calendar & activities

FEB 2020

Walden Place – Leap into Love!

- CONNECT
- CONTRIBUTE
- FEEL
- GROW
- MOVE
- REFLECT

LOCATIONS

Assisted Living - *AL*
Courtyard - *CY*
Country Kitchen - *CK*
Activity Room - *AR*
Memory Care Lounge - *MCL*
Shuttle Bus - *SB*

BIRTHDAYS THIS MONTH

Sue I. - Feb 7th
Marge K. - Feb 19th
Leo V. - Feb 20th
Betty M. - Feb 24th

SENIOR LIFESTYLE
Come grow with us!

SENIOR LIFESTYLE
Unparalleled services

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		"Surrender to what is. Let go of what was. Have faith in what will be." *— Sonia Ricotti*		Memory Care embrace by Senior Lifestyle		1 8:45 Makeovers [MCL] 9:30 Highland Forest Sleigh Ride [SB] 9:45 Thymeless [MCL] 10:15 Exercise [MCL] 10:30 Paws Visit With Sadie [AR] 11:00 Setting Up For Lunch [CK] 12:30 Bookmarks [AR] 1:30 Travel the Underground Railroad [AR] 2:00 Lovely Nails [AR] 3:30 Good News Stories [MCL] 4:00 Thymeless [MCL] 5:00 Knit and Crochet with Betty H [AR] 6:00 Lawrence Welk [AR] 6:30 Hand Massage [MCL]
2 8:45 Makeovers [MCL] 9:30 Move To Music [AR] 9:45 Thymeless [MCL] 10:30 Our Daily Bread [MCL] 11:00 Setting Up For Lunch [CK] 12:30 Painting [AR] 1:00 Spring or Snow? [AR] 2:00 Presbyterian Church Choir [AL] 3:30 Good News Stories [MCL] 4:00 Thymeless [MCL] 5:30 Walking Group [AL] 6:30 Movie and Popcorn [AR]	3 8:45 Makeovers [MCL] 9:15 Reach and Stretch [MCL] 9:45 Thymeless [MCL] 10:30 Facials [AR] 11:00 Setting Up For Lunch [CK] 12:30 Board Game Fun [AR] 1:30 Reading with Donna [AL] 2:00 Lovely Nails [AR] 3:30 Good News Stories [MCL] 4:00 Thymeless [MCL] 5:30 Roll Yarn Into Balls [AR] 6:30 Evening At The Spa [AR]	4 8:45 Makeovers [MCL] 9:15 Card Games [AR] 9:45 Thymeless [MCL] 10:30 Chair Zumba [AR] 11:00 Setting Up For Lunch [CK] 12:30 Bowling Tournament [AR] 1:30 Can You Picture This? [AR] 2:00 Prize Bingo [AR] 3:15 Tai-Chi [AL] 3:30 Good News Stories [MCL] 4:00 Thymeless [MCL] 5:30 Reading Together [AR]	5 **Ice Cream for Breakfast!** 8:45 Makeovers [MCL] 9:30 Joke Box [AR] 9:45 Thymeless [MCL] 10:30 Chair Stretches [MCL] 10:30 SUNY Student Games [AR] 10:45 Bible Study [AL] 11:00 Setting Up For Lunch [CK] 12:30 Penny Shuffleboard [AR] 1:00 Friendly Adjectives [AR] 2:30 Indoor Soccer [AR] 3:30 Good News Stories [MCL] 4:00 Thymeless [MCL] 5:30 Tea Time Happy Hour [CK]	6 8:45 Makeovers [MCL] 9:15 Mandala Art [AR] 9:45 Thymeless [MCL] 10:30 Exercise [AR] 11:00 Setting Up For Lunch [CK] 12:30 Homestretch Derby [AR] 1:30 Baking [CK] 2:00 My Pages on IN2L [CK] 3:30 Good News Stories [MCL] 4:00 Cortland Jr. High Musical [SB] 