

# Sample Engagement Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>DIMENSIONS OF WELLNESS</b></p> <p>Physical  Spiritual  Social  Intellectual </p> <p>Please note: Activities are Subject to change.</p>		<p><b>1</b></p> <p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 10:00 Puzzles, AS 11:00 Mindful Meditation, BGT 1:00 Bridge Club with Grace, CG 1:00 :4:00 Creative Expression 3:00 Checkers, PCG 6:00 – 8:00 Community Connection 7:00 Rummikub, CG 7:00 Western Movie Night, BCT</p>	<p><b>2</b></p> <p>8:00 Breakfast Bunch, PD 8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 10:00 Chair Pilates with Cheryl, ES 12:30 Check out the YMCA with Megan!, LB 1:00 :4:00 Creative Expression 2:00 Walk &amp; Weights Fitness, ES 2:30 Successful Aging Program, BGT 3:00 Rosary &amp; Eucharist Group, ASW 4:00 Happy Hour, PB 6:00 Trivia, PB 6:00 – 8:00 Community Connection 7:00 Bingo, AS 7:00 Movie Night - Beauty &amp; the Beast, BGT</p>	<p><b>3</b></p> <p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 10:00 Journal Writing, AS 10:00 Trip to Parx Casino, LB 11:00 Fitness Training with Donna, FS 1:00 Stretch &amp; Flex with Lauren, ES 1:00 Library / Book Club, HS 1:00 :4:00 Creative Expression 2:00 Bingo, AS 3:00 Scrabble, PCG 4:00 Happy Hour with JT, PB 6:00 – 8:00 Community Connection 6:00 Movie Night - Planet Earth, Episode 1 "From Pole to Pole", BCT</p>	<p><b>4</b></p> <p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 9:00 Visit our Salon, SL 10:00 Create a Card with Veronica, AS 10:30 Brain Boosters, ASW 11:30 Fitness Training with Donna, FS 1:00 Story Cubes, AS 1:00 Mahjong, CG 1:00 :4:00 Creative Expression 2:00 Chair Yoga with Donna, ES 4:00 Happy Hour, PB 6:00 – 8:00 Community Connection 7:00 Movie Night - Julie &amp; Julia, BGT</p>	<p><b>5</b></p> <p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 10:00 Board Games, PCG 1:00 :4:00 Creative Expression 2:00 Bingo, AS 4:00 Gym Time, FS 6:00 Birthday Club, PB 6:00 – 8:00 Community Connection 6:00 Movie Night - Sinatra to the Frank, BGT</p>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 9:00 Sunday Service Transportation, LB 10:30 Sunday Mass on TV, BGT 1:00 Puzzles, AS 1:00 :4:00 Creative Expression 2:00 Card Games, PCG 3:00 Coffee with Gino, PCG 4:00 Gym Time, FS 6:00 – 8:00 Community Connection 6:30 Scrabble, PCG 7:00 Netflix Night - Resident's Choice!, BGT</p>	<p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 9:00 Fitness Training with Donna, FS 9:30 Meditation with Donna, ES 9:30 Trip - Shop Rite, LB 10:30 Puzzles, AS 1:00 :4:00 Creative Expression 2:00 Adult Coloring with Irene, AS 2:00 Dance Party Fitness, ES 2:30 Monday Matinee - Mamma Mia!, BCT 4:00 Happy Hour - Bruce Anderson, PB 6:00 Game Night, PCG 6:00 – 8:00 Community Connection 7:00 Dominoes, CG</p>	<p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 9:30 Transportation to Dr. Appointments, LB 10:00 Sit and Be Fit with Lauren, ES 11:00 Cooking &amp; Baking Club, TB 11:00 Mindful Meditation, BGT 1:00 Bridge Club with Grace, CG 1:00 DJ Styles Party, PB 1:00 :4:00 Creative Expression 2:00 Paint Party, AS 2:00 Paint Party, AS 2:30 Walking Club, LB 6:00 – 8:00 Community Connection 7:00 Rummikub, CG 7:00 Western Movie