

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



9:30 Guided Meditation L5
10:00 Strength Training L5
11:00 Bible Study L5
1:30 Sunday Matinee:
The Bird Cage L5
3:45 Bingo L5
6:30 Classic Television Series: L5
The Golden Girls

It's Time for the Super Bowl
10:00 Strength Training L5
11:00 Bible Study L5
2:00 Jewelry Design Course L5
3:00 Super Bowl Sunday Party
6:30 Classic Television Series: L5
The Golden Girls

9:30 Guided Meditation L5
10:00 Strength Training L5
11:00 Bible Study L5
1:30 Sunday Matinee:
Spencer L5
3:45 Bingo L5
6:30 Classic Television Series: L5
The Golden Girls

9:30 Zen Meditation L5
10:00 Strength Training L5
11:00 Bible Study L5
2:00 Jewelry Design Course L5
3:00 Karaoke to Classics
3:45 Bingo L5
6:30 Classic Television Series: L5
The Golden Girls

9:30 Alexa Podcast:
Affirmation Pod L5
10:00 HASFit Chair Workout L5
11:00 Chinese Horoscope L5
2:00 Chinese New Year,
the year of the Lion L5
3:45 Bingo L5
6:30 Tuesday Night Romance: L5
Roman Holiday

Chinese New Year
(Year of the Tiger)

9:30 Alexa Podcast:
Affirmation Pod L5
10:00 Heart and Sole Fitness L5
11:00 Resident Council Meeting L2
2:00 Tour Dollywood:
Explore Georgia L5
3:45 Bingo L5
6:30 Tuesday Night Romance: L5
About Time

9:30 Alexa Podcast:
Affirmation Pod L5
10:00 HASFit Chair Workout L5
11:00 Poetry of the American South L5
2:00 Tour & Explore Memphis L5
3:45 Bingo L5
6:30 Tuesday Night Romance: L5
The Notebook

9:30 Alexa Podcast:
Affirmation Pod L5
10:00 Heart and Sole Fitness L5
11:00 Chef Committee Meeting L2
2:00 Tour Nashville:
Southern Liquor L5
3:45 Bingo L5
6:30 Tuesday Night Romance: L5
Pretty Woman

9:30 Radio Humor L5
10:00 Latin Zumba L5
11:00 Game On! Uno L5
2:00 Chef Demo:
Southern Classics L5
3:00 Sinatra Standards L5
3:45 Bingo L5
6:30 Modern Film Classic: L5
American Hustle

10:00 Golden Era Health:
Group Fitness Training L5
11:00 Coffee Klatch & News L5
2:00 Happy Hour and Live
Musical Entertainment L2
3:45 Bingo L5
6:30 New Series Bridgerton: L5

Groundhog Day

10:00 Golden Era Health:
Group Fitness Training L5
11:00 Beatles appear on
Ed Sullivan Show L5
2:00 Happy Hour and Live
Musical Entertainment L2
3:45 Bingo L5
6:30 New Series Bridgerton: L5

10:00 Golden Era Health:
Group Fitness Training L5
11:00 God Bless you, is the proper
response to a sneeze, Why? L5
2:00 Happy Hour and Live
Musical Entertainment L2
3:45 Bingo L5
6:30 New Series Bridgerton: L5

10:00 Golden Era Health:
Group Fitness Training L5
11:00 The Battle of the Alamo L5
2:00 Happy Hour and Live
Musical Entertainment L2
3:45 Bingo L5
6:30 New Series Bridgerton: L5

9:30 NYT The Daily Podcast L5
10:00 Cardio Circuit Training L5
11:00 Game On! Crossword L5
2:00 Tribute to
Betty White Matinee:
Annie's Point
3:45 Rummikub L5
6:30 Hollywood Golden Age: L5
A Passage to India

9:30 NYT The Daily Podcast L5
10:00 Cardio Circuit Training L5
11:00 Game On! Unscramble L5
2:00 Tribute to
Betty White Matinee:
First Lady of Television
3:45 Rummikub L5
6:30 Hollywood Golden Age: L5
City Lights

9:30 NYT The Daily Podcast L5
10:00 Cardio Circuit Training L5
11:00 Game On! Crossword L5
2:00 Tribute to
Betty White Matinee:
The Lost Valentine
3:45 Rummikub L5
6:30 Hollywood Golden Age: L5
It happened one night

9:30 NYT The Daily Podcast L5
10:00 Cardio Circuit Training L5
11:00 Game On! Unscramble
2:00 Tribute to
Betty White Matinee:
You Again?
3:45 Rummikub L5
6:30 Hollywood Golden Age: L5
Breakfast at Tiffany's

9:30 Jazz and Java L5
10:00 Stretch & Strengthen L5
11:00 Current Events L5
2:00 Shabbat Service L2
3:00 Snow White & the Seven
Dwarfs 1938 L5
3:45 Bingo L5
6:30 Friday Evening Musical: L5
The Jazz Singer

9:30 Jazz and Java L5
10:00 Resistance Training L5
11:00 World Issue Discussion L5
2:00 Shabbat Service L2
3:00 Southern Artist
Youtube Documentary L5
3:45 Bingo L5
6:30 Friday Evening Musical: L5
Cabin in the sky

9:30 Jazz and Java L5
10:00 Stretch & Strengthen L5
11:00 Current Events L5
2:00 Shabbat Service L2
3:00 Southern Music
Youtube Concert L5
3:45 Bingo L5
6:30 Friday Night Musical: L5
Tik Tik Boom

9:30 Jazz and Java L5
10:00 Resistance Training L5
11:00 World Issue Discussion L5
2:00 Shabbat Service L2
3:00 Southern Artist
Youtube Documentary L5
3:45 Bingo L5
6:30 Friday Night Musical: L5
Singing in the rain

10:00 Paul Eugene Fitness L5
11:00 Readers Digest L5
2:00 City View News L5
4:00 Sing Along to Rick Hall
6:30 Saturday Night Fun Flick:
Meet the Parents L5

10:00 Ted Talk & Discussion L5
11:00 Casino Royale: Blackjack
1:30 Golden Era Health:
Group Fitness Training L5
2:30 City View News
6:30 Saturday Night Fun Flick:
The Graduate L5

10:00 Ted Talk & Discussion L5
11:00 Casino Royale: Blackjack
1:30 Golden Era Health:
Group Fitness Training L5
2:30 City View News
6:30 Saturday Night Fun Flick:
Harold and Maude L5

10:00 Ted Talk & Discussion L5
11:00 Casino Royale: Blackjack
1:30 Golden Era Health:
Group Fitness Training L5
2:30 City View News
6:30 Saturday Night Fun Flick:
Don't look up L5

