

Calendar of Events

Independent Living

February 2023
Harrison on 5th by Senior Star

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|---|---|--|
| <p>Location Keys</p> <ul style="list-style-type: none"> Activity Room AR Bistro BS Café CF Dining Room DR Fitness Center FC Garden G Pub PB | <ul style="list-style-type: none"> Brain Power Exercise & Movement Expression Inner Strength Nourishment & Health Socialization Spirituality | <p>Laughter IS the Best Medicine! Come join us for Laughter Yoga exercise every Tuesday at 2pm. Laugh your way to better health!</p> | <p>9:00 Exercise w/ Weights [FC] 1</p> <p>10:00 Dakim Brain Fitness Demonstration and Enrollment [AR]</p> <p>1:00 Beanbag Baseball [AR]</p> <p>2:00 Famous Women in History [AR]</p> <p>2:00 Pampered Hands by Mary Kay [AR]</p> <p>6:00 Walking Club (Weather Permitting) [G]</p> <p>6:30 Games & Cards</p> | <p>Groundhog Day 2</p> <p>9:00 Stretch & Coordination Exercise [AR]</p> <p>10:00 Meet Rosebud the Miniature Horse! [AR]</p> <p>11:00 ROMEQ Outing: City Barbeque</p> <p>1:00 The Legend of Punxsutawney Phil Groundhog [AR]</p> <p>2:30 Food and Beverage Committee Meeting [DR]</p> <p>4:00 Blood Pressure Check [AR]</p> <p>6:30 Comedy Movie Night</p> | <p>Wear Red Day! 3</p> <p>9:00 Exercise w/ Weights [FC]</p> <p>10:00 Elementary School Choir Performance [AR]</p> <p>2:00 Hand and Foot Game [PB]</p> <p>2:00 NewsCurrents [AR]</p> <p>3:00 Social Hour [PB]</p> <p>6:00 Walking Club (Weather Permitting) [G]</p> <p>6:30 Games & Cards</p> | <p>10:00 Wii Bowling [AR] 4</p> <p>1:00 Lifelong Learning: ASL American Sign Language for Beginners [AR]</p> <p>2:00 Skip-Bo Card Game [PB]</p> <p>2:30 Bible Study w/ Patricia [AR]</p> <p>6:00 Saturday Night Movie</p> |
| <p>8:30 Church Shuttle 5</p> <p>10:00 Streaming: Catholic Mass [AR]</p> <p>1:00 Gentle Stretching [FC]</p> <p>1:00 Worship Service w/ Pastor Shane [AR]</p> <p>2:00 Power of Prayer [AR]</p> <p>6:00 Color Me Calm [AR]</p> <p>6:30 Bingo w/ Glenna [AR]</p> | <p>9:00 Exercise w/ Weights [FC] 6</p> <p>10:00 Phase 10 Card Game [PB]</p> <p>1:00 Readers Drama Club Practice [AR]</p> <p>2:00 Farkle Dice Game [PB]</p> <p>3:00 LadderBall Tossing Game [AR]</p> <p>4:00 Blood Pressure Check [AR]</p> <p>6:00 Walking Club (Weather Permitting) [G]</p> <p>6:30 Games & Cards</p> | <p>9:00 Stretch & Coordination Exercise [AR] 7</p> <p>9:45 Depart for Shopping at Kroger</p> <p>1:00 Planning Meeting for March Activities [AR]</p> <p>2:00 Laughter Yoga [AR]</p> <p>2:30 Pick Your Poison Game [AR]</p> <p>3:30 Taste Test Tuesday [BS]</p> <p>6:30 Pick your Own Movie</p> | <p>9:00 Exercise w/ Weights [FC] 8</p> <p>10:00 Coffee & Doughnuts w/ Jenn [CF]</p> <p>1:00 Beanbag Baseball [AR]</p> <p>2:00 Power of Prayer [AR]</p> <p>2:30 Learn to Play Harmonica [AR]</p> <p>6:00 Walking Club (Weather Permitting) [G]</p> <p>6:30 Games & Cards</p> | <p>9:00 Stretch & Coordination Exercise [AR] 9</p> <p>10:00 Arts and Crafts: Heart-Shaped Dolls [AR]</p> <p>1:00 Readers Drama Club Practice [AR]</p> <p>2:00 