

| Sunday  | Monday   | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday  |
|---|--|--|---|--|--|---|
| <p><b>Salus Program Director</b><br/>Megan Young<br/>609-438-9900 Ext.130</p> <p><b>Salus Staff</b><br/>Lauren Hogancamp</p>  | <p><b>MEETING PLACES</b></p> <p><b>LB</b> - Lobby (1)<br/><b>AS</b> - Art Studio (2)<br/><b>ASW</b> - Art Studio West (3)<br/><b>FS</b> - Fitness Studio (2)<br/><b>CG</b> - Card &amp; Game Room (3)<br/><b>PAC</b> - Performing Arts Center<br/><b>ES</b> - Exercise Studio (2)<br/><b>PB</b> - The Pub (1)<br/><b>BGT</b> - Bogart Theater (3)<br/><b>PCG</b> - Pearson Card &amp; Game Room</p>  | <p><b>BCT</b> - Bacall Theater (3)<br/><b>HS</b> - Hemingway Study (4)<br/><b>YD</b> - Yorkshire Dining Room (1)<br/><b>PD</b> - Pearson Dining Room (1)<br/><b>WL</b> - West Lobby (1)</p>  | <p><b>DIMENSIONS OF WELLNESS</b></p> <p>Physical<br/>Social</p> <p>Spiritual<br/>Intellectual</p> <p>Please note: Activities are Subject to change.</p>   |  | <p><b>1</b></p> <p>9:00 – 11:00 Active Living<br/>10:00 Create a Card, AS<br/>10:30 Brain Boosters, ASW<br/>11:30 Fitness Training with Donna, FS<br/>1:00 Story Cubes, AS<br/>1:00 Mahjong, CG<br/>1:00 :4:00 Creative Expression<br/>2:00 Sports Talk with Paul, PAC<br/>2:00 Chair Yoga with Donna, ES<br/>2:30 Valentine's Day Paper Wreath, AS<br/>4:00 Happy Hour, PB<br/>6:00 – 8:00 Community Connection<br/>7:00 Movie Night - Indiana Jones &amp; the Temple of Doom, BGT<br/>7:30 Trip - Brothers on Broadway, LB</p> | <p><b>2</b></p> <p>9:00 – 11:00 Active Living<br/>10:00 Board Games, ASW<br/>11:00 Adult Coloring, AS<br/>1:00 Scrabble, ASW<br/>1:00 :4:00 Creative Expression<br/>2:00 Bingo, AS<br/>6:00 – 8:00 Community Connection<br/>6:00 Movie Night - The Theory of Everything, BGT<br/>6:30 Birthday Club, PB</p>   |
| <b>3</b>  | <b>4</b>   | <b>5</b>   | <b>6</b>  | <b>7</b>   | <b>8</b>   | <b>9</b>  |
| <p>9:00 – 11:00 Active Living<br/>9:00 Sunday Service Transportation, LB<br/>10:30 Sunday Mass on TV, BGT<br/>1:00 Coffee with Gino, PCG<br/>1:00 Puzzles, AS<br/>1:00 :4:00 Creative Expression<br/>2:00 Card Games, ASW<br/>6:00 – 8:00 Community Connection<br/>6:00 Superbowl Party, PB<br/>6:30 Scrabble, ASW<br/>7:00 Netflix Night - Resident's Choice!, BGT</p> | <p>9:00 – 11:00 Active Living<br/>9:30 Meditation with Donna, ES<br/>9:30 Trip - Shop Rite, LB<br/>10:00 Fitness Training with Donna, FS<br/>1:00 Brain Health University, BCT<br/>1:00 Swimming or workout at the YMCA!, LB<br/>1:00 :4:00 Creative Expression<br/>2:00 Dance Party Fitness, ES<br/>2:00 Adult Coloring with Irene, AS<br/>2:30 Monday Matinee - Gunga Din, BCT<br/>4:00 Happy Hour, PB<br/>6:00 Pictionary with Lauren, ASW<br/>6:00 – 8:00 Community Connection<br/>7:00 Dominoes, CG<br/>7:00 Movie Night- Jersey Boys, BCT</p>  | <p>9:00 – 11:00 Active Living<br/>10:00 Table Topics with Megan &amp; Lauren, ASW<br/>11:00 Cooking &amp; Baking Club, ASW<br/>11:30 Homestead Tour, LB<br/>12:30 We Love Fitness - Hur Kickoff Party, FS<br/>1:00 Bridge Club with Grace, CG<br/>1:00 :4:00 Creative Expression<br/>2:00 Paint Party, AS<br/>3:00 Walking Club, LB<br/>3:30 Checkers, ASW<br/>6:00 The Andy Griffith Show Episodes, BCT<br/>6:00 – 8:00 Community Connection<br/>7:00 Rummikub, CG</p>  | <p>9:00 – 11:00 Active Living<br/>10:00 Chair Pilates with Cheryl, ES<br/>10:30 Fitness Training with Donna, FS<br/>12:30 Trip - YMCA!, LB<br/>1:00 Trip Committee Meeting, ASW<br/>1:00 :4:00 Creative Expression<br/>2:00 Sit &amp; Walk Fitness with Donna, ES<br/>2:00 Chinese New Year Presentation, BGT<br/>3:00 Rosary &amp; Eucharist Group, ASW<br/>3:30 Meditation with Donna, BGT<br/>4:00 Happy Hour with JT, PB<br/>6:00 Trivia, ASW<br/>6:00 – 8:00 Community Connection<br/>7:00 Bingo, AS</p>   | <p>9:00 – 11:00 Active Living<br/>10:00 Journal Writing, AS<br/>10:00 Trip to Parx Casino, LB<br/>11:00 Brain Health University, BGT<br/>11:00 Fitness Training with Donna, FS<br/>1:00 Library / Book Club, HS<br/>1:00 :4:00 Creative Expression<br/>2:00 How To: Online Grocery Shopping with Lauren, BCT<br/>3:00 Scrabble, ASW<br/>3:00 The Marvelous Life of Mrs. Maisel Episodes, BCT<br/>6:00 – 8:00 Community Connection<br/>6:00 Movie Night - Definitely Maybe, BCT</p>                                   | <p>9:00 – 11:00 Active Living<br/>10:00 Create a Card, AS<br/>10:00 Free hand massages!, BGT<br/>10:30 Brain Boosters, ASW<br/>11:30 Fitness Training with Donna, FS<br/>1:00 Wii Bowling, PAC<br/>1:00 Mahjong, CG<br/>1:00 :4:00 Creative Expression<br/>2:00 Bible Study, PAC<br/>2:00 Chair Yoga with Donna, ES<br/>2:00 Staying Social Presentation, BGT<br/>4:00 Happy Hour, PB<br/>6:00 – 8:00 Community Connection<br/>7:00 Movie Night - The Graduate, BGT</p>  | <p>9:00 – 11:00 Active Living<br/>10:00 Board Games, ASW<br/>11:00 Adult Coloring, AS<br/>1:00 Stretch &amp; Flex with Lauren, ES<br/>1:00 Scrabble, ASW<br/>1:00 :4:00 Creative Expression<br/>2:00 Bingo, AS<br/>2:30 Movie Matinee, BCT<br/>3:00 Uno with Lauren, ASW<br/>6:00 – 8:00 Community Connection<br/>6:00 Cocco - Movie Night!, BGT</p>  |
| <b>10</b>   | <b>11</b>  | <b>12</b>  | <b>13</b>   | <b>14</b>  | <b>15</b>  | <b>16</b>   |
| <p>9:00 – 11:00 Active Living<br/>9:00 Sunday Service Transportation, LB<br/>10:30 Sunday Mass on TV, BGT<br/>1:00 Coffee with Gino, PCG<br/>1:00 Puzzles, AS<br/>1:00 :4:00 Creative Expression<br/>2:00 Card Games, ASW<br/>6:00 – 8:00 Community Connection<br/>6:30 Scrabble, ASW<br/>7:00 Netflix Night - Resident's Choice!, BGT</p>                              | <p>9:00 – 11:00 Active Living<br/>9:30 Meditation with Donna, ES<br/>9:30 Trip - Shop Rite, LB<br/>10:00 Fitness Training with Donna, FS<br/>12:30 Trip - The Simple Greek, LB<br/>1:00 Brain