

FEBRUARY 2017 – Cottages & Apartments

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:30 am Rockland Shopping** 9:30-10:15 am Fitness Class (FR) 1 pm Wii Sports (MR) 2:30 pm Walking Group (Lobby) 4:30 pm Piano with Mary (MR)	2 Groundhog Day 8:30 am departure Senior College AM Classes* ** 12:15 pm departure Senior College PM Classes* ** 1:30 pm Knitting & Handcrafts (LR) 5 pm Piano with Marcia (MR)	3 9:30-10:15 am Fitness Class (FR) 10 am New Pathways for Parkinson's (MR) 3 pm Poetry, Tea & Thee (LR) 7 pm Movie Night (MR)	4
5 1:30 pm Nondenominational Service Hosted by Catholic Church (2nd Floor, Terraces) 6:30 pm Super Bowl Viewing Party (M/LR)	6 9:30-10:15 am Fitness Class (FR) 1 pm Intro to Chair Yoga (FR) 3 pm Activities Committee (MR) 3-4 pm Book Club (L) 4:30 pm Piano with Mary (MR)	7 10 am Camden Shopping** 10 am Men's Group (GR) 11:30 am departure Winter Houseplant Care (Merryspring, Camden)* ** 12 noon-2 pm Parkinson's Support Group (MR, GR) 2-3 pm Blood Pressure Clinic 4:30 pm Piano with Mary (MR) 6-7 pm Alzheimer's Support Group (LR)	8 9:30-10:15 am Fitness Class (FR) 1 pm Wii Sports (MR) 2:30 pm Walking Group (Lobby) 4:30 pm Piano with Mary (MR)	9 8:30 am departure Senior College AM Classes* ** 12:15 pm departure Senior College PM Classes* ** 1:30 pm Knitting & Handcrafts (LR) 5 pm Piano with Marcia (MR)	10 9:30-10:15 am Fitness Class (FR) 10 am New Pathways for Parkinson's (MR) 7 pm Movie Night (MR)	11 4-5 pm Birthday Social (M/LR)
12 1:30 pm Nondenominational Service, Followed by Communion, Hosted by Episcopal Church (2nd Floor, Terraces)	13 9:30-10:15 am Fitness Class (FR) 10:30 am-12:30 pm Documentary/Discussion Group (MR) 4:30 pm Piano with Mary (MR) 6:30 pm departure Dessert Cabaret (CHRHS)* **	14 Valentine's Day 10 am Camden Shopping** 10 am Men's Group (GR) 10:30 am Women's Cancer Support Group (LR) 2-3 pm Blood Pressure Clinic 2:30 pm Introduction to the Recorder (FR)* 4:30 pm Piano with Mary (MR)	15 9:30 am Rockland Shopping** 9:30-10:15 am Fitness Class (FR) 10:30 am Adventures in Living Well, "Beyond Judgment: The Science of Empathy" (M/LR) * 1 pm Wii Sports (MR) 2:30 pm Walking Group (Lobby) 4:30 pm Piano with Mary (MR)	16 1:30 pm Knitting & Handcrafts (LR) 2:30 pm departure Bowling at Oakland Lanes* ** 5 pm Piano with Marcia (MR)	17 9:30-10:15 am Fitness Class (FR) 10 am New Pathways for Parkinson's (MR) 3 pm Poetry, Tea & Thee (LR) 7 pm Movie Night (MR)	18
19 1:30 pm Nondenominational Service Led by Pastor Gabriele (2nd Floor, Terraces)	20 Presidents' Day 9:30-10:15 am Fitness Class (FR) 4:30 pm Piano with Mary (MR)	21 10 am Camden Shopping** 10 am Men's Group (GR) 2-3 pm Blood Pressure Clinic 4:30 pm Piano with Mary (MR)	22 9:30-10:15 am Fitness Class (FR) 1 pm Wii Sports (MR) 2:30 pm Walking Group (Lobby) 4:30 pm Piano with Mary (MR)	23 1:30 pm Knitting & Handcrafts (LR) 5 pm Piano with Marcia (MR)	24 9:30-10:15 am Fitness Class (FR) 10 am New Pathways for Parkinson's (MR) 7 pm Movie Night (MR)	25 4-5 pm Wine & Cheese Social (M/LR)
26 1:30 pm Nondenominational Service Led by Judy Cucinotta (2nd Floor, Terraces)	27 9:30-10:15 am Fitness Class (FR) 4:30 pm Piano with Mary (MR)	28 10 am Camden Shopping** 10 am Men's Group (GR) 11:30 am – 1 pm Fat Tuesday Pancake Extravaganza (DR) 2-3 pm Blood Pressure Clinic 4:30 pm Piano with Mary (MR)	*Signup required **Transportation provided, weather and ridership permitting			