Night, BCT</p>	<p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 9:00 Chair Pilates with Cheryl, ES 10:30 Tree Clean-up, LB 1:00 Town Hall Meeting - Independent Living, BGT 1:00 :4:00 Creative Expression 2:00 Walk &amp; Weights Fitness, ES 2:00 Arthritis &amp; Exercise Presentation by Lauren D., BGT 3:00 Rosary &amp; Eucharist Group, ASW 4:00 Happy Hour, PB 6:00 Trivia, PB 6:00 – 8:00 Community Connection 7:00 Bingo, AS 7:00 Movie Night - The Cider House Rules, BGT</p>	<p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 10:00 Journal Writing, AS 11:00 Brain Health University, BGT 11:00 Fitness Training with Donna, FS 12:00 Trip - Movies "Mary Poppins Returns", LB 1:00 Stretch &amp; Flex with Lauren, ES 1:00 Library / Book Club, HS 1:00 :4:00 Creative Expression 2:00 Bingo, AS 3:00 Scrabble, PCG 6:00 – 8:00 Community Connection 6:00 Movie Night - Planet Earth, Episode 2 "Mountains", BCT</p>	<p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 9:00 Visit our Salon, SL 10:00 Create a Card with Veronica, AS 10:30 Brain Boosters, ASW 11:30 Fitness Training with Donna, FS 1:00 Mahjong, CG 1:00 :4:00 Creative Expression 2:00 Bible Study, PAC 2:00 Chair Yoga with Donna, ES 4:00 Happy Hour, PB 6:00 – 8:00 Community Connection 7:00 Movie Night - Good Will Hunting, BGT</p>	<p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 10:00 Board Games, PCG 11:00 Watercolor Painting, AS 1:00 Stretch &amp; Flex with Lauren, ES 1:00 :4:00 Creative Expression 2:00 Bingo, AS 4:00 Gym Time, FS 6:00 – 8:00 Community Connection 6:00 Movie Night - Pearl Harbor, BGT</p>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 9:00 Sunday Service Transportation, LB 10:30 Sunday Mass on TV, BGT 1:00 Puzzles, AS 1:00 :4:00 Creative Expression 2:00 Card Games, PCG 3:00 Coffee with Gino, PCG 4:00 Gym Time, FS 6:00 – 8:00 Community Connection 6:30 Scrabble, PCG 7:00 Netflix Night - Resident's Choice!, BGT</p>	<p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 9:00 Fitness Training with Donna, FS 9:30 Meditation with Donna, ES 9:30 Trip - Shop Rite, LB 10:30 Puzzles, AS 1:00 :4:00 Creative Expression 2:00 Dance Party Fitness, ES 2:00 Jewelry Making with Carol, AS 2:30 Monday Matinee - The Truman Show, BCT 4:00 Happy Hour - The Hit Squad, PB 6:00 Game Night, PCG 6:00 – 8:00 Community Connection 7:00 Dominoes, CG</p>	<p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 9:30 Transportation to Dr. Appointments, LB 10:00 Scrapbooking, AS 10:00 Sit and Be Fit with Lauren, ES 11:00 Mindful Meditation, BGT 1:00 Bridge Club with Grace, CG 1:00 :4:00 Creative Expression 2:00 Paint Party, AS 2:30 Walking Club, LB 3:00 Resident Council Meeting - AL, PD 5:00 Entertainment - Francis Hillman, YD 6:00 – 8:00 Community Connection 7:00 Rummikub, CG 7:00 Western Movie Night, BCT</p>	<p>8:00 Breakfast Bunch, PD 8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 10:00 Chair Pilates with Cheryl, ES 11:00 Adult coloring magnets, AS 11:30 Fitness Training with Donna, FS 12:30 Check out the YMCA with Lauren!, LB 1:00 :4:00 Creative Expression 2:00 Walk &amp; Weights Fitness, ES 2:00 Seasonal Affective Disorder Presentation, BGT 3:00 Rosary &amp; Eucharist Group, ASW 4:00 Happy Hour, PB 6:00 Trivia, PB 6:00 – 8:00 