

Calendar of Events

Assisted 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 Dining Room DR Fitness Center FC Living Room LVR Private Dining Room PDR 	<ul style="list-style-type: none"> Brain Power Exercise & Movement Expression Inner Strength Nourishment & Health Socialization Spirituality 	<p>Our Super Food this month is Cacao! Enjoy some tasty chocolate drinks, snacks, and menu features all month as we learn about the amazing health benefits of chocolate!</p>	<p>8:30 Morning Meditation [LVR] 1</p> <p>9:00 Daily Chronicles [LVR]</p> <p>9:30 Muscles in Motion [FC]</p> <p>10:30 Cranium Crunches [LVR]</p> <p>1:30 Divine Devotionals & Hymn Sing [LVR]</p> <p>2:00 Test-Your-Knowledge Trivia Bingo: Groundhog Day [DR]</p> <p>6:00 On the Same Page Book Club [LVR]</p>	<p>8:30 Morning Meditation [LVR] 2</p> <p>9:00 Daily Chronicles [LVR]</p> <p>10:00 Bean Bag Baseball [AR]</p> <p>1:00 Zumba Gold</p> <p>2:00 Creative Writing [PDR]</p> <p>3:00 Savor the Flavor: "You Have a PIZZA my Heart!" [DR]</p> <p>6:00 Roundabout Walking Club [FC]</p>	<p>8:30 Morning Meditation [LVR] 3</p> <p>9:00 Daily Chronicles [LVR]</p> <p>9:30 Rock Steady Boxing [FC]</p> <p>10:30 Food Critics Club: Depart for Lunch Outing</p> <p>2:00 Dakim BrainFitness Group Session</p> <p>3:00 Happy Hour</p>	<p>Dakim Available All Day 4</p> <p>Fitness Center Open All Day</p> <p>8:30 Morning Meditation [LVR]</p> <p>9:00 Daily Chronicles [LVR]</p> <p>6:30 Family Game Night [LVR]</p>
<p>8:30 Church Shuttle 5</p> <p>8:30 Morning Meditation [LVR]</p> <p>9:00 Daily Chronicles [LVR]</p> <p>10:00 Livestream Catholic Mass [AR]</p> <p>11:00 Livestream Worship with UMC Service</p> <p>1:00 Root Beer Floats</p> <p>3:30 Color Me Calm [AR]</p> <p>6:30 Movie Night</p>	<p>8:30 Morning Meditation [LVR] 6</p> <p>9:00 Daily Chronicles [LVR]</p> <p>9:30 Laughter Yoga [PDR]</p> <p>10:30 Program Planning Committee Meeting</p> <p>2:00 Guide to Stamp Collecting</p> <p>3:00 Music and Memory- The Good Ol' Days Club [AR]</p>	<p>8:30 Morning Meditation [LVR] 7</p> <p>9:00 Daily Chronicles [LVR]</p> <p>9:30 Group Circuit Exercise [FC]</p> <p>10:00 Weekly Grocery Run: Giant Eagle Market District</p> <p>2:00 Lonely Hearts Club [PDR]</p> <p>2:30 Sofa Stories - Record OneDay Video Stories for Family & Friends!</p> <p>3:00 NewsCurrents & Coffee [LVR]</p>	<p>8:30 Morning Meditation [LVR] 8</p> <p>9:00 Daily Chronicles [LVR]</p> <p>9:30 Muscles in Motion [FC]</p> <p>10:30 Cranium Crunches [LVR]</p> <p>1:30 Divine Devotionals & Hymn Sing [LVR]</p> <p>2:00 Test-Your-Knowledge Trivia Bingo: Valentine's Day [DR]</p> <p>6:00 On the Same Page Book Club [LVR]</p>	<p>8:30 Morning Meditation [LVR] 9</p> <p>9:00 Daily Chronicles [LVR]</p> <p>10:00 Bean Bag Baseball [AR]</p> <p>11:00 Resident Town Hall [DR]</p> <p>1:00 Zumba Gold</p> <p>2:00 Craft Class: Valentine's Day Floral Design [PDR]</p> <p>3:30 Card Party: UNO</p> <p>6:00 Roundabout Walking Club [FC]</p>	<p>8:30 Morning Meditation [LVR] 10</p> <p>9:00 Daily Chronicles [LVR]</p> <p>9:30 Rock Steady Boxing [FC]</p> <p>10:30 Food Critics Club: Depart for Lunch Outing</p> <p>2:00 Dakim BrainFitness Group Session</p> <p>3:00 Happy Hour</p>	<p>Dakim Available All Day 11</p> <p>Fitness Center Open All Day</p> <p>8:30 Morning Meditation [LVR]</p> <p>9:00 Daily Chronicles [LVR]</p> <p>6:30 Family Game Night [LVR]</p>
<p>8:30 Church Shuttle 12</p> <p>8:30 Morning Meditation [LVR]</p> <p>9:00 Daily Chronicles [LVR]</p> <p>10:00 Livestream Catholic Mass [AR]</p> <p>11:00 Livestream Worship with UMC Service</p> <p>2:00 Super Bowl Sundaes [DR]</p> <p>3:30 Color Me Calm [AR]</p> <p>5:30 Super Bowl Party [AR]</p> <p>6:30 Movie Night</p>	<p>8:30 Morning Meditation [LVR] 13</p> <p>9:00 Daily Chronicles [LVR]</p> <p>9:30 Laughter Yoga [PDR]</p> <p>2:00 Demonstration Kitchen Mixology Class: Chocolate Martini</p> <p>3:00 Musical Mondays: The Love Boat [AR]</p>	<p>8:30 Morning Meditation [LVR] 14</p> <p>9:00 Daily Chronicles [LVR]</p> <p>9:30 Group Circuit Exercise [FC]</p> <p>10:00 Weekly Grocery Run: Kroger</p> <p>2:30 Sofa Stories - Record OneDay Video Stories for Family & Friends!</p> <p>3:00 NewsCurrents & Coffee [LVR]</p> <p>5:00 Candlelight Dinner: A Wild West Love Story [DR]</p>	<p>8:30 Morning Meditation [LVR] 15</p> <p>9:00 Daily Chronicles [LVR]</p> <p>9:30 Muscles in Motion [FC]</p> <p>10:30 Cranium Crunches [LVR]</p> <p>1:30 Divine Devotionals & Hymn Sing [LVR]</p> <p>2:00 Test-Your-Knowledge Trivia Bingo: President's Day [DR]</p> <p>6:00 On the Same Page Book Club [LVR]</p>	<p>8:30 Morning Meditation [LVR] 16</p> <p>9:00 Daily Chronicles [LVR]</p> <p>10:00 Bean Bag Baseball [AR]</p> <p>1:00 Zumba Gold</p> <p>2:00 Resident Ambassadors Meeting [PDR]</p> <p>3:30 Art Class: Learn to Paint with Watercolor [PDR]</p> <p>6:00 Roundabout Walking Club [FC]</p>	<p>8:30 Morning Meditation [LVR] 17</p> <p>9:00 Daily Chronicles [LVR]</p> <p>9:30 Rock Steady Boxing [FC]</p> <p>10:30 Food Critics Club: Depart for Lunch Outing</p> <p>2:00 Dakim BrainFitness Group Session</p> <p>3:00 Happy Hour</p>	<p>Dakim Available All Day 18</p> <p>Fitness Center Open All Day</p> <p>8:30 Morning Meditation [LVR]</p> <p>9:00 Daily Chronicles [LVR]</p> <p>6:30 Family Game Night [LVR]</p>
