

SUN	MON	TUE	WED	THUR	FRI	SAT
<b>LOCATION KEY</b> AS - Art Studio CR - Club Room GR - Game Room GS - Grand Staircase L - Library	MD - Medici Dining Room OUT - Outing PAC - Performing Arts Center PO - Pool	PC - Portabella Cafe PG - Putting Green SR - Seminar Room TH - Theater WR - Wine Room				<b>9:00 Body Blast - With Charles (Aerobics Studio)</b> 10:30 Open Swim Fitness (PO) 1:00 Sole Mates - Walking Club (GS) 1:00 Dominoes (GR) 2:00 Friday & Saturday Movie (TH) <b>7:00 Mexican Train Game (GR)</b>
10:00 Catholic Communion (GR) <b>2</b> 10:30 Church Service (Non-Denominational) (PAC) 1:00 Dominoes (GR) <b>2:00 Tech Help- St. Mark's School of Texas Teaching Technology Across Generations (SR)</b> <b>2:00 Qigong Class - John Slicker (PAC)</b>	9:15 Bridge lessons with Gerri (GR) <b>3</b> 9:30 Agercise - Charles (Aerobics Studio) <b>10:00 Art Class with Laura (AS)</b> <b>10:00 Paulette Martsoff - Boutique (PAC - Performing Arts Center)</b> 10:30 Balance & Bar - Charles (Aerobics Studio) 10:30 Open Swim Fitness (PO) 1:00 Sole Mates - Walking Club (GS) <b>1:00 6 Week Balance Course with Brian Harmon (PAC)</b> 2:00 Musical Mondays Movie (TH)	9:30 Body Fusion - Teresa (Aerobics Studio) <b>4</b> 9:30 Golf Putting / Golf Simulator (PG) <b>10:00 McLean Hearing (Library - Main)</b> 10:30 Bible Study (PAC) 10:30 Start Me Up With Charles (Aerobics Studio) <b>10:45 Men's Lunch Outing - Big Al's Smoke House (OUT)</b> 11:30 Stretch & Balance - Dan (Aerobics Studio) <b>1:00 Walgreens &amp; Tom Thumb** (OUT)</b> 1:00 Tai Chi - Teri (Aerobics Studio) <b>1:30 Mahjong (CR)</b> <b>2:00 H2O Yoga with Dan (PO)</b> 2:00 Military Series (TH) <b>7:30 Magic Show - Robert John the Magician (PAC)</b>	9:30 Agercise@ Charles (Aerobics Studio) <b>5</b> <b>10:00 Ritu's Jewelry Sale (Portabella)</b> 10:30 Move & Flex - Harriet (Aerobics Studio) 10:30 Blood Pressure Checks (L) 10:30 Open Swim Fitness (PO) <b>11:30 Lumedica Musicworks - Open Rehearsal (PAC)</b> 11:30 Yoga with Harriet (Aerobics Studio) <b>1:00 Healthy Living Talk With Kyle - Safe and Steady: Techniques to Reduce Falls and Stay Mobile (GR)</b> 1:00 Sole Mates - Walking Club (GS) 1:00 Farkle Dice Game (CR) 1:00 Golf Simulator Instructions (Billiard Room) 1:30 GUNSMOKE WEDNESDAY (Movie Theater) <b>6:30 101 Tech Classes (GR)</b>	9:30 Body & Brain With Charles (Aerobics Studio) <b>6</b> 10:00 Bridge lessons with Gerri (GR) <b>10:00 Harris Jewelry Repair (AS)</b> 10:30 Agercise@ Charles (Aerobics Studio) <b>10:30 Kimbell Art Museum - Dutch Masters Exhibit (OUT)</b> 1:00 Tai Chi - Teri (Aerobics Studio) 2:00 H2O FIT - Brandi (PO) 2:00 Love & Romance Movie (TH) 2:30 TouchTown/Uniguest app support (GR) 7:30 Bingo (GR)	9:30 Dancercise - Brandi (Aerobics Studio) <b>7</b> <b>10:00 Mahjong (CR)</b> 