

**FRIED
EGG
FRIDAYS**



Let **Scott** cook you a delicious breakfast at "Fried Egg Friday" on the 9th and 23rd this month.

Entertaining Moments



The Heartstrings Ukelele group entertained last month.

HEALTHFUL TIP from
ComForCare HOME CARE 

February is heart health month. Light weight-lifting, yoga and water aerobics are all low-impact exercises that can help improve your cardiovascular health.

"Tweet" Your Friends to a New Home!



If your friends have been searching the land for a new place to nest (or rest), we have just the answer. Invite them to tour our community and see all the wonderful comforts we provide. After all, you struck gold when you made The Phoenix your home, didn't you? Strike gold again! Refer your friends and we'll reward you with a **special referral bonus**. Stop by the Sales Office for details. *Birds of a feather flock together!*



THE PHOENIX
AT DELRAY

Lifestyle of Independence

561.495.7111

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www.ThePhoenixatDelray.com

Our Staff at your service

Erica JonesExecutive Director
Pat BrennanBusiness Office Manager
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Sheryl LenkSales Director
Marilyn JaffeSales Director
Ivey AndersonSales Director
Jon LesterFood Service Director
Lydia SmithLife Enrichment Director
Chuck TheurerMaintenance Director
Scott WinkelFood and Dining Director

THE PHOENIX
AT DELRAY



Chinese New Year, Valentine's Day and So Much More to Celebrate at The Phoenix

As our steady growth continues here at The Phoenix at Delray, I would like to say "Welcome Home!" to all of our new residents. I hope that your transition into our community has been smooth and continues to go well. By now, you should have had plenty of opportunities to meet your neighbors and make some new friends.

If anyone would welcome additional opportunities to meet more new people, then volunteering as a "Resident Ambassador" may be perfect for you! If you're interested, please see me, Lydia Smith, Life Enrichment Director, for more information.

We have so many exciting activities and events in store for you this month. Please be sure to "save the date" for our upcoming **Senior Prom Night** on Friday, **June 15th**. We are in the process of forming a resident Prom Committee to help plan and coordinate this fantastic event. As soon as all of the details are in place, we will share more information, so please stay tuned!

Don't miss our informative **lectures** covering a variety of subjects including cancer-fighting superfoods, "the Art of

Living Longer," the television career of Milton Berle, Jewish humor, Brooklyn, fall prevention and more.

We also have lots to **celebrate** this month such as the 100th Anniversary of the Henrietta Szold Hadassah-Hebrew University School of Nursing, **Valentine's Day**, February birthdays and **Chinese New Year**, the year of the dog!

There are plenty of **outings** to choose from including lunch outings, musical outings, nature walks, shopping trips and a trip to the casino.

You don't need to leave The Phoenix for great **events and activities** because we have it going on right here. Join your neighbors for a weekday happy hour, Phoenix Cabaret Night, jewelry show and repairs, Ice Cream Social with Scott and a variety of exercise classes. New activities with Andrew include a Book Club, "Down Memory Lane" and interactive fun with Trivia and Game Time.

Enjoy every day, keep moving, stay fit and embrace your independent lifestyle!

—Lydia Smith,
Life Enrichment Director

Phoenix Cabaret Night
Saturdays at 7:00 p.m.



