






























JUNE 2018 MASON WRIGHT CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>SALON: Lower Level, Mondays, 9:30-4:00 by appointment. Sets, haircuts, shampoos, color, perms, manicures, and other services. Book appointments at front Desk.</p>	 <p><i>Peony</i></p>	<p>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 DR: 2nd floor Dining Room</p>	 <p>JUNE BIRTHDAYS </p> <p>Emma Edge 6/10 Queenie Brown 6/12 Richard Brown 6/13 Sallie Rivers 6/14 Diane Smith 6/15 Yolanda Zurlino 6/17 Elijah Bailey 6/18 Donnell Rodgers 6/18 Anthony Davis 6/19 Cora Kelly 6/26 Linda Tkacz 6/27</p>		<p>1 9:30 Morning Fitness: 4 10:00 Coffee & Conversation: <small>LR</small> 11:00 Walking Group: L 2:00 Giant Crosswords: 4  3:00 Wild Cards: 4</p>	<p>2 9:30 Morning Fitness: 4 (No Chair Yoga today) 10:30 Jackie & Friends: 4 1:30 Bingo: 4 3:00 Afternoon Social: 4</p>
<p>3 10:30 Coffee with Chris: <small>LR</small>  1:30 Bingo: 4 2:30 Sunday Cinema: 4</p>	<p>4 9:30-4 Salon open: LL 9:30 Morning Fitness: 4 10:00 Tai Chi & Qigong: 4 11:30 Activity Committee: 4 2:00 Afternoon Social: 4 3:00 Creative Corner: 4</p>	<p>5 9:30 Zumba Silver: 4  9:45 Aldi's: SU / V 1:30 Bingo: 4 2:30 Easy Listening: 4 3:00 Quiz Show: 4 </p>	<p>6  9:30 Morning Fitness: 4 10:00 Music Club w/ Sarah: 4 (w/ Bright Futures children) 1:30 Forest Park Zoo: SU / V 3:00 Knitting & Fiber Arts: LR</p>	<p>7 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</p>	<p>8 9:30 Morning Fitness: 4 10:00 Coffee & Conversation: <small>LR</small> 11:00 Walking Group: L 11:00 Farmer's Market: SU / V 1:00 Support Group: TBD 2:00 Giant Crosswords: 4 </p>	<p>9 9:30 Morning Fitness: 4 10:00 Life Center Ministry: 4 1:30 Bingo: 4 3:00 Afternoon Social: CA</p>
<p>10  10:30 Coffee with Chris: LR 1:30 Bingo: 4 2:30 Sunday Cinema: 4 3:30 Pastor Annette: 4</p>	<p>11 9:30-4 Salon open: LL 9:30 Morning Fitness: 4 10:00 Chair Yoga: 4 2:00 Afternoon Social: 4 3:00 Creative Corner: 4 6:15 Lena & Friends: 4</p>	<p>12 9:30 Zumba Silver: 4  9:45 Big Y: SU / V 1:00 Bingo: 4 (time change) 2:00 TH Council Meeting: 4 3:00 Quiz Show: 4 </p>	<p>13 9:30 Morning Fitness: 4 10:00 Fab & Fit: 4 11:30 DQ for Lunch: SU / V 2:00 AL Council Meeting: 4 3:00 Knitting & Fiber Arts: LR</p>	<p>14 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</p>	<p>15  9:30 Morning Fitness: 4 10:00 Coffee & Conversation: <small>LR</small> 11:00 Walking Group: L 2:00 Memorial Celebration: 4 3:00 Giant Crosswords: 4 </p>	<p>16 9:30 Morning Fitness: 4 10:00 Chair Yoga 10:30 Lighthouse Ministry: 4 1:00 Revival Time Group: 4 1:30 Bingo: 4 3:00 Afternoon Social: CA</p>
<p>17 Father's Day  10:30 Coffee with Chris: LR 1:30 Bingo: 4 2:30 Sunday Cinema: 4</p>	<p>18 9:30-4 Salon open: LL 9:30 Morning Fitness: 4 10:00 Tai Chi & Qigong: 4 2:00 Afternoon Social: 4 3:00 Creative Corner: 4</p>	<p>19 9:30 Zumba Silver: 4  9:45 Stop & Shop: SU / V 1:30 Bingo: 4 2:30 Easy Listening: 4 3:00 Quiz Show: 4 </p>	<p>20  9:30 Morning Fitness: 4 10:00 Fab & Fit: 4 2:00 Sing Along with Frank: 4 3:00 Knitting & Fiber Arts: LR</p>	<p>21 9:30 Zumba Silver: 4  9:45 Family Dollar: SU / V 1:30 Used Bookstore: SU / V 1:30 Bingo: 4 2:30 Coloring for Relaxation: 4 3:00 Nails & Chit Chat: 4</p>	<p>22  9:30 Morning Fitness: 4 10:00 Coffee & Conversation: <small>LR</small> 11:00 Walking Group: L 1:00 Support Group: TBD 3:00 Solstice Happy Hour: LR (with Dave Colucci)</p>	<p>23 9:30 Morning Fitness: 4 10:00 Life Center Ministry: 4 1:30 Bingo: 4 3:00 Afternoon Social: CA</p>
<p>24  10:30 Coffee with Chris: LR 1:30 Bingo: 4 2:30 Sunday Cinema: 4 3:30 Pastor Annette: 4</p>	<p>25 9:30-4 Salon open: LL 9:30 Morning Fitness: 4 10:00 Chair Yoga: 4 2:00 Afternoon Social: 4 3:00 Creative Corner: 4</p>	<p>26 9:30 Zumba Silver: 4  9:45 Big Y: SU / V 1:30 Prize Bingo: 4  2:30 Food For Thought: 4 (No Quiz Show today) 3:30 Mason Bucks Store: 4</p>	<p>27 Annual Meeting 9:30 Morning Fitness: 4 10:00 Fab & Fit: 4 1:30 Book Club: 4  3:00 Knitting & Fiber Arts: LR</p>	<p>28  9:30 Zumba Silver: 4  9:45 Walmart: SU / V 1:00 Bingo: 4 (time change) 2:00 June Birthday Bash: 4 (w/ Craig Harris & special guests)</p>	<p>29  9:30 Morning Fitness: 4 10:00 Coffee & Conversation: <small>LR</small> 11:00 Walking Group: L 2:00 Celebrity Chef Show: DR 3:00 Wild Cards: 4</p>	<p>30 9:30 Morning Fitness: 4 10:00 Chair Yoga 1:30 Bingo: 4 3:00 Afternoon Social: CA</p>

