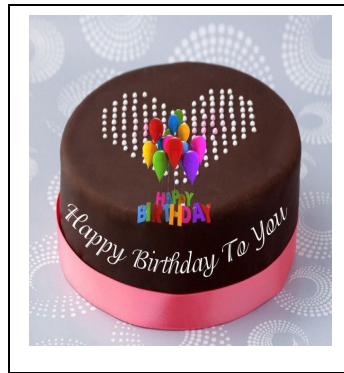


**HAPPY BIRTHDAY**



# FEBRUARY 2023

**Welcome New Residents**

**Location Abbreviations**

- |                            |                           |                                 |
|----------------------------|---------------------------|---------------------------------|
| AG-Art Gallery             | CR-Conference Room        | LIB-Library                     |
| ALA-AL Activity Room       | DR-Chesapeake Dining Room | LOB-Lobby                       |
| ALC-AL Common              | EX-Exchange Store         | MR-Movie "Theater" Room         |
| ALFC-AL Fountain Courtyard | FC-Fountain Courtyard     | PG-Putting Green                |
| AUD-Auditorium             | FS-Fitness Studio         | RO-Rotunda                      |
| BAR-Bar                    | GC-Gazebo Courtyard       | RAR-Resident Activities Room    |
| BS-Beauty Salon            | GES-Group Exercise Studio | RHS-Residential Health Services |
| CC-Croquet Court           | GR-Greenwood Room         | SR-Seminar Room                 |
| CG-Chestnut Green          | HWR-Homewood Room         | TR-Terrace Room                 |
| CH-Carriage House          | HR-Hopkins Room           | TS-Therapy Suite                |



