calendar & activities REFLECT

FEB 2019 SUNDAY MONDAY **TUESDAY** WEDNESDAY FRIDAY THURSDAY SATURDAY 9:30 • Senior Fit Aerobics 9:30 • Saturday Morning [PTR] Stretches [PTR] Connect 10:30 • Chicken Soup for 10:15 • Wii Bowling (Group the Soul Book Club 1) [LB] Be Inspired Contribute 10:15 • Wii Bowling (Group 2) [ER] 1:30 • Visits of Peace [RA] 10:45 • Competitive Team Trivia [CS] 2:00 • Floral Centerpieces with 2:00 • Garbage Card Game [ER] Babbette [ER] 3:45 • Crafter's Corner: "Sticker Art" Grow 3:30 • **Happy Hour [LB]** 6:45 • Sports Hub & Games [LB] Move Reflect 9:30 Senior Strength 9:30 Stronger Senior 9:30 

Zumba Gold with 9:30 • Coffee Clutch with 9:30 • Exercise and 9:30 • Senior Fit Aerobics 9:30 Saturday Morning **LOCATIONS** Training [PTR] Exercise [PTR] Meditation [PTR] Stretches [PTR] Elizabeth [PTR] Guest [ER] [PTR] Crosswords & 10:30 Catholic 10:15 • Wii Bowling (Group 0:00 • Gail Borden Visits: 10:30 • Sing-Along & 0:15 • Chicken Soup for 10:15 • Wii Bowling (Group CR - Club Room Brain Teasers [CS] "Ice Castles and Finishing Lyrics the Soul Book Club Communion & 1) [LB] 1) [LB] 10:15 • Wii Bowling (Group 2) [ER] CS - Creative Studio 11:00 • Christian Service with Pastor Holy Rosary [ER] more" [ER] 10:15 • Wii Bowling (Group 2) [ER] 11:00 • Wrinkles of Laughter: A 10:30 • Chair Fitness with Susan [PTR] 11:00 • Learning Session: Why is it 11:00 • Senior Tech Classes with Phil 10:45 • Competitive Team Trivia [CS] Dale [ER] 11:15 • Informative Session: The **DR-Dining Room** Important to Reflect? [ER] 2:00 • BINGO (\$2 ante) [ER] Comedy Program [CS] Grandparent Scam with our 1:30 • Theme of Month Movie: 2:00 • Crazy Eights Card Game [ER] BINGO (\$2 ante) & Joke of the 2:30 • Puzzling Parlour [LB] 2:15 • Senior Spelling Bee! [ER] Police Department [ER] "Extremely Loud & Incredibly 2:00 1:30 • Visits of Peace [RA] 3:45 • Crafter's Corner: "Making ER - Entertainment Room 3:45 • Inside Quest with Tom Bilyeu 2:00 • BINGO (\$2 ante) & Reflection Close" [ER] Day [ER] 2:00 • Floral Centerpieces with 3:30 • Free Manicures [BS] Bookmarks" [CS] of the Day [ER] 3:30 • Dining Committee Meets with 3:30 Lucky Entertainment: Alyssa Babbette [ER] 5:30 • SUPER BOWL PARTY! [ER] LB - Lobby Chad! [CR] Table Top Game Night: Board 3:30 Activity Committee Meets with Cruz [LB] 3:30 • **Happy Hour [LB]** 4:15 • OUTING: "Paul's Restaurant" Evening Trivia & Prizes! [ER] Games, Dice or Cards! [ER] Osiris [CS] 6:30 6:45 • Sports Hub & Games [LB] OT - Outing 6:30 • Classic Films Movie Night: [OT] PTR- Physical Therapy Room "The Scarlet Coat" [ER] 9:30 • Senior Fit Aerobics 9:30 • Senior Strength 9:30 • Stronger Senior 9:30 • Zumba Gold with 9:30 • Coffee Clutch with 9:30 • Exercise and 9:30 Saturday Morning **BS-Beauty Salon** Training [PTR] Exercise [PTR] Elizabeth [PTR] Meditation [PTR] Stretches [PTR] Guest [ER] 10:15 • Wii Bowling (Group Chair Fitness with 10:15 • Wii Bowling (Group 10:30 • Catholic 10:30 Sing-Along 10:30 • Chicken Soup for Crosswords & Susan [PTR] (Valentine's the Soul Book Club Brain Teasers [CS] Communion & 1) [LB] 1) [LB] **Beauty Shop** 11:00 • Christian Service with Pastor Jeopardy of the Month! [ER] Edition) [ER] 10:15 • Wii Bowling (Group 2) [ER] Holy Rosary [ER] 10:15 • Wii Bowling (Group 2) [ER] 11:00 10:35 • Brown Bag Lunch & Classic 1:00 • Discover your Mark: A 1:30 • Theme of Month Movie: 11:00 • Learning Session: Creating ar 1:30 • Visits of Peace [RA] 10:45 • Competitive Team Trivia [CS] Dale [ER] Thursday & Friday Mornings Film "The Magnificent Seven" Creative Arts Program [CS] Environment for Reflection 2:00 • Floral Centerpieces with 2:00 • BINGO (\$2 ante) [ER] "Facing the Giants" [ER] 2:00 • UNO! Card Game [ER] 2:30 • Puzzling Parlour [LB] 2:00 BINGO (\$2 ante) & Reflection 4:00 Walk and Talk Club [LB] Babbette [ER] 3:45 • Crafter's Corner: "Painting 2:15 • Burning Bowl Ceremony [CS] 2:00 • BINGO (\$2 ante) & Joke of the of the Day [ER] 3:30 • **Happy Hour [LB]** 3:30 • Aromatherapy & Hand Seashells" [CS] Massages [BS] 3:45 • BHU-Cultivating a Healthy 6:30 • Classic Films Movie Night: Day [ER] 6:45 • Sports Hub & Games [LB] SENIOR LIFESTYLE 3:30 • Lucky Entertainment: Anne Marie [LB] Brain [CS] "Titanic Part 1" [ER] 5:00 • Memory Care Townhall [ER] Come grow with us! 6:30 • Evening Trivia & Prizes! 