



## legacy court

### BE INSPIRED

- CONNECT    ● GROW
- CONTRIBUTE    ● MOVE
- FEEL    ● REFLECT

### LOCATIONS

- BISTRO — *BT*
- CONFERENCE HALL — *CH*
- COUNTRY KITCHEN — *CK*
- DINING ROOM — *DR*
- FOURTH FLOOR — *4FL*
- LOBBY — *LY*
- OUTSIDE — *Out*
- PATIO — *PT*
- THEATER ROOM — *TR*
- THIRD FLOOR — *3FL*

### TRANSPORTATION SCHEDULE

MONDAY, TUESDAY,  
WEDNESDAY & FRIDAY  
8:30 a.m.-2:30 p.m.  
*Medical Appointments*

### ADDITIONAL SERVICES

- BANK  
*Monday, Wednesday, Friday*  
9 a.m.-2 p.m.
- STAMPS/CONCIERGE  
*Monday-Friday*  
9 a.m.-4 p.m.
- SALON  
*Tuesday-Saturday*  
9 a.m.-4 p.m.

### SENIOR LIFESTYLE

EMBRACE *life.*

EMBRACE *moments.*  
EMBRACE *connection.*

www.SeniorLifestyle.com  
Activities are subject to change

“Success is what you do  
with your ability. It’s how  
you use your talent.”

—George Allen Sr.



<p>10:00 ● Church Service 10:30 ● Poetry Reading 11:00 ● Football Trivia 11:30 ● Move to Music 2:00 ● Armchair Travel 4:00 ● Funny Fortunes 6:00 ● create a story</p>	<p>10:00 ● Daily Faith Reading 10:30 ● Felt Heart Ornaments 11:00 ● pick a photo and tell a story 11:30 ● Exercise with Genesis 2:00 ● Travel Club 4:00 ● Words that begin with F 6:00 ● Bible Passage Reading</p>	<p>10:00 ● Meditation 10:30 ● Valentine Bingo 11:30 ● Let’s Make a Snack 2:00 ● Basic Sign Language 3:00 ● Who knows the word? 4:00 ● Snowy Bingo 6:00 ● Singalong &amp; Prayer</p>	<p>10:00 ● Moments of Joy 10:00 ● Warm Cocoa and Trivia 10:30 ● Kind word exchange 11:00 ● Reminisce Maple Syrup 11:30 ● Exercise with Genesis 2:00 ● Different places &amp; how they cook 3:00 ● Community Helpers 4:00 ● Bean Bag Toss 6:00 ● Chair Praise Dance</p>	<p>10:00 ● Meditation 10:30 ● pop your creativity with glitter 11:00 ● Card Making 11:30 ● memory game 12:00 ● Pizza, PJ and a Movie   <i>CH</i> 2:00 ● Jazz hour 3:00 ● Happy Hour 4:00 ● Pamper Me Thursday (Hand Massage/Nails) 6:00 ● Singalong &amp; Prayer</p>	<p>9:30 ● National Wear Red Day 10:00 ● Moments of Joy 10:30 ● Love words   <i>DR</i> 11:00 ● Water Painting 11:30 ● Exercise with Genesis 2:00 ● Basic Sign Language 3:00 ● Snowball Toss 4:00 ● Truth or Dare 6:00 ● Hallmark Movie</p>	<p>GROUNDHOG DAY 10:00 ● Black History Fact for the Day 10:30 ● What Things Don’t Belong? 11:30 ● friendship Bingo 2:00 ● Armchair Travel 3:00 ● Ring Toss 4:00 ● greatest memory 6:00 ● rhyming words</p>
<p>10:00 ● Church Service 10:30 ● Guess That Animal Sound 11:00 ● Create Your Favorite Animal 11:30 ● Move to Music 2:00 ● Armchair Travel 3:00 ● Scavenger Hunt 6:00 ● create a story</p>	<p>10:00 ● Daily Faith Reading 11:00 ● pick a photo and tell a story 11:15 ● Pom-pom bear making 11:30 ● Exercise with Genesis 2:00 ● Art with Anne 4:00 ● Words that begin with F</p>	<p>10:00 ● Pool Noodle Challenge 10:30 ● Winter Painting 11:00 ● Valentine Monster Pencils 11:30 ● Let’s Make a Snack 2:00 ● Basic Sign Language 3:00 ● Who knows the word? 6:00 ● Singalong &amp; Prayer</p>	<p>10:00 ● Felt crafts 10:30 ● Kind word exchange 11:00 ● Shaving Cream Hearts 11:30 ● Exercise with Genesis 2:00 ● Different places &amp; how they cook 3:00 ● Community Helpers 6:00 ● Chair Praise Dance</p>	<p>VALENTINE’S DAY 10:00 ● Favorite Love Songs 10:30 ● pop your creativity with glitter 11:00 ● Valentine Necklaces 11:30 ● Valentine Bingo 2:00 ● Jazz hour 3:00 ● Happy Hour 6:00 ● Singalong &amp; Prayer 6:30 ● Hallmark Movie</p>	<p>10:00 ● Moments of Joy 10:30 ● Love words   <i>DR</i> 11:00 ● Watercolor Painting 11:30 ● Exercise with Genesis 2:00 ● Basic Sign Language 3:00 ● Women in Blue Jeans Talk 6:00 ● Hallmark Movie</p>	<p>10:00 ● Black History Fact for the Day 10:30 ● What Things Don’t Belong? 11:30 ● friendship Bingo 2:00 ● Armchair Travel 3:00 ● Ring Toss 4:00 ● greatest memory 6:00 ● rhyming words</p>
<p>10:00 ● Church Service 10:30 ● Cat Drawing 11:00 ● What Can Cats Do? 11:30 ● Move to Music 2:00 ● Armchair Travel 3:00 ● How Many Things Can You Make Out of Potatoes 6:00 ● create a story</p>	<p>PRESIDENTS DAY 10:00 ● Daily Faith Reading 10:30 ● Mix Up Snack Challenge 11:00 ● pick a photo and tell a story 11:30 ● Exercise with Genesis 2:00 ● Travel Club 3:00 ● How Many of You? 4:00 ● Words that begin with F</p>	<p>4:00 ● Lovable Matches 10:00 ● Meditation 10:30 ● Valentine Bingo 11:00 ● Edible Art 11:30 ● Let’s Make a Snack 2:00 ● Basic Sign Language 3:00 ● Who knows the word? 6:00 ● Singalong &amp; Prayer</p>	<p>10:00 ● Moments of Joy 10:30 ● Kind word exchange 11:30 ● Exercise with Genesis 2:00 ● Different places &amp; how they cook 3:00 ● Community Helpers 6:00 ● Chair Praise Dance</p>	<p>10:00 ● Meditation 10:30 ● pop your creativity with glitter 11:00 ● Card Making 11:30 ● memory game 2:00 ● Jazz hour 3:00 ● Happy Hour 4:00 ● Pamper Me Thursday (Hand Massage/Nails) 6:00 ● Singalong &amp; Prayer</p>	<p>10:00 ● Moments of Joy 10:00 ● In the News 10:30 ● Love words   <i>DR</i> 11:30 ● Exercise with Genesis 2:00 ● Basic Sign Language 6:00 ● Hallmark Movie</p>	<p>10:00 ● water painting 10:00 ● In the News 10:30 ● What Things Don’t Belong? 11:00 ● painting with string 11:30 ● friendship Bingo 2:00 ● Armchair Travel 3:00 ● Ring Toss 4:00 ● greatest memory 6:00 ● rhyming words</p>
<p>10:00 ● Church Service 10:30 ● Group Poetry Reading 11:00 ● Decorative Bottles 11:30 ● Move to Music 2:00 ● Armchair Travel 3:00 ● Scavenger Hunt 4:00 ● What Was in Grandma’s Chili? 6:00 ● create a story</p>	<p>10:00 ● Daily Faith Reading 11:00 ● pick a photo and tell a story 11:15 ● Pom-pom bear making 11:30 ● Exercise with Genesis 2:00 ● Art with Anne 4:00 ● Words that begin with F</p>	<p>10:30 ● Colorful Tissue Paper Flower 10:30 ● Poetry Sharing 11:30 ● Let’s Make a Snack 2:00 ● Basic Sign Language 3:00 ● Who knows the word? 6:00 ● Singalong &amp; Prayer</p>	<p>10:00 ● Felt crafts 10:30 ● Kind word exchange 11:30 ● Exercise with Genesis 2:00 ● Different places &amp; how they cook 3:00 ● Community Helpers 6:00 ● Chair Praise Dance</p>	<p>10:00 ● In the News 10:30 ● pop your creativity with glitter 11:00 ● Burning Bowl 2:00 ● Jazz hour 3:00 ● Happy Hour 6:00 ● Singalong &amp; Prayer</p>		