"Heart & Soul"
February 3rd

Marcel Rasa
February 10th



Stone Silk
February 17th

Bill DeRenzo
February 24th




FEBRUARY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <h1 style="text-align: center;">THE PHOENIX AT DELRAY</h1> <h1 style="text-align: center; color: red;">February 2018</h1>						
SUPER BOWL SUNDAY 4 11:00 Sunday Snacks (BB) 12:00 Fitness on Demand: Seated Movements 1 (FC) 1:00 Matinee Movie (CR) 6:00 Watch the Super Bowl (CR) 	5 11:00 New! Chair Yoga with Ken (FC) 12:30 Nature Walk and Picnic at Wakodahatchee Wetlands (SU) 1:00 Mahjong Madness (BB) 1:00 Open Poker Game (BB) 1:00 Matinee Movie (CR) 2:00-2:30 Bookmobile Visit 3:00 Game Time—Pictionary (BB) 4:00 Social Hour (BB)	6 9:00-3:00 Doctor Appointments (SU) 11:00 Stretching and Toning (FC) 12:00-2:00 Blood Pressure Checks (BB) 1:00 Bridge Players Meet (BB) 1:00 Matinee Movie (CR) 2:00 Hadassah 100th Anniversary Celebration (BR) 3:00 Bingo with Prizes (SR) 4:00 Social Hour (BB)	7 9:00-3:00 Transportation (SU) 10:00-1:00 Publix, Walgreens, Banks and Post Office (SU) 11:00 Chair Yoga (FC) 1:00 Canasta Club (BB) 1:00 Yiddish Club with Idey (BR) 2:00 Phoenix Town Hall Meeting (BR) 3:00 Current Events with Art Brownstein (BB) 4:00 Happy Hour Sing Along with Greg Conlon (BB) 5:30 February Birthday Captain's Roundtable Dinner (DR)	8 9:00-3:00 Doctor Appointments (SU) 11:00 Stretching and Toning (FC) 1:00 Open Poker Game (BB) 1:30 Brandeis Lecture by Mryna Loman—"Bread & Tulips" (BR) 2:00 February Birthday Party Sponsored by ComForCare (BB) 2:00 New! Refresher Bridge Class with Shirley Z. for Advanced Beginners (BB) 3:00 Bingo with Prizes (SR) 4:00 Social Hour (BB) 7:00 New! Savvy Senior Club (BB)	9 GROUNDHOG DAY 11:00-1:00 Publix, Walgreens, Banks and Post Office (SU) 11:00-4:00 Transportation (SU) 11:00 Water Aerobics (P) 1:00 Matinee Movie (CR) 1:30 Brandeis Lecture by Ronelle Delmont—"Brooklyn" (BR) 2:00 Dr. Egerman, Podiatrist A#100 (SU) 3:00 Shabbat Services (PD) 4:00 Happy Hour with Megan Basile Entertaining (BB) 6:00 Billiards Night (BB)	10 10:00-4:00 Transportation (SU) 10:30-12:00 Publix, Banks Walgreens and Post Office (SU) 11:00 Fitness on Demand: Seated Movements 2 (FC) 12:30 Shopping Outing at Festival Flea Mkt. (SU) 1:00 Open Poker Game (BB) 1:00 Matinee Movie (CR) 3:00 Down Memory Lane (BB) 4:00 Bingo with Prizes (SR) 7:00-8:30 Phoenix Cabaret Night Starring Marcel Rasa (BB) 
11 11:00 Sunday Snacks (BB) 12:00 Fitness on Demand: Standing Movements 2 (FC) 1:00 Matinee Movie (CR) 7:00 Comedy Club Act with Sherman Franklin (CR)	12 11:00 Water Aerobics (P) 1:00 Mahjong Madness (BB) 1:00 Open Poker Game (BB) 1:00 Matinee Movie (CR) 1:30 Brandeis Lecture by Riva Ginsburg—"People of the Joke: Humor as a Window on Jewish Values" (BR) 2:00-2:30 Bookmobile Visit 3:00 Valentine's Day Trivia (BB) 4:00 Social Hour (BB)	13 9:00-3:00 Doctor Appointments (SU) 11:00 Stretching and Toning (FC) 12:00-2:00 Blood Pressure Checks (BB) 1:00 Bridge Players Meet (BB) 1:00 Matinee Movie (CR) 2:00 "The Art of Living Longer" with Anne Goldberg (CR) 3:00 Bingo with Prizes (SR) 4:00 Social Hour (BB)	14 VALENTINE'S DAY 9:00-3:00 Transportation (SU) 10:00-1:00 Publix, Walgreens, Banks and Post Office (SU) 11:00 Chair Yoga (FC) 1:00 Canasta Club (BB) 1:30 Brandeis Lecture by Ira Epstein "Milton Berle" (BR) 2:00 New! Scoop with Scott Ice Cream Social (BB) 3:00 Dancing with Judy (BB) 4:00 Happy Hour with Idey and Mikangelo (BB)	15 9:00-3:00 Doctor Appts. (SU) 11:00 Stretching and Toning (FC) 12:30 Lunch Outing at Burt and Max's (SU) 1:00 Open Poker Game (BB) 1:00 New! Savvy Senior Club (BB) 2:00 New! Refresher Bridge Class with Shirley Z. for Advanced Beginners (BB) 2:00 Wellness Lecture by Lynne McKague—"Fall Prevention" (BB) 3:00 Bingo with Prizes (SR) 4:00 Social Hour (BB)	16 CHINESE NEW YEAR 11:00-1:00 