*
11:00 Person of Interest: Ida B. Wells
1:15 Walking Group
2:00 Art Expressions Class
3:00 Sundae Social
4:00 Barbell Strength
6:30 Game Night- Board Games

- 16**
9:30 Global Culture and Events
10:00 Barre & Balance Class
10:00 *Spiritual Services*
11:00 Person of Interest: Tubman & Truth
1:15 Walking Group
2:00 Art Expressions Class
3:00 Sundae Social
4:00 Barbell Strength
6:30 Game Night- Board Games

- 23**
9:30 Global Culture and Events
10:00 Barre & Balance Class
10:00 *Spiritual Services*
11:00 Person of Interest: Josiah Henson
1:15 Walking Group
2:00 Art Expressions Class
3:00 Sundae Social
4:00 Barbell Strength
6:30 Game Night- Board Games