







































# SEPTEMBER 2019 MASON WRIGHT CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>1</b> 9:45 Morning Fitness: SR 10:45 Coffee & Conversation: LR 1:30 Bingo: 4 2:30 Sunday Cinema: 4	<b>2 Labor Day</b>  9:30-4 Salon open: LL 9:45 Morning Fitness: SR 10:15 Bean Bag Toss: SR 2:30 Afternoon Social: 4 3:00 Quiz Show: 4 	<b>3</b> 9:45 Kick Boxing: SR  <b>10:15 Fit &amp; Fab: D</b> 1:30 Bingo: 4 3:00 Creative Comer: 4 	<b>4</b> 9:45 Zumba Silver: SR  10:15 Ring Toss: SR 2:00 Sing Along with Frank Jackson: SR 	<b>5</b> 9:45 Kick Boxing: SR  <b>9:45 Walmart: SU / V</b> 1:30 Bingo: 4 2:30 Nails & Chit Chat: 4 3:00 Coloring for Relaxation: 4	<b>6</b> 9:45 Morning Fitness: SR 10:45 Coffee & Conversation: LR 1:30 Bible Study w/ Christine: C <b>6:30 Evening Bingo: 4</b>	<b>7</b> 9:45 Morning Fitness: SR <b>10:15 Chair Yoga: SR</b> 1:30 Bingo: 4 3:00 Social Hour/Games: 4	
<b>8 National Grandparents Day</b> 9:45 Morning Fitness: SR 10:45 Coffee & Conversation: LR 1:30 Bingo: 4 2:30 Sunday Cinema: 4 	<b>9</b> 9:30-4 Salon open: LL 9:45 Morning Fitness: SR <b>10:15 Chair Yoga : SR</b> 2:30 Afternoon Social: 4 3:00 Quiz Show: 4 	<b>10 Springfield Preliminary Elections: Sunroom</b> 9:45 Kick Boxing: 4  <b>9:45 Big Y: SU / V</b> 1:30 Bingo: 4 3:00 Creative Comer: 4	<b>11</b> 9:45 Zumba Silver: SR  <b>10:15 Sing Out w/ Liz: SR</b> <b>11:15 Nippon Grill: SU / V</b> <b>2:00 Resident Council: SR</b> 3:00 Giant Crosswords: D 	<b>12</b> 9:45 Kick Boxing: SR  <b>9:45 Dollar Tree : SU / V</b> 1:30 BIGTIME Bingo: 4 2:30 Nails & Chit Chat: 4 3:00 Coloring for Relaxation: 4	<b>13</b>  9:45 Morning Fitness: 4 10:45 Coffee & Conversation: LR <b>12:00 Tailgate BBQ: SR/ Patio</b> <b>2:30 Happy Hour with Gary Jones : SR</b> 	<b>14</b> 9:45 Morning Fitness: SR <b>10:15 Life Center Ministry: C</b> 1:30 Bingo: 4 3:00 Social Hour/Games: 4	
<b>15</b> <b>8:15 Alzheimer's Walk: SU/V</b> 9:45 Morning Fitness: SR 10:45 Coffee & Conversation: LR 1:30 Bingo: 4 2:30 Sunday Cinema: 4	<b>16</b> 9:30-4 Salon open: LL 9:45 Morning Fitness: SR <b>10:15 Viability: D</b> <b>1:15 Activity Council: LI</b>  2:30 Afternoon Social: 4 3:00 Quiz Show: 4 	<b>17</b> 9:45 Kick Boxing: SR  <b>10:15 Fit &amp; Fab: D</b> 1:15 Bingo: 4 <b>1:30 Sing Out w/ Liz: SR</b> <b>2:30 Catholic Mass: C</b> 3:00 Creative Comer: 4 	<b>18</b> 9:45 Zumba Silver: SR  <b>10:15 Music Club w/ Sarah: SR</b> <b>1:15 STCC Farmer's Market: SU / V</b> 3:00 Giant Crosswords: D 	<b>19</b> 9:45 Kick Boxing: SR  <b>9:45 Walmart: SU / V</b> 1:30 Bingo: 4 2:30 Nails & Chit Chat: 4 3:00 Coloring for Relaxation: 4	<b>20</b> 9:45 Morning Fitness: SR 10:45 Coffee & Conversation: LR <b>2:00 Cooking Club with Kayla: SU / D</b>  <b>6:30 Evening Bingo: 4</b>	<b>21</b> 9:45 Morning Fitness: SR <b>10:15 Chair Yoga: SR</b> <b>10:45 Lighthouse Ministry: SR</b> 1:30 Bingo: 4 3:00 Social Hour/Games: 4	
<b>22</b> 9:45 Morning Fitness: SR 10:45 Coffee & Conversation: LR 1:30 Bingo: 4 2:30 Sunday Cinema: 4 	<b>23</b> 9:30-4 Salon open: LL 9:45 Morning Fitness: SR <b>10:15 Chair Yoga : SR</b> 2:30 Afternoon Social: 4 3:00 Quiz Show: 4 	<b>24</b> 9:45 Kick Boxing: SR  <b>10:15 Big Y: SU/V</b> 1:30 Bingo: 4 <b>2:30 Food for Thought: SR</b> 3:15 Creative Corner: 4 	<b>25</b> 9:45 Zumba Silver: SR  <b>10:15 Sing Out w/ Liz: SR</b> <b>1:30 Eastfield Mall: SU/V</b> 3:00 Giant Crosswords: D 	<b>26</b> 9:45 Kick Boxing: SR  10:15 Let's Bowl!: SR 1:30 PRIZE Bingo: 4  <b>3:00 Mason Bucks Store: 4</b> 	<b>27</b>  9:45 Morning Fitness: SR 10:45 Coffee & Conversation: LR <b>12:00 Harvest BBQ: SR/Patio</b> <b>2:30 Autumn Happy Hour w/ Sandy &amp; Sandy: SR</b> 	<b>28</b> 9:45 Morning Fitness: SR <b>10:15 Life Center Ministry: C</b> 1:30 Bingo: 4 3:00 Social Hour/Games: 4	
<b>29</b> 9:45 Morning Fitness: SR 10:45 Coffee & Conversation: LR 1:30 Bingo: D 2:30 Sunday Cinema: 4	<b>30 Rosh Hashana</b> 9:30-4 Salon open: LL 9:45 Morning Fitness: SR 10:15: Football Toss: SR <b>2:00 Birthday Bash w/ Center Stage: SR</b> 	<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	<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. Book at Front Desk.				 <b>SEPTEMBER BIRTHDAYS</b>  <p style="text-align: center;">                         Marjorie Billings, 9/6, Kazue Bazley, 9/7,                          Gerald Hammarlof, 9/10, Beverly Palmer, 9/11,                          Dorothy Tobias, 9/11, Muriel Leslie, 9/13,                          Elizabeth Bryant, 9/16, Marvin Lyon, 9/16                     </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.

**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, Every other Tuesday 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.

**Cooking Club with Kayla:** Diner, Friday monthly at 2:00

Work together with Life Enrichment Assistant Kayla and other residents to make a new recipe or an old favorite. Enjoy the meal or dessert together at the end of the group! Please sign up in advance in binder!

**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:** 1st Floor Diner, Wednesday at 2:00 or 3:00

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:**

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

**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!

**Afternoon Social:** 4th Floor, Monday at 2:30

Join friends for a social gathering that includes light snacks, beverages, laughter, conversation, fun and games.

**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.

**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.