<p>8:30 Church Shuttle 19</p> <p>8:30 Morning Meditation [LVR]</p> <p>9:00 Daily Chronicles [LVR]</p> <p>10:00 Livestream Catholic Mass [AR]</p> <p>11:00 Livestream Worship with UMC Service</p> <p>2:00 Hot Chocolate Bar</p> <p>3:30 Color Me Calm [AR]</p> <p>6:30 Movie Night</p>	<p>8:30 Morning Meditation [LVR] 20</p> <p>9:00 Daily Chronicles [LVR]</p> <p>9:30 Laughter Yoga [PDR]</p> <p>10:30 Food Committee Meeting</p> <p>2:00 Guide to Stamp Collecting</p> <p>3:00 Music and Memory- The Good Ol' Days Club [AR]</p>	<p>8:30 Morning Meditation [LVR] 21</p> <p>9:00 Daily Chronicles [LVR]</p> <p>9:30 Group Circuit Exercise [FC]</p> <p>10:00 Weekly Grocery Run: Giant Eagle Market District</p> <p>2:30 Sofa Stories - Record OneDay Video Stories for Family & Friends!</p> <p>3:00 NewsCurrents & Coffee [LVR]</p>	<p>8:30 Morning Meditation [LVR] 22</p> <p>9:00 Daily Chronicles [LVR]</p> <p>9:30 Muscles in Motion [FC]</p> <p>10:30 Cranium Crunches [LVR]</p> <p>1:30 Divine Devotionals & Hymn Sing [LVR]</p> <p>2:00 Test-Your-Knowledge Trivia Bingo: Black History Month [DR]</p> <p>6:00 On the Same Page Book Club [LVR]</p>	<p>8:30 Morning Meditation [LVR] 23</p> <p>9:00 Daily Chronicles [LVR]</p> <p>10:00 Bean Bag Baseball [AR]</p> <p>1:00 Zumba Gold</p> <p>3:30 Art Class: Learn to Paint with Watercolor [PDR]</p> <p>6:00 Roundabout Walking Club [FC]</p>	<p>8:30 Morning Meditation [LVR] 24</p> <p>9:00 Daily Chronicles [LVR]</p> <p>9:30 Rock Steady Boxing [FC]</p> <p>10:30 Food Critics Club: Depart for Lunch Outing</p> <p>2:00 Dakim BrainFitness Group Session</p> <p>3:00 Happy Hour</p>	<p>Dakim Available All Day 25</p> <p>Fitness Center Open All Day</p> <p>8:30 Morning Meditation [LVR]</p> <p>9:00 Daily Chronicles [LVR]</p> <p>6:30 Family Game Night [LVR]</p>
<p>8:30 Church Shuttle 26</p> <p>8:30 Morning Meditation [LVR]</p> <p>9:00 Daily Chronicles [LVR]</p> <p>10:00 Livestream Catholic Mass [AR]</p> <p>11:00 Livestream Worship with UMC Service</p> <p>2:00 Ice Cream Sundaes [DR]</p> <p>3:30 Color Me Calm [AR]</p> <p>6:30 Movie Night</p>	<p>8:30 Morning Meditation [LVR] 27</p> <p>9:00 Daily Chronicles [LVR]</p> <p>9:30 Laughter Yoga [PDR]</p> <p>10:30 Improving Balance Exercise Class [FC]</p> <p>2:00 Demonstration Kitchen Cooking Class: Chocolate Dipped Fruit</p>	<p>8:30 Morning Meditation [LVR] 28</p> <p>9:00 Daily Chronicles [LVR]</p> <p>9:30 Group Circuit Exercise [FC]</p> <p>10:00 Weekly Grocery Run: Kroger</p> <p>2:30 Sofa Stories - Record OneDay Video Stories for Family & Friends!</p> <p>3:00 NewsCurrents & Coffee [LVR]</p>	<p>Looking for ways to keep your mind active and your brain sharp? Join us for a Dakim group session, or get access to Dakim anytime on your own computer or smart device! Ask us how!</p>	<p>Join us for Zumba Gold seated exercise on Thursdays at 1 pm for a fun and energetic class! The lively music is sure to get us all movin' and groovin'!</p>	<p>Activity times and locations are subject to change. Please pick up a copy of the Daily Calendar at the Front Desk, or check out the TV displays, for the most up-to-date information.</p>	