4:00 Thymeless [MCL] 5:00 Crossword Fun [AR] 6:30 Relaxing Massage [AR]	7 8:45 Makeovers [MCL] 9:00 Coffee and Conversations [CK] 9:15 Communion, L [AL] 9:45 Thymeless [MCL] 10:30 Walking Group [MCL] 11:00 Setting Up For Lunch [CK] 1:00 Defending a Daughter's Dignity [AR] 2:15 Country Ride [SB] 2:30 Ice Cream Social [CK] 3:30 Good News Stories [MCL] 4:00 Thymeless [MCL] 5:00 Volunteer Clean Up [CK] 6:00 Friday Night Movie [AR]	8 8:45 Makeovers [MCL] 9:30 Remember When On IN2L [AR] 9:45 Thymeless [MCL] 10:15 Exercise [MCL] 11:00 Setting Up For Lunch [CK] 12:30 Bookmarks [AR] 1:30 Travel the Underground Railroad [AR] 2:00 Lovely Nails [AR] 3:30 Good News Stories [MCL] 4:00 Thymeless [MCL] 5:00 Knit and Crochet with Betty H [AR] 6:00 Lawrence Welk [AR] 6:30 Hand Massage [MCL]
9 8:45 Makeovers [MCL] 9:30 Move To Music [AR] 9:45 Thymeless [MCL] 10:30 Our Daily Bread [MCL] 11:00 Setting Up For Lunch [CK] 12:30 Painting [AR] 1:15 Men's Spa Day [AR] 2:00 Grace & Holy Spirit Church [AL] 3:30 Good News Stories [MCL] 4:00 Thymeless [MCL] 5:30 Walking Group [AL] 6:30 Movie and Popcorn [AR]	10 8:45 Makeovers [MCL] 9:15 Reach and Stretch [MCL] 9:45 Thymeless [MCL] 10:30 Facials [AR] 11:00 Setting Up For Lunch [CK] 12:30 Board Game Fun [AR] 1:30 Reading with Donna [AL] 2:00 Lovely Nails [AR] 3:30 Good News Stories [MCL] 4:00 Thymeless [MCL] 5:30 Roll Yarn Into Balls [AR] 6:30 Evening At The Spa [AR]	11 8:45 Makeovers [MCL] 9:15 Morning Prayer [AR] 9:45 Thymeless [MCL] 10:30 Chair Zumba [AR] 11:00 Setting Up For Lunch [CK] 12:30 Make Heart Garland [AR] 1:30 Bean Bag Toss [AR] 2:00 Prize Bingo [AR] 3:15 Tai-Chi [AL] 3:30 Good News Stories [MCL] 4:00 Thymeless [MCL] 5:30 Reading Together [AR]	12 8:45 Makeovers [MCL] 9:30 Joke Box [AR] 9:45 Thymeless [MCL] 10:30 Chair Stretches [MCL] 10:30 SUNY Student Games [AR] 11:00 Setting Up For Lunch [CK] 12:30 Water Therapy [AR] 1:00 Bowling Tournament [AR] 2:00 Methods of Keeping Time [AR] 3:30 Good News Stories [MCL] 4:00 Thymeless [MCL] 5:30 Tea Time Happy Hour [CK]	13 8:45 Makeovers [MCL] 9:25 Card Games [AR] 9:45 Thymeless [MCL] 10:30 Exercise [AR] 11:00 Setting Up For Lunch [CK] 12:30 The Sweetheart Caper [AR] 1:30 Baking [CK] 2:00 Jazz Music Performance [AL] 3:30 Good News Stories [MCL] 4:00 Thymeless [MCL] 5:00 Crossword Fun [AR] 6:30 Relaxing Massage [AR]	14 8:45 Makeovers [MCL] 9:15 Communion, L [AL] 9:30 Reminisce Vintage Valentine's Cards [AR] 9:45 Thymeless [MCL] 10:30 Walking Group [MCL] 11:00 Setting Up For Lunch [CK] 12:30 A Job For Cupid [AR] 1:30 Smoothies [CK] 2:15 Country