



# NOVEMBER 2018 MASON WRIGHT CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>LR:</b> Living Room, 1st floor <b>D:</b> Diner, 1st fl. <b>DR:</b> Dining Room <b>4:</b> Activity Room, 4th floor <b>SU:</b> Sign up in binder <b>V:</b> Van <b>C:</b> Chapel, 4th <b>LI:</b> Library, 1st <b>SR:</b> Sunroom, 1st <b>L:</b> Lobby</p>	<p><b>November Birthdays</b></p> <p>James Levy, 11/3 Dorothy Tozzi, 11/3 Araminta Faniel, 11/11 Carmen Torres, 11/11 Mary Jean Guy 11/15 Jorge Machuca, 11/19 T. Anthony Welch, 11/22 Sarah Arnold, 11/29</p>		<p><b>SALON: Lower Level, Mondays, 9:30-4:00 by appointment.</b> Sets, haircuts, shampoos, color, perms, manicures, and other services. Book appointments at front Desk.</p>	<p><b>1</b> 9:30 Kick Boxing: SR  <b>9:45 Walmart: SU/V</b> 1:30 Bingo: 4 2:30 Coloring for Relaxation: 4 3:00 Nails &amp; Chit Chat: 4</p>	<p><b>2</b>  9:30 Morning Fitness: SR 10:30 Coffee &amp; Conversation: LR 11:00 Walking Group: L  1:30 Bible Study w/ Christine: <b>2:30 Harvest Happy Hour w/ Jimmy Mazz: SR</b></p>	<p><b>3</b> 9:30 Morning Fitness: SR <b>10:00 Chair Yoga: SR</b> <b>10:30 Jackie &amp; Friends: C</b> 1:30 Bingo: 4 3:00 Social Hour / Games: 4</p>
<p><b>4</b> 9:30 Morning Fitness: SR 10:30 Coffee &amp; Conversation: LR 1:30 Bingo: 4 2:30 Sunday Cinema: 4 <b>7:30 Sunday Night Football: 4</b></p>	<p><b>5</b>  9:30-4 Salon open: LL 9:30 Morning Fitness: SR <b>10:15 Viability Visit: D</b> 2:00 Knitting &amp; Fiber Arts: LR 3:00 Book Club: LI </p>	<p><b>6 VOTING DAY</b>  <b>7am-7pm Voting: SR</b> 9:30 Kick Boxing: 4  <b>9:45 Sav-a-Lot: SU/V</b> 1:00 Bingo: 4 <b>2:00 Celebrity Chef Awa: DR</b> <b>3:00 Creative Corner: 4</b></p>	<p><b>7</b>  9:30 Zumba Silver: SR <b>10:00 Music Club w/ Sarah: SR</b> <b>10:00 Sing Out! Chorus: 4</b> <b>11:00 Golden Corral: SU / V</b> <b>2:00 Quiz Show: 4</b>  3:00 Lanes &amp; Nets: SR</p>	<p><b>8</b> 9:30 Kick Boxing: SR  <b>9:45 Dollar Tree: SU/V</b> 1:30 BIGTIME Bingo: 4 2:30 Coloring for Relaxation: 4 3:00 Nails &amp; Chit Chat: 4</p>	<p><b>9</b> 9:30 Morning Fitness: SR 10:30 Coffee &amp; Conversation: LR 11:00 Walking Group: L  1:00 Support Group: 3rd floor 2:00 Giant Crosswords: 4 3:00 Wild Cards</p>	<p><b>10</b> 9:30 Morning Fitness: SR <b>10:00 Life Center Ministry: C</b> 1:30 Bingo: 4 3:00 Social Hour / Games: 4</p>
<p><b>11</b> 9:30 Morning Fitness: SR 10:30 Coffee &amp; Conversation: LR 1:30 Bingo: 4 2:30 Sunday Cinema: 4 <b>7:30 Sunday Night Football: 4</b></p>	<p><b>12 Veterans' Day</b>  9:30-4 Salon open: LL 9:30 Morning Fitness: SR <b>10:00 Memorial Service: 4</b> 2:00 Knitting &amp; Fiber Arts: LR 3:00 Book Club: LI </p>	<p><b>13</b>  9:30 Kick Boxing: SR  <b>9:45 Big Y: SU/V</b> 1:30 Bingo: 4 <b>2:00 TH Resident Council: SR</b> 2:30 Easy Listening: 4 <b>3:00 Creative Corner: 4</b></p>	<p><b>14</b>  