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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>LR: Living Room, 1st floor D: Diner, 1st fl. DR: Dining Room 4: Activity Room, 4th floor SU: Sign up in binder V: Van C: Chapel, 4th LI: Library, 1st SR: Sunroom, 1st L: Lobby</p>	<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> MARCH BIRTHDAYS </p> <p>John Connors 3/3 Maureen Maloney 3/6 McJames Anderson 3/8 Estelle Barree 3/14</p> <p>Dorothy Williams 3/14 Ellen Cousineau 3/24 Helen Kitt 3/31</p>			<p>1 9:30 Morning Fitness: SR 10:30 Coffee & Conversation: LR 11:00 Walking Group: L  2:15 Happy Hour with Dave Collucci  </p>	<p>2 9:30 Morning Fitness: SR 10:00 Chair Yoga: SR  10:30 Jackie & Friends: C 1:30 Bingo: 4 3:00 Social Hour / Games: 4</p>
<p>3 9:30 Morning Fitness: SR 10:30 Coffee & Conversation: LR 1:30 Bingo: 4 2:30 Sunday Cinema: 4</p>	<p>4 </p> <p>9:30-4 Salon open: LL 9:30 Morning Fitness: SR 10:15 Viability Visit: D 2:00 Knitting & Fiber Arts: LR 3:00 Creative Corner: 4 </p>	<p>5 Mardi Gras </p> <p>9:30 Kick Boxing: SR  9:45 Save a Lot 1:30 No Bingo 1:45 Mardi Gras Party with Ritchie Mitnick: SR</p>	<p>6 Ash Wednesday</p> <p>9:30 Zumba Silver: SR  10:00 Fit & Fab: D 10:00 Sing Out with Liz: 4 11:15 Nippon Grill: SU/V 2:00 Giant Crosswords: 4 </p>	<p>7 9:30 Kick Boxing: SR  9:45 Walmart: SU/V 10:00 Walking Group: SR  1:30 BIGTIME Bingo: 4 2:30 Nails & Chit Chat: 4 3:30 Coloring for Relaxation: LI</p>	<p>8 International Women's Day</p> <p>9:30 Morning Fitness: SR 10:30 Coffee & Conversation: LR 1:30 Bible Study w/ Christine: C 2:30 Support Group: C 3:00 Afternoon Fitness: SR </p>	<p>9 9:30 Morning Fitness: SR 10:00 Life Center Ministry: C 1:30 Bingo: 4 3:00 Social Hour / Games: 4</p>
<p>10 Daylight Savings Begins</p> <p>9:30 Morning Fitness: SR 10:30 Coffee & Conversation: LR 1:30 Bingo: 4 2:30 Sunday Cinema: 4</p>	<p>11 9:30-4 Salon open: LL </p> <p>9:30 Morning Fitness: SR 9:45 Big Y: SU/V 10:00 Chair Yoga: SR  1:15 Activity Council: LI  2:00 Knitting & Fiber Arts: LR 3:00 Quiz Show: 4 </p>	<p>12</p> <p>9:30 Kick Boxing: SR  9:45 No Shopping Trip 1:30 Bingo: 4 2:00 TH Resident Council: SR 3:00 Creative Corner: 4</p>	<p>13</p> <p>9:30 Zumba Silver: SR  10:00 Fit & Fab: D 10:00 Sing Out with Liz: 4 2:00 AL Resident Council 3:00 Afternoon Fitness: SR </p>	<p>14</p> <p>9:30 Kick Boxing: SR  9:45 Dollar Tree: SU/V 10:00 Walking Group: SR  1:30 Bingo: 4 1:15 Rebecca Johnson: SU/V 3:30 Coloring for Relaxation: LI</p>	<p>15</p> <p>9:30 Morning Fitness: SR 10:30 Coffee & Conversation: LR 2:30 St. Patrick's Day Party with Sarah the Fiddler </p>	<p>16</p> <p>9:30 Morning Fitness: SR 10:00 Chair Yoga: SR  10:30 Lighthouse Ministry: C 1:30 Bingo: 4 3:00 Social Hour / Games: 4</p>
<p>17 Happy St Patrick's Day</p> <p>9:30 Morning Fitness: SR 10:30 Coffee & Conversation: LR 1:30 Bingo: 4 2:30 Sunday Cinema: 4</p>	<p>18 </p> <p>9:30-4 Salon open: LL 9:30 Morning Fitness: SR 10:15 Viability Visit: D 2:00 Knitting and Fiber Arts 3:00 Quiz Show: 4 </p>	<p>19</p> <p>9:30 Kick Boxing: SR  9:45 Aldi: SU/V 1:00 Movie Trip: SU/V  1:30 Bingo: 4 3:00 Creative Corner: 4</p>	<p>20 First Day of Spring</p> <p>9:30 Zumba Silver: SR  10:00 Reading with Bright Futures: SU/L 10:00 Sing Out with Liz: 4 2:00 Giant Crosswords  3:00 All Employee Meeting: SR</p>	<p>21 9:30 Kick Boxing: SR  9:45 Walmart: SU/V 10:00 Walking Group: SR  1:15 Bingo: 4 2:00 Nails and Pampering with Phoenix Charter School: D</p>	<p>22</p> <p>23 9:30 Morning Fitness: SR 10:30 Coffee & Conversation: LR 1:30 Bible Study w/ Christine: C 3:00 Afternoon Fitness: SR </p>	<p>23</p> <p>9:30 Morning Fitness: SR 10:00 Life Center Ministry: C 1:30 Bingo: 4 3:00 Social Hour / Games: 4</p>
<p>24 9:30 Morning Fitness: SR 10:30 Coffee & Conversation: LR 1:30 Bingo: 4 2:30 Sunday Cinema: 4</p>	<p>25 </p> <p>9:30-4 Salon open: LL 9:30 Morning Fitness: SR 10:00 Chair Yoga: SR  2:00 Knitting & Fiber Arts: LR 3:00 Quiz Show: 4 </p>	<p>26</p> <p>9:30 Kick Boxing: SR  9:45 Big Y: SU/V 1:30 Bingo: 4 2:30 Food For Thought: SR 3:30 Creative Corner: 4 </p>	<p>27</p> <p>9:30 Zumba Silver: SR  10:00 Fit & Fab: D 10:00 Sing Out with Liz: 4 1:45 Birthday Bash with Sandy & Sandy: SR </p>	<p>28</p> <p>9:30 Kick Boxing: SR  9:45 Ocean State Job Lot: SU/V 10:00 Walking Group: SR  1:30 Bingo: 4 2:30 Nails & Chit Chat: 4 3:00 Mason Bucks Store: 4</p>	<p>29 </p> <p>9:30 Morning Fitness: SR 10:30 Coffee & Conversation: LR 1:15 Walking Group: L 3:00 Afternoon Fitness: SR 7:00 Cabaret Night with Vickie Phillips </p>	<p>30</p> <p>9:30 Morning Fitness: SR 10:00 Chair Yoga: SR  1:30 Bingo: 4 3:00 Social Hour / Games: 4</p>
<p>31</p> <p>9:30 Morning Fitness: SR 10:30 Coffee & Conversation: LR 1:30 Bingo: 4 2:30 Sunday Cinema: 4</p>						