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>Heart Health Awareness</b> NIFS will shine a light on hypertension ~ blood pressure screening 2/15.</p>		<p><b>1 Menu Day 4</b> 9:00 Body Blast/Balance/GES 10:00 Feeling Fit/GES 10:45 Fitness Machine Training/FC 1:30 IM – <i>Islamic Golden Age</i>/MR today only room change 4:00 <i>Wines of Italy Course #2</i>/AUD 7:30 Ladies Gin Rummy/HWR</p>	<p><b>2 Menu Day 5</b> <i>Groundhog Scavenger Hunt</i> 9:00 Mat &amp; Strength/GES 10:00 Water Aerobics/Pool 10:15 Chair Yoga &amp; Stretch/GES 11:15 IM - <i>History of Russia</i>/AUD 1:00 Canasta/HR 1:00 Men's Gin Rummy/HWR 1:30 Billiards/BR 2:00 BSO Sessions: Conlon Conducts the Verdi Requiem/MR 6:30 <i>Everyman Theatre</i>/TRIP</p>	<p><b>3 Menu Day 6</b> 9:00 Body Blast/Strength/GES 9:30 <i>Graul's</i>/TRIP 10:00 Art Session/CH 10:00 Fall Prevention &amp; Balance/GES 10:30 <i>Giant</i>/TRIP 10:35 Seated Strong &amp; Fit/GES 11:15 IM– <i>Magic Numbers</i>/AUD 1:00 <i>Errands Towson</i>/TRIP 2:00 One Day U: E. Hemingway One True Sentence/MR 2:00 Wii Bowling/SR</p>	<p><b>4 Menu Day 7</b> 1:00 Rummikub/RO  <b>Sign up for Sunday Worship Shuttle Bulletin Board</b></p>
<p><b>5 Sunday Brunch</b> 9:30 &amp; 10:15 <i>Worship Shuttle</i>/TRIP 11:30 – 2:00 Brunch Residents Only Reservations Required DR Closed for Dinner</p>	<p><b>6 Menu Day 9</b> 9:00 Body Blast/Strength/GES 9:30 <i>Graul's</i>/TRIP 10:00 Fall Prevention &amp; Balance/GES 10:30 <i>Eddie's</i>/TRIP 10:35 Seated Strong &amp; Fit/GES 11:15 IM – <i>Unsung Heroes of WWII</i>/AUD 7:30 Movie: Glass Onion: A Knives Out Mystery/MR</p>	<p><b>7 Menu Day 10</b> 9:00 Total Body/GES 9:30 Tai Chi-Katsumi/GES 9:30 <i>Bookmobile</i>/CURB 10:00 Water Aerobics/Pool 10:15 Chair Yoga &amp; Stretch/GES 11:15 IM– <i>Geological Wonders</i>/AUD 1:00 Mah Jongg/RO 1:30 Billiards/BR 2:00 <i>Catholic Mass</i>/HWR 2:00 Feeling Fit/GES 3:00 <i>Chorus</i>/AUD 3:30 <i>Stitch &amp; Chat</i>/HR 8:00 Men's Poker/GR</p>	<p><b>8 Menu Day 11</b> 9:00 Body Blast/Balance/GES 10:00 Feeling Fit/GES 10:00 <i>Watercolor Class</i>/CH 10:30 <i>The Gathering</i>/AUD 10:45 Fitness Machines/FC 1:30 IM – <i>Islamic Golden Age</i>/AUD 4:00 <i>Wines of Italy Course #3</i>/AUD 8:00 <i>Enrichment: Evan Drachman, cellist</i>/AUD</p>	<p><b>9 Menu Day 12</b> 9:00 Mat &amp; Strength/GES 9:00 <i>Indian Museum</i>/TRIP 10:00 Water Aerobics/Pool 10:15 Chair Yoga &amp; Stretch/GES 11:15 IM - <i>History of Russia</i>/AUD 1:00 Canasta/HR 1:00 Men's Gin Rummy/HWR 1:30 Billiards/BR 2:00 BSO Sessions: Dvorak Cello Concert/MR 3:00 <i>Sip &amp; Paint</i>/AUD</p>	<p><b>10 Menu Day 13</b> 9:00 Body Blast/Strength/GES 9:30 <i>Graul's</i>/TRIP 10:00 Art Session/CH 10:00 Falls &amp; Balance/GES 10:30 <i>Giant</i>/TRIP 10:35 Strong &amp; Fit/GES 11:15 IM– <i>Magic Numbers</i>/AUD 1:00 <i>Errands North</i>/TRIP 2:00 One Day U: ...Remarkable James Webb Telescope /MR 2:00 Wii Bowling/SR 5:00 <i>New Residents' Dinner</i>/LIB &amp; DR</p>	<p><b>11 Menu Day 14</b> 1:00 Rummikub/RO  <b>Sign up for Sunday Worship Shuttle Bulletin Board</b></p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>12 Menu Day 15</b> 9:30 & 10:15 Worship Shuttle/TRIP	<b>13 Menu Day 16</b> 9:00 Body Blast/Strength/GES 9:30 Graul's/TRIP 10:00 Fall Prevention & Balance/GES 10:35 Seated Strong & Fit/GES 10:30 Shop Rite/TRIP 11:15 IM – Unsung Heroes of WWII/AUD 3:30 Climate Change/AUD 7:30 Movie: Blonde/MR	<b>14 Menu Day 17</b> <b>HAPPY VALENTINE'S DAY</b> 9:00 Total Body/GES 9:30 Tai Chi-Katsumi/GES 10:00 Water Aerobics/Pool 10:15 Chair Yoga & Stretch/GES 11:15 IM–Geological Wonders/AUD 1:00 Mah Jongg/RO 1:30 Billiards/BR 2:00 Feeling Fit/GES 3:00 