6:00 • Alzheimer's/Dementia Support (Valentine's Edition) [ER] Group [ER] 9:30 • Saturday Morning 9:30 • Senior Strength 9:30 • Stronger Senior 9:30 • Zumba Gold with 9:30 • Coffee Clutch with 9:30 • Exercise and 9:30 • Senior Fit Aerobics Training [PTR] Exercise [PTR] Elizabeth [PTR] Guest [ER] Stretches [PTR] Meditation [PTR] SENIOR LIFESTYLE 10:30 • Chair Fitness with 10:15 • Chicken Soup for Wii Bowling (Group Crosswords & 10:30 Catholic 10:15 • Wii Bowling (Group 10:30 • Sing-Along & Brain Teasers [CS] Susan [PTR] Finishing Lyrics the Soul Book Club Communion & 1) [LB] 1) [LB] Unlimited options, Unparalleled 10:15 • Wii Bowling (Group 2) [ER] 11:00 • Dance of the Month: "All about 10:15 • Wii Bowling (Group 2) [ER] 11:00 
Christian Service with Pastor Holy Rosary [ER] 11:00 • Learning Session: Why is Dale [ER] 11:00 • Drama Club: Script Reading 11:00 • Science Club: How do Rallet" [FR] 11:00 • Senior Tech Classes with Phil 10:45 • Competitive Team Trivia [CS] services 101 [CS] Rainbows form? [CS] Philosophy and Theology 1:15 • OUTING: Sunday Afternoon 2:00 • Cooking Demo with Chad [ER] 2:00 • King's Corner Card Game [ER] important? [ER] 2:15 • Senior Spelling Bee! [ER] 1:30 • Visits of Peace [RA] Concert- Estrella Piano Duo 2:00 BINGO (\$2 ante) & Reflection 3:45 • High Tea Party [CR] 3:45 • Crafter's Corner: Tye-Dye 2:00 • BINGO (\$2 ante) & Joke of the 2:00 • Floral Centerpieces with Flowers [CS] 3:45 • BHU-Cultivating a Healthy of the Day [ER] 2:00 • BINGO (\$2 ante) [ER] Day [ER] Brain [CS] 2:00 • Visiting Veterans from the Babbette [ER] Jackie Miller Vocal 3:30 • Free Manicures [BS] 6:30 • Table Top Game Night: Board GBPL [CS] 3:30 • **Happy Hour [LB]** WWW.SENIORLIFESTYLE.COM Performance [LB] 6:30 • Classic Films Movie Night: 5:00 • Themed Dinner: "A Night Out Games, Dice or Cards! [ER] 6:30 • Evening Trivia & Prizes! [ER] "Titanic Part 2" [ER] in Paris" [D] Activities are subject to change 6:45 • Sports Hub & Games [LB] 9:30 • Senior Strength 9:30 Stronger Senior 9:30 • Zumba Gold with 9:30 • Coffee Clutch with 9:30 • Exercise and Meditation [PTR] Training [PTR] Exercise [PTR] Elizabeth [PTR] Guest [ER] **Birthdays:** Chair Fitness with 10:15 • Crosswords & 10:30 • Catholic 10:15 • Wii Bowling (Group 10:30 Sing-Along & Brain Teasers [CS] Communion & 1) [LB] Susan [PTR] Finishing Lyrics 11:00 • Christian Service with Pastor Holy Rosary [ER] 10:15 • Wii Bowling (Group 2) [ER] 11:00 Sweet Tooth's Avenue: "When it rains, look for rainbows. When it's 11:00 • Cookies for Firefighters! [CS] 10:45 • Discover your Mark: A 11:00 • Learning Session: Eulogy Dale [ER] Strawberry Avocado Toast 2/4 Lois B. 2:00 • BINGO (\$2 ante) [ER] 2:15 • Taste of the Month: Krispy-Creative Arts Program [CS] [CS] Exercise [ER] dark, look for stars.' 2/6 Mickey P. 2:30 • Puzzling Parlour [LB] Kreme [ER] 2:00 BINGO (\$2 ante) & Reflection Theme of Month Movie: "The 12:00 RESIDENT BIRTHDAY LUNCH War Room" [ER] 3:45 • OUTING: Shopping Trip to 3:30 Practice Mindfulness & of the Day [ER] 2/8 Muriel T. Unknown Meditation [PTR] Dollar Tree [CS] 3:30 • Resident Town Hall with "Waters of Life" Bible Study 2:00 • BINGO (\$2 ante) & Joke of the 6:30 • Table Top Game Night: Board Day [ER] Department Directors [ER] 2/8 Nola H. Games, Dice or Cards! [ER] 3:30 • Lucky Entertainment: Jae 6:30 • Classic Films Movie Night: "Casa Blanca" [ER] Wilkins [LB] 2/19 Marshall S. 6:30 • Evening Trivia & Prizes! [ER]