Publix, Walgreens, Banks, Post Office (SU) 11:00-4:00 Transportation (SU) 11:00 Water Aerobics (P) 1:00 Matinee Movie (CR) 3:00 Shabbat Services (PD) 4:00 Chinese New Year Happy Hour with John Lariviere (BB) 5:00 Chinese Themed Dinner (DR) 6:00 Billiards Night (BB) 	17 10:00-4:00 Transportation (SU) 10:30-12:00 Publix, Banks Walgreens and Post Office (SU) 11:00 Fitness on Demand: Seated Movements 2 (FC) 12:30 Musical Outing at Stage Door—"Imagine: Beatles" (SU) 1:00 Open Poker Game (BB) 1:00 Matinee Movie (CR) 3:00 Trivia with Andrew (BB) 4:00 Bingo with Prizes (SR) 7:00 Phoenix Cabaret Night Starring Stone Silk (BB)
18 11:00 Sunday Snacks (BB) 12:00 Fitness on Demand: Strong Back and Core (FC) 1:00 Matinee Movie (CR) 7:00 Video Presentation—"The Life and Music of Frank Sinatra" with Irving Levine (CR)	19 PRESIDENTS' DAY 11:00 Water Aerobics (P) 1:00 Mahjong Madness (BB) 1:00 Open Poker Game (BB) 1:00 Matinee Movie (CR) 3:00 Presidents' Day Trivia (BB) 4:00 Social Hour (BB) 7:00 After Dinner Gathering with Idey (CR)	20 9:00-3:00 Doctor Appointments (SU) 11:00 Stretching and Toning (FC) 12:00-2:00 Blood Pressure Checks (BB) 1:00 Bridge Players Meet (BB) 1:00 Matinee Movie (CR) 3:00 Bingo with Prizes (SR) 4:00 Social Hour (BB) 7:00 New! Casino Night—Blackjack with Gilbert (BB)	21 9:00-3:00 Transportation (SU) 10:00-1:00 Publix, Walgreens, Banks & Post Office (SU) 11:00 Chair Yoga (FC) 12:30 Lunch Outing at OUTBACK STEAKHOUSE* (SU) 1:00 Canasta Club (BB) 3:00 Current Events with Art Brownstein (BR) 4:00 Happy Hour with Jon Roberts Entertaining (BB)	22 9:00-3:00 Doctor Appointments (SU) 11:00 Stretching and Toning (FC) 12:30 Outing to Movies at Delray \$8 Cash Only (SU) 1:00 Open Poker Game (BB) 2:00 New! Refresher Bridge Class with Shirley Z. for Advanced Beginners (BB) 2:00 "Braintertainment" with Judy (BB) 3:00 Bingo with Prizes (SR) 4:00 Social Hour (BB)	23 8:00-10:00 Fried Egg Friday (DR) 11:00-1:00 Publix, Walgreens, Banks and Post Office (SU) 11:00-4:00 Transportation (SU) 11:00 Water Aerobics (P) 1:00 Matinee Movie (CR) 3:00 Shabbat Services (PD) 4:00 Happy Hour with Wes Anthony Entertaining (BB) 6:00 Billiards Night (BB)	24 10:00-4:00 Transportation (SU) 10:30-12:00 Publix, Banks Walgreens and Post Office (SU) 11:00 Fitness on Demand: Neuromuscular Coordination (FC) 12:30 Casino Outing Isle Casino (SU) 1:00 Open Poker Game (BB) 1:00 Matinee Movie (CR) 3:00 Game Time with Andrew (BB) 4:00 Bingo with Prizes (SR) 7:00 Phoenix Cabaret Night Starring Bill DeRenzo (BB) 
25 11:00 Sunday Snacks (BB) 12:00 Fitness on Demand: Static Balance (FC) 1:00 Matinee Movie (CR) 1:15 FREE Musical Matinee—Guitarist Michael Thompson at Delray Library (SU) 7:00 Comedy Club Act with Sherman Franklin (CR)	26 12:30 Nature Walk and Picnic at Green Cay Wetlands (SU) 1:00 Mahjong Madness (BB) 1:00 Open Poker Game (BB) 1:00 Matinee Movie (CR) 3:00 Game Time—Scrabble (SR) 4:00 Social Hour (BB) 	27 9:00-3:00 Doctor Appointments (SU) 11:00 Stretching and Toning (FC) 12:00-2:00 Blood Pressure Checks (BB) 12:30 Lunch Outing at Seasons FRESH GRILL (SU) 1:00 Bridge Players Meet (BB) 1:00 Matinee Movie (CR) 3:00 Bingo with Prizes (SR) 4:00 Social Hour (BB)	28 9:00-3:00 Transportation (SU) 10:00-1:00 Publix, Walgreens, Banks and Post Office (SU) 11:00 Chair Yoga (FC) 1:00 Canasta Club (BB) 2:00 Food Demo and Tasting with Chef Jon (BB) 3:00 Dancing with Judy (BB) 4:00 Happy Hour with Live Entertainment by Mikangelo (BB)			ACTIVITY & EVENTS LOCATION GUIDE (ATR) Advance Ticket Purchase Required (BB) Boca Bistro (BR) Ballroom (CR) Coral Room Theater (DR) Grand Phoenix Dining Room (FC) Fitness Center (P) Pool (PD) Private Dining Room (SR) Sky Activities Room (SU) Sign Up Required Please check at the Front Desk for changes and daily updates. Activities and Transportation subject to change.