Community Connection 6:30 *Good Grief* - Grief and Support Group, HS</p>	<p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 10:00 Journal Writing, AS 10:00 Trip - Jackson Outlets, LB 11:00 Brain Health University, BGT 11:00 Fitness Training with Donna, FS 1:00 Stretch &amp; Flex with Lauren, ES 1:00 Library / Book Club, HS 1:00 :4:00 Creative Expression 2:00 Bingo, AS 3:00 Scrabble, PCG 6:00 – 8:00 Community Connection 6:00 Movie Night - Planet Earth, Episode 3 "Fresh Water", BCT</p>	<p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 9:00 Visit our Salon, SL 10:00 Create a Card with Veronica, AS 10:30 Brain Boosters, ASW 11:30 Fitness Training with Donna, FS 1:00 Mahjong, CG 1:00 :4:00 Creative Expression 2:00 Chair Yoga with Donna, ES 4:00 Happy Hour, PB 6:00 – 8:00 Community Connection 7:00 Movie Night - Nights in Rodanthe, BGT</p>	<p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 10:00 Board Games, PCG 1:00 :4:00 Creative Expression 2:00 Bingo, AS 4:00 Gym Time, FS 6:00 – 8:00 Community Connection 6:00 Movie Night - Must Love Dogs, BGT</p>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 9:00 Sunday Service Transportation, LB 10:30 Sunday Mass on TV, BGT 1:00 Puzzles, AS 1:00 :4:00 Creative Expression 2:00 Card Games, PCG 3:00 Coffee with Gino, PCG 4:00 Gym Time, FS 6:00 – 8:00 Community Connection 6:30 Scrabble, PCG 7:00 Netflix Night - Resident's Choice!, BGT</p>	<p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 9:00 Fitness Training with Donna, FS 9:30 Meditation with Donna, ES 9:30 Trip - Shop Rite, LB 10:30 Puzzles, AS 12:30 Tile Coaster Making, AS 1:00 :4:00 Creative Expression 2:00 Adult Coloring with Irene, AS 2:00 Dance Party Fitness, ES 2:00 Knit &amp; Crochet with Claire, AS 2:30 Monday Matinee - Phantom of Opera, BCT 4:00 Happy Hour - Jerry Spathis, PB 6:00 Game Night, PCG 6:00 – 8:00 Community Connection</p>	<p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 9:30 Transportation to Dr. Appointments, LB 10:00 Sit and Be Fit with Lauren, ES 11:00 Cooking &amp; Baking Club, ASW 11:00 Nutrition &amp; Weight Loss Presentation, BGT 1:00 Bridge Club with Grace, CG 1:00 :4:00 Creative Expression 2:00 Paint Party, AS 2:30 Walking Club, LB 3:00 Checkers, PCG 6:00 – 8:00 Community Connection 7:00 Rummikub, CG 7:00 Western Movie Night, BCT</p>	<p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 10:00 Chair Pilates with Cheryl, ES 11:30 Fitness Training with Donna, FS 1:00 :4:00 Creative Expression 1:30 Paper Flower Making, AS 2:00 Walk &amp; Weights Fitness, ES 2:00 Successful Aging Program, BGT 3:00 Rosary &amp; Eucharist Group, ASW 4:00 Happy Hour, PB 6:00 Trivia, PB 6:00 – 8:00 Community Connection 7:00 Bingo, AS 7:00 Movie Night - Pay It Forward, BGT</p>	<p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 10:00 Journal Writing, AS 11:00 Brain Health University, BGT 11:00 Fitness Training with Donna, FS 12:00 Trip - Cheesecake Factory, LB 1:00 Stretch &amp; Flex with Lauren, ES 1:00 Library / Book Club, HS 1:00 :4:00 Creative Expression 2:00 Bingo, AS 4:00 Technology Time with Brandon, WL 6:00 – 8:00 Community Connection 6:00 Movie Night - Planet Earth, Episode 4 "Caves", BCT</p>	<p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 