Ride [SB] 3:30 Good News Stories [MCL] 4:00 Thymeless [MCL] 5:00 Volunteer Clean Up [CK] 6:00 Friday Night Movie [AR]	15 8:45 Makeovers [MCL] 9:30 Remember When On IN2L [AR] 9:45 Thymeless [MCL] 10:15 Exercise [MCL] 11:00 Setting Up For Lunch [CK] 12:30 Bookmarks [AR] 1:30 Travel the Underground Railroad [AR] 2:00 Lovely Nails [AR] 3:30 Good News Stories [MCL] 4:00 Thymeless [MCL] 5:00 Knit and Crochet with Betty H [AR] 6:00 Lawrence Welk [AR] 6:30 Hand Massage [MCL]
16 8:45 Makeovers [MCL] 9:30 Move To Music [AR] 9:45 Thymeless [MCL] 10:30 Our Daily Bread [MCL] 11:00 Setting Up For Lunch [CK] 12:30 Painting [AR] 1:15 Men's Spa Day [AR] 3:00 Berean Bible Church [AL] 3:30 Good News Stories [MCL] 4:00 Thymeless [MCL] 5:30 Walking Group [AL] 6:30 Movie and Popcorn [AR]	17 8:45 Makeovers [MCL] 9:15 Reach and Stretch [MCL] 9:45 Thymeless [MCL] 10:30 Facials [AR] 11:00 Setting Up For Lunch [CK] 12:30 Board Game Fun [AR] 1:30 Reading with Donna [AL] 2:00 Lovely Nails [AR] 3:30 Good News Stories [MCL] 4:00 Thymeless [MCL] 5:30 Roll Yarn Into Balls [AR] 6:30 Evening At The Spa [AR]	18 8:45 Makeovers [MCL] 9:15 Mandala Art [AR] 9:45 Thymeless [MCL] 10:30 Chair Zumba [AR] 11:00 Setting Up For Lunch [CK] 12:30 Penmanship [AR] 1:00 Music of the Civil Rights Movement [AR] 2:00 Prize Bingo [AR] 3:15 Tai-Chi [AL] 3:30 Good News Stories [MCL] 4:00 Thymeless [MCL] 5:30 Reading Together [AR]	19 8:45 Makeovers [MCL] 9:30 Joke Box [AR] 9:45 Thymeless [MCL] 10:30 Chair Stretches [MCL] 10:30 SUNY Student Games [AR] 10:45 Bible Study [AL] 11:00 Setting Up For Lunch [CK] 12:30 Chairball [AR] 1:30 Fill in the Blank [AR] 2:00 Leaps of Faith [AR] 3:30 Good News Stories [MCL] 4:00 Thymeless [MCL] 5:30 Tea Time Happy Hour [CK]	20 8:45 Makeovers [MCL] 9:15 Morning Prayer [AR] 9:45 Thymeless [MCL] 10:30 Exercise [AR] 11:00 Setting Up For Lunch [CK] 12:30 Ring Toss [AR] 1:30 Synonyms and Antonyms [AR] 2:00 Cupcake Wars [AL] 2:30 My Pages on IN2L [CK] 3:30 Good News Stories [MCL] 4:00 Thymeless [MCL] 5:00 Crossword Fun [AR] 6:30 Relaxing Massage [AR]	21 8:45 Makeovers [MCL] 9:00 Coffee and Conversations [CK] 9:15 Communion, L [AL] 9:45 Thymeless [MCL] 10:30 Walking Group [MCL] 11:00 Setting Up For Lunch [CK] 12:30 Balloon Volleyball [AR] 1:00 Meanings of Old Sayings [AR] 2:15 Country Ride [SB] 3:30 Good News Stories [MCL] 4:00 Thymeless [MCL] 5:00 Volunteer Clean Up [CK] 6:00 Friday Night Movie [AR]	22 8:45 Makeovers [MCL] 9:30 Remember When On IN2L [AR] 9:45 Thymeless [MCL] 10:15 Exercise [MCL] 11:00 Setting Up For Lunch [CK] 12:30 Bookmarks [AR] 1:30 Travel the Underground Railroad [AR] 2:00 Lovely Nails [AR] 3:30 Good News Stories [MCL] 4:00 Thymeless [MCL] 5:00 Knit and Crochet with Betty H [AR] 6:00 Lawrence Welk [AR] 6:30 Hand Massage [MCL]