## EVENT RECAP

# new year's party

Legacy and Assisted Living celebrated the New Year together with a Black and White party.

They enjoyed entertainment from the musician Mr. Gary, who performed all the great hits from the 1920s.



## FLU PREVENTION *tips*

Take everyday preventive actions to stop the spread of germs.

- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)
- Cover your nose and mouth with a tissue when you cough or sneeze. After using a tissue, throw it in the trash and wash your hands.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like flu.

Stay in your apartment if you are sick. Do not come to meals. We will deliver sick meals to you.

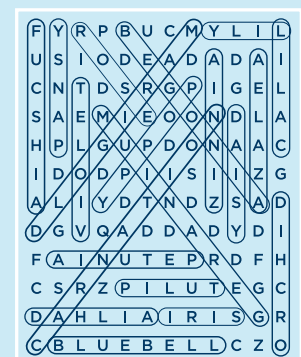
## THIS MONTH'S *heart hero*

HOSPITALITY, EXCELLENCE,  
APPRECIATION,  
RESPECT, TEAMWORK

MR. RONDELL STEWART is very compassionate, professional and caring to our residents and an asset to the Dining Room team. We had a situation in the Dining Room, and he was very instrumental in handling the situation. We are blessed to have him here at Atrium Village.



## TRAIN YOUR BRAIN *solution*



SENIOR  
LIFESTYLE  
your life, your style



PET  
FRIENDLY