





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><h1>February 2024</h1></div>		<div><h3>ROOM LOCATION KEY</h3><div><div>AS - Art Studio</div><div>CR - Conference Rm</div><div>GR - Game Room</div><div>IMR - Interfaith Meditation Rm</div><div>PAC - Performing Arts Center</div></div><div><div>Cls - Classroom</div><div>FR - Fitness Room</div><div>HC - Health Ctr. Great Rm</div></div></div>		<div>1Residents’ Council 10am - Cls Catholic Mass 11:15 PAC Social Bridge 12:30-3:15 pm GR Décor/Design Comm - 1pm - CR Playreaders I - at 2:30 AS Dulcimers 3:30pm - PAC Playreaders II 4:15 pm - AS Thursday @ the Movies 7pm PAC Chess 7pm GR</div>	<div>2 <i>Groundhog Day</i>  Scrabble 10:30am GR Galleria Shopping Depart 11 am Pinochle - 1 pm - GR Mah Jongg 1pm - AS J. Austen Film Series: <i>Sense & Sensibility</i> - 1pm - Cls Simple Melodies 3 pm PAC Shalom Space 4pm Cls Classic Movie - 7 pm - PAC</div>	<div>3 New Paltz Shopping 8-12 Men’s Coffee 9:30 - PAC Beginning Mah Jongg 9:30 GR Hearts Players 12:30-4pm GR Canasta 1pm GR Table Games 2 p.m. AS Triple Art Film/Discussion w/Norman Sasowsky 2pm - Cls Movie Matinee - 2pm PAC Evening Movie 7pm PAC</div>
<div>4 Church Rides Depart 9 a.m. Bard Concert Depart 1:30 Sunday Matinee 2pm - PAC Evening Movie 7pm - PAC Old Time Radio Shows 7pm WPTV</div>	<div>5 Library Committee 12pm-Cls Finance Review Comm. 1p - AS Hearts Players - 1-4 pm GR Mah Jongg 1pm - 4th Fl C Lounge Dulcimers 1 pm PAC Women’s Tea - 2pm - Cls Pondaliers 3:30 PAC Table Games 7:15 pm - Cls</div>	<div>Social Bridge 12:30-3:15pm - GR Handbells 1pm - AS Caregiver Support Group 1p CR Vassar Art Exhibit Depart 1pm Short Story Group I - 3:30pm - Cls Yarn Mavens - 3pm AS Loss in Literature - 4pm CR Re-air Michelle’s Update 4&8p Book Group 7pm CR</div>	<div>7 Brainteasers 10am - AS Physical Plant Comm. 10am - Cls Spanish Chat 11:15 - AS Canasta - 1-4pm - GR Bingo - 1pm PAC Beginner’s Mah Jongg 1pm AS Woodland Hikers 2pm Lobby Square Dance 3pm AS Current Events 4 p.m. - Cls Prayer Group 4pm IMR Old Time Radio Shows 8p WPTV</div>	<div>8 Social Bridge 12:30-3:15pm GR Playreaders I - at 2:30 AS Dulcimers 3:30pm - PAC Comp. Happy Hr 3:30 Pub/GR Playreaders II 4:15 pm - AS Thursday @ the Movies 7pm PAC Chess 7pm GR</div>	<div>9 Ment. Health/Wellness Comm 10am AS Scrabble 10:30am GR Pinochle - 1pm - GR Mah Jongg 1pm - AS J. Austen Film: <i>Emma</i> - 1pm - Cls Simple Melodies 3pm PAC Shalom Space 4pm Cls Dinner Adventure Depart 4pm Ballet Night 7pm - PAC</div>	<div>10 New Paltz Shopping 8-12 Men’s Coffee 9:30 - PAC Beginning Mah Jongg 9:30 GR 2nd Sat with Pastor Lyn 10:45 HC Hearts Players 12:30-4pm GR Canasta 1pm GR Bard Concert Depart 1pm Table Games 2 p.m. AS Movie Matinee - 2p PAC Evening Movie 7pm PAC</div>
	<div>12 Watercolor Class 10am AS</div>					
