





**The Amsterdam at Harborside  
Independent Living**

february! 

**AMSTERDAM**  
AT HARBORSIDE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 					<p><b>Friday, February 7th</b> American Heart Association Day Wear red in support!</p>  	
<p><b>2</b> 11:00 Sunday Brunch - FD 11:00 Zumba Gold with Desiree - LR 2:30 Cinema Critics Circle - PR 6:30 "Super Bowl Sunday" - PR</p>	<p><b>3</b> 9:15 Trip: The Jewish Museum-LOB 10:00 Tai Chi with David- PR 11:00 Creative Arts - AR 11:30 Convenience Store - B 1:00 Canasta - CR 1:45 Stretch &amp; Strengthen Heidi- PR 2:30 Current Events - L 3:30 Sing-A-Long with Amy - LR 4:00 Italian Conversation - AR 7:30 Documentary Monday - PR</p>	<p><b>4</b> 10:30 Conditioning with David- F 11:00 Latin Dance Fitness with Yoli - PR 11:30 Convenience Store - B 1:00 Senior Fit with Rhonda- LR 1:00 Shopping - TJMAXX - LOB 2:00 Team Trivia - CR 7:15 Duplicate Bridge - CR</p>	<p><b>5</b> 10:30 Cultural Arts Meeting - CR 10:30 Core Flex Fitness with David- PR 11:00 Line Dancing with Rose- AR 1:00 Grocery Shopping - LOB 1:00 Readers &amp; Reviewers - L 1:00 Bridge - CR 1:00 French Conversation - L 1:30 Knitting Club - LR 2:30 Poetry Reading - L 4:00 Resident Council Open Meeting-PR 8:00 Game Night - CR</p>	<p><b>6</b> 10:00 Aquacise with Marie - P 10:30 Conditioning with David- F 11:00 Chair Yoga with Mia - PR 11:30 Convenience Store - B 1:00 Clay Workshop - AR 1:00 Mah Jongg &amp; Bridge - CR 1:30 Stretch &amp; Strengthen Heidi- PR 4:00 Happy Hour - LR 4:30 Yiddish Conversation - L</p>	<p><b>7</b> 9:30 Grocery Shopping - LOB 10:00 Tai Chi with David- PR 10:30 Water Color Class - AR 11:00 Friday Fitness with David - PR 11:00 Shabbat Services - SLR 11:00 Herricks Schools Choral Concert- Love Songs - LR 11:45 Sandwiched In - LOB 1:00 Duplicate Bridge - CR 3:00 Play Reading - L</p>	<p><b>8</b> 11:00 Chair Yoga with Mia - PR 1:00 Canasta &amp; Bridge - CR 3:00 Afternoon Tea - LR 4:00 Book Club - L 8:00 Game Night - CR</p>
<p><b>9</b> 11:00 Sunday Brunch - FD 11:00 Zumba Gold with Desiree - PR 2:30 Resident Share: Natalie Bober -PR</p>	<p><b>10</b> 10:00 Tai Chi with David- PR 11:00 Creative Arts - AR 11:30 Convenience Store - B 1:00 Canasta - CR 1:45 Stretch &amp; Strengthen Heidi- PR 2:30 Current Events - L 3:30 Sing-A-Long with Amy - LR 4:00 Italian Conversation - AR 7:30 Documentary Monday - PR</p>	<p><b>11</b> 10:30 Conditioning with David- F 11:00 Latin Dance Fitness with Yoli - PR 11:30 Convenience Store - B 12:00 Resident Birthday Lunch - FD 1:00 Senior Fit with Rhonda- PR 2:00 Team Trivia - CR 3:30 Musical Entertainment: Anna Maria Villa Trio - LR 7:15 Duplicate Bridge - CR</p>	<p><b>12</b> 11:00 Town Hall - PR 1:00 Grocery Shopping - LOB 1:00 Bridge - CR 1:00 French Conversation - L 1:00 Landmark Theater- LOB 1:30 Knitting Club - LR 2:30 Poetry Reading - L 4:00 Library Committee Meeting - L 8:00 Game Night - CR</p>	<p><b>13</b> 10:00 Aquacise with Marie - P 10:30 Conditioning with David- F 11:00 Chair Yoga with Mia - PR 11:30 Convenience Store - B 1:00 Clay Workshop - AR 1:00 Mah Jongg &amp; Bridge - CR 1:00 Blood Pressure Screening - AR 1:30 Stretch &amp; Strengthen Heidi- PR 4:00 Happy Hour - LR 4:30 Yiddish Conversation - L</p>	<p><b>14 VALENTINES DAY</b> 9:30 Grocery Shopping - LOB 10:00 Tai Chi with David- PR 10:30 Water Color Class - AR 11:00 Friday Fitness - PR 11:00 Shabbat Services - SLR 11:45 Sandwiched In - LOB 1:00 Duplicate Bridge - CR 3:00 Play Reading - L 3:00 Good Neighbor Committee- SP</p>	<p><b>15</b> 11:00 Chair Yoga with Mia - PR 1:00 Canasta &amp; Bridge - CR 3:00 Afternoon Tea - LR 4:00 &amp; 7:45 Great Performances in Opera (on DVD)- PR 8:00 Game Night - CR</p>