Town Hall Meeting [AR]</p> <p>2:30 Hot Cocoa Bar & Social [CF]</p> <p>4:00 Blood Pressure Check [AR]</p> <p>6:30 Comedy Movie Night</p> | <p>9:00 Exercise w/ Weights [FC] 10</p> <p>10:00 Book Review by Marilyn Krisse [AR]</p> <p>1:00 Sing-a-Long w/ Jo and Billie [AR]</p> <p>2:00 NewsCurrents [AR]</p> <p>3:00 Social Hour [PB]</p> <p>6:00 Walking Club (Weather Permitting) [G]</p> <p>6:30 Games & Cards</p> | <p>1:00 Lifelong Learning: ASL American Sign Language for Beginners [AR] 11</p> <p>2:00 Skip-Bo Card Game [PB]</p> <p>2:30 Bible Study w/ Patricia [AR]</p> <p>6:00 Saturday Night Movie</p> |
| <p>8:30 Church Shuttle 12</p> <p>10:00 Streaming: Catholic Mass [AR]</p> <p>1:00 Gentle Stretching [FC]</p> <p>1:00 Worship Service w/ Pastor Shane [AR]</p> <p>2:00 Power of Prayer [AR]</p> <p>6:00 Color Me Calm [AR]</p> <p>6:30 Bingo w/ Glenna [AR]</p> | <p>9:00 Exercise w/ Weights [FC] 13</p> <p>10:00 Make and Take: Chocolate-Covered Strawberries [CF]</p> <p>1:00 Readers Drama Club Practice [AR]</p> <p>2:00 Paint and Sip [AR]</p> <p>4:00 Blood Pressure Check [AR]</p> <p>6:00 Walking Club (Weather Permitting) [G]</p> <p>6:30 Games & Cards</p> | <p>Valentine's Day 14</p> <p>Valentine's Day Candlelight Dinner Tonight</p> <p>9:00 Stretch & Coordination Exercise [AR]</p> <p>9:45 Depart for Shopping at Kroger</p> <p>10:00 Drumming Exercise [AR]</p> <p>1:00 Arts & Crafts: Valentine's Centerpieces [AR]</p> <p>2:00 Laughter Yoga [AR]</p> <p>3:30 Taste Test Tuesday [BS]</p> <p>6:30 Pick your Own Movie</p> | <p>9:00 Exercise w/ Weights [FC] 15</p> <p>10:00 Coffee & Doughnuts w/ Jenn [CF]</p> <p>10:30 Dakim Brain Fitness Demonstration and Enrollment [AR]</p> <p>1:00 Beanbag Baseball [AR]</p> <p>2:00 Power of Prayer [AR]</p> <p>3:30 Travel Snacks: Snack Food from Around the World (France) [AR]</p> <p>6:00 Walking Club (Weather Permitting) [G]</p> <p>6:30 Games & Cards</p> | <p>9:00 Stretch & Coordination Exercise [AR] 16</p> <p>10:00 Arts & Crafts: String and Nail Art [AR]</p> <p>1:00 Depart for Wine Tasting and Tour at Wyandotte Winery</p> <p>1:00 Readers Drama Club Practice [AR]</p> <p>3:30 Magic Show by the Amazing Johnny Barfield [AR]</p> <p>4:00 Blood Pressure Check [AR]</p> <p>6:30 Comedy Movie Night</p> | <p>9:00 Exercise w/ Weights [FC] 17</p> <p>10:00 Timeline Trivia [AR]</p> <p>11:00 90's Club Luncheon [AR]</p> <p>2:00 NewsCurrents [AR]</p> <p>3:00 Social Hour w/ Live Entertainment by Sharon Jean [PB]</p> <p>6:00 Walking Club (Weather Permitting) [G]</p> <p>6:30 Games & Cards</p> | <p>1:00 Lifelong Learning: ASL American Sign Language for Beginners [AR] 18</p> <p>2:00 Skip-Bo Card Game [PB]</p> <p>2:30 Bible Study w/ Patricia [AR]</p> <p>3:00 Live Entertainment: David Brown on Piano (1940's-1960's Popular Music) [AR]</p> <p>6:00 Saturday Night Movie</p> |
