

JULY 2019 MASON WRIGHT CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>LR: Living Room, 1st floor</i> <i>D: Diner, 1st fl.</i> <i>DR: Dining Room</i> <i>4: Activity Room, 4th floor</i> <i>SU: Sign up in binder V: Van</i> <i>C: Chapel, 4th LI: Library, 1st</i> <i>SR: Sunroom, 1st L: Lobby</i></p>	<p>1 9:30-4 Salon open: LL 9:45 Morning Fitness: SR 10:15 Viability Visit: D 2:00 Knitting & Fiber Arts: LR 3:00 Quiz Show: D </p>	<p>2 9:45 Kick Boxing: SR 9:45 Big Y: SU / V 1:30 Bingo: D 3:00 Creative Corner: D </p>	<p>3 9:45 Zumba Silver: SR 10:15 Sing Out w/ Liz: SR 2:00 Patriotic Sing Along with Frank Jackson: SR </p>	<p>4 Independence Day 9:45 Kick Boxing: SR 10:15 Fit & Fab: D 1:30 Bingo: D 2:30 Nails & Chit Chat: D 3:00 Coloring for Relaxation: D</p>	<p>5 9:45 Morning Fitness: SR 10:45 Coffee & Conversation: LR 12:00 4th of July Summer BBQ: SR/Patio 2:30 Lawn Games: Patio/Lawn</p>	<p>6 9:45 Morning Fitness: SR 10:15 Chair Yoga: SR <i>(No Jackie & Friends today)</i> 1:00 Revival Time: SR 1:30 Bingo: D 3:00 Social Hour/Games: D</p>
<p>7 9:45 Morning Fitness: SR 10:45 Coffee & Conversation: LR 1:30 Bingo: D 2:30 Sunday Cinema: D</p>	<p>8 9:30-4 Salon open: LL 9:45 Morning Fitness: SR 10:15 Chair Yoga: SR 1:15 Activity Council: LI 2:00 Knitting & Fiber Arts: LR 3:00 Quiz Show: D </p>	<p>9 9:45 Kick Boxing: 4 10:15 Wild Cards: D 1:30 Bingo: D 2:00 TH Council Meeting: SR 3:00 Creative Corner: D</p>	<p>10 9:45 Zumba Silver: SR 10:15 Bucket Drumming Class: SR 2:00 Resident Council: SR 3:00 Giant Crosswords: D </p>	<p>11 9:45 Kick Boxing: SR 9:45 Walmart: SU / V 1:30 BIGTIME Bingo: D 2:30 Nails & Chit Chat: D 3:00 Coloring for Relaxation: D</p>	<p>12 9:45 Morning Fitness: SR 10:15 Meditation: SR 10:45 Coffee & Conversation: LR 1:30 Bible Study with Christine: C 2:30 Happy Hour with Kevin Paul: SR/Patio </p>	<p>13 9:45 Morning Fitness: SR 10:15 Life Center Ministry: C 1:30 Bingo: D 3:00 Social Hour/Games: D</p>
<p>14 9:45 Morning Fitness: SR 10:45 Coffee & Conversation: LR 1:30 Bingo: D 2:30 Sunday Cinema: 4</p>	<p>15 9:30-4 Salon open: LL 9:45 Morning Fitness: SR 10:15 Viability Visit: D 2:00 Knitting & Fiber Arts: LR 3:00 Quiz Show: D </p>	<p>16 9:30 Kick Boxing: 4 9:45 Big Y: SU / V 1:30 Bingo: D 3:00 Creative Corner: D </p>	<p>17 9:45 Zumba Silver: SR 10:15 Sing Out w/ Liz: SR 11:15 Dairy Queen: SU/V 2:00 Giant Crosswords: D 3:00 All Employee Meeting: SR</p>	<p>18 9:45 Kick Boxing: SR 10:15 Trinity Church Choir Performance: SR 1:30 Bingo: D 2:00 Picnic at Care One at Redstone: SU/V</p>	<p>19 9:45 Morning Fitness: SR 10:45 Coffee & Conversation: LR 12:00 Luau BBQ: SR/Patio 2:30 Lawn Games: Patio/Lawn </p>	<p>20 9:45 Morning Fitness: SR 10:15 Chair Yoga: SR 10:45 Lighthouse Ministry: SR 1:30 Bingo: D 3:00 Social Hour/Games: D</p>
<p>21 9:45 Morning Fitness: SR 10:45 Coffee & Conversation: LR 1:30 Bingo: D 2:30 Sunday Cinema: 4</p>	<p>22 9:30-4 Salon open: LL 9:45 Morning Fitness: SR 10:15 Chair Yoga: SR 2:00 Knitting & Fiber Arts: LR 3:00 Quiz Show: D </p>	<p>23 9:45 Kick Boxing: 4 10:15 Wild Cards: D 1:30 Bingo: D 2:45 Big Daddy's Ice Cream: SU / V 3:00 Creative Corner: D</p>	<p>24 9:45 Zumba Silver: SR 10:15 Sing Out w/ Liz: SR 2:00 Let's Dance Event!: SR </p>	<p>25 9:45 Kick Boxing: SR 9:45 Walmart: SU / V 1:30 PRIZE Bingo: D 2:30 Nails & Chit Chat: D 3:00 Coloring for Relaxation: D</p>	<p>26 9:45 Morning Fitness: SR 10:45 Coffee & Conversation: LR 1:30 Family Fun Day: Patio/Lawn </p>	<p>27 9:45 Morning Fitness: SR 10:15 Life Center Ministry: C 1:30 Bingo: D 3:00 Cooking with Kayla: D </p>
<p>28 9:45 Morning Fitness: SR 10:45 Coffee & Conversation: LR 1:30 Bingo: D 2:30 Sunday Cinema: 4</p>	<p>29 9:30-4 Salon open: LL 9:45 Morning Fitness: SR 10:15 Fit & Fab: D 2:00 Knitting & Fiber Arts: LR 3:00 Mason Bucks Store: 4 </p>	<p>30 9:30 Kick Boxing: 4 9:45 Big Y: SU / V 1:30 Bingo: D 2:30 Food For Thought: 4 3:30 Creative Corner: D </p>	<p>31 9:45 Zumba Silver: SR 10:15 Bucket Drumming Class: SR 2:00 Birthday Bash with Center Stage!: SR </p>	<p>July Birthdays Jean Rondeau 7/5, Millie Lumsden 7/5, Geneva Gasque 7/9, Carole Wilson 7/9, Paula Book 7/17, Maxine Young 7/17, Elizabeth O'Connor 7/20, Pablo Torres 7/25, Cynthia Ledoux 7/24, Alice Kelly 7/27, Sandy Hutchins 7/28, Ronald Crump 7/31 Evelyn Robinson 7/31</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. Book at Front Desk.</p>