10:30 Balance & Barre - Charles (Aerobics Studio) 11:30 Stretch & Balance - Dan (Aerobics Studio) 1:00 Sole Mates - Walking Club (GS) <b>1:00 Trader Joes - Outing (OUT)</b> 1:30 Knit Wits (CR) 2:00 Friday & Saturday Movie (TH) <b>2:30 Floral Club (AS)</b> <b>4:00 Happy Hour with Doc Gibbs - MEDICI (Medici)</b>	<b>9:00 Body Blast - With Charles (Aerobics Studio)</b> 10:30 Open Swim Fitness (PO) 1:00 Sole Mates - Walking Club (GS) 1:00 Dominoes (GR) 2:00 Friday & Saturday Movie (TH) <b>7:00 Mexican Train Game (GR)</b>
10:00 Catholic Communion (GR) <b>9</b> 10:30 Church Service (Non-Denominational) (PAC) 1:00 Dominoes (GR) <b>2:00 Qigong Class - John Slicker (PAC)</b> <b>2:15 Dallas Symphony Orchestra - Beethoven's Fifth Symphony (OUT)</b> <b>6:30 Super Bowl Sunday Game! (PAC)</b>	9:15 Bridge lessons with Gerri (GR) <b>10</b> 9:30 Agercise - Charles (Aerobics Studio) <b>10:00 WoodShop Class With Gary (WoodShop)</b> 10:30 Balance & Bar - Charles (Aerobics Studio) 10:30 Open Swim Fitness (PO) 1:00 Sole Mates - Walking Club (GS) <b>1:00 6 Week Balance Course with Brian Harmon (PAC)</b> 2:00 Musical Mondays Movie (TH)	9:30 Body Fusion - Teresa (Aerobics Studio) <b>11</b> 9:30 Golf Putting / Golf Simulator (PG) <b>10:00 WoodShop Class With Gary (WoodShop)</b> 10:30 Bible Study (PAC) 10:30 Start Me Up With Charles (Aerobics Studio) 11:30 Stretch & Balance - Dan (Aerobics Studio) <b>1:00 Walgreens &amp; Tom Thumb** (OUT)</b> 1:00 Tai Chi - Teri (Aerobics Studio) <b>1:30 Mahjong (CR)</b> <b>2:00 H2O Yoga with Dan (PO)</b> 2:00 Military Series (TH) <b>7:30 Texas Musical Winds - Sentimental Journey Trio (PAC)</b>	9:30 Agercise@ Charles (Aerobics Studio) <b>12</b> <b>10:30 Beaded Dreams - Jewelry Making Class (GR)</b> 10:30 Blood Pressure Checks (L) 10:30 Open Swim Fitness (PO) 11:30 Yoga with Harriet (Aerobics Studio) 1:00 Sole Mates - Walking Club (GS) <b>1:00 Dementia Awareness/Training - Angie from Certus (PAC)</b> 1:00 Farkle Dice Game (CR) 1:00 Golf Simulator Instructions (Billiard Room) 1:30 GUNSMOKE WEDNESDAY (Movie Theater) 3:00 Edgemere Choir Practice (PAC) <b>6:30 101 Tech Classes (GR)</b> 7:30 Park Cities Stamp Club (PAC)	9:30 Body & Brain With Charles (Aerobics Studio) <b>13</b> 10:00 Bridge lessons with Gerri (GR) 10:30 Agercise@ Charles (Aerobics Studio) <b>11:30 Valentines Brunch - Ladies Only (MD)</b> 1:00 Tai Chi - Teri (Aerobics Studio) <b>1:30 Book Club (GR)</b> 2:00 H2O FIT - Brandi (PO) 2:00 Love & Romance Movie (TH) 2:30 TouchTown/Uniguest app support (GR) 7:30 Bingo (GR)	9:30 Dancercise - Brandi (Aerobics Studio) <b>14</b> 10:00 Dudes and Donuts (GR) <b>10:00 Mahjong (CR)</b> 10:30 Balance & Barre - Charles (Aerobics Studio) 11:30 Stretch & Balance - Dan (Aerobics Studio) 1:00 Sole Mates - Walking Club (GS) <b>1:00 Walmart** (OUT)</b> 1:30 Knit Wits (CR) 2:00 Friday & Saturday Movie (TH) <b>4:00 Happy Hour With Dave Tanner (PAC)</b> <b>5:30 Valentines Day Dinner (MD)</b>	<b>9:00 Body Blast - With Charles (Aerobics Studio)</b> 10:30 Open Swim Fitness (PO) 1:00 Sole Mates - Walking Club (GS) 1:00 Dominoes (GR) 2:00 Friday & Saturday Movie (TH) <b>7:00 Mexican Train Game (GR)</b>
