

February 2023

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March 2023

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|---|---|---|
| 26 | 27 | 28 | 1 | 2 | 3 | 4 |
| <p>11:00 - Catholic Mass Chapel/Ch. 993</p> <p>3:00 - Worship Service Town Hall/Ch. 993</p> | <p>8:30-11:00-Open Gym Wellness Center</p> <p>10:30 -Crosswords with Sara Sunroom</p> <p>1:30- Chair Mix with Fitness - Sunroom</p> <p>1:30 - Pokeno w/Sara Club Room</p> <p>2:15 - Walk with Fitness Meet By Birds</p> <p>3:00 - Ladies & Men's Social with Emily Club Room</p> | <p>9:15 - Chair Mix with Wellness - Sunroom</p> <p>9:45 - Coffee Social with Rick and Emily Club Room</p> <p>10:00 - Bingo w/Emily Club Room</p> <p>1:00-3:00 - Open Gym Wellness Center</p> <p>1:00 -Cardio Drumming Wellness Center</p> <p>1:30 - 1:1 Visits w/Sara</p> <p>2:00 - Sing a Long w/ Stephanie & Emily 2nd Floor Card Area</p> <p>2:00 - Bible Study w/ Chaplain Kris Chapel/Ch. 993</p> <p>2:45 - Baking w/Sara Club Room</p> | <p>8:30-11:00-Open Gym Wellness Center</p> <p>9:00 - Discussion Ball with Sara Fireside Room</p> <p>10:00 - Ecumenical Service with Trinity Lutheran Chapel/Ch. 993</p> <p>10:30 -Crosswords w/Sara - Sunroom</p> <p>1:00 - Catholic Mass Chapel/Ch. 993</p> <p>1:15 - Free Manicures! Club Room</p> <p>1:30 - Seated Strength w/ Wellness Wellness Center</p> <p>3:00 - Java with Emily Club Room</p> <p>3:00 - Trivia with Sara Fireside Room</p> | <p>9:15 - Cardio Drumming Wellness Center</p> <p>10:00 - Bingo w/Sara Club Room</p> <p>1:00-3:00 - Open Gym Wellness Center</p> <p>1:30 - Pokeno w/Sara Club Room</p> <p>3:00 - Hymn Sing Town Hall/Ch. 993</p> <p>4:00 - Brain Games with Sara Sunroom</p> | <p>8:30-11:00 Open Gym Wellness Center</p> <p>10:00 -Trivia w/Emily Fireside Room</p> <p>1:00 - Catholic Mass Chapel/Ch. 933</p> <p>1:30 - 1:1 Visits w/ Emily Club Room</p> <p>1:30 -Chair Mix with Wellness - Sunroom</p> <p>2:30 -Adult Coloring 1st Floor Family Room</p> <p>3:30 - Table Games Yahtzee, Rummikub or Jenga Sunroom</p> | <p>10:00 - Bingo Club Room</p> <p>12:00-3:00 - Train Room Open Lower Level</p> <p>2:30 - Trivia with Stephanie Fire Side Room</p> <p>3:30 -Adult Coloring 1st Floor Family Room</p> |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|---|---|--|
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| <p>11:00 - Catholic Mass Chapel/Ch. 993</p> <p>3:00 - Worship Service with Communion Town Hall/Ch. 993</p> | <p>8:30-11:00-Open Gym Wellness Center</p> <p>10:30 - Crosswords with Sara Sunroom</p> <p>1:30- Chair Mix with Fitness - Sunroom</p> <p>1:30 - Free Manicures! Amy M & Sara Club Room</p> <p>2:15 - Walk with Fitness CANCELLED</p> <p>2:45 - Ladies & Men's Social: History of Girl Scouts. Come and enjoy a sweet treat! Amy M & Sara Club Room</p> <p>4:00 - Chat w/Amy M Fireside Room</p> | <p>9:15 - Chair Mix with Wellness - Sunroom</p> <p>9:45 - Coffee Social with Rick and Emily Club Room</p> <p>10:00 - Bingo w/Emily Club Room</p> <p>10:30 - Trivia w/Sara Fireside Room</p> <p>1:00-3:00 - Open Gym Wellness Center</p> <p>1:00 -Cardio Drumming