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|---|---|---|--|---|--|---|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Location Keys Conv. Rm. 1A 1A Conv. Rm. 1B 1B Craft Room 2A Dining Room DR Fitness Center FC Lounge LO Main Street MS Offsite, Meet in Lobby OS Patio PA Theater TH | 9:30 → Fitness with Kena [FC] 10:30 → Shopping Trip to Costco [OS] 1:00 Singing with Madeleine [1B] 1:30 → Bridge [1A] 2:00 → Have a Ball Fitness [FC] 2:00 → Movie [TH] 3:00 → Bingo [LO] 6:30 → Movie [TH] | 9:30 ₩ Morning Meditation [FC] 10:30 ₩ Knitting / Handwork Group [2A] 1:00 ↔ Chair Yoga [FC] 2:00 ₩ Movie [TH] 3:00 ❤ Chair Volleyball [MS] 6:30 ₩ Movie [TH] | [FC] 9:45 Rus to Ginny | Donuts with Dutiful Daughters [LO] 2:00 Movie [TH] 3:00 Bingo [LO] 6:30 Movie [TH] | 9:30 Fitness with Kena [FC] 10:30 Book Club [LO] 1:30 Garden Club Meeting [LO] 3:30 Happy Hour featuring music by David Eberly [LO] 6:30 Movie [TH] 7:00 Rummikub [LO] | Bananagrams [1A] 1:00 Setback [LO] 2:00 Movie [TH] 6:30 Movie [TH] 7:00 Rummikub [LO] |
| 2:00 Movie [TH] 3:30 Movie [TH] 3:30 Movie [LO] 6:30 Movie [TH] | 9:30 → Fitness with Kena [FC] 10:30 ∰ Shopping Trip to Stop & Shop [OS] 1:00 Singing with Madeleine [1B] 1:30 → Bridge [1A] 2:00 → Have a Ball Fitness [FC] 2:00 → Movie [TH] 3:15 → Bingo [LO] 6:30 → Movie [TH] | 9:30 Morning Meditation [FC] 10:30 Morning Meditation [FC] 10:30 Morning Meditation [FC] 10:30 Morning Moving Mov | 9:30 → Fitness with Kena [FC] 10:30 → Shopping Trip to Burlington Coat Factory [OS] 2:00 ← Gardening & Potted Plants Tips and Tricks with Peter Armando [PA] 3:00 → Movie [TH] 6:30 → Movie [TH] | 10:00 Ted Talk [LO] 1:00 Monthly Activities Discussion & Heart Health Reception [LO] 2:00 Movie [TH] 2:00 Visit with Veterans [LO] 3:00 Movie [TH] 3:00 Movie [TH] | 9:30 Fitness with Kena [FC] 11:30 Lunch Outing to Maine Fish Market [OS] 3:30 Happy Hour [LO] 6:30 Movie [TH] 7:00 Rummikub [LO] | 1:00 h Bananagrams [1A] 1:00 h Setback [LO] 2:00 Movie [TH] 6:30 Movie [TH] 7:00 h Rummikub [LO] |
| 0:00 Spring Craft Fair [MS] 1:30 Secumenical Worship Service [TH] 2:00 Movie [TH] 3:30 Mile Wii Bowling [LO] 6:30 Movie [TH] | 9:30 Fitness with Kena [FC] 10:30 Shopping Trip to Kohls [OS] 1:00 Singing with Madeleine [1B] 1:30 Health Kick Off and Activity Guidelines [LO] 3:00 Means Movie [TH] | 9:30 ₩ Morning Meditation [FC] 10:30 ★ Knitting / Handwork Group [2A] 1:00 ← Chair Yoga [FC] 2:00 ★ Movie [TH] 3:00 ★ Wii Bowling [LO] 6:30 ★ Movie [TH] | 9:30 → Fitness with Kena [FC] 10:30 → Shopping Trip to Target [OS] 1:30 → Travel to Rome [TH] 5:30 CT Guitar Society Rehearsal [TH] 6:30 → Rummikub [LO] | Meeting [LO] 2:00 Movie [TH] 3:00 Movie [TH] 6:30 Movie [TH] | 9:30 → Fitness with Kena [FC] 1:00 ✓ Fox Therapy Balance and Strength Screening [FC] 3:30 → Happy Hour featuring music by Red & Yellow [LO] 6:30 → Movie [TH] 7:00 → Rummikub [LO] | 1:00 h Bananagrams [1A] 1:00 h Setback [LO] 2:00 Movie [TH] 6:30 Movie [TH] 7:00 h Rummikub [LO] |
| 2:00 SWCA Concert - Celil Refik Kaya, Guitar [TH] 3:30 Will Bowling [LO] 6:30 Movie [TH] | 9:30 → Fitness with Kena [FC] 10:30 → Shopping Trip to Walmart [OS] 1:00 Singing with Madeleine [1B] 1:30 → Bridge [1A] 2:00 ← Create a Heart Healthy Plate [FC] 2:00 → Movie [TH] 3:00 → Bingo [LO] 6:30 → Movie [TH] | 9:30 Morning Meditation [FC] 10:30 Morning Meditation [FC] 10:30 Morning Meditation [FC] 10:30 Morning Meditation [FC] 10:30 Morning Meditation Figure 2 Analysis Movie [TH] Movie [TH] Movie [TH] | 9:30 → Fitness with Kena [FC] 10:30 → Shopping Trip to Vernon Dollar Tree [OS] 2:00 → Movie [TH] 3:00 → Bocce 5:15 → Birthday Dinner [DR] 6:30 → Movie [TH] | 10:00 | 9:30 → Fitness with Kena [FC] 3:30 → Happy Hour Raffle [LO] 6:30 → Movie [TH] 7:00 → Rummikub [LO] | 1:00 h Bananagrams [1A] 1:00 h Setback [LO] 2:00 Movie [TH] 6:30 Movie [TH] 7:00 h Rummikub [LO] |
| 2:00 Movie [TH] 28 3:30 Movie [TH] 28 6:30 Movie [TH] | 9:30 → Fitness with Kena [FC] 29 10:30 → Shopping Trip to Whole Foods [OS] 1:00 Singing with Madeleine [1B] 1:30 → Bridge [1A] 2:00 → Adding a Movement to Your Day [LO] 2:00 → Movie [TH] 3:00 → Bingo [LO] 6:30 → Movie [TH] | 9:30 ⋈ Morning Meditation [FC] 10:30 Morning Meditation [FC] 10:30 Morning Handwork Group [2A] 1:00 Handwork Group [2A] 1:00 Movie [FC] 2:00 Movie [TH] 3:00 Creativity Showcase [MS] 6:30 Movie [TH] | Arts & Crafts Celebration Fitness Games Heart Healthy Intellectual Meeting Movie Music New Activity Outing Shopping | | | RESORT LIFESTYLE COMMUNITIES Evergreen Crossings |