



















MARCH 2018

MASON WRIGHT CALENDAR



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|---|--|---|---|
| KEY: LR: Living Room, 1st floor 1: 1st floor Activity Room 4: 4th floor Activity Room CA: Café/Pub, 1st floor SU: Sign up in binder V: Van C: Chapel L: Lobby | SALON: Lower Level, Mondays, 9:30-4:00 by appointment. Sets, haircuts, shampoos, color, perms, manicures, and other services. Book appointments at front Desk. |  BIRTHDAYS John Connors 3/3 McJames Anderson 3/8 Mary Rugani 3/16 Ellen Coiusineau 3/24 Sheilah Wilkerson 3/31 |  | 1 Purim 9:30 Zumba Silver: 4 9:45 Dollar Tree: SU / V 1:30 Bigtime Bingo: 4 2:30 Coloring for Relaxation: 4 3:00 Nails & Chit Chat: 4 | 2 9:30 Morning Fitness: 4 11:00 Walking Group: L 2:00 Giant Crosswords: CA 3:00 Key-Ara's Kitchen: 1 7:00 Friday Night Movie: 4  | 3 9:30 Morning Fitness: 4 10:00 Chair Yoga 10:30 Jackie & Friends: 4 1:30 Bingo: 4 2:30 Saturday Cinema: 4 |
| 4 10:00 Chalice of Salvation: CA 10:30 Pool Lesson: 1 2:00 Bingo: 4 | 5 9:30-4 Salon open: LL 9:30 Morning Fitness: 4 10:00 Tai Chi & Qigong: 4 1:30 Dance Lessons w/ Joe: 4  3:00 Creative Corner: 4 | 6 9:30 Morning Fitness: 4 9:45 Aldi's: SU / V 1:30 Bingo: 4 2:30 Easy Listening: 4 3:00 Quiz Show: 4 | 7 9:30 Morning Fitness: 4  10:00 Music Club w/ Sarah: 4 2:00 AL Council Meeting: 4 3:00 Knitting & Fiber Arts: LR | 8 9:30 Zumba Silver: 4 9:45 Walmart: SU / V 1:30 Bingo: 4 2:30 Coloring for Relaxation: 4 3:00 Nails & Chit Chat: 4 | 9 9:30 Morning Fitness: 4 11:00 Walking Group: L 1:00 Support Group: C 2:00 Giant Crosswords: CA 3:00 Wild Cards: CA 7:00 Friday Night Movie: 4 | 10 9:30 Morning Fitness: 4 10:00 Life Center Ministry: 4 1:30 Bingo: 4 2:30 Sing-along with Trinity: 4 (no movie today) |
| 11 Daylight Saving Time begins 10:00 Chalice of Salvation: CA 10:30 Pool Lesson: 1 2:00 Bingo: 4 | 12 9:30-4 Salon open: LL 9:30 Morning Fitness: 4 10:00 Chair Yoga: 4 1:30 Dance Lessons w/ Joe: 4  3:00 Creative Corner: 4 | 13 9:30 Morning Fitness: 4 9:45 Big Y: SU / V 1:30 Bingo: 4 2:00 TH Resident Council: 4 2:30 Easy Listening: CA 3:00 Quiz Show: CA | 14 9:30 Morning Fitness: 4 10:00 Coffee & Conversation: 1 2:00 St. Pat's Sing-along: 4  3:00 Knitting & Fiber Arts: LR | 15 9:30 Zumba Silver: 4 9:45 Savers: SU / V 1:30 Bingo: 4 2:30 Coloring for Relaxation: 4 3:00 Nails & Chit Chat: 4 | 16 9:30 Morning Fitness: 4 11:00 Walking Group: L 1:00 Spiritual Moments: 3 2:00 Giant Crosswords: CA 3:00 St. Pat's Party: LR  7:00 Friday Night Movie: 4 | 17 St Patrick's Day  9:30 Morning Fitness: 4 10:00 Chair Yoga 1:30 Bingo: 4 2:30 Saturday Cinema: 4 |
| 18 10:00 Chalice of Salvation: CA 10:30 Pool Lesson: 1 2:00 Bingo: 4 | 19 9:30-4 Salon open: LL 9:30 Morning Fitness: 4 10:00 Tai Chi & Qigong: 4 1:30 Dance Lessons w/ Joe: 4  3:00 Creative Corner: 4 6:15 Lena & Friends: 4 | 20 Spring Begins!  9:30 Morning Fitness: 4 9:45 Stop & Shop: SU / V 1:30 Bingo: 4 2:30 Easy Listening: 4 3:00 Quiz Show: 4 | 21 9:30 Morning Fitness: 4 10:00 Coffee & Conversation: 1 11:30 IHOP for lunch: SU / V 2:00 Catholic Mass: C 3:00 Knitting & Fiber Arts: LR | 22 9:30 Zumba Silver: 4 9:45 Walmart: SU / V 1:30 Bingo: 4 2:30 Coloring for Relaxation: 4 3:00 Nails & Chit Chat: 4 | 23 9:30 Morning Fitness: 4 11:00 Walking Group: L 1:00 Support Group: C 2:00 Giant Crosswords: CA 3:00 Spring Happy Hour: LR 7:00 Friday Night Movie: 4 | 24 9:30 Morning Fitness: 4 10:00 Chair Yoga: 4 10:00 Life Center Ministry: 4 1:30 Bingo: 4 2:30 Saturday Cinema: 4 |
| 25 10:00 Chalice of Salvation: CA 10:30 Pool Lesson: 1 2:00 Bingo: 4 | 26 9:30-4 Salon open: LL 9:30 Morning Fitness: 4 10:00 Chair Yoga: 4 1:30 Dance Lessons w/ Joe: 4  3:00 Creative Corner: 4 | 27 9:30 Morning Fitness: 4 9:45 Big Y: SU / V 1:30 Prize Bingo: 4 2:30 Food For Thought: 4 3:00 Quiz Show: 4 3:30 Mason Bucks Store: CA | 28 9:30 Morning Fitness: 4th floor 10:00 Conversation & Coffee  2:00 March Birthday Bash: 4 3:00 Knitting & Fiber Arts: LR | 29 9:30 Zumba Silver: 4 9:45 Dollar Tree: SU / V 1:30 Bingo: 4 2:30 Coloring for Relaxation: 4 3:00 Nails & Chit Chat: 4 | 30 Good Friday  9:30 Morning Fitness: 4  10:00 Easter Egg-stravaganza 2:00 Giant Crosswords: CA 3:00 Wild Cards: CA 7:00 Friday Night Movie: 4 | 31 Passover begins  9:30 Morning Fitness: 4 10:00 Chair Yoga 1:30 Bingo: 4 2:30 Saturday Cinema: 4 |