Wellness Center</p> <p>1:30 - Active Game Bowling w/Emily Club Room</p> <p>1:30 - 1:1 Visits w/Sara</p> <p>2:00 - Sing a Long w/ Stephanie 2nd Floor Card Area</p> <p>2:00 - Bible Study w/ Chaplain Kris Chapel/Ch.993</p> <p>3:00 - News & Views w/Sara - Fireside Room</p> <p>3:30- Smoothie taste test w/ Emily - Club room</p> | <p>8:30-11:00-Open Gym Wellness Center</p> <p>9:00 - News & Views with Amy M Fireside Room</p> <p>10:00 - Ecumenical Service with Ascension Episcopal Chapel/Ch. 993</p> <p>10:30 -Crosswords w/Amy M - Sunroom</p> <p>1:00 - Catholic Mass Chapel/Ch. 993</p> <p>1:15 - Free Manicures! Club Room</p> <p>1:30 - Seated Strength w/ Wellness CANCELLED</p> <p>3:00 - Java with Emily Club Room</p> <p>3:00 - Trivia with Stephanie Fireside Room</p> | <p>9:15 - Cardio Drumming Wellness Center</p> <p>10:00 - Bingo w/Sara Club Room</p> <p>10:15 - Trivia with Stephanie Fireside Room</p> <p>1:00-2:30 - Open Gym Wellness Center</p> <p>1:30 - Baking w/Sara Club Room</p> <p>3:00 - Chapel Service Town Hall/Ch. 993</p> <p>4:00 - Discussion Ball with Sara Sunroom Room</p> | <p>8:30-11:00 Open Gym -Wellness Center</p> <p>9:00 - Chat w/Emily Fireside Room</p> <p>10:00 -Trivia w/Emily Fireside Room</p> <p>10:30 -Crosswords w/Amy M - Sunroom</p> <p>1:00 - Catholic Mass Chapel/Ch. 933</p> <p>1:30 - Music w/ Emily Clubroom</p> <p>1:30 -Chair Mix with Wellness - Sunroom</p> <p>2:30 -Adult Coloring 1st Floor Family Room</p> <p>3:30 - Table Games Yahtzee, Rummikub or Jenga- Sunroom</p> | <p>10:00 - Bingo Club Room</p> <p>12:00-3:00 - Train Room Open Lower Level</p> <p>2:30 -Adult Coloring 1st Floor Family Room</p> <p>3:30 - Social with Stephanie Club Room</p> |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|--|--|---|
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| <p>11:00 - Catholic Mass Chapel/Ch. 993</p> <p>3:00 - Worship Service Town Hall/Ch. 993</p> | <p>8:30-11:00-Open Gym Wellness Center</p> <p>10:30 - Crosswords with Amy M Sunroom</p> <p>1:30- Chair Mix with Fitness - Sunroom</p> <p>1:30 - Craft with Amy M Club Room</p> <p>2:15 - Walk with Fitness Meet By Birds</p> <p>2:45 - Ladies & Men's Social w/ Amy M Club Room</p> <p>4:00 - Trivia with Amy M Fireside Room</p> | <p>9:15 - Chair Mix with Wellness - Sunroom</p> <p>9:45 - Coffee Social with Rick and Emily Club Room</p> <p>10:00 - Bingo w/Emily Club Room</p> <p>10:30 - Trivia w/Sara Fireside Room</p> <p>1:00-3:00 - Open Gym Wellness Center</p> <p>1:00 -Cardio Drumming Wellness Center</p> <p>1:30 - Active Game: Shuffleboard w/Emily Club Room</p> <p>1:30 - 1:1 Visits w/Sara</p> <p>2:00 - Sing a Long w/ Stephanie 2nd Floor Card Area</p> <p>2:00 - Bible Study w/ Chaplain Kris Chapel/Ch. 993</p> <p>3:00 - News & Views w/Sara - Fireside Room</p> <p>3:30 Fun Disney Facts Club room</p> | <p>8:30-11:00-Open Gym Wellness Center</p> <p>9:00 - This Day in History with Sara Fireside Room</p> <p>10:00 - Table Topics with Sara Fireside Room</p> <p>10:00 - Ecumenical Service with Ascension Episcopal Chapel/Ch. 993</p> <p>10:30 -Crosswords w/Amy M - Sunroom</p> <p>1:00 - Catholic Mass Chapel/Ch. 993</p> <p>1:15 - Free Manicures! Club Room</p> <p>1:30 - Seated Strength w/ Wellness Wellness Center</p> <p>3:00 - Java with Emily Club Room</p> <p>3:00 - Trivia with Sara Fireside Room</p> | <p>9:15 - Cardio Drumming Wellness Center</p> <p>10:00 - Bingo w/Sara Club Room</p> <p>10:15 - Trivia with Stephanie Fireside Room</p> <p>1:00-3:00 - Open Gym Wellness Center</p> <p>2:00 - Monthly Birthday Party ALL WELCOME Club Room</p> <p>3:00 - Chapel Service with Communion Town Hall/Ch. 993</p> <p>3:30 - Chat with Stephanie Fireside Room</p> | <p>Happy St. Patrick's Day</p> <p>8:30-11:00-Open Gym Wellness Center</p> <p>9:00 - Chat w/Emily Fireside Room</p> <p>10:00 -Trivia w/Emily Fireside Room</p> <p>10:30 - Crosswords w/Amy M - Sunroom</p> <p>1:00 - Catholic Mass Chapel/Ch. 933</p> <p>1:30 - Chair Mix with Wellness - Sunroom</p> <p>2:30 -Shamrock Shakes - Sunroom</p> | <p>10:00 - Bingo Club Room</p> <p>12:00-3:00 - Train Room Open Lower Level</p> <p>2:30 Bean Bag Toss with Stephanie Club Room</p> <p>3:30 Trivia with Stephanie Fireside Room</p> |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|---|--|---|
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| <p>11:00 - Catholic Mass Chapel/Ch. 993</p> <p>3:00 - Worship Service Town Hall/Ch. 993</p> | <p>8:30-11:00-Open Gym Wellness Center</p> <p>9:00 - Table Topics with Sara Fireside Room</p> <p>10:00 - 1:1 Visits with Amy M</p> <p>10:30 - Crosswords with Sara - Sunroom</p> <p>1:30- Chair Mix with Fitness - Sunroom</p> <p>1:30 - Free Manicures! Amy M & Sara Club Room</p> <p>2:15 - Walk with Fitness Meet By Birds</p> <p>2:45 - Ladies & Men's Social w/Amy M & Sara Club Room</p> <p>4:00 - Trivia with Amy M Fireside Room</p> | <p>9:15 - Chair Mix with Wellness - Sunroom</p> <p>9:45 - Coffee Social with Rick and Emily Club Room</p> <p>10:00 - Bingo w/Emily Club Room</p> <p>10:30 - Trivia w/Sara Fireside Room</p> <p>1:00-3:00 - Open Gym Wellness Center</p> <p>1:00 -Cardio Drumming Wellness Center</p> <p>1:30 - Baking w/ Sara Club Room</p> <p>2:00 - Sing a Long w/ Stephanie 2nd Floor Card Area</p> <p>2:00 - Bible Study w/ Chaplain Kris Chapel/Ch. 993</p> <p>3:00 - News & Views w/Sara - Fireside Room</p> <p>3:30 -Guess that song w/ Emily - Club room</p> | <p>8:30-11:00-Open Gym Wellness Center</p> <p>9:00 - A Day in History with Sara Fireside Room</p> <p>10:00 - Faces & Places with Sara Club Room</p> <p>10:00 - Ecumenical Service with Ascension Episcopal Chapel/Ch. 993</p> <p>10:30 -Crosswords w/Amy M - Sunroom</p> <p>1:00 - Catholic Mass Chapel/Ch. 993</p> <p>1:15 - Free Manicures! Club Room</p> <p>1:30 - Seated Strength w/ Wellness Wellness Center</p> <p>3:00 - Java with Emily Club Room</p> <p>3:00 - Trivia with Sara Fireside Room</p> | <p>9:15 - Cardio Drumming Wellness Center</p> <p>10:00 - Bingo with Stephanie Club Room</p> <p>1:00-2:30 - Open Gym Wellness Center</p> <p>1:00 - Resident Meeting Club Room</p> <p>1:45 - Craft w/Amy M 1st Floor Family Room</p> <p>3:00 - Chapel Service Town Hall/Ch. 993</p> <p>3:30 - Trivia w/Amy M