9:00 Visit our Salon, SL 10:00 Create a Card with Veronica, AS 10:30 Brain Boosters, ASW 11:30 Fitness Training with Donna, FS 1:00 Mahjong, CG 1:00 :4:00 Creative Expression 2:00 Bible Study, PAC 2:00 Chair Yoga with Donna, ES 2:00 Snowman Craft, AS 4:00 Happy Hour, PB 6:00 – 8:00 Community Connection 7:00 Movie Night - Nat King Cole, A afraid of the Dark, BGT</p>	<p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 10:00 Board Games, PCG 10:00 Trip - YMCA Basketball Game, LB 1:00 Stretch &amp; Flex with Lauren, ES 1:00 Bingo Buffet, AS 1:00 :4:00 Creative Expression 2:00 Foil Leaf Mosaic, AS 4:00 Gym Time, FS 6:00 – 8:00 Community Connection 6:00 Movie Night - National Treasure, BGT</p>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>MEETING PLACES</b>	
<p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 9:00 Sunday Service Transportation, LB 10:30 Sunday Mass on TV, BGT 1:00 Puzzles, AS 1:00 :4:00 Creative Expression 2:00 Card Games, PCG 3:00 Coffee with Gino, PCG 4:00 Gym Time, FS 6:00 – 8:00 Community Connection 6:30 Scrabble, PCG 7:00 Netflix Night - Resident's Choice!, BGT</p>	<p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 9:00 Visit our Salon, SL 9:00 Fitness Training with Donna, FS 9:30 Meditation with Donna, ES 9:30 Trip - Shop Rite, LB 10:30 Puzzles, AS 11:00 Trip - Walmart, LB 1:00 :4:00 Creative Expression 2:00 Dance Party Fitness, ES 2:00 Jewelry Making with Carol, AS 2:30 Monday Matinee - Seven Pounds, BCT 4:00 Entertainment - Amy Dee, PCG 4:00 Happy Hour, PB 6:00 Game Night, PCG</p>	<p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 9:30 Transportation to Dr. Appointments, LB 10:00 Scrapbooking, AS 10:00 Sit and Be Fit with Lauren, ES 11:00 Mindful Meditation, BGT 11:30 Homestead Tour, LB 1:00 Bridge Club with Grace, CG 1:00 :4:00 Creative Expression 2:00 Paint Party, AS 2:30 Walking Club, LB 3:00 Checkers, PCG 6:00 – 8:00 Community Connection 7:00 Rummikub, CG</p>	<p>8:00 Breakfast Bunch, PD 8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 10:00 Chair Pilates with Cheryl, ES 11:30 Fitness Training with Donna, FS 1:00 :4:00 Creative Expression 2:00 Walk &amp; Weights Fitness, ES 2:00 Successful Aging Program, BGT 3:00 Rosary &amp; Eucharist Group, ASW 4:00 Happy Hour -Mike Tynan, PB 6:00 Trivia, PB 6:00 – 8:00 Community Connection 7:00 Bingo, AS 7:00 Movie Night - Elizabeth at 90, BGT</p>	<p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 10:00 Journal Writing, AS 11:00 Brain Health University, BGT 11:00 Fitness Training with Donna, FS 12:30 Trip - Padrino's, LB 1:00 Stretch &amp; Flex with Lauren, ES 1:00 Library / Book Club, HS 1:00 :4:00 Creative Expression 2:00 Bingo, AS 3:00 Scrabble, PCG 6:00 – 8:00 Community Connection 6:00 Movie Night - Planet Earth, Episode 5 "Deserts", BCT</p>	<p>LB - Lobby (1) AS - Art Studio (2) BGT - Bogart Theater (3) CG - Card &amp; Game Room (3) PCG - Pearson Card &amp; Game Room BCT - Bacall Theater (3) PD - Pearson Dining Room (1) ES - Exercise Studio (2) FS - Fitness Studio (2) ASW - Art Studio West (3)</p>	<p>PB - The Pub (1) HS - Hemingway Study (4) SL - Salon (2) TB - Theater Bistro (3) PAC - Performing Arts Center YD - Yorkshire Dining Room (1) WL - West Lobby (1)</p>