



TELEVISED FITNESS CLASSES

Monday Through Friday

- 8:30am Exercise for Arthritis **CH1961**
- 9am/4pm Core Strength **CH1961**



AMERICAN HEART MONTH
“Celebrate Every Beat”

3
 8am Church Runs
 8:15am Music/8:30am Worship **C CH1961**
 11am Rev. David Wiggs -Televised **CH**
 3pm Women's Basketball vs. South Carolina **R S (KW)**
 4:30pm Worship with Rev. Larry Branum, Church of Christ **C CH1961**
 5pm Bean Bag Toss **LDG**
 6:30pm **Super Bowl LIII Watch Party: New England Patriots vs. Los Angeles Rams (CBS Channel 2005) PH**

10
 8am Church Runs
 8:15am Music/8:30am Worship **C CH1961**
 11am Rev. David Wiggs -Televised **CH**
 12pm Women's Razorback Basketball vs. Auburn **R S (KW)**
 4:30pm Worship with Rev. Larry Branum, Church of Christ **C CH1961**
 5pm Bean Bag Toss **LDG**

17
 8am Church Runs
 8:15am Music/8:30am Worship **C CH1961**
 11am Rev. David Wiggs -Televised **CH**
 4:30pm Worship with Rev. Larry Brannum, Church of Christ **C CH1961**
 5pm Bean Bag Toss **LDG**
 TBD Razorback Baseball vs. Eastern Illinois at Baum Stadium **R (KW)**

24
 8am Church Runs
 8:15am Music/8:30am Worship **C CH1961**
 11am Rev. David Wiggs -Televised **CH**
 2pm Women's Basketball vs. Ole Miss **R S (KW)**
 4:30pm Worship with Rev. Larry Branum, Church of Christ **C CH1961**
 5pm Bean Bag Toss **LDG**

4
NAME TAG DAY
 8:30am Resistance Training **AC FWC**
 8:30am Flint Creek Eagle Watch Nature Trail **R (KW)**
 9am Yoga/Pilates **AC**
 9:30am H2O Aerobics **AC**
 9:30am Circuit Training with Spencer **C**
 10am Balance Class **C**
 10am Line Dancing **LDG**
 10:30am 2nd Floor South **V**
 1pm Guitar Lessons **CH**
 1:30pm Back Care Class **AC**
 3pm Piano Recital by Florencia Zuloaga **PH**
 4pm 2nd Floor North **V**
 4pm Yoga **FWC**

11
NAME TAG DAY
 8:30am Resistance Training **AC FWC**
 9am Yoga/Pilates **AC**
 9:30am H2O Aerobics **AC**
 9:30am Circuit Training with Spencer **C**
 9:30am Residents Council **V**
 10am Balance Class **C**
 10am Line Dancing **LDG**
 1pm Guitar Lessons **CH**
 1:30pm Back Care Class **AC**
 3pm Beyond Words: The Evolution of Public Libraries with David Johnson, Executive Director, Fayetteville Public Library **PH (KW)**
 4pm Yoga **FWC**

18
NAME TAG DAY
 8:30am Resistance Training **AC FWC**
 9am Yoga/Pilates **AC**
 9:30am H2O Aerobics **AC**
 9:30am Circuit Training with Spencer **C**
 10am Balance Class **C**
 10am Line Dancing **LDG**
 11am Lunch Bunch to Neal's Cafe **R S (KW)**
 1pm Guitar Lessons **CH**
 1:30pm Back Care Class **AC**
 3pm Proposed Veterans Memorial Park with Jannie Bibb Layne of Bo's Blessings Veterans Organization **PH (KW)**
 3:30pm Margarita Monday **R S (KW)**
 4pm Yoga **FWC**
 7pm Resident Forum **PH CH1961**

25
NAME TAG DAY
 8:30am Resistance Training **AC FWC**
 9am Yoga/Pilates **AC**
 9:30am H2O Aerobics **AC**
 9:30am Circuit Training with Spencer **C**
 10am Balance Class **C**
 10am Line Dancing **LDG**
 1pm Guitar Lessons **CH**
 1:30pm Back Care Class **AC**
 2:30pm BTV Chorus Rehearsal **PH**
 3:30pm It's Your Lucky Day at Cherokee Casino **R S (KW)**
 4pm Yoga **FWC**

