

☘ March 2019 ☘

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	MEETING PLACES	DIMENSIONS OF WELLNESS			1	2
<p><i>Salus Program Director</i> Megan Young 609-438-9900 Ext.130</p> <p><i>Salus Staff</i> Lauren Hogancamp</p> 	<p>LB - Lobby (1) AS - Art Studio (2) HS - Hemingway Study (4) ASW - Art Studio West (3) FS - Fitness Studio (2) BL - Bogart Lounge (3) PB - The Pub (1) PAC - Performing Arts Center ES - Exercise Studio (2) BCT - Bacall Theater (3) BGT - Bogart Theater (3) PCG - Pearson Card & Game Room CG - Card & Game Room (3) YD - Yorkshire Dining Room (1) WL - West Lobby (1) PD - Pearson Dining Room (1)</p>	<p> Physical  Spiritual  Social  Intellectual</p> <p style="text-align: center;"><i>Please note: Activities are subject to change.</i></p>			<p> 9:00 – 11:00 Active Living  10:00 Create a Card, AS  10:00 Massage Therapist Appointments, HS  10:30 Brain Boosters, ASW  11:30 Fitness with Donna, FS  1:00 Story Cubes, AS  1:00 Mahjong, BL  1:00 – 4:00 Creative Expression  1:30 Irish Recipe Sharing, PB  2:00 Sports Talk with Paul, PAC  2:00 Chair Yoga with Donna, ES  2:30 How To: Dry Cleaning Service, BCT  4:00 Happy Hour, PB  6:00 -8:00 Community Connection  7:00 Movie Night- Hairspray, BGT</p>	<p> 9:00 – 11:00 Active Living  11:00 Adult Coloring, AS  1:00 – 4:00 Creative Expression  1:00 Scrabble, ASW  2:00 Bingo, AS  4:00 Board Games, ASW  6:00 -8:00 Community Connection  6:30 Birthday Club, PB  7:00 Movie Night- Pocahontas, BGT</p>
3	4	5	6	7	8	9
<p> 9:00 – 11:00 Active Living  9:00 Sunday Service Transportation, LB  10:30 Sunday Mass on TV, BGT  11:00 Card Games, ASW  1:00 – 4:00 Creative Expression  1:00 Puzzles, AS  2:00 Coffee with Gino, PCG  3:30 Movie Matinee- The Graduate, BGT  6:00 -8:00 Community Connection  6:30 Scrabble with Toni, ASW</p>	<p> 9:00 – 11:00 Active Living  9:30 Meditation with Donna, ES  9:30 Trip - Shop Rite, LB  10:00 Fitness with Donna, FS  11:00 Trip - Walmart, LB  12:00 Trip - Flaming Grill Buffet, LB  1:00 – 4:00 Creative Expression  1:00 Adult Coloring with Irene, AS  2:00 Dance Party Fitness, ES  2:30 Monday Matinee- West Side Story, BCT  4:00 Happy Hour - Hitz Squad, PAC  6:00 -8:00 Community Connection  6:00 Table Topics w/ Lauren, ASW  7:00 Dominoes, BL  7:00 Movie Night- Irish Documentary, BCT</p>	<p> 9:00 – 11:00 Active Living  10:00 Crocheting with Alice, AS  11:00 Cooking & Baking Club, ASW  12:00 Fitness Training with Donna, FS  1:00 – 4:00 Creative Expression  1:00 Bridge Club with Grace, BL  1:00 Chair Yoga with Donna, ES  2:00 Create a Mardi Gras Mask!, AS  4:00 Mardi Gras Happy Hour, PB  6:00 -8:00 Community Connection  6:00 Movie Night- How The Beatles Changed the World, BCT  7:00 Rummikub, BL</p>	<p> 9:00 – 11:00 Active Living  10:00 Chair Pilates with Cheryl, ES  10:30 Fitness Training with Donna, FS  11:00 Shamrock Craft, AS  12:30 Trip - YMCA!, LB  1:00 – 4:00 Creative Expression  1:00 Successful Aging Program, BGT  2:00 Sit & Walk Fitness with Donna, ES  2:00 Pool Club, CG  3:00 Rosary & Eucharist Group, ASW  3:30 Meditation with Donna, ES  6:00 -8:00 Community Connection  6:00 Trivia, ASW  7:00 Bingo, AS  7:00 Movie Night- Brooklyn, BGT</p>	<p> 9:00 – 11:00 Active Living  10:00 Journal Writing, AS  10:00 Trip to Parx Casino, LB  11:00 Travel Times - Irish Presentation, BCT  11:30 Fitness Training with Donna, FS  1:00 – 4:00 Creative Expression  2:00 Homestead Chorus, AS  3:00 Hollywood Movie Classics! The Golden Age of the Silver Screen, BCT  3:00 Scrabble with Toni, ASW  6:00 -8:00 Community Connection  6:00 Movie Night- Michael Jackson's This Is It, BCT</p>	<p> 9:00 – 11:00 Active Living  10:00 Create a Card, AS  10:00 Massage Therapist Appointments, HS  10:30 Brain Boosters, ASW  