MASON WRIGHT TRADITIONS ACTIVITIES CALENDAR KEY

Morning Fitness: 4th floor, Monday, Tuesday, Wednesday, Thursday (ZUMBA), Friday and Saturday at 9:30

Seated exercise classes begin with breathing and stretching, then progress to include gentle aerobic exercises to increase the heartrate. Zumba Silver now held on Thursdays!

Gentle Chair Yoga: 4th floor, Alternating Mon/Sat at 10:00

Chair yoga can be beneficial for seniors in minimizing stress and boosting mental clarity, managing and coping with pain brought on by aging or an illness, improving strength, enhancing flexibility.

Tai Chi & Qigong: 4th floor, 2nd & 4th Monday at 10:00

Strengthen your bones and joints, improve circulation, improve balance and exercise your internal organs as well as the entire body with a variety of healing exercises. Taught by Dr. Emmanuel Brown, certified Tai Chi Easy Practice leader.

Walking Group: Meet in Lobby, Friday at 11:00

Join an Activity Assistant for this 20-30 minute walk, at a slow-to-moderate pace, around the building. When weather permits, walks will be taken outdoors. Wear sneakers or walking shoes

Giant Crosswords: Café, Friday at 2:00

This weekly group gathers to collaboratively solve a crossword puzzle. Join the fun and earn **Mason Bucks!**

Wild Cards: Café, Friday at 3:00

Play a game of your choice with other residents or staff.

Nails & Chit Chat: 4th floor, Thursday at 3:00

Modeled after a nail salon environment, this gathering allows residents to receive manicures and hand massages while socializing and reading magazines.

Creative Corner: 4th floor, Monday at 3:00

This weekly group will include poetry reading, cooking, crafts, art lessons and more. Materials will be provided, but resident participation is critical to making this group successful and fun. Residents who have creative ideas to share are encouraged to speak with someone in Life Enrichment.

Conversation & Coffee: Café, Wednesday at 10:00

Activity Assistant Key-Ara leads this lively weekly group to engage residents in a friendly and open conversation with each other. Get to know each other and share what's on your mind.