5
 9am Walk Away the Pounds **AC**
 9:45am Tai Chi **C**
 10am 1st Floor South **V**
 10:30am Strength and Chair Aerobics **C**
 10:30am 1st Floor North **V**
 2pm **Health and Wellbeing with Dr. Helen McElree: The Human Personality C (KW)**
 2pm Indoor Walking **AC**
 7pm Razorback Basketball vs. Vanderbilt **R S (KW)**
 7pm Bingo **C**

12
 9am Mah Jongg Class with Linda Smith **G**
 9am Walk Away the Pounds **AC**
 9:45am Tai Chi **C**
 10:30am Strength and Chair Aerobics **C**
 1-3:30pm OLLI Class: Regnum Machinarum: Artificial Intelligence in Literature **C**
 2pm Grief Support Group **V**
 2pm Indoor Walking **AC**
 4-5:30pm Take Five Tuesday **R R**
 7pm Bingo **C**

19
 9am Walk Away the Pounds **AC**
 9:45am Tai Chi **C**
 10:30am Strength and Chair Aerobics **C**
 10:30am Caregiver Support Meeting **V**
 1:30-3:30pm OLLI Class: Regnum Machinarum: Artificial Intelligence in Literature **C**
 2pm Indoor Walking **AC**
 4pm Communion, First United Presbyterian **CH**
 6pm Cirque Eloize Saloon **WAC R S (KW)**
 7pm Bingo **C**

26
 9am Mah Jongg Class with Linda Smith **G**
 9am Walk Away the Pounds **AC**
 9:45am Tai Chi **C**
 10:30am Strength and Chair Aerobics **C**
 1:30-3:30pm OLLI Class: Regnum Machinarum: Artificial Intelligence in Literature **C**
 2pm Grief Support Group **V**
 2pm Indoor Walking **AC**
 6pm *A Bronx Tale* **WAC R S (KW)**
 6:30pm **Dinner in the Lodge R SS S (KW)**
 7pm Bingo **C**

6
 8:30am Resistance Training **FWC**
 9am Yoga/Pilates **AC**
 9:30am H2O Aerobics **AC**
 10am Line Dancing **LDG**
 10:30am Bible Study **C**
 11am Communion, FUPC, Springdale **CH**
 11:15am Balance Class **AC**
 1pm Clay Creations with Terry Merchant **AS**
 1:30pm Back Care Class **AC**
 2pm Gentle Water Aerobics **AC**
 2:30pm U.S. Marshals Museum Presentation with Alice Alt **PH**
 3pm Ping-Pong **AC**
 4pm Yoga **FWC**
 4pm 3rd Floor North **C**
 6pm Newspaper P/U **SW CT VH**
 7pm Lecture Series with Moderator Conrad Waligorski **C CH1961 (KW)**

13
 8:30am Resistance Training **FWC**
 9am Yoga/Pilates **AC**
 9:30am H2O Aerobics **AC**
 10am Line Dancing **LDG**
 10:30am Bible Study **C**
 11:15am Balance Class **AC**
 1pm Clay Creations with Terry Merchant **AS**
 1-3:30pm OLLI Class: Musical Time Capsule **PH**
 1:30pm Back Care Class **AC**
 2pm Gentle Water Aerobics **AC**
 2-3:30pm Resident Appreciation Appetizer and Dessert Social **C D R**
 3pm Ping-Pong **AC**
 4pm Yoga **FWC**
 6pm Newspaper P/U **NW**
 7pm Lecture Series with Moderator Conrad Waligorski **C CH1961 (KW)**

20
 8:30am Resistance Training **FWC**
 9am Yoga/Pilates **AC**
 9:30am H2O Aerobics **AC**
 10am Line Dancing **LDG**
 10:30am Bible Study **C**
 11:15am Balance Class **AC**
 1pm Clay Creations with Terry Merchant **AS**
 1:30pm Back Care Class **AC**
 2pm Gentle Water Aerobics **AC**
 3pm New Resident Group Meeting **V**
 4pm Ping Pong **AC**
 4pm Yoga **FWC**
 6pm Newspaper P/U **SW CT VH**
 7pm Lecture Series with Moderator Conrad Waligorski **C CH1961 (KW)**