MASON WRIGHT TRADITIONS ACTIVITIES CALENDAR KEY

Morning Fitness: SR, Monday, Friday, Sat and Sun at 9:45

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 9:45

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 10:15

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.

Fit & Fab: Diner, Wednesday at 10:15

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

Kick Boxing: SR, Tuesdays and Thursdays at 9:45

Get toned, limber, and get pumped!

Sing Out! Chorus: Sunroom, Wednesday at 10:15

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

Bucket Drumming with Rick: Sunroom, Wednesday at 10:15

A drumming program led by Rick 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 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, 1st and 3rd 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.

Activities with Bright Futures Children: Sunroom/Patio

Thursday at 10:15

Engage in activities with the children from Bright Futures Early Learning Center located right on the lower level of Mason Wright. Activities will

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 10:45

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!

Knitting & Fiber Group: LR, Monday at 2:00

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.

Music Club w/ Sarah: SR, 2nd or 3rd Wed. at 10:15

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 10:45

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

Revival Time Group: Chapel, 1st Saturday at 1:00

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

Life Center Deliverance Ministries: Chapel, 2nd & 4th Saturdays at 10:15

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 10:45

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

Bible Study: Chapel, Every other 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 3:00

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

Cooking Demonstration: 1st floor kitchen as scheduled

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