23 8:45 Makeovers [MCL] 9:30 Move To Music [AR] 9:45 Thymeless [MCL] 10:30 Our Daily Bread [MCL] 11:00 Setting Up For Lunch [CK] 12:30 Painting [AR] 1:15 Men's Spa Day [AR] 3:00 The Church of Jesus Christ and the Latter-Day Saints [AL] 3:30 Good News Stories [MCL] 4:00 Thymeless [MCL] 5:30 Walking Group [AL] 6:30 Movie and Popcorn [AR]	24 8:45 Makeovers [MCL] 9:15 Reach and Stretch [MCL] 9:45 Thymeless [MCL] 10:30 Facials [AR] 11:00 Setting Up For Lunch [CK] 12:30 Board Game Fun [AR] 1:30 Reading with Donna [AL] 2:00 Lovely Nails [AR] 3:30 Good News Stories [MCL] 4:00 Thymeless [MCL] 5:30 Roll Yarn Into Balls [AR] 6:30 Evening At The Spa [AR]	25 8:45 Makeovers [MCL] 9:15 What is Mardi Gras? [AR] 9:45 Thymeless [MCL] 10:30 Chair Zumba [AR] 11:00 Setting Up For Lunch [CK] 12:30 Mardi Gras Bead Toss [AR] 1:00 Zydeco Dancing [AR] 2:00 Prize Bingo [AR] 3:00 SUNY Red Dragon Club [AR] 3:30 Good News Stories [MCL] 4:00 Thymeless [MCL] 5:30 Reading Together [AR]	26 8:45 Makeovers [MCL] 9:30 Joke Box [AR] 9:45 Thymeless [MCL] 10:30 Chair Stretches [MCL] 10:30 SUNY Student Games [AR] 11:00 Setting Up For Lunch [CK] 12:30 Indoor Kickball [AR] 1:30 Word Scrabble [AR] 2:30 Famous African Americans [AR] 3:30 Good News Stories [MCL] 4:00 Thymeless [MCL] 5:30 Tea Time Happy Hour [CK]	27 8:45 Makeovers [MCL] 9:15 Morning Prayer [AR] 9:45 Thymeless [MCL] 10:30 Exercise [AR] 11:00 Setting Up For Lunch [CK] 12:30 Bowling Tournament [AR] 1:30 Baking [CK] 2:00 My Pages on IN2L [CK] 3:00 SUNY Red Dragon Club [AR] 3:30 Good News Stories [MCL] 4:00 Thymeless [MCL] 5:00 Crossword Fun [AR] 6:30 Relaxing Massage [AR]	28 8:45 Makeovers [MCL] 9:00 Coffee and Conversations [CK] 9:15 Communion, L [AL] 9:45 Thymeless [MCL] 10:30 Walking Group [MCL] 11:00 Setting Up For Lunch [CK] 12:30 Ball Bounce [AR] 1:30 Smoothies [CK] 2:00 Music with Larry Serafini [AL] 2:15 Country Ride [SB] 3:30 Good News Stories [MCL] 4:00 Thymeless [MCL] 5:00 Volunteer Clean Up [CK] 5:30 Organize Rooms With Residents [MCL] 6:00 Friday Night Movie [AR]	29 8:45 Makeovers [MCL] 9:30 Remember When On IN2L [AR] 9:45 Thymeless [MCL] 10:15 Exercise [MCL] 11:00 Setting Up For Lunch [CK] 12:30 Bookmarks [AR] 1:30 Leaping Frogs [AR] 2:00 Lovely Nails [AR] 3:30 Good News Stories [MCL] 4:00 Thymeless [MCL] 5:00 Knit and Crochet with Betty H [AR] 6:00 Lawrence Welk [AR] 6:30 Hand Massage [MCL]