27
 8:30am Resistance Training **FWC**
 9am Yoga/Pilates **AC**
 9:30am H2O Aerobics **AC**
 10am Line Dancing **LDG**
 10:30am Bible Study **C**
 11:15am Balance Class **AC**
 1pm **BTV Tournament Day: Ping-Pong and Bean Bag Toss PH R**
 1pm Clay Creations with Terry Merchant **AS**
 1:30pm Back Care Class **AC**
 2pm Gentle Water Aerobics **AC**
 4pm Yoga **FWC**
 6pm Newspaper P/U **NW**
 7pm Lecture Series with Moderator Conrad Waligorski **C CH1961 (KW)**
 Razorback Baseball vs. Memphis at Baum Stadium **R (KW)**
 TBA

7
 9am Walk Away the Pounds **AC**
 9:45am Tai Chi **C**
 10:30am 3rd Floor South **V**
 10:30am Strength and Chair Aerobics **C**
 1pm Brain Teasers **V**
 1:30pm Painting for Pleasure **AS**
 2pm Indoor Walking **AC**
 6-8pm **In Concert: FlashBack PH (KW)**
 7pm Faith Study **V**

14
Valentine's Day
 9am Walk Away the Pounds **AC**
 9:45am Tai Chi **C**
 10:15am BTV Book Club **V**
 10:30am Strength and Chair Aerobics **C**
 1pm Brain Teasers **V**
 1:30pm Painting for Pleasure **AS**
 2pm Indoor Walking **AC**
 5pm and 6:30pm **Valentine's Day Wine Dinner LDG R S (KW)**
 7pm **Teaching Technologies: Help with PC's, Laptops, iPhones and Email V**

21
 8:15am Ace in the Hole Men's Breakfast: Rick's Iron Skillet **R S (KW)**
 9am Walk Away the Pounds **AC**
 9:45am Tai Chi **C**
 10am Mass, St. Joseph's **CH**
 10am Communion, First Baptist **V**
 10:30am Strength and Chair Aerobics **C**
 1pm Communion, CUMC **CH**
 1pm Brain Teasers **V**
 1:30pm Painting for Pleasure **AS**
 2pm Indoor Walking **AC**
 7pm Faith Study **V**

28
 9am Walk Away the Pounds **AC**
 9:45am Tai Chi **C**
 10am Communion, First Baptist Church **CH**
 10:30am Strength and Chair Aerobics **C**
 1pm Brain Teasers HCC
 1:30pm Painting for Pleasure **AS**
 2pm Indoor Walking **AC**
 4:30pm Dine with Us at The Venetian Inn in Tontitown **R S (KW)**
 7pm Women's Basketball vs. Missouri **R S (KW)**

1
 8am-12pm **Health and Wellness Assessments PH**
 8:30am Resistance Training **FWC**
 9am Yoga/Pilates **FWC**
 9:30am H2O Aerobics **AC**
 10:30am Village Homes **LDG**
 10:45am Circuit Training with Spencer **C**
 11am Cottages **V**
 11:15am Balance Class **C**
 1pm Bridge **G R**
 1:30pm Stained Glass Art w/ Sherry Young **AS R**
 1:40pm **Pen Pal Fieldtrip to Butterfield Elementary for Student Presentation**
 2pm Gentle Water Aerobics **AC**
 2pm Low Vision Activity Group **V**
 3pm Ping-Pong **AC**

8
 8:30am Resistance Training **FWC**
 9am Yoga/Pilates **FWC**
 9:30am H2O Aerobics **AC**
 10am-2pm Homespun Hobbies **V**
 10:45am Circuit Training with Spencer **C**
 11:15am Balance Class **C**
 1pm Bridge **G R**
 1pm **Museum Travel Series: Shiloh Museum of Ozark History R (KW)**
 1:30pm Stained Glass Art w/ Sherry Young **AS R**
 2pm Gentle Water Aerobics **AC**
 2pm Low Vision Activity Group **V**
 3pm Ping-Pong **AC**
 5-6:30pm Dinner Music with Pianist Harold Chilton **C D**
 7pm *Falsettos* **WAC R S (KW)**