<p><b>16</b> 11:00 Sunday Brunch - FD 11:00 Zumba Gold with Desiree - PR 2:30 Documentary Film &amp; Discussion-PR</p>	<p><b>17</b> 10:00 Tai Chi with David- PR 11:00 Creative Arts - AR 11:30 Convenience Store - B 1:00 Canasta - CR 1:45 Stretch &amp; Strengthen Heidi- PR 2:30 Current Events - L 3:30 Sing-A-Long with Amy - LR 4:00 Italian Conversation - AR 7:30 Documentary Monday - PR</p>	<p><b>18</b> 10:30 Conditioning with David- F 11:00 Latin Dance Fitness with Yoli - PR 11:30 Convenience Store - B 1:00 Senior Fit with Rhonda- PR 1:00 Shopping - "Target" - LOB 2:00 Team Trivia - CR 3:30 Musical Entertainment: Tom Polito Ensemble - LR 7:15 Duplicate Bridge - CR</p>	<p><b>19</b> 10:30 Cultural Arts Meeting - CR 10:30 Core Flex Fitness with David- PR 11:00 Line Dancing with Rose- AR 1:00 Grocery Shopping - LOB 1:00 Bridge - CR 1:00 French Conversation - L 1:00 Landmark Theater- LOB 1:30 Knitting Club - LR 2:30 Poetry Reading - L 8:00 Game Night - CR</p>	<p><b>20</b> 10:00 Aquacise with Marie - P 10:30 Conditioning with David- F 11:00 Chair Yoga with Mia - PR 11:30 Convenience Store - B 1:00 Clay Workshop - AR 1:00 Mah Jongg &amp; Bridge - CR 1:30 Stretch &amp; Strengthen Heidi- PR 3:00 Words with Tracy - L 4:00 Happy Hour - LR 4:30 Yiddish Conversation - L</p>	<p><b>21</b> 9:30 Grocery Shopping - LOB 10:00 Tai Chi with David- PR 10:30 Water Color Class - AR 11:00 Friday Fitness with David - PR 11:00 Shabbat Services - SLR 11:30 Tilles Center - Dance for Parkinson's - LOB 11:45 Sandwiched In - LOB 1:00 Duplicate Bridge - CR 3:00 Play Reading - L</p>	<p><b>22</b> 11:00 Chair Yoga with Mia - PR 1:00 Canasta &amp; Bridge - CR 3:00 Afternoon Tea - LR 8:00 Game Night - CR</p>
<p><b>23</b> 11:00 Sunday Brunch - FD 11:00 Zumba Gold with Desiree - PR</p>	<p><b>24</b> 10:00 Tai Chi with David- PR 11:00 Creative Arts - AR 11:30 Convenience Store - B 1:00 Canasta - CR 1:45 Stretch &amp; Strengthen Heidi- PR 2:30 Current Events - L 3:30 Sing-A-Long with Amy - LR 4:00 Italian Conversation - AR 7:30 Documentary Monday - PR</p>	<p><b>25</b> 10:30 Conditioning with David- F 11:00 Latin Dance Fitness with Yoli - LR 11:30 Convenience Store - B 1:00 Senior Fit with Rhonda - LR 2:00 Team Trivia - CR 3:30 Mardi Gras with The Elysa Sunshine Ensemble - PR 7:15 Duplicate Bridge - CR</p>	<p><b>26</b> 10:30 Core Flex Fitness with David- PR 11:00 Line Dancing with Rose- AR 1:00 Grocery Shopping - LOB 1:00 Bridge - CR 1:00 French Conversation - L 1:30 Knitting Club - LR 2:30 Poetry Reading - L 4:00 Health Info Lecture: "Common Breathing Disorders- Dr. Huberfeld - PR 8:00 Game Night - CR</p>	<p><b>27</b> 10:00 Aquacise with Marie - P 10:30 Conditioning with David- F 11:00 Chair Yoga with Mia - LR 11:30 Convenience Store - B 1:00 Clay Workshop - AR 1:00 Mah Jongg &amp; Bridge - CR 1:30 Stretch &amp; Strengthen Heidi - LR 3:00 Ines Powell Art Lecture: "Flowers in Western Art" - PR 4:00 Happy Hour - LR 4:30 Yiddish Conversation - L</p>	<p><b>28</b> 9:30 Grocery Shopping - LOB 10:00 Tai Chi with David- PR 10:30 Water Color Class - AR 11:00 Friday Fitness with David - PR 11:00 Shabbat Services - SLR 11:45 Sandwiched In - LOB 1:00 Duplicate Bridge - CR 3:00 Play Reading - L</p>	<p><b>29</b> 11:00 Chair Yoga with Mia - PR 1:00 Canasta &amp; Bridge - CR 3:00 Afternoon Tea - LR 8:00 Game Night - CR</p>

<b>LOCATION KEY:</b>	AR- ACTIVITY ROOM	CR- CARD ROOM	FD- FORMAL DINING	LR- LIVING ROOM	PR- PROMENADE ROOM	SP- THE SANDPIPER
	B- BISTRO	F- FITNESS ROOM	L- LIBRARY	LOB- LOBBY	SLR-SKILLED LIVING RM	NP- NORTH PATIO