MASON WRIGHT TRADITIONS ACTIVITIES CALENDAR KEY

Morning Fitness: 4th floor, Mon, Wed, Fri, and Sat at 9:30

Seated exercise classes begin with breathing and stretching, then progress to gentle aerobic exercises.

Zumba Silver: 4th floor, Tue & Thu

Join Fatou's easy-to-follow Zumba-inspired choreography that focuses on balance, range-of-motion and coordination. Come ready to sweat, and prepare leave feeling strong!

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 & 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.

Fit & Fab: 4th floor, Wednesday at 10:00 (NEW)

Learn healthy eating habits and enjoy nutritious and refreshing smoothies after morning fitness class.

BINGO: 4th floor, Tue, Thu, 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.

Movies: Café, Sunday at 2:30 (NEW TIME/DAY)

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.

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.

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.

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.

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.**

Conversation & Coffee: Living Room, Friday at 10:00

Join 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!

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.

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.

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.

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

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

Revival Time Group: Chapel, 3rd Saturday at 1:00

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

Life Center Deliverance Ministries: Chapel, 2nd & 4th Saturdays 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 Saturday at 10:30

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

Kingdom Minded Ministries: Chapel, 2nd & 4th Sundays at 3:30

Pastor Annette Simmons Jackson leads Christian fellowship for all who are interested.

Social Hour: Cafe, Monday at 2:00, Saturday at 3:00

Join friends for a weekly social gathering that includes light snacks, juice, laughter and conversation! In warmer weather, the group will meet outdoors.

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.

Celebrity Chef: 1st or 2nd floor kitchen/variable

This monthly cooking class is an entertaining hour of cooking, laughing and eating the final product! Recipes will be provided.