


February 2020

Sign up Only Programs	Sun	Mon	Tue	Wed	Thu	Fri	Sat																										
<p>Any programs that contain a * are sign up only. Please e-mail Activities@theglensr.com to sign up!</p> <p><u>Touchtown Workshops*</u> Sign up for a session to receive your username and password and instruction on this program.</p> <p><u>Super Bowl Sunday *</u> Sign up was advertised for this buffet-style event in January newsletters on Touchtown. Please see host stand sign up sheet for available space/cancelations. For those wishing to just watch the game, we will show it in Balboa Theater.</p> <p><u>Outings*</u> The full description for outings can be found under the Excursions App on Touchtown. To sign up, email Activities@theglensr.com. The following month's outings will be listed on the 1st of the month by 9 AM under the Excursions App.</p> <p><u>Fitness Center Orientation*</u> Tour the fitness center including the pool, steam rooms, yoga studio and fitness equipment room. Learn proper usage of the equipment and pertinent rules to these areas. E-mail KOloan@theglensr.com to sign up!</p>	<p>Room Key: AC-Aquatic Center BB-Bocce Ball Court BR-Billiards Room BT-Balboa Theater CLH-Clubhouse CH-Catalina Hall</p>	<p>CR-Conference Room FC-Fitness Center FP-Fireplace & Patio L-Library LD-Liar's Den LJ-La Jolla Lounge M-Midway Room (Ping)</p>	<p>PB-Pickleball Court PG-Putting Green S-The Studio (Art) SW-Swami's (Yoga Rm) TC-Tennis Courts TP-Torrey Pines Card Room</p>	<p>Feb. 6th—14th is Sample Class Week. Help us select the best instructors and classes to add to our community by filling out a Feedback Form at the end of each class. See calendar for times. All sample classes are listed in BLUE. You may also see schedule and class descriptions under the Fitness App on Touchtown.</p>	<p>Check the Daily Activities on Touchtown for the SDSU schedule for Balboa Theater.</p> 	<p>1 11:00 Phase 10 Card Game—LD 2:00 Bocce Ball —BB</p>	<p>2 11:00 Touchtown Workshop*—CR 3:00 Super Bowl Party*—CH</p>	<p>3 9:00 Aqua Fitness —AC 1:00 Fitness Center Orientation* - CH 2:00 Movie: <u>The Hundred Foot Journey</u>—BT</p>	<p>4 9:00 Balance I—CH 9:45 Campus Walk: Slower Pace—CLH 11:15 Balance II —CH 1:30 Mexican Train Dominoes —LD</p>	<p>5 10:00-12:00 Fitness Fair—CH 2:00 Documentary: <u>Three Identical Strangers</u>—BT</p>	<p>6 9:30 Yoga—SW 10:00 Bocce Ball —BB 1:00 Chair Yoga—SW 2:00 Valentines Day Card Making—S 3:00 Touchtown Workshop*—CR</p>	<p>7 10:00 Mat Workout—SW 11:00 Tai Chi—CH 2:00 Movie: <u>The Ultimate Gift</u>—BT</p>	<p>8 10:00 Bridge Club Meet and Greet—LD 2:00 Painting Club Meet and Greet—S</p>	<p>9 9:30-11:30 Daisy Troop 3817 Cookie Sampling—CLH 2:00 Sunday Classical Music: Peter Gach—CH</p>	<p>10 9:00 Aqua Fitness —AC 10:30 Yoga—CH 1:00 Fitness Center Orientation* - CH 2:00 Movie: <u>Marriage Story</u>—BT</p>	<p>11 10:00 Zumba Gold—CH 10:45 Yoga—CH 1:30 Line Dance—CH 2:00 Uno Card Game—LD</p>	<p>12 10:00 Zumba Gold—CH 11:00 Yoga—CH 11:40 Chair Yoga—CH 1:00 Touchtown Workshop*—CR 2:00 Documentary: <u>Betty White...</u>—BT</p>	<p>13 10:00 Line Dance—CH 10:00 Bocce Ball—BB 10:45 Tai Chi—CH 1:00 Gardening Club Meet and Greet—LD</p>	<p>14 10:00 Town Hall—CH 12:00 Mat Pilates—SW 1:00 Line Dance—CH 2:00 Movie: <u>Yours, Mine and Ours</u>—BT 7:00 Valentines Day Social & Dance: High Society Jazz Band—CH</p>	<p>15 10:00 Mexican Train Dominoes —LD 2:00 Kindness Project: Rock Painting—S</p>	<p>16 9:00 Aqua Fitness —AC 1:00 Fitness Center Orientation* - CH 2:00 Movie: <u>The Natural</u>—BT</p>	<p>17 9:00 Balance I—CH 9:45 Campus Walk: Slower Pace—CLH 11:15 Balance II —CH 1:30 Mexican Train Dominoes —LD 6:30 Team Trivia—CH</p>	<p>18 9:00 Campus Walk: Moderate-Fast Pace—CLH 10:00 & 11:00 Touchtown Workshops*—CR 10:00 Aqua Balance—AC 11:00 10/10/10 Fit—SW 2:00 Documentary: <u>Hun Pilot</u>—</p>	<p>19 9:00 Balance I—CH 10:00 Bocce Ball Club Meet and Greet—BB 11:15 Balance II—CH 1:00 Mahjong Club Meet and Greet—LD</p>	<p>20 9:00 Aqua Fitness —AC 11:00 Rummikub—LD 2:00 Movie: <u>The Last of the Blonde Bombshells</u>—BT</p>	<p>21 10:00 Billiards — BR 2:00 Kindness Project: ZenDoodling—S</p>	<p>23 12:30 Outing*: San Diego Symphony Presents: Payare Conducts Beethoven—CLH 2:00 Putting Challenge—PG</p>	<p>24 9:00 Aqua Fitness —AC 1:00 Fitness Center Orientation* - CH 2:00 Movie: <u>Young at Heart</u>—BT</p>	<p>25 9:00 Balance I—CH 9:45 Campus Walk: Slower Pace—CLH 11:15 Balance II —CH 2:00 Rummikub—LD</p>	<p>26 9:00 Campus Walk: Moderate-Fast Pace—CLH 10:00 Aqua Balance—AC 10:00 & 11:00 Touchtown Workshops*—CR 11:00 10/10/10 Fit—SW 2:00 Documentary: <u>Woodstock...</u>—BT</p>	<p>27 9:00 Balance I—CH 10:00 Bocce Ball—BB 10:00 Outing*: San Diego Safari Park—CLH 11:15 Balance II—CH 2:30 Resident Health Presentation: Regain Your Youthful Memory—CH</p>	<p>28 9:00 Aqua Fitness —AC 11:00 Library Club Meet and Greet—CR 2:00 Movie: <u>My Man Godfrey</u>—BT 7:00 PM Concert w/ TINKU—CH</p>	<p>29 10:00 Mexican Train Dominoes —LD 2:00 Bocce Ball —BB</p>