9:30 Zumba Silver: SR 10:00 Fab &amp; Fit: D <b>10:00 Sing Out! Chorus: 4</b> <b>10:30 Thunderbirds Hockey: SU</b> <b>1:00 Healthy Bones &amp; Balance: SR</b> <b>2:00 AL Resident Council: SR</b> <b>3:00 Quiz Show: 4</b> </p>	<p><b>15</b> 9:30 Kick Boxing: SR  <b>9:45 Christmas Tree Shops: SU</b> 1:30 Bingo: 4 <b>1:45 Rebecca Johnson: SU/V</b> 2:30 Coloring for Relaxation: 4 3:00 Nails &amp; Chit Chat: 4</p>	<p><b>16</b> 9:30 Morning Fitness: SR 10:30 Coffee &amp; Conversation: LR 11:00 Walking Group: L  <b>12:00 Pre-Thanksgiving Buffet: SR</b> 1:30 Bible Study w/ Christine: C 2:00 Giant Crosswords: 4 3:00 Wild Cards</p>	<p><b>17</b> 9:30 Morning Fitness: SR <b>10:00 Chair Yoga: SR</b> <b>10:30 Lighthouse Ministry: C</b> <b>1:00 Revival Time: 3</b> 1:30 Bingo: 4 3:00 Social Hour / Games: 4</p>
<p><b>18</b> 9:30 Morning Fitness: SR 10:30 Coffee &amp; Conversation: LR 1:30 Bingo: 4 2:30 Sunday Cinema: 4 <b>7:30 Sunday Night Football: 4</b></p>	<p><b>19</b>  9:30-4 Salon open: LL 9:30 Morning Fitness: SR <b>10:15 Viability Visit: D</b> 2:00 Knitting &amp; Fiber Arts: LR 3:00 Book Club: LI </p>	<p><b>20</b> 9:30 Kick Boxing: SR  <b>9:45 Aldi's: SU/V</b> 1:30 Bingo: 4 <b>2:00 Food For Thought: SR</b> 2:30 Easy Listening: 4</p>	<p><b>21</b>  9:30 Zumba Silver: SR 10:00 Fab &amp; Fit: D <b>10:00 Sing Out! Chorus: 4</b> <b>2:00 Sing Along w/ Frank: SR</b> 3:00 Lanes &amp; Nets: SR <b>6:30 Social Hour w/ Ursula: LR</b></p>	<p><b>22 Thanksgiving Day</b> 9:30 Kick Boxing: SR  10:00 Macy's Parade: 4 1:30 PRIZE Bingo: 4  2:30 Football on the Big TV: 4</p>	<p><b>23</b>  9:30 Morning Fitness: SR 10:30 Coffee &amp; Conversation: LR 11:00 Walking Group: L  <b>2:30 Thanksgiving Happy Hour w/ Richie &amp; Ethel: SR</b></p>	<p><b>24</b> 9:30 Morning Fitness: SR <b>10:00 Life Center Ministry: C</b> 1:30 Bingo: 4 3:00 Social Hour / Games: 4</p>
<p><b>25</b> 9:30 Morning Fitness: SR 10:30 Coffee &amp; Conversation: LR 1:30 Bingo: 4 2:30 Sunday Cinema: 4 <b>7:30 Sunday Night Football: 4</b></p>	<p><b>26</b>  9:30-4 Salon open: LL 9:30 Morning Fitness: SR 10:00 Chair Yoga: SR 2:00 Knitting &amp; Fiber Arts: LR 3:00 Book Club: LI </p>	<p><b>27</b> 9:30 Kick Boxing: SR  <b>9:45 Big Y: SU/V</b> 1:30 Bingo: 4 2:30 Easy Listening: 4 <b>3:00 Mason Bucks Store: 4</b></p>	<p><b>28</b>  9:30 Zumba Silver: SR 10:00 Fab &amp; Fit: D <b>10:00 Sing Out! Recital: SR</b> <b>1:30 Festival of the Trees: SU / V</b> <b>2:00 Quiz Show: 4</b></p>	<p><b>29</b> 9:30 Kick Boxing: SR  <b>9:45 Walmart: SU/V</b> 1:30 Bingo: 4 <b>1:30 Gingerbread Houses: SU/V</b> 2:30 Coloring for Relaxation: 4 3:00 Nails &amp; Chit Chat: 4</p>	<p><b>30</b>  9:30 Morning Fitness: SR 10:30 Coffee &amp; Conversation: LR 11:00 Walking Group: L  1:30 Bible Study w/ Christine: C <b>2:00 Birthday Bash w/ Center Stage: SR</b></p>	