Fireside Room</p> | <p>8:30-11:00-Open Gym Wellness Center</p> <p>9:00 - Chat w/Emily Fireside Room</p> <p>10:00 -Trivia w/Emily Fireside Room</p> <p>10:30 - Crosswords w/Amy M - Sunroom</p> <p>1:00 - Catholic Mass Chapel/Ch. 933</p> <p>1:30 - Music w/Emily Club Room</p> <p>1:30 - Chair Mix with Wellness - Sunroom</p> <p>2:30 - Adult Coloring 1st Floor Family Room</p> <p>3:30 - Clarinet Concert w/Emily Club room</p> | <p>10:00 - Bingo Club Room</p> <p>12:00-3:00 - Train Room Open Lower Level</p> <p>2:30 -Adult Coloring 1st Floor Family Room</p> <p>3:30 - Trivia w/Emily Sunroom</p> |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|--|---|----------|
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |
| <p>11:00 - Catholic Mass Chapel/Ch. 993</p> <p>3:00 - Worship Service Town Hall/Ch. 993</p> | <p>8:30-11:00-Open Gym Wellness Center</p> <p>10:30 - Crosswords with Sara - Sunroom</p> <p>1:30- Chair Mix with Fitness - Sunroom</p> <p>1:30 - Free Manicures! Amy M & Sara Club Room</p> <p>2:15 - Walk with Fitness Meet By Birds</p> <p>2:45 - Ladies & Men's Social w/Amy M & Sara - Club Room</p> <p>4:00 - Trivia w/Amy M Fireside Room</p> | <p>9:15 - Chair Mix with Wellness - Sunroom</p> <p>9:45 - Coffee Social with Rick and Emily Club Room</p> <p>10:00 - Bingo w/Emily Club Room</p> <p>1:00-3:00 - Open Gym Wellness Center</p> <p>1:00 -Cardio Drumming Wellness Center</p> <p>1:30 - Active Game: Frisbee Toss w/Sara Club Room</p> <p>2:00 - Bible Study w/ Chaplain Kris Chapel/Ch. 993</p> <p>3:00 - News & Views w/Sara - Fireside Room</p> | <p>8:30-11:00-Open Gym Wellness Center</p> <p>9:00 - A Day in History with Sara Fireside Room</p> <p>10:00 - Table Topics with Sara Fireside Room</p> <p>10:00 - Ecumenical Service with Ascension Episcopal Chapel/Ch. 993</p> <p>10:30 -Crosswords w/Amy M - Sunroom</p> <p>1:00 - Catholic Mass Chapel/Ch. 993</p> <p>1:15 - Free Manicures! Club Room</p> <p>1:30 - Seated Strength w/ Wellness Wellness Center</p> <p>3:00 - Java with Emily Club Room</p> <p>3:00 - Trivia with Sara Fireside Room</p> | <p>9:15 -Cardio Drumming Wellness Center</p> <p>10:00 - Card Bingo w/Amy M Club Room</p> <p>10:15 - Trivia w/ Sara Fireside Room</p> <p>11:00 - Write Word Game with Sara Sunroom</p> <p>1:00-3:00 - Open Gym Wellness Center</p> <p>2:00 - Tasty Thursday: Cheesecake w/Amy M Club Room</p> <p>3:00 - Service of Remembrance Chapel/Ch. 993</p> <p>3:30 - Chat with Amy M Fireside Room</p> | <p>8:30-11:00-Open Gym Wellness Center</p> <p>9:00 - Chat w/Emily Fireside Room</p> <p>10:00 -Trivia w/Emily Fireside Room</p> <p>10:30 - Crosswords w/Amy M - Sunroom</p> <p>1:00 - Catholic Mass Chapel/Ch. 933</p> <p>1:30 - Music w/Emily Club Room</p> <p>1:30 - Chair Mix with Wellness - Sunroom</p> <p>2:30 - Adult Coloring 1st Floor Family Room</p> <p>3:30 - Table Games: Yahtzee, Rummikub or Jenga Sunroom</p> | |

Activities are subject to change. Grab n' Go Snack Available outside the Commons Dining Room every day from 2:00-3:00 PM. Key: CH=Chapel, WWC=Lower Level Wings Wellness Center, CH. 993=Boutwells TV Channel 993