10:00 Catholic Communion (GR) <b>16</b> 10:30 Church Service (Non-Denominational) (PAC) 1:00 Dominoes (GR) <b>2:00 Tech Help- St. Mark's School of Texas Teaching Technology Across Generations (SR)</b> <b>2:00 Qigong Class - John Slicker (PAC)</b> <b>2:15 Dallas Symphony Orchestra - Organ Recital by James McVinnie (OUT)</b>	9:15 Bridge lessons with Gerri (GR) <b>17</b> 9:30 Agercise - Charles (Aerobics Studio) <b>10:00 Art Class with Laura (AS)</b> 10:30 Balance & Bar - Charles (Aerobics Studio) 10:30 Open Swim Fitness (PO) 1:00 Sole Mates - Walking Club (GS) <b>1:00 6 Week Balance Course with Brian Harmon (PAC)</b> 2:00 Musical Mondays Movie (TH)	9:30 Body Fusion - Teresa (Aerobics Studio) <b>18</b> 9:30 Golf Putting / Golf Simulator (PG) 10:30 Bible Study (PAC) 10:30 Start Me Up With Charles (Aerobics Studio) 11:30 Stretch & Balance - Dan (Aerobics Studio) <b>1:00 Walgreens &amp; Tom Thumb** (OUT)</b> 1:00 Tai Chi - Teri (Aerobics Studio) <b>1:30 Mahjong (CR)</b> <b>2:00 H2O Yoga with Dan (PO)</b> 2:00 Military Series (TH) <b>7:30 Wedgewood Duo Performance (PAC)</b>	9:30 Agercise@ Charles (Aerobics Studio) <b>19</b> <b>10:30 Durbin Ear Clinic (CR)</b> 10:30 Move & Flex - Harriet (Aerobics Studio) 10:30 Blood Pressure Checks (L) 10:30 Open Swim Fitness (PO) 11:30 Yoga with Harriet (Aerobics Studio) 1:00 Sole Mates - Walking Club (GS) 1:00 Farkle Dice Game (CR) <b>1:00 Wellness Wednesday Presentation on Neuropathy (PAC)</b> 1:00 Golf Simulator Instructions (Billiard Room) 1:30 GUNSMOKE WEDNESDAY (Movie Theater) <b>2:15 Dish with Dining (PC)</b> 3:00 Edgemere Choir Practice (PAC) <b>4:00 Artist of the Month Reception - Ryan Bixler (AS)</b> <b>6:30 101 Tech Classes (GR)</b>	9:30 Body & Brain With Charles (Aerobics Studio) <b>20</b> 10:00 Bridge lessons with Gerri (GR) 10:30 Agercise@ Charles (Aerobics Studio) 1:00 Tai Chi - Teri (Aerobics Studio) 2:00 H2O FIT - Brandi (PO) <b>2:00 Chili Cook Off for Residents &amp; Team Members (Garden Room - Portabella)</b> 2:00 Love & Romance Movie (TH) 2:30 TouchTown/Uniguest app support (GR) <b>4:00 Resident Association (PAC)</b> 7:30 Bingo (GR)	9:30 Dancercise - Brandi (Aerobics Studio) <b>21</b> <b>10:00 Mahjong (CR)</b> 10:30 Balance & Barre - Charles (Aerobics Studio) 11:30 Stretch & Balance - Dan (Aerobics Studio) 1:00 Sole Mates - Walking Club (GS) <b>1:00 Target** (OUT)</b> 1:30 Knit Wits (CR) 2:00 Friday & Saturday Movie (TH) <b>2:30 Floral Club (AS)</b> <b>4:00 Happy Hour - TMAC (PAC)</b>	<b>9:00 Body Blast - With Charles (Aerobics Studio)</b> 10:30 Open Swim Fitness (PO) 1:00 Sole Mates - Walking Club (GS) 1:00 Dominoes (GR) 2:00 Friday & Saturday Movie (TH) <b>7:00 Mexican Train Game (GR)</b>
