

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:00 Joggin' Your Noggin Trivia 1 9:30 Duke Ellington's Swing Jazz Band 10:00 Great Gatsby Gymnastics 12:00 Pitcher Perfect: Peach Sweet Tea 1:00 The Bee's Knee's Nail Spa 2:00 Spoon & Straw Diner Chicken & Dumplings 3:00 Whiteboard Word Challenge 5:00 Soda Fountain Chats: Secret Admirers	9:00 Dear Safta Life Advice 2 9:30 Americana Jukebox Karaoke 10:00 Shvitz & Sit 12:00 Sifra & Sifre: A Pursuit to Justice 1:00 SOULSide Makeover 2:00 Kashrut Kitchen: Sliced Banana Crepes with Chocolate Drizzle 3:00 Jewish Scattergories 5:00 Fairfax Drive In Theater: The Help National Crepe Day	9:00 Torah Talks 3 9:30 Mindful Meditation 10:00 Juke & Jive Stretch 12:00 מעשיות מיט אַ באָרד (Meshius Mit A Bord) Fables &Parables 1:00 Chocolate Hearts Hot Cocoa Bar 2:00 Word Creation Challenge 3:00 Golden Oldies Short Stories 5:00 SOUL Spa: Nail Filing	9:00 World Issue Discussion 4 9:30 Groovy Sounds: The Mamas & The Papas 10:00 Jack Lalanne Weightlifting 12:00 SOUL Armchair Travel: New Orleans Louisiana Architecture 1:15 Horseshoe Challenge 2:00 Shabbat Songs 3:00 Group Word Search: Be Mine, Valentine! 5:30 Swinging 60's in Film: The Millionairess	9:00 Rise & Shine Periodicals 5 9:30 Stretch Band Workout 10:30 List 10 Memory Challenge 12:00 Pitcher Perfect: Pomegranate Lemonade 1:00 Knit Happens! Craft Series 2:00 Trick Shot Basketball Free Throw 3:00 Categorize & Connect Jigsaw 5:00 Fifties Flashback Cinema
9:00 Morning News 6 9:30 Jazzercise 10:30 Brain HQ Word Challenge 12:00 Whistling Dixie On Broadway: Big River the Adventures of Huck Finn 1:00 Southern with a Splash of Color: Louisiana Cattails 2:00 Sunday High Tea 3:00 Reminiscence Therapy: Coming to America 5:00 Doggone Good Cinema Fried Green Tomatoes (1991)	9:00 Order In The Court Discussion 7 9:30 1950s Doo Wop Ditties 10:00 Healthy Joints 10:45 Short Story Spotlight 12:00 Port of Call: 50's Malt Shops 1:00 The Bloom Room: Floral Arranging 2:00 Bubbe's Kitchen: Dairy Free Cornbread 3:00 SOUL in One: Golf Challenge 5:00 Israel Lights! Camera! Action! Cinema	9:00 Hot Off The Press: Current Events 8 9:30 Tikva Records Radio 10:00 Charleston Chairobics 12:00 Zen Aromatherapy Meditation 1:00 Halakhah Life Lessons 2:00 Sahlab with SOUL Conversations 3:00 Whiteboard Scrabble: Andrew Sisters One Liners 5:00 Patio Chats: Flappers & Speakeasies	9:00 Dear Safta Life Advice 9 9:30 Motown Classics 10:00 Carlebach Cardio! 12:00 Decoding Judaic Symbolism 1:00 Link & Learn Application 2:00 Keep the Beat: Drum Circle 3:00 Yiddish Phrases 5:30 Fairfax Drive - In Theater Driving Miss Daisy	9:00 Morning Torah 10 9:30 Sit Fit Resident Weigh In Led by Wellness Coach 10:00 Feet On The Floor Balance 12:00 Flower Power: Bouquet Building 1:00 Pollock on Paper: Freestyle Canvas Art 2:00 SOUL Soccer Skills 3:00 Shevet Achim Gam Yachad and Sing! 5:00 The Memory Spa: Hand Massages	9:00 Brain HQ 11 9:30 Music That Fueled Our World: Bill Haley & His Comets 10:00 SOUL Weight Training Circuit 12:30 SOUL Armchair Travel: Old Savannah Georgia Trolley Tour 1:15 Shuffleboard Challenge 2:00 Shabbat Songs 3:00 Group Word Search: Iconic African American Inventors 5:30 Swinging 60's in Film Breakfast At Tiffany's	9:00 Today in History 12 9:30 Resistance Training 10:30 Riddle Me This 12:00 Pitcher Perfect: Spa Water Flavor Building 1:00 Winter Craft Series 2:00 Chocolate Dipped Fruit 3:00 Group Poetry Writing 5:00 Fifties Flashback Cinema