| <p>8:30 Church Shuttle 19</p> <p>10:00 Streaming: Catholic Mass [AR]</p> <p>1:00 Gentle Stretching [FC]</p> <p>1:00 Worship Service w/ Pastor Shane [AR]</p> <p>2:00 Power of Prayer [AR]</p> <p>6:00 Color Me Calm [AR]</p> <p>6:30 Bingo w/ Glenna [AR]</p> | <p>Presidents' Day 20</p> <p>9:00 Exercise w/ Weights [FC]</p> <p>10:00 Phase 10 Card Game [PB]</p> <p>1:00 Readers Drama Club Practice [AR]</p> <p>2:00 Arts & Crafts: Mardi Gras Masks [AR]</p> <p>4:00 Blood Pressure Check [AR]</p> <p>6:00 Walking Club (Weather Permitting) [G]</p> <p>6:30 Games & Cards</p> | <p>Mardi Gras Parade This Afternoon! 21</p> <p>9:00 Stretch & Coordination Exercise [AR]</p> <p>9:45 Depart for Shopping at Kroger</p> <p>10:00 Drumming Exercise [AR]</p> <p>1:00 Mardi Gras Social - King Cake [CF]</p> <p>2:00 Laughter Yoga [AR]</p> <p>3:30 Taste Test Tuesday [BS]</p> <p>6:30 Pick your Own Movie</p> | <p>9:00 Exercise w/ Weights [FC] 22</p> <p>10:00 Coffee & Doughnuts w/ Jenn [CF]</p> <p>1:00 Beanbag Baseball [AR]</p> <p>2:00 Power of Prayer [AR]</p> <p>3:30 LadderBall Tossing Game [AR]</p> <p>6:00 Walking Club (Weather Permitting) [G]</p> <p>6:30 Games & Cards</p> | <p>9:00 Stretch & Coordination Exercise [AR] 23</p> <p>10:45 Depart for Lunch Out: Cap City Fine Diner and Bar</p> <p>1:00 Readers Drama Club Practice [AR]</p> <p>2:30 February Birthday Party w/ Live Entertainment by the Brandywine Brass Band [AR]</p> <p>3:30 Billiards Tourney [PB]</p> <p>4:00 Blood Pressure Check [AR]</p> <p>6:30 Comedy Movie Night</p> | <p>9:00 Exercise w/ Weights [FC] 24</p> <p>11:30 New Resident Luncheon [DR]</p> <p>2:00 Alzheimer's Fundraiser: Cake Walk and Bake Sale [AR]</p> <p>2:00 NewsCurrents [AR]</p> <p>3:00 Social Hour [PB]</p> <p>6:00 Walking Club (Weather Permitting) [G]</p> <p>6:30 Games & Cards</p> | <p>1:00 Lifelong Learning: ASL American Sign Language for Beginners [AR] 25</p> <p>2:00 Skip-Bo Card Game [PB]</p> <p>2:30 Bible Study w/ Patricia [AR]</p> <p>6:00 Saturday Night Movie</p> |
| <p>8:30 Church Shuttle 26</p> <p>10:00 Streaming: Catholic Mass [AR]</p> <p>1:00 Gentle Stretching [FC]</p> <p>1:00 Worship Service w/ Pastor Shane [AR]</p> <p>2:00 Power of Prayer [AR]</p> <p>6:00 Color Me Calm [AR]</p> <p>6:30 Bingo w/ Glenna [AR]</p> | <p>9:00 Exercise w/ Weights [FC] 27</p> <p>10:00 Balance Class [FC]</p> <p>1:00 Readers Drama Club Practice [AR]</p> <p>2:30 Rummikub [AR]</p> <p>4:00 Blood Pressure Check [AR]</p> <p>6:00 Walking Club (Weather Permitting) [G]</p> <p>6:30 Games & Cards</p> | <p>9:00 Stretch & Coordination Exercise [AR] 28</p> <p>9:45 Depart for Shopping at Kroger</p> <p>10:00 Drumming Exercise [AR]</p> <p>2:00 Laughter Yoga [AR]</p> <p>2:30 Texas 42 Dominoes [PB]</p> <p>3:30 Taste Test Tuesday [BS]</p> <p>6:30 Pick your Own Movie</p> | <p>Activity times and locations subject to change. Please pick up a copy of the Daily Calendar at the Front Desk for the most up-to-date information.</p> | | <p>Looking to keep your brain sharp? Join us on the first and third Wednesday of each month for a demonstration of Dakim Brain Fitness.</p> | <p>What's in the News? Find out at NewsCurrents - our weekly current events discussion group featuring stories selected with a savvy senior audience in mind.</p> |

