

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			1 10:30 AM - L Grocery Run 12:00 PM - Z G-Werx Vitality Session 1:30 PM - AR What's Your Story? 4:00 PM - SP Women's Happy Hour 6:30 PM - CR Resident Scrabble/500 Night	2 9:00 AM - AR Yoga - FULL 1:00 PM - L Nordic Walking 2:30 PM - AR Marvelous Musicians with MacPhail's Andrea Leap 3:30/7 PM - AR Classic Film: Shaft (1971) 5:30-7:00 PM - SP Abiitan Residents' Table	3 9:00 AM - Z Refresh and Reset with Amanda 2:00 PM - T Bridge Club 3:30/7:00 PM - AR Foreign Film Friday: The Kings of the World (Colombia) 4:30 PM - T Tech Time	4 1:00 PM - L Nordic Walking 3:30 PM - AR GG Nom: Elvis 7:00 PM - AR GG Nom: Elvis	
5 3:30 PM - AR GG Nom: Guillermo Del Toro's Pinocchio 7:00 PM - AR GG Nom: Guillermo Del Toro's Pinocchio	6 9:30 AM - T Above & Beyond Exercise 1:00 PM - CR Caregiver Support Group 3:30/7 PM - AR (NEW!) Limited Series: Irma Vep (Ep. 1-2) 4:00 PM - SP Resident Happy Hour	7 9:00 AM - Z Seasonal Wellbeing w/ Amanda 10:30 AM - CR Conversation & Community 12:00 PM - Z (NEW TIME) Chair Yoga with Emily Rose 1:00 PM - L Nordic Walking 3:30/7 PM - AR Documentary: Retrograde 4:30 PM - CR Men's Social Hour	8 10:30 AM - L Grocery Run 11:00 AM - AR Conversation with St. Thomas Nursing Students: "Depression and Loneliness" 12:00 PM - Z G-Werx Vitality Session 4:00 PM - SP Women's Happy Hour 6:30 PM - CR Resident Scrabble/500 Night	9 9:00 AM - AR Yoga - FULL 11:00 AM - T/Z "The French Connection" Conversation Group Zoom Call w/Erwan 1:00 PM - L Nordic Walking 2:00 PM - AR TED Talk: The Power of Vulnerability 3:30/7 PM - AR Classic Film: Cleo from 5 to 7 (1962) 5:30-7:00 PM - SP Abiitan Residents' Table	10 9:00 AM - Z Refresh and Reset with Amanda 10:40 AM - L Abiitan Goes to... Somali Museum of Minnesota 2:00 PM - T Bridge Club 3:30/7:00 PM - AR GG Foreign Film: RRR (India) 4:30 PM - T Tech Time	11 1:00 PM - L Nordic Walking 3:30 PM - AR GG Nom: Tár 7:00 PM - AR GG Nom: Tár	
12 3:30 PM - AR GG Nom: Mrs. Harris Goes to Paris 5:30 PM - CR Super Bowl LVII 7:00 PM - AR GG Nom: Mrs. Harris Goes to Paris	13 9:30 AM - T Above & Beyond Exercise 10:30 AM - AR Big Questions with Jon P 1:00 PM - CR Caregiver Support Group 3:30/7 PM - AR Limited Series: Irma Vep (Ep. 3-4) 4:00-8:00 PM - SP Resident Valentine's Day Dinner	Valentine's Day 14 9:00 AM - Z Seasonal Wellbeing w/ Amanda 10:30 AM - CR Conversation & Community 12:00 PM - Z Chair Yoga with Emily Rose 1:00 PM - L Nordic Walking 2:00 PM - AR History of the Theater with Guthrie's Carla Steen 3:30/7 PM - AR Documentary: Hallelujah: Leonard Cohen, A Journey, A Song 4:30 PM - CR Men's Social Hour	15 10:30 AM - L Grocery Run 11:00 AM - AR History Lecture w/Ethan: "Who's German? The Frankfurt Parliament" 12:00 PM - Z G-Werx Vitality Session 1:30 PM - AR What's Your Story? 