9:00 World Issue Discussion 13 9:30 Dance Aerobics 10:30 Brain HQ Word Challenge 12:00 Sing Along to Musicals: Beauty & The Beast 1:00 Oil Pastel Drawing 2:00 Sunday High Tea 3:00 Super Bowl Sunday Watch Party 5:00 Classical Hollywood Cinema Gone With The Wind (1939)	9:00 The Little Midrash: Abraham & The Three Angels 14 9:30 Karaoke with The Carpenters 10:00 Chair Barre 12:00 Alef Bais Scattegory Grouping 1:00 Game On! Mid Day Group Challenge 2:00 Yom Shel Ahava Card Creations 3:30 Quiddler Word Challenge 4:00 Erev Shel Ahava ערב של אהבה 5:00 Cultural Corner: Opera Yom Shel Ahava Celebration	9:00 Did You Know That...Pop Quiz 15 9:30 Tommy Dorsey's Swing Jazz Band 10:00 Great Gatsby Gymnastics 12:00 Southern Refreshments & Repose: Virgin Mint Julips 1:00 The Bee's Knee's Nail Spa 2:00 Spoon & Straw Diner Ambrosia Salad 3:00 Whiteboard Word Challenge 5:00 Soda Fountain Chats: Classic Cars	9:00 Dear Safta Life Advice 16 9:30 50's Jukebox Karaoke 10:00 Shvitz & Sit 12:00 Sifra & Sifre A Pursuit to Justice 1:00 SOULside Makeover 2:00 Nifty Fifties Bingo 3:00 Jewish Scattergories 5:00 Fairfax Drive - In Theater Green Book	9:00 Torah Talks 17 9:30 Mindful Meditation 10:00 Juke & Jive Stretch 12:00 מעשיות מיט אַ באָרד (Meshius Mit A Bord) Fables &Parables 1:00 Chocolate Hearts Hot Cocoa Bar 2:00 Word Creation Challenge 3:00 Golden Oldies Short Stories 5:00 SOUL Spa: Eyebrow Trim	9:00 World Issue Discussion 18 9:30 Groovy Sounds: Buffalo Springfield 10:00 Jack Lalanne Weightlifting 12:00 SOUL Armchair Travel: Fort Sumter South Carolina 1:15 Horseshoe Challenge 2:00 Shabbat Songs 3:00 Group Word Search: 1960's Pop Culture 5:30 Swinging 60's in Film West Side Story	9:00 Rise & Shine Periodicals 19 9:30 Stretch Band Workout 10:30 List 10 Memory Challenge 12:00 Pitcher Perfect: Pomegranate Lemonade 1:00 Knit Happens! Craft Series 2:00 Trick Shot Basketball Free Throw 3:00 Categorize & Connect Jigsaw 5:00 Fifties Flashback Cinema
9:00 Morning News 20 9:30 Jazzercise 10:30 Brain HQ Word Challenge 12:00 Whistling Dixie On Broadway: My Fair Lady 1:00 Southern with a Splash of Color: Weeping Willows 2:00 Sunday High Tea 3:00 Reminiscence Therapy: The Introduction of the Television 5:00 Doggone Good Cinema Cat On A Hot Tin Roof (1958)	9:00 You Be The Judge 21 9:30 1950s Doo Wop Ditties 10:00 Healthy Joints 10:45 Short Story Spotlight 12:00 Name That President: Facts & Trivia 1:00 The Bloom Room: Floral Arranging 2:00 Lincoln Log Cabin Construction 3:00 SOUL in One: Golf Challenge 5:00 Israel Lights! Camera! Action! Cinema Presidents' Day	9:00 Hot Off The Press: Current Events 22 9:30 Tikva Records Radio 10:00 Charleston Chairobics 12:00 Zen Aromatherapy Meditation 1:00 Halakhah Life Lessons 2:00 Sahlab with SOUL Conversations 3:00 Scholastic Sentence Building 5:00 Patio Chats: 1940s Lifestyles	9:00 Dear Safta Life Advice 23 9:30 Motown Classics 10:00 Carlebach Cardio! 12:00 Decoding Judaic Symbolism 1:00 Link & Learn Application 2:00 Keep the Beat Drum Circle 3:00 Yiddish Phrases 5:30 Fairfax Drive - In Theater Steel Magnolias	9:00 Morning Torah 24 9:30 Guided Meditation 10:00 Feet On The Floor Balance 12:00 Flower Power: Bouquet Building 1:00 Pollock on Paper: Freestyle Canvas Art 2:00 SOUL Soccer Skills 3:00 Shevet Achim Gam Yachad and Sing! 5:00 The Memory Spa: Makeup Removal	9:00 Brain HQ 25 9:30 Music That Fueled Our World: The Byrds 10:00 SOUL Weight Training Circuit 12:30 SOUL Armchair Travel: Shenandoah National Park Virginia 1:15 Shuffleboard Challenge 2:00 Shabbat Songs 3:00 Group Word Search: Iconic African American Inventors 5:30 Swinging 60's in Film Breakfast At Tiffany's	9:00 Today in History 26 9:30 Resistance Training 10:30 Riddle Me This 12:00 Pitcher Perfect: Spa Water Flavor Building 1:00 Winter Craft Series 2:00 Chocolate Dipped Fruit 3:00 Group Poetry Writing 5:00 Fifties Flashback Cinema
9:00 World Issue Discussion 27 9:30 Dance Aerobics 10:30 Brain HQ Word Challenge 12:00 Sing Along to Musicals: Ragtime 1:00 Oil Pastel Drawing 2:00 Sunday High Tea 3:00 Norman Rockwell Nostalgia 5:00 Classical Hollywood Cinema Jezebel (1938)	9:00 The Little Midrash: Lot's Wife 28 9:30 Karaoke with Doris Day 10:00 Chair Barre 12:00 Alef Bais Scattegory Grouping 1:00 Game On! Mid Day Group Challenge 2:00 Kosher Kitchen: Southern Deviled Eggs 3:30 Quiddler Word Challenge 5:00 Cultural Corner: Opera					