15
 8:30am Resistance Training **FWC**
 9am Yoga/Pilates **FWC**
 9:30am H2O Aerobics **AC**
 10:45am Circuit Training with Spencer **C**
 11:15am Balance Class **C**
 1pm Bridge **G R**
 1:30pm Stained Glass Art w/ Sherry Young **AS R**
 2pm Gentle Water Aerobics **AC**
 2pm Low Vision Activity Group **V**
 3pm **Fulbright Friday: Nanoscience with UA Physics Professor Hugh Churchill C (KW)**
 3pm Ping-Pong **AC**
 TBD Razorback Baseball vs. Eastern Illinois at Baum Stadium **R (KW)**

22
 8:30am Resistance Training **FWC**
 9am Yoga/Pilates **FWC**
 9:30am **Coffee/Juice Bar LB**
 10am **Town Meeting PH**
 10am-2pm Homespun Hobbies **V**
 1pm Bridge **G R**
 1:30pm Stained Glass Art w/ Sherry Young **AS R**
 2pm Gentle Water Aerobics **AC**
 2pm Low Vision Activity Group **V**
 3pm Ping-Pong **AC**
 5-6:30pm Dinner Music with Pianist Harold Chilton **C D**

2
Groundhog Day!
 10am Exercise for Arthritis DVD **CH1961**
 10:30am Strength Training DVD **CH1961**
 11:15am Metropolitan Opera Live Presents: Carmen by Bizet **Razorback Cinema R S (KW)**
 2:30pm and 6:30pm **Documentary Movie: Cielo PG PH**

9
 10am Exercise for Arthritis DVD **CH1961**
 10am Acrylic Painting Class with Linda Hayes **GR**
 10:30am Strength Training DVD **CH1961**
 5:45pm Arkansas Philharmonic Orchestra: Music from the Heart with Pianist Robert Henry **AAC R S (KW)**
 6-8:30pm **St. Valentine's Party and Dance Heavy Hors-d'oeuvres with Special Guest Wings of Swing Big Band**
 Residents are Free; Guests are \$10.50pp **PH R**

16
 10am Exercise for Arthritis DVD **CH1961**
 10:30am Strength Training DVD **CH1961**
 2:30pm and 6:30pm **Movie: The Book of Esther PG PH**
 6:30pm Razorback Basketball vs. Mississippi State **R S (KW)**
 TBD Razorback Baseball vs. Eastern Illinois at Baum Stadium **R (KW)**

23
 10am Exercise for Arthritis DVD **CH1961**
 10am Acrylic Painting Class with Linda Hayes **GR R (KW)**
 10:30am Strength Training **CH1961**
 2:30pm and 6:30pm **Movie: Road to Rio PG PH**
 6:30pm Razorback Basketball vs. Texas A & M **R S (KW)**
 7pm Michael Andrew: Sinatra and the American Songbook **WAC R S (KW)**

EVENT TYPE & LOCATION SYMBOLS

Aquatic Center AC	Convocation C	Game G	Performance Hall PH
Art Studio AS	Cottages CT	Green Room GR	South/North Courtyard SC NC
Assisted Living AL	Dining D	Library L	South/North Wing SW NW
Bistro B	Family Room F	Lobby LB	Villa Room V
Chapel CH	Fitness/Wellness Center FWC	Lodge LDG	Village Homes VH

Cable Channel 1961 **CH1961**
 Fee **F**
 Resident Wait List Welcome **(KW)**
 Sign-up Reservation Required **R**
 Shuttle Service to/from BTV Entrance **SS**

Alma Performing Arts Center **APAC**
 Arend Arts Center **AAC**
 Arts Center of the Ozarks **ACO**
 Faulkner Performing Arts Center **FPAC**
 Walton Arts Center **WAC**

Check Lobby Bulletin Boards, or BTV Cable 1960, regarding corrections, cancellations, or additions to this calendar. Notifications will be posted as soon as possible.