Chorus/AUD 3:30 Stitch & Chat/HR 8:00 Men's Poker/GR	<b>15 Menu Day 18</b> 8:30 - 9:30 Oatmeal Bar/RO 8:30 – 10:30 BP Screening/RO 9:00 Body Blast/Balance/GES 10:00 Feeling Fit/GES 10:00 Watercolor Class/CH 10:45 Fitness Machines/FC 1:30 IM – Islamic Golden Age/AUD 2:30 BCFA: Michael O'Hanlan Military History for the Modern Strategist/AUD 4:00 Wines of Italy Course #4/AUD 7:30 Ladies Gin Rummy/HWR	<b>16 Menu Day 19</b> 9:00 Mat & Strength/GES 10:00 Water Aerobics/Pool 10:15 Chair Yoga & Stretch/GES 11:15 IM - History of Russia/AUD 12:00 Lunch Out: Boulevard/TRIP 1:00 Canasta/HR 1:00 Men's Gin Rummy/HWR 1:30 Billiards/BR 2:00 BSO Sessions: Peter Oundjian/MR 4:00 New Resident Social/RO	<b>17 Menu Day 20</b> 9:00 Body Blast/Strength/GES 9:30 Graul's/TRIP 10:00 Art Session/CH 10:00 Fall Prevention & Balance/GES 10:30 Giant/TRIP 10:35 Strong & Fit/GES 11:15 IM– Magic Numbers/AUD 1:00 Errands Towson/TRIP 2:00 One Day U: Kissinger at 99/MR 2:00 Wii Bowling/SR 7:00 BSO Classical/TRIP	<b>18 Menu Day 21</b> 1:00 Rummikub/RO Sign up for Sunday Worship Shuttle Trips Bulletin Board
<b>19 Menu Day 22</b> 9:30 & 10:15 Worship Shuttle/TRIP 2:45 Concert at Second Presbyterian/TRIP	<b>20 Menu Day 23</b> <b>PRESIDENTS' DAY</b> 9:00 Body Blast/Strength/GES 9:30 Graul's/TRIP 10:00 Fall Prevention & Balance/GES 10:3 Strong & Fit/GES 10:30 Eddie's/TRIP 11:15 IM – Unsung Heroes of WWII/AUD 2:00 Class: "How to Use Blakehurst App"/MR 7:30 Movie: All Quiet on The Wester Front/MR	<b>21 Menu Day 24</b> <b>MARDI GRAS</b> <b>PANCAKE BREAKFAST</b> 9:00 Total Body/GES 9:30 Tai Chi-Katsumi/GES 10:00 Water Aerobics/Pool 10:15 Chair Yoga & Stretch/GES 11:15 IM–Geological Wonders/AUD 1:00 Mah Jongg/RO 1:30 Billiards/BR 2:00 Feeling Fit/GES 2:00 Caregivers Support/CR 3:00 Chorus/AUD 3:30 Stitch & Chat/HR 8:00 Men's Poker/GR	<b>22 Menu Day 25</b> 9:00 Body Blast/Balance/GES 10:00 Feeling Fit/GES 10:00 Watercolor Class/CH 10:45 Fitness Machine Training/FC 11:15 IM – Supreme Court/AUD 1:00 Step-on-Bus Tour Historical Towson/TRIP 2:00 Ash Wednesday Service Hunt's UMC/AUD 4:00 Wines of Italy Course #1/AUD	<b>23 Menu Day 26</b> 9:00 Mat & Strength/GES 10:00 Water Aerobics/Pool 10:15 Chair Yoga & Stretch/GES 11:15 IM - History of Russia/AUD 1:00 Canasta/HR 1:00 Men's Gin Rummy/HWR 1:30 Billiards/BR 2:00 Conversation with Lonny/AUD 3:00 Literature Group/HR	<b>24 Menu Day 27</b> 9:00 Body Blast/Strength/GES 9:30 Graul's/TRIP 10:00 Art Session/CH 10:00 Conversation with Lonny/AUD 10:00 Falls & Balance/GES 10:35 Strong & Fit/GES 10:30 Giant/TRIP 11:15 IM–Christian History/AUD 1:00 Errands North/TRIP 2:00 One Day U: Sensational Trial of Lizzie Borden/MR 2:00 Book Club/HR 2:00 Wii Bowling/SR	<b>25 Menu Day 28</b> 10:00 Gentlemen's Coffee & Conversation/DR 1:00 Rummikub/RO 7:00 BSO SuperPops/TRIP Sign up for Sunday Worship Shuttle Bulletin Board
<b>26 Menu Day 1</b> 9:30 & 10:15 Worship Shuttle/TRIP 1:00 Fells Point Theatre/TRIP 7:30 Lenten Vespers ~ The Rev. Amy McCullough/AUD	<b>27 Menu Day 2</b> 9:00 Body Blast/Strength/GES 9:30 Graul's/TRIP 10:00 Fall Prevention & Balance/GES 10:35 Seated Strong & Fit/GES 10:30 Trader Joe's/TRIP 11:15 IM – Unsung Heroes of WWII/AUD 3:30 Climate Change/AUD 7:30 Movie: The Sea Beast/MR	<b>28 Menu Day 3</b> 9:00 Mat Works/GES 9:30 Tai Chi-Katsumi/GES 10:00 Water Aerobics/Pool 10:15 Chair Yoga & Stretch/GES 11:15 IM–Geological Wonders/AUD 1:00 Mah Jongg/RO 1:30 Billiards/BR 2:00 Feeling Fit/GES 3:00 Chorus/AUD 3:30 Stitch & Chat/HR 7:00 Speaker Series/TRIP 8:00 Men's Poker/GR	<b>Participation Necessary to Earn A Heart February 15 – 28 ~ NIFS Details in Mail Room</b> <i>How Large Will Blakehurst's Heart Grow?</i>			