3:00 PM - T Aroma Therapy/ Essential Oils Class w/ Renee 4:00 PM - SP Women's Happy Hour 6:30 PM - CR Resident Scrabble/500 Night	16 9:00 AM - AR Yoga - FULL 1:00 PM - L Nordic Walking 2:30 PM - AR Marvelous Musicians with MacPhail's Andrea Leap 3:30/7 PM - AR Classic Film: Rocky III (1982) 5:30-7:00 PM - SP Abiitan Residents' Table	17 9:00 AM - Z Refresh and Reset with Amanda 11:00 AM - Z Social Justice and Change w/ Jaime McNeal 2:00 PM - T Bridge Club 3:30/7:00 PM - AR GG Foreign Film: Argentina, 1985 (Argentina) 4:30 PM - T Tech Time	18 1:00 PM - L Nordic Walking 3:30 PM - AR GG Nom: Black Panther: Wakanda Forever 7:00 PM - AR GG Nom: Black Panther: Wakanda Forever	
19 3:30 PM - AR GG Nom: White Noise 7:00 PM - AR GG Nom: White Noise	20 9:30 AM - T Above & Beyond Exercise 10:30 AM - AR Big Questions with Jon P 1:00 PM - CR Caregiver Support Group 3:30/7 PM - AR Limited Series: Irma Vep (Ep. 5-6) 4:00 PM - SP Resident Happy Hour	Mardis Gras 21 9:00 AM - Z Seasonal Wellbeing w/ Amanda 10:30 AM - CR Conversation & Community 11:30 AM - T Beignet Baking with Rosine 12:00 PM - Z Chair Yoga with Emily Rose 1:00 PM - L Nordic Walking 3:30 PM - T Abiitan All Resident Meeting 3:30/7 PM - AR Documentary: Zora Neal Hurston: Claiming a Space 4:30 PM - CR Men's Social Hour	22 10:30 AM - L Grocery Run 11:00 AM - AR St. Thomas Nursing Lecture "Depression & Loneliness" 12:00 PM - Z G-Werx Vitality Session 2:00 PM - AR Prime Productions Theater Discussion 4:00 PM - CR Book Club: South to America by Imani Perry 4:00 PM - SP Women's Happy Hour 6:30 PM - CR Resident Scrabble/500 Night	23 9:00 AM - AR Yoga - FULL 11:00 AM - L Rosedale Mall Trip 1:00 PM - L Nordic Walking 2:00 PM - T Singalong with MacPhail's Andrea Leap 3:30/7 PM - AR Classic Film: 9 to 5 (1980) 5:30-7:00 PM - SP Abiitan Residents' Table	24 9:00 AM - Z Refresh and Reset with Amanda 11:00 AM - AR History Lecture w/Ethan: "Inventing Central American Nations" 2:00 PM - T Bridge Club 4:30 PM - T Tech Time 3:30/7:00 PM - AR GG Foreign Film: Decision to Leave (South Korea)	25 1:00 PM - L Nordic Walking 3:30 PM - AR GG Nom: The Fabelmans 7:00 PM - AR GG Nom: The Fabelmans	
26 3:30 PM - AR GG Nom: The Menu 7:00 PM - AR GG Nom: The Menu	27 9:30 AM - T Above & Beyond Exercise 10:30 AM - AR Big Questions with Jon P 1:00 PM - CR Caregiver Support Group 3:30/7 PM - AR Limited Series: Irma Vep (Ep. 7-8) 4:00 PM - SP Resident Happy Hour	28 9:00 AM - Z Seasonal Wellbeing w/ Amanda 10:30 AM - CR Conversation & Community 1:00 PM - Z Chair Yoga with Emily Rose 1:00 PM - L Nordic Walking 3:00 PM - CR Resident Council Meeting 3:30/7 PM - AR Documentary: Navalny 4:30 PM - CR Men's Social Hour	Z - Zoom link via email SP - Smith & Porter L - Lobby CR - Club T - Terraces Common Area AR - Activity Room			Programming Team: Evelyn Bakken Maren Hadrits Brandyn Liebe Breanna Reyes <a href="mailto:events@abiitan.org">events@abiitan.org</a> *all activities are subject to change	