

Commons Activity Calendar



JOIN US FOR "ARCTIC MONTH"!
VARIOUS ACTIVITIES LISTED THIS
MONTH RELATE TO COLD WEATHER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 2:00 Coffee Social Hour (Lodge) 2:00 Hand & Foot Card Game & Resident Choice Games (C1) 	2 9:30 Chair Exercise w/ Beda (CH) 10:00 Wheel of Fortune (C1) 1:30 Bingo (BW)	3 8:00 Gentle Stretch w/Lizz (FC) 9:30 Chair Mix w/Lizz (CH) 11:00 Balance Class w/Lizz (991) 11:30 Open Gym w/Lizz (FC) 2:30 Kurt & Ash Concert CH) BUS TODAY	4 9:30 Chair Exercise w/Val (CH) 10:00 Trivia (C1) 1:30 Bingo (BW) 2:30 Great Courses "Great Tours—Washington DC" (CH) 4:00 Happy Times (MP)	5 8:00 Gentle Stretch w/Lizz (FC) 9:30 Chair Mix w/Lizz (CH) 11:00 Balance w/Lizz (991) 11:30 Open Gym w/Lizz (FC) 1:00 Bridge (MP) 2:00 Chapel Movie "A Father's Legacy" 7:00 Heart2Heart Group (C1)	6 9:30 Chair Exercise w/Jennie (CH) 10:00 Crossword Puzzle (C1) 1:30 Bingo (BW) 3:00 Informational Friday "Antarctica—A Year on Ice" (CH) BUS TODAY	7 11:00 Sing-A-Long (CH) 1:00 Hand & Foot Card Game (Terrace Library)
8 2:00 Coffee Social Hour (Lodge) 2:00 Hand & Foot Card Game & Resident Choice Games (C1)	9 9:30 Chair Exercise w/ Beda (CH) 10:00 Wheel of Fortune (C1) 1:30 Bingo (BW) 3:00 Winter Carnival Senior Royalty Knighting Ceremony (CH)	10 8:00 Gentle Stretch w/Lizz (FC) 9:30 Chair Mix w/Lizz (CH) 11:00 Balance Class w/Lizz (991) 11:30 Open Gym w/Lizz (FC) 2:30 Michael Larson Concert (CH) BUS TODAY	11 9:30 Chair Exercise w/Val (CH) 10:30 "It's a Sled Dog's Life Presentation by Melonie Shipman (CH) 1:30 Bingo (BW) 2:30 Great Courses "Great Tours—Ireland & Northern Ireland" (CH) 4:00 Happy Times (MP)	12 8:00 Gentle Stretch w/Lizz (FC) 9:30 Chair Mix w/Lizz (CH) 11:00 Balance w/Lizz (991) 11:30 Open Gym w/Lizz (FC) 1:00 Bridge (WL) 2:00 Chapel Movie "Apple Dumpling Gang" 7:00 Heart2Heart Group (C1)	13 9:30 Chair Exercise w/Jennie (C1—Note location change for today only) 10:00 Crossword Puzzle (C1) 1:30 Bingo (BW) 3:00 Informational Friday "Masters of the Arctic Ice" (CH)	14 11:00 Sing-A-Long (CH) 1:00 Hand & Foot Card Game (Terrace Library)
15 2:00 Coffee Social Hour (Deli) 2:00 Hand & Foot Card Game & Resident Choice Games (C1)	16 9:30 Chair Exercise w/ Beda (CH) 10:00 Wheel of Fortune (C1) 1:30 Bingo (BW) 3:00 3-D Snowflakes Craft (C1) - sign up at front desk	17 8:00 Gentle Stretch w/Lizz (FC) 9:30 Chair Mix w/Lizz (CH) 11:00 Balance Class w/Lizz (991) 11:30 Open Gym w/Lizz (FC) 12:00 Out to Lunch Bunch at Texas Roadhouse in Woodbury (sign up at front desk) 2:30 Nate Hance Concert (CH) BUS TODAY	18 9:30 Chair Exercise w/Val (CH) 10:00 Trivia (C1) 1:00 Gideon the Comfort Dog Visits the Lodge 1:30 Bingo (BW) 2:30 Great Courses "Great Tours—Ireland & Northern Ireland" (CH) 4:00 Happy Times (MP)	19 8:00 Gentle Stretch w/Lizz (FC) 9:30 Chair Mix w/Lizz (CH) 11:00 Balance w/Lizz (991) 11:30 Open Gym w/Lizz (FC) 1:00 Bridge (Terrace Library) 2:00 Chapel Movie "Top Gun Maverick" 2022 RELEASE (CH) 7:00 Heart2Heart Group (C1)	20 9:30 Chair Exercise w/Jennie (CH) 10:00 Crossword Puzzle (C1) 1:30 Bingo (BW) 3:00 Informational Friday "March of the Penguins" (CH) 6:30 Ladies & Gents Night (MP)	21 11:00 Sing-A-Long (CH) 1:00 Hand & Foot Card Game (Terrace Library)

Commons Activity Calendar



JOIN US FOR "ARCTIC MONTH"!
VARIOUS ACTIVITIES LISTED THIS
MONTH RELATE TO COLD WEATHER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22 2:00 Coffee Social Hour (Deli) 2:00 Hand & Foot Card Game & Resident Choice Games (C1)	23 9:30 Chair Exercise w/Beda (CH) 10:00 Wheel of Fortune (C1) 1:30 Bingo (BW) 3:00 Commons Chat Circle (CH) BUS TODAY	24 8:00 Gentle Stretch w/Lizz (FC) 9:30 Chair Mix w/Lizz (CH) 11:00 Balance w/Lizz (991) 11:30 Open Gym w/Lizz (FC) 2:30 Rockin' Woody Concert (CH) BUS TODAY	25 9:30 Chair Exercise w/Val (CH) 10:00 Trivia (C1) 1:30 Bingo (BW) 2:30 Great Courses "Great Tours—Ireland & Northern Ireland" (CH) 4:00 Happy Times (MP)	26 8:00 Gentle Stretch w/Lizz (FC) 9:30 Chair Mix w/Lizz (CH) 11:00 Balance w/Lizz (991) 11:30 Open Gym w/Lizz (FC) 1:00 Bridge (WL) 2:00 Monthly Birthday Party (MP) 2:00 Chapel Movie "High School Musical" 7:00 Heart2Heart Group (C1)	27 9:30 Chair Exercise w/Jennie (CH) 10:00 Group Crossword Puzzle (C1) 1:30 Bingo (BW) 3:00 Informational Friday "Wild Alaska" (CH)	28 11:00 Sing-A-Long (CH) 1:00 Hand & Foot Card Game (Terrace Library)
29 2:00 Coffee Social Hour (Deli) 2:00 Hand & Foot Card Game & Resident Choice Games (C1)	30 9:30 Chair Exercise w/Beda (CH) 10:00 Wheel of Fortune (C1) 1:30 Bingo (BW) 3:00 Arm Chair Travel to Thailand (CH)	31 8:00 Gentle Stretch w/Lizz (FC) 9:30 Chair Mix w/Lizz (CH) 11:00 Balance Class w/Lizz (991) 11:30 Open Gym w/Lizz (FC) 2:30 Ken & Darlene Concert (CH) BUS TODAY		ROOM/LOCATION CODES BW = Birchwood Dining Room CH = Chapel C1 = Commons 1st Floor CR = Conference Room FC = Fitness Center L = Library MP = Majestic Pines WL = Wilderness Lounge		