<div>18 Church Rides Depart 9 a.m. Sunday Matinee 2pm—<u>Cls</u> Julian Baker Students Music Recital - 3pm PAC Evening Movie 7pm - PAC Old Time Radio Shows 7p WPTV</div>	<div>Watercolor Class 10am AS Hearts Players 1-4pm GR Mah Jongg 1pm - AS Dulcimers 1pm PAC Women’s Tea 2pm - Cls Pondaliers 3:30 PAC Table Games 7:15pm - Cls</div>	<div>20Meditation Group 11am AS Michelle’s Update 12:15pm WPTV Social Bridge 12:30-3:15pm - GR Handbells - 1 pm - AS SusComm Program 2p PAC Yarn Mavens- 3pm AS Short Story Group I-3:30pm - Cls Re-air Michelle’s Update 4p/8p iPhone Camera Club 7pm Cls</div>	<div>21 Brainteasers 10am - AS Benefit Fund Comm. 10am - <u>Cls</u> Spanish Chat 11:15 - AS Canasta - 1-4pm - GR Duplicate Bridge 1p 4th C Lounge Beginner’s Mah Jongg 1pm AS Management Q&A - 1:30 - PAC WP Hikers Campus Hike 2pm - L Square Dance 3pm AS Current Events 4pm Cls Prayer Group 4pm IMR</div>	<div>22 Social Bridge 12:30 pm - GR Lenten Bible Study 1pm- AS Playreaders I - 2:30pm – AS Dulcimers 3:30 pm - PAC Playreaders II - 4:15pm - AS Thursday @ the Movies 7pm PAC Chess Players 7pm - GR</div>	<div>23 Scrabble 10:30am GR Pinochle 1pm - <u>4th Fl C Lounge</u> Mah Jongg 1pm - AS J. Austen Film: <i>Persuasion</i> 1p- <u>PAC</u> Poetry Group 2pm - <u>Cls</u> New Resident Social/Orientation 2pm - <u>GR</u> Simple Melodies 3pm - PAC Shalom Space 4pm Cls Ballet Night - 7pm - PAC</div>	<div>24 New Paltz Shopping 8-12 Men’s Coffee 9:30 - PAC Beginning Mah Jongg 9:30 GR Hearts Players 12:30-4pm GR County Players - Depart 12:45pm Canasta 1pm GR Table Games 2 p.m. AS Movie Matinee - 2p PAC Evening Movie 7pm PAC</div>
	<div>26 Interfaith Comm 10:30 GR Lunch Adventure Depart 11:30 Hearts Players 1-4pm GR</div>					
<div>25 Church Rides Depart 9 a.m. Resident Mixer - 2:30 p.m. IL Dining Room Sunday Matinee 2pm - PAC Evening Movie 7pm - PAC Old Time Radio Shows 7p WPTV</div>	<div>Mah Jongg 1pm - AS Dulcimers 1 pm PAC Health Center Tour 1pm - IL Lobby Caregiver Space/Music Therapy 1:30-IMR/CR Women’s Tea 2pm - Cls Memoir Group 3pm - CR Pondaliers 3:30 PAC Table Games 7pm - Cls Caregiver Space via Zoom 7pm</div>					

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>February 2024 Fitness Classes</div>				<div>1</div> <div>9am – Balance & Strength with Grace– PAC/ WPTV</div> <div>10am– Seated Strength w/ Bands with Grace– PAC/ WPTV</div>	<div>2</div> <div>9am–Water Exercise with Grace</div> <div>10 am –Yoga with Deborah - PAC/WPTV</div> <div>11am- Open Swim with Grace</div> <div>1pm– Fitness Center Workshop</div>	<div>3</div> 
<div>4</div> <div>Open swim with Grace days & times.</div> <div>.Mon, Tues at 11am</div> <div>.Wednesday at 3pm</div> <div>.Friday at 11am</div>	<div>5</div> <div>9am – Water Exercise with Grace</div> <div>10am– Yoga with Deborah- PAC/ WPTV</div> <div>11am– open swim with Grace</div>	<div>6</div> <div>9am – Balance & Strength with Grace – PAC/ WPTV</div> <div>10am – Seated Stretch Bands w/Grace– PAC/WPTV</div> <div>11am - Movement/Music & You with Nora – PAC only</div> <div>11am– open swim with Grace</div>	<div>7</div> <div>9am – Water Exercise with Grace</div> <div>10am – Yoga with Deborah WPTV Only</div> <div>11am – Chair Yoga &Balance w/Grace– PAC/ WPTV</div> <div>1pm– winter walk w/ Grace</div> <div>3pm- open pool swim/ Grace</div>	<div>8</div> <div>9am– Self-Led Water Exercise Group</div> <div>9am – Balance & Strength with Grace– PAC/ WPTV</div> <div>10am– Seated Strength w/ Bands with Grace– PAC/ WPTV</div>	<div>9</div> <div>9am –Water Exercise with Grace</div> <div>10 am –Yoga with Deborah - PAC/WPTV</div> <div>NO 11am open swim with Grace. Please find partner. Or rotate swimmers.</div>	<div>10</div> <div>Tai Chi pop up Classes in PAC</div> <div>. Wed Feb 14th at 1:30pm</div> <div>. Thurs Feb 29th at 2pm</div>