MASON WRIGHT TRADITIONS ACTIVITIES CALENDAR KEY

Morning Fitness: SR, Monday, Friday, Sat and Sun at 9:30

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

Afternoon Fitness: SR, Wednesday at 3:00

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

Zumba Silver: SR, Wednesday 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 Sunroom, Thursday at 10:00

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, Tuesdays and Thursdays at 9:30

Get toned, limber, and get pumped!

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

A vocal program led by Liz Simmons of the Community Music School of Springfield. All levels of experience welcome.

Movies: 4th floor, 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, Wednesday at 2:00

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

Quiz Show: 4th floor, Monday 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.

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

This weekly group will focus on expressive art. Materials will be provided.

Viability Visits: Diner, every other Monday at 10:15

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

Activity Council: Library, 2nd or 3rd Monday at 1:15

Join your fellow residents and the Life Enrichment team to discuss current activities and ideas for new programs, trips and special events.

Reading with Bright Futures

Read and engage in activities with the children from Bright Futures Early Learning Center located right on the lower level of Mason Wright. Books and all materials provided.

Nails & Chit Chat: 4th floor, Thursday at 2:30

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: SR, 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, 1st Friday at 2:30

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: 3rd floor, 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, 2nd & 4th 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: Library, Thursday at 3:30

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

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.