Health University, BCT<br/>1:00 :4:00 Creative Expression<br/>2:00 Dance Party Fitness, ES<br/>2:00 Jewelry Making with Carol, AS<br/>4:00 Happy Hour with Hitz Squad, PB<br/>6:00 Scrabble with Lauren, ASW<br/>6:00 – 8:00 Community Connection<br/>7:00 Dominoes, CG<br/>7:00 Movie Night – Nights in Rodanthe, BCT</p>   | <p>9:00 – 11:00 Active Living<br/>10:30 Valentines to donate to Princeton Academy!, AS<br/>11:00 Scrapbooking, AS<br/>12:00 Fitness Training with Donna, FS<br/>1:00 Bridge Club with Grace, CG<br/>1:00 DJ Styles Party, PB<br/>1:00 :4:00 Creative Expression<br/>2:00 Paint Party, AS<br/>3:00 Walking Club, LB<br/>3:30 Checkers, ASW<br/>6:00 The Andy Griffith Show Episodes, BCT<br/>6:00 – 8:00 Community Connection<br/>7:00 Rummikub, CG</p>   | <p>9:00 – 11:00 Active Living<br/>10:00 Chair Pilates with Cheryl, ES<br/>10:30 Fitness Training with Donna, FS<br/>12:30 Line Dancing at the YMCA!, LB<br/>12:30 Trip - YMCA!, LB<br/>1:00 Town Hall Meeting - Independent Living, BGT<br/>1:00 :4:00 Creative Expression<br/>2:00 Sit &amp; Walk Fitness with Donna, ES<br/>2:00 Heart Health Presentation by Lauren D., BGT<br/>3:00 Rosary &amp; Eucharist Group, ASW<br/>3:30 Meditation with Donna, BGT<br/>4:00 Happy Hour, PB<br/>6:00 Trivia, ASW<br/>6:00 – 8:00 Community Connection<br/>7:00 Bingo, AS<br/>7:00 Movie Night - I Love Lucy Episodes, BGT</p> | <p>9:00 – 11:00 Active Living<br/>10:00 Journal Writing, AS<br/>11:00 Brain Health University, BGT<br/>11:30 Fitness Training with Donna, FS<br/>12:00 Trip - Longhorn Steakhouse, LB<br/>1:00 Library / Book Club, HS<br/>1:00 Valentine's Day Craft, AS<br/>1:00 :4:00 Creative Expression<br/>2:00 Valentine's Chocolate Covered Treats!, PB<br/>3:00 Scrabble, ASW<br/>3:00 The Marvelous Life of Mrs. Maisel Episodes, BCT<br/>6:00 – 8:00 Community Connection<br/>6:00 Movie Night - P.S. I love you, BCT</p> | <p>9:00 – 11:00 Active Living<br/>10:00 Create a Card, AS<br/>10:30 Brain Boosters, ASW<br/>11:30 Fitness Training with Donna, FS<br/>1:00 Story Cubes, AS<br/>1:00 Mahjong, CG<br/>1:00 :4:00 Creative Expression<br/>2:00 Chair Yoga with Donna, ES<br/>4:00 Happy Hour, PB<br/>5:00 Entertainment - Francis Hillman, YD<br/>6:00 – 8:00 Community Connection<br/>7:00 Movie Night - Miracle, BGT</p>  | <p>9:00 – 11:00 Active Living<br/>10:00 Board Games, ASW<br/>11:00 Adult Coloring, AS<br/>1:00 Scrabble, ASW<br/>1:00 :4:00 Creative Expression<br/>2:00 Bingo, AS<br/>6:00 – 8:00 Community Connection<br/>6:00 Movie Night - Solo: A Star Wars Story (2018), BGT</p>  |
| <b>17</b>   | <b>18</b>  | <b>19</b>  | <b>20</b>   | <b>21</b>  | <b>22</b>  | <b>23</b>   |