<div>11</div> <div>Winter Walks</div> <div>For those that want to get more steps in and don’t mind the cold too much, join Grace</div> <div>Wed 2/7 at 1pm & Wed 2/21 at 1pm. No sign up needed.</div>	<div>12</div> <div>8am – Self-Led Water Exercise Group</div> <div>9am – Water Exercise with Grace</div> <div>10am– Yoga with Deborah- PAC/ WPTV</div> <div>11am– open swim with Grace</div>	<div>13</div> <div>9am– Self-Led Water Exercise Group</div> <div>9am – Balance & Strength with Grace – PAC/ WPTV</div> <div>10am – Seated Stretch Bands w/Grace– PAC/WPTV</div> <div>11am - Movement/Music & You with Nora – PAC only</div> <div>11am– open swim with Grace</div>	<div>14</div> <div>9am – Water Exercise with Grace</div> <div>10am – Yoga with Deborah WPTV Only</div> <div>11am – Chair Yoga &Balance w/Grace– PAC/ WPTV</div> <div>1:30pm– Tai Chi w/Grace PAC</div> <div>3pm- open pool swim w/ Grace</div>	<div>15</div> <div>9am– Self-Led Water Exercise Group</div> <div>9am – Balance & Strength with Grace– PAC/ WPTV</div> <div>10am– Seated Strength w/ Bands w/Grace– PAC/ WPTV</div> <div>1pm– Fitness Center workshop</div>	<div>16</div> <div>9am – Water exercise with Grace.</div> <div>10 am –Yoga with Deborah - PAC/WPTV</div> <div>11am - Open Swim with Grace</div>	<div>17</div>
<div>18</div>	<div>19</div> <div>8am – Self-Led Water Exercise Group</div> <div>10am– Yoga with Deborah- PAC/ WPTV</div> <div>Happy Presidents day! No Exercise with Grace</div>	<div>20</div> <div>9am– Self-Led Water Exercise Group</div> <div>9am – Balance & Strength with Grace – PAC/ WPTV</div> <div>10am – Seated Stretch Bands w/Grace– PAC/WPTV</div> <div>11am - Movement/Music & You with Nora – PAC only</div> <div>11am– open swim with Grace</div>	<div>21</div> <div>9am – Water Exercise with Grace</div> <div>10am – Yoga with Deborah WPTV Only</div> <div>11am – Chair Yoga &Balance with Grace– PAC/ WPTV</div> <div>1pm– winter walk w/ Grace</div> <div>3pm- open pool swim/ Grace</div>	<div>22</div> <div>9am– Self-Led Water Exercise Group</div> <div>9am – Balance & Strength with Grace– PAC/ WPTV</div> <div>10am– Seated Strength w/ Bands with Grace– PAC/ WPTV</div>	<div>23</div> <div>9am – Water exercise with Grace.</div> <div>10 am –Yoga with Deborah - PAC/WPTV</div> <div>11am - Open Swim with Grace</div>	<div>24</div>
<div>25</div> 	<div>26</div> <div>8am – Self-Led Water Exercise Group</div> <div>9am– Water exercise with Grace</div> <div>10am– Yoga with Deborah PAC/ WPTV</div> <div>11am– open swim with Grace</div> <div>1 pm– HUR machine demo</div>	<div>27</div> <div>9am– Self-Led Water Exercise Group</div> <div>9am – Balance & Strength with Grace – PAC/ WPTV</div> <div>10am – Seated Stretch Bands w/Grace– PAC/WPTV</div> <div>11am - Movement/Music & You with Nora – PAC only</div> <div>11am– open swim with Grace</div>	<div>28</div> <div>9am – Water Exercise with Grace</div> <div>10am – Yoga with Deborah WPTV Only</div> <div>11am – Chair Yoga &Balance with Grace– PAC/ WPTV</div> <div>3pm- open pool swim w/ Grace</div>	<div>29</div> <div>9am– Self-Led Water Exercise Group</div> <div>9am – Balance & Strength with Grace– PAC/ WPTV</div> <div>10am– Seated Strength w/ Bands with Grace PAC/WPTV</div> <div>2pm– Tai Chi w/ Grace– PAC</div>		