10:00 Catholic Communion (GR) <b>23</b> 10:30 Church Service (Non-Denominational) (PAC) 1:00 Dominoes (GR) <b>2:00 Qigong Class - John Slicker (PAC)</b> <b>2:15 Dallas Symphony Orchestra - Lets Groove Tonight: Motown &amp; The Philly Sound (OUT)</b>	9:15 Bridge lessons with Gerri (GR) <b>24</b> 9:30 Agercise - Charles (Aerobics Studio) <b>9:30 Casino Outing - Winstar (OUT)</b> <b>10:00 WoodShop Class With Gary (WoodShop)</b> 10:30 Balance & Bar - Charles (Aerobics Studio) 10:30 Open Swim Fitness (PO) 1:00 Sole Mates - Walking Club (GS) <b>1:00 6 Week Balance Course with Brian Harmon (PAC)</b> 2:00 Musical Mondays Movie (TH) <b>4:00 Current Events with Randy (PAC)</b>	9:30 Body Fusion - Teresa (Aerobics Studio) <b>25</b> 9:30 Golf Putting / Golf Simulator (PG) <b>10:00 WoodShop Class With Gary (WoodShop)</b> 10:30 Bible Study (PAC) 10:30 Start Me Up With Charles (Aerobics Studio) 11:30 Stretch & Balance - Dan (Aerobics Studio) <b>1:00 Walgreens &amp; Tom Thumb** (OUT)</b> 1:00 Tai Chi - Teri (Aerobics Studio) <b>1:30 Mahjong (CR)</b> <b>2:00 H2O Yoga with Dan (PO)</b> 2:00 Military Series (TH) <b>7:30 Paris Pianist - David Saliamonas (PAC)</b>	9:30 Agercise@ Charles (Aerobics Studio) <b>26</b> 10:30 Move & Flex - Harriet (Aerobics Studio) <b>10:30 Beaded Dreams - Jewelry Making Class (GR)</b> 10:30 Blood Pressure Checks (L) 10:30 Open Swim Fitness (PO) 11:30 Yoga with Harriet (Aerobics Studio) 1:00 Sole Mates - Walking Club (GS) 1:00 Farkle Dice Game (CR) 1:00 Golf Simulator Instructions (Billiard Room) 1:30 GUNSMOKE WEDNESDAY (Movie Theater) 3:00 Edgemere Choir Practice (PAC) <b>3:00 Special Wine Tasting &amp; Appetizers (WR)</b> <b>6:30 101 Tech Classes (GR)</b> 7:30 Park Cities Stamp Club (PAC)	9:30 Body & Brain With Charles (Aerobics Studio) <b>27</b> 10:00 Bridge lessons with Gerri (GR) 10:30 Agercise@ Charles (Aerobics Studio) <b>11:00 Fashion Show with Canal Clothing (MD)</b> 1:00 Tai Chi - Teri (Aerobics Studio) 2:00 H2O FIT - Brandi (PO) 2:00 Love & Romance Movie (TH) 2:30 TouchTown/Uniguest app support (GR) 7:30 Bingo (GR)	9:30 Dancercise - Brandi (Aerobics Studio) <b>28</b> 10:00 Dudes and Donuts (GR) <b>10:00 Mahjong (CR)</b> 10:30 Balance & Barre - Charles (Aerobics Studio) 11:30 Stretch & Balance - Dan (Aerobics Studio) 1:00 Sole Mates - Walking Club (GS) <b>1:00 Aldi** (OUT)</b> 1:30 Knit Wits (CR) 2:00 Friday & Saturday Movie (TH) <b>4:00 Happy Hour - with Dave Tanner (PAC)</b>	

# February 2025

Independent Living