Happy Hour (BYOB): Café, Fridays as scheduled at 3:00

Join friends and neighbors for this casual gathering and a chance to unwind together with music, live and recorded. Light refreshments served.

Birthday Bash: 4th floor, monthly at 2:00

Join neighbors and staff for this monthly party to celebrate all birthdays of the month. Enjoy live musical entertainment and birthday cake. All welcome, not just the birthday celebrants!

Chalice of Salvation: Café, Sunday at 10:00

A one-hour weekly televised Mass hosted by Brother Terrence Scanlon each week from St. Michael's Cathedral.

Jackie & Friends: 3rd floor, 1st Saturday at 10:00

Once a month, volunteers from the *More Than Conquerors* Ministry offer prayer, song and conversation.

Catholic Mass: Chapel, 3rd Wednesday at 2:00

Weekly Mass by Monsignor Connolly with Sister Eileen.

Life Center Deliverance Ministries: Chapel, 2nd & 4th Saturday at 10:00

Pastor Katherine Ewing leads this bi-monthly fellowship service with prayer, song and sharing. Open to all faiths.

Lena & Friends: 1st floor, 3rd Monday at 6:15

A monthly prayer and song meeting; open to all residents.

Spiritual Moments: 3rd floor, 3rd Friday at 1:00

A monthly meeting of prayer, song and fellowship; open to all residents.

Support Group: Chapel, 2nd & 4th Friday at 1:00

This twice-monthly support group is facilitated by licensed professionals and is open to all residents and families of Mason Wright. If interested, please contact Deb Peavey. Inquiries and attendance are kept confidential.

Pool Lessons: 1st floor, Sunday at 10:30

The pool table, located on the first floor of Mason Wright's Traditions facility, is available to all residents. Residents are encouraged to organize their own games at any time, but basic instruction (from a resident expert) will be offered to all who are interested on Sunday mornings.

Intergenerational Visits: 4th floor, Friday at 10:15 /variable

Pre-schoolers from the neighboring Bright Futures program come weekly to visit with residents and do activities including crafts, cooking, singing, and story-time! Third graders from Rebecca Johnson School visit monthly for a reading buddies program and some singing and dancing.

Dance lessons: 4th floor, Monday at 1:30

Learn basic dance steps, for fun or for fitness including the fox trot, the basic waltz and others. Get ready for a spring dance to show off your moves!

BINGO: 4th floor, Tue, Thur, Sat. & Sun at 1:30

Games are 10 cents per card to play, except for BIG TIME games which cost 25 cents. Once a month, Prize Bingo offers players another chance to earn **Mason Bucks** for use in the monthly store.

Knitting & Fiber Group: LR, Wednesday at 3:00

Bring whatever you're working on or would like to start—knitting, crocheting, sewing, quilting, darning, needlepoint, crewel, embroidery are all welcome. Share your talents or just socialize. Some basic materials may be provided upon request.

Trips: Sign up at the Front Desk in the binder

Weekly shopping trips on the van occur Tuesdays and Thursday at 9:45. Lunch outings, and trips to area attractions like the library, museums and animal shelter will be posted on the calendar and are open to all residents with priority given to Traditions and Reflections residents.

Coloring for Relaxation: 4th floor, Thur. at 2:30

If you like to color in a social setting, this is the group for you! All materials provided, or bring your own.

Easy Listening: 4th floor/Pub, Tuesday at 2:30

Enjoy recorded music of all genres in the company of friends and neighbors.

Movies: 4th floor, Mon at 1:00 & Sat at 2:30, Fri at 7:00

Enjoy recent movies from Netflix along with freshly popped popcorn at this twice weekly event open to all residents. Please give movie suggestions to the Front Desk.

Quiz Show: 4th floor, Tuesday at 3:00

This lively, brain-stimulating group features a selection of games, including Jeopardy, Family Feud & Trivial Pursuit. Residents may choose to play in teams, individually or to just come and watch! Earn **Mason Bucks by winning and "shop" at our special "store" at the end of the month.**

Music Club w/ Sarah: 4th floor, 2nd or 3rd Wed. at 10:00

This new monthly group invites residents of all musical abilities (or no ability at all!) to join in a lively hour of singing, playing hand-held instruments, dancing, and beating drums along with the talented Sarah (the Fiddler) Michel.

Key-Ara's Kitchen: 1st floor kitchen/variable

Join Activity Assistant Key-Ara for an entertaining hour of cooking, laughing and eating the final product! Recipes will be provided.