# MASON WRIGHT TRADITIONS ACTIVITIES CALENDAR KEY

**Morning Fitness:** SR, Wednesday, Sat and Sun at 9:30

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

**Zumba Silver:** SR, Friday at 9:30

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:** SR, 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.

**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:** Diner, Wednesday at 10:00

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

**Kick Boxing:** SR, Thursdays at 9:30

Get toned, limber, and get pumped!

**Lanes & Nets:** SR, Wednesdays at 3:00

Shoot hoops, bowl strikes, toss balls, and smack the birdie during this weekly group of playing fun and lively group games.

**Sing Out! Chorus:** 4th floor, Wednesday at 10:00

A new vocal program led by Liz Simmons of the Community Music School of Springfield. All levels of experience welcome. Ends with recital on November 28.

**Movies:** Café, Sunday at 2:30

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:** 4th floor, Friday at 2:00

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

**Quiz Show:** 4th floor, Wednesday at 3:00

A brain-stimulating group weekly trivia group.

**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. Prize Bingo is free.

**Wild Cards:** As scheduled, 4th floor

Play a game of your choice with a friend. Feel bring to bring your favorite game.

**Creative Corner:** 4th floor, Tuesday at 3:00

This weekly group will focus on expressive art. Materials will be provided. Ends 11/13.

**Viability Visits:** Diner, every other Monday at 10:30

Make seasonal, decorative crafts with the staff and participants from Viability of Springfield . Materials provided.

**Book Club:** Library, Mondays at 3:00

Join friends in reading and discussing works of contemporary fiction. Sign up in the binder at the Front Desk.

**Sing-along w/ Frank:** 4th floor, 2nd or 3rd Wed. at 2:00

Join local choir director Frank Jackson for seasonal, thematic sing-along. Songbooks and shakers provided.

**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.

**Conversation & Coffee:** Living Room, Fri. & Sun. at 10:30

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):** SR, Fridays as scheduled

Join friends and neighbors for this casual gathering and a chance to unwind together with music, live and recorded. Light refreshments served but residents are encouraged to bring a favorite snack to share.

**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 Friday at 1:00

This 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:** SR, 2nd or 3rd Wed. at 10:00

This 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:** Chapel, 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.

**Lighthouse Outreach Ministries:** Chapel, 3rd Saturday at 10:30

Led by Shale Miller, this monthly meeting of prayer, song and fellowship is open to all residents.

**Bible Study:** Chapel, 1st & 3rd Friday at 1:30

Led by Christine Hartsfield of Mt Zion Baptist Church, this bi-monthly bible study group is open to all residents.

**Social Hour with Games:** 4th floor, Saturday at 3:00

Join friends for a social gathering that includes light snacks, beverages, laughter, conversation, fun and games (dominoes, cards, scrabble and more).

**Coloring for Relaxation:** 4th floor, Thursday 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 as scheduled

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