| <p>9:00 – 11:00 Active Living<br/>9:00 Sunday Service Transportation, LB<br/>10:30 Sunday Mass on TV, BGT<br/>1:00 Coffee with Gino, PCG<br/>1:00 Puzzles, AS<br/>1:00 :4:00 Creative Expression<br/>2:00 Card Games, ASW<br/>6:00 – 8:00 Community Connection<br/>6:30 Scrabble, ASW<br/>7:00 Netflix Night - Resident's Choice!, BGT</p>                              | <p>9:00 – 11:00 Active Living<br/>9:30 Meditation with Donna, ES<br/>9:30 Trip - Shop Rite, LB<br/>10:00 Fitness Training with Donna, FS<br/>1:00 Brain Health University, BCT<br/>1:00 Swimming or workout at the YMCA!, LB<br/>1:00 :4:00 Creative Expression<br/>2:00 Dance Party Fitness, ES<br/>2:00 Adult Coloring with Irene, AS<br/>2:30 Monday Matinee - East of Eden, BCT<br/>3:00 Tile Coaster Making, AS<br/>4:00 Happy Hour, PB<br/>6:00 Uno with Lauren, ASW<br/>6:00 – 8:00 Community Connection- Dominoes, CG<br/>7:00 Movie Night - Barbara Streisand - Timeless, BCT</p>                                 | <p>9:00 – 11:00 Active Living<br/>10:30 Heads Up Game, ASW<br/>11:00 Cooking &amp; Baking Club, ASW<br/>11:00 Presentation with Heather, BGT<br/>11:30 Homestead Tour, LB<br/>12:00 Fitness Training with Donna, FS<br/>1:00 Bridge Club with Grace, CG<br/>1:00 :4:00 Creative Expression<br/>2:00 Paint Party, AS<br/>3:00 Resident Council Meeting - AL, PD<br/>4:00 Happy Hour, PB<br/>3:00 Walking Club, LB<br/>3:30 Checkers, ASW<br/>6:00 The Andy Griffith Show Episodes, BCT<br/>6:00 – 8:00 Community Connection</p> | <p>9:00 – 11:00 Active Living<br/>10:00 Chair Pilates with Cheryl, ES<br/>11:00 Tissue Paper Flowers, AS<br/>12:30 Trip - YMCA!, LB<br/>1:00 Movie Committee Meeting, PB<br/>1:00 :4:00 Creative Expression<br/>2:00 Sit &amp; Walk Fitness with Donna, ES<br/>2:00 Successful Aging Program - Purpose, BGT<br/>3:00 Rosary &amp; Eucharist Group, ASW<br/>3:30 Meditation with Donna, BGT<br/>4:00 Happy Hour, PB<br/>6:00 Trivia, ASW<br/>6:00 – 8:00 Community Connection<br/>6:30 "Good Grief" - Grief and Support Group, HS<br/>7:00 Bingo, AS<br/>7:00 Movie Night - Beni, BGT</p>                                | <p>9:00 – 11:00 Active Living<br/>10:00 Journal Writing, AS<br/>10:00 Trip - Queen Bee Nails, LB<br/>11:00 Brain Health University, BGT<br/>11:00 Fitness Training with Donna, FS<br/>1:00 Library / Book Club, HS<br/>1:00 :4:00 Creative Expression<br/>2:00 Team Talk, PAC<br/>3:00 Scrabble, ASW<br/>3:00 The Marvelous Life of Mrs. Maisel Episodes, BCT<br/>6:00 – 8:00 Community Connection<br/>6:00 Movie Night - Springsteen on Broadway, BCT</p>   | <p>9:00 – 11:00 Active Living<br/>10:00 Create a Card, AS<br/>10:30 Brain Boosters, ASW<br/>11:30 Fitness Training with Donna, FS<br/>1:00 Mahjong, CG<br/>1:00 :4:00 Creative Expression<br/>2:00 Bible Study, PAC<br/>2:00 Chair Yoga with Donna, ES<br/>4:00 Happy Hour - Mike Tynan, PB<br/>6:00 – 8:00 Community Connection<br/>7:00 Movie Night - Silver Linings Playbook, BGT</p>   | <p>9:00 – 11:00 Active Living<br/>10:00 Board Games, ASW<br/>11:00 Adult Coloring, AS<br/>12:30 Stretch &amp; Flex with Lauren, ES<br/>1:00 Bingo Buffet, AS<br/>1:00 Scrabble, ASW<br/>1:00 :4:00 Creative Expression<br/>2:00 Footloose at Steinar High School, LB<br/>6:00 – 8:00 Community Connection<br/>6:00 Movie Night - Secretariat, BGT</p> |
