


FEBRUARY 2020 *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>February Birthdays 2/4 Georgette Bourget, 2/4 Rafael Rodriguez, 2/7 Frank Segers 2/10 Carmen Quintanal, 2/14 Bessie Cole, 2/14 Awilda Oxios 2/20 Wilfred Zevallos, 2/21 Albertha Bansfield 2/22 Regina Beauchene, 2/22 Odessa Wilson 2/22 Lavada Bascom, 2/23 Dolores Cabrini</p>		<p>Love is the bridge between you and everything. — RUMI</p>	<p>Black History Month</p> 		<p>1 9:45 Morning Fitness: SR 10:15 Chair Yoga: SR 1:30 Bingo: 4 3:00 Social Hour/Games: 4</p>
<p>2 Groundhog Day 9:45 Morning Fitness: SR 10:45 Coffee & Conversation: LR 1:30 Bingo: 4 3:00 United Temple Church: SR 6:00 Superbowl Party: 4</p>	<p>3 9:30-4 Salon open: LL 9:45 Morning Fitness: SR 10:15 Viability: D 2:00 Wii Gaming: 4 NEW 3:00 Creative Corner: 4</p>	<p>4 Rosa Parks Day 9:45 Strength & Balance: SR 9:45 Big Y: SU/V 1:30 Bingo: 4 3:00 Quiz Show: 4</p>	<p>5 9:45 Zumba Silver: SR 10:15 Fab & Fit: D 2:00 R&B Stretching and Relaxation: SR NEW 3:00 Giant Crosswords : 4</p>	<p>6 9:45 Kick Boxing: SR 9:30 Walmart: SU/V 1:30 BIGTIME Bingo: 4 2:30 Nails & Chit Chat: 4 2:30 Coloring for Relaxation: 4</p>	<p>7 9:45 Morning Fitness: SR 10:15 Intergenerational Program w/ Bright Futures: D NEW 10:45 Coffee & Conversation: LR 2:00 Happy Hour with Dave Colucci: SR</p>	<p>8 9:45 Morning Fitness: SR 10:15 Target and Toss Games with Melissa: SR 1:30 Bingo: 4 3:00 Social Hour/Games: 4</p>
<p>9 9:45 Morning Fitness: SR 10:45 Coffee & Conversation: LR 1:30 Bingo: 4 2:30 Black History Month Film Festival: Black Panther: 4</p>	<p>10 9:30-4 Salon open: LL 9:45 Morning Fitness: SR 10:15 Chair Yoga: SR 1:30 Activity Council: LI 2:00 Wii Gaming: 4 3:00 Creative Corner: 4</p>	<p>11 9:45 Strength & Balance: SR 9:45 Aldi: SU/V 1:30 Bingo: 4 2:00 TH Council: SR 3:00 Quiz Show: 4</p>	<p>12 Lincoln's Birthday 9:45 Zumba Silver: SR 10:15 Super Foods Lecture w/ Dietitian Renee: SR 2:00 Resident Council: SR 2:00 Rebecca Johnson: SU/V 3:00 Giant Crosswords : 4</p>	<p>13 9:45 Kick Boxing: SR 9:45 Dollar Tree: SU/V 1:30 Bingo: 4 2:30 Cupcake Decorating w/Natasha: D</p>	<p>14 Valentine's Day 9:45 Morning Fitness: SR 10:45 Coffee & Conversation: LR 2:00 Hearts Party with Luther: SR</p>	<p>15 9:45 Morning Fitness: SR 10:45 Lighthouse Ministry: SR 1:15 Bingo: 4 2:30 Sing along and Social with Trinity Church: SR</p>
<p>16 9:45 Morning Fitness: SR 10:45 Coffee & Conversation: LR 1:30 Bingo: 4 3:00 United Temple Church: SR</p>	<p>17 President's Day 9:30-4 Salon open: LL 9:45 Morning Fitness: SR NEW 10:15 Current Events: SR 2:00 Wii Gaming: 4 3:00 Creative Corner: 4</p>	<p>18 9:45 Strength & Balance: SR 9:45 Big Y: SU/V 1:15 Bingo: 4 2:30 Catholic Mass: C 3:00 Quiz Show: 4</p>	<p>19 9:45 Zumba Silver: SR 10:15 Sarah the Fiddler: SR 11:15 Red Rose: SU/V 2:00 Hip Hop Stretching and Relaxation: SR 3:00 Giant Crosswords : 4</p>	<p>20 9:45 Kick Boxing: SR 9:30 Walmart: SU/V 1:30 Prize Bingo: 4 2:30 Nails & Chit Chat: 4 2:30 Coloring for Relaxation: 4</p>	<p>21 9:45 Morning Fitness: SR 10:15 Intergenerational Program w/ Bright Futures: D 10:45 Coffee & Conversation: LR 12:00 Soul Food and Jazz Lunch at STCC: SU/V 2:30 Black History Film: 4</p>	<p>22 9:45 Morning Fitness: SR 10:45 International Faith Outreach Ministry: C NEW 1:30 Bingo: 4 3:00 Social Hour/Games: 4</p>
<p>23 9:45 Morning Fitness: SR 10:45 Coffee & Conversation: LR 1:30 Bingo: 4 2:30 Black History Month Film Festival: Harriet Tubman—They Called Her Moses</p>	<p>24 9:30-4 Salon open: LL 9:45 Morning Fitness: SR 10:15 Chair Yoga: SR 2:00 Mason Bucks Store: 4 3:00 Creative Corner: 4</p>	<p>25 Mardi Gras 9:45 Strength & Balance: SR 10:15 Let's Make Masques!: D 2:00 Masquerade Party with Richie Mitnick & Ethel Lee: SR</p>	<p>26 Ash Wednesday 9:45 Zumba Silver: SR 10:15 Sing Out w/ Liz: SR 11:45 February Birthday Luncheon: D 3:00 Giant Crosswords : D</p>	<p>27 9:45 Kick Boxing: SR 9:30 Yellow Bear Market: SU/V 1:30 Bingo: 4 2:30 Nails & Chit Chat: 4 2:30 Coloring for Relaxation: 4</p>	<p>28 9:45 Morning Fitness: SR 10:45 Coffee & Conversation: LR 2:00 Cooking Club w/ Natasha: SU/D</p>	<p>29 9:45 Morning Fitness: SR 10:15 Chair Yoga: SR 1:30 Bingo: 4 3:00 Social Hour/Games: 4</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, Wednesday at 10:15

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

Kick Boxing: SR, Thursdays at 9:45

Get toned, limber, and get pumped!

Strength and Balance: SR, Tuesdays at 9:45

Work on balance and muscle strengthening with sitting and standing exercises and light weights.

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 : 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 3:00

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

Quiz Show: 4th floor, Tuesday 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, Monday 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: Fridays 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 Luncheon: SR, monthly at 11:45

Join neighbors and staff for this monthly party to celebrate all birthdays of the month. Enjoy a lunch ordered in from a restaurant and birthday cake.

Wii Gaming: 4th Floor, Mondays at 2:00

Join neighbors for interactive games including bowling and golf using the Wii gaming system. No experience or equipment necessary!

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: Sunroom 1st Saturday at 1:00

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

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.

Catholic Mass: Chapel, 3rd Tuesday at 2:30

United Temple Church: 1st and 3rd Sunday at 3:00

Join members of a neighborhood church for music, ministry and fellowship.

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.

Cooking Club: 1st floor kitchen as scheduled

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