| <b>24</b>   | <b>25</b>  | <b>26</b>  | <b>27</b>   | <b>28</b>  | <p><b>Transportation to Dr. Appt.</b><br/>Tuesdays = 9:30 – 4:00<br/>Wednesdays = 9:30 – 12:30</p> <p><b>Salon Hours</b><br/>Mondays = 9:00 – 2:00<br/>Fridays = 9:00 – 2:00</p> <p>Please call the concierge desk to schedule appointments.</p>   |   |
| <p>9:00 – 11:00 Active Living<br/>9:00 Sunday Service Transportation, LB<br/>10:30 Sunday Mass on TV, BGT<br/>1:00 Coffee with Gino, PCG<br/>1:00 Puzzles, AS<br/>1:00 :4:00 Creative Expression<br/>2:00 Card Games, ASW<br/>6:00 – 8:00 Community Connection<br/>6:30 Scrabble, ASW<br/>7:00 Netflix Night - Resident's Choice!, BGT</p>                              | <p>9:00 – 11:00 Active Living<br/>9:30 Meditation with Donna, ES<br/>9:30 Trip - Shop Rite, LB<br/>10:00 Fitness Training with Donna, FS<br/>12:30 Trip - Panera &amp; Barnes &amp; Noble, LB<br/>1:00 Brain Health University, BCT<br/>1:00 Swimming or workout at the YMCA!, LB<br/>1:00 :4:00 Creative Expression<br/>2:00 Dance Party Fitness, ES<br/>2:00 Jewelry Making with Carol, AS<br/>2:30 Monday Matinee - An Affair To Remember, BCT<br/>4:00 Happy Hour with Jerry, PB<br/>6:00 Scategories with Lauren, ASW<br/>6:00 – 8:00 Community Connection Dominoes, CG<br/>7:00 Movie Night - Becoming Jane, BCT</p> | <p>9:00 – 11:00 Active Living<br/>10:00 Pictionary with Megan &amp; Lauren, ASW<br/>11:00 Scrapbooking, AS<br/>11:30 Homestead Tour, LB<br/>12:00 Fitness Training with Donna, FS<br/>1:00 Bridge Club with Grace, CG<br/>1:00 :4:00 Creative Expression<br/>2:00 Paint Party, AS<br/>3:00 Walking Club, LB<br/>3:30 Checkers, ASW<br/>6:00 The Andy Griffith Show Episodes, BCT<br/>6:00 – 8:00 Community Connection<br/>7:00 Rummikub, CG</p>  | <p>9:00 – 11:00 Active Living<br/>10:00 Chair Pilates with Cheryl, ES<br/>10:30 Fitness Training with Donna, FS<br/>12:30 Trip - YMCA!, LB<br/>1:00 :4:00 Creative Expression<br/>2:00 Sit &amp; Walk Fitness with Donna, ES<br/>2:00 Music &amp; the Brain Presentation, BGT<br/>3:00 Rosary &amp; Eucharist Group, ASW<br/>3:30 Meditation with Donna, BGT<br/>4:00 Happy Hour, PB<br/>6:00 Trivia, ASW<br/>6:00 – 8:00 Community Connection<br/>7:00 Bingo, AS<br/>7:00 Movie Night - The Last Laugh, BGT</p>  | <p>9:00 – 11:00 Active Living<br/>10:00 Journal Writing, AS<br/>10:00 Trip - Oxford Valley Mall, LB<br/>11:00 Brain Health University, BGT<br/>11:00 Fitness Training with Donna, FS<br/>1:00 Library / Book Club, HS<br/>1:00 :4:00 Creative Expression<br/>3:00 Scrabble, ASW<br/>3:00 The Marvelous Life of Mrs. Maisel Episodes, BCT<br/>4:00 Technology Time with Brandon, WL<br/>6:00 – 8:00 Community Connection<br/>6:00 Movie Night - Quincy, BCT</p>   |  |   |