11:30 Fitness Training with Donna, FS  1:00 Mahjong, BL  1:00 – 4:00 Creative Expression  2:00 Bible Study, PAC  2:00 Chair Yoga with Donna, ES  3:00 Station Of The Cross, BCT  3:00 Wii Bowling with Mike, BGT  4:00 Happy Hour, PB  6:00 -8:00 Community Connection  7:00 Movie Night- P.S. I Love You, BGT</p>	<p> 9:00 – 11:00 Active Living  10:30 Brain Games with Lauren, ASW  1:00 – 4:00 Creative Expression  1:00 Stretch & Flex with Lauren, ES  2:00 Dance Performance by The Rech Center for Performing Arts, PAC  2:00 Bingo, AS  3:30 Uno with Lauren, ASW  4:00 Board Games, ASW  6:00 -8:00 Community Connection  7:00 Movie Night- Mona Lisa Smile, BGT</p>
10	11	12	13	14	15	16
<p> 9:00 – 11:00 Active Living  9:00 Sunday Service Transportation, LB  10:30 Sunday Mass on TV, BGT  11:00 Card Games, ASW  1:00 – 4:00 Creative Expression  1:00 Puzzles, AS  2:00 Coffee with Gino, PCG  3:30 Movie Matinee- Gone With the Wind, BGT  6:00 -8:00 Community Connection  6:30 Scrabble with Toni, ASW</p>	<p> 9:00 – 11:00 Active Living  9:30 Meditation with Donna, ES  9:30 Trip - Shop Rite, LB  10:00 Fitness with Donna, FS  1:00 – 4:00 Creative Expression  1:00 Knitting with Irene, AS  1:00 Trip - Drugstore Errands, LB  2:00 Dance Party Fitness, ES  2:00 Jewelry Making with Carol, AS  2:30 Monday Matinee- The Great Gatsby, BCT  4:00 Happy Hour, PB  6:00 -8:00 Community Connection  6:00 Game Night w/ Lauren, ASW  7:00 Dominoes, BL 7:00 Movie Night- Irish Documentary, BCT</p>	<p> 9:00 – 11:00 Active Living  10:00 Crocheting with Alice, AS  11:00 Scrapbooking, AS  12:00 Fitness Training with Donna, FS  1:00 – 4:00 Creative Expression  1:00 Bridge Club with Grace, BL  1:00 Chair Yoga with Donna, ES  1:00 DJ Styles Party, PAC  2:00 Paint Party, AS  2:30 Cooking Demo with Mike, YD  3:30 Puppy time with Venture!, WL  6:00 -8:00 Community Connection  6:00 Movie Night- Love Me Tender, BCT  7:00 Rummikub, BL</p>	<p> 9:00 – 11:00 Active Living  10:00 Chair Pilates with Cheryl, ES  10:30 Fitness Training with Donna, FS  12:30 Trip - YMCA!, LB  1:00 – 4:00 Creative Expression  1:00 Town Hall Meeting - Independent Living, BGT  2:00 Sit & Walk with Donna, ES  2:00 9-Ball Tournament with Leon, CG  2:00 Wellness w/ Heather, BGT  3:00 Rosary & Eucharist Group, ASW  3:30 Meditation with Donna, ES  4:00 Happy Hour, PB  6:00 -8:00 Community Connection  6:00 Trivia, ASW 7:00 Bingo, AS 7:00 Movie Night- Like Father, BGT</p>	<p> 9:00 – 11:00 Active Living  9:30 Trip - Bank Errands, LB  10:00 Journal Writing, AS  11:00 Travel Times - Irish Presentation, BCT  12:00 Trip - Killarney's, LB  1:00 – 4:00 Creative Expression  1:00 Library / Book Club, HS  1:00 St. Patrick's Day Floral Arrangement, AS  2:00 Eucharist Service by Deacon Joe Moore, ASW  2:00 Homestead Chorus, AS  3:00 Hollywood Movie Classics! BCT  3:00 Scrabble with Toni, ASW  6:00 -8:00 Community Connection  6:00 Movie Night- I Don't Know How</p>	<p> 9:00 – 11:00 Active Living  10:00 Create a Card, AS  10:00 Massage Therapist Appointments., HS  10:30 Brain Boosters, ASW  11:30 Fitness with Donna, FS  1:00 – 4:00 Creative Expression  1:00 Story Cubes, AS  1:00 Mahjong, BL  2:00 Chair Yoga with Donna, ES  3:00 Station Of The Cross, BCT  4:00 Happy Hour, PB  6:00 -8:00 Community Connection  7:00 Movie Night- Wild Oats, BGT</p>	<p> 9:00 – 11:00 Active Living  11:00 Adult Coloring, AS  11:00 Bingo, AS  1:00 – 4:00 Creative Expression  1:00 Scrabble, ASW  2:00 Irish Festivities featuring Claudia Pellegrini, PAC  3:30 Checkers, ASW  4:00 Board Games, ASW  6:00 -8:00 Community Connection  7:00 Movie Night- Some Kind of Beautiful, BGT</p>

17	18	19	20	21	22	23
<p>9:00 – 11:00 Active Living</p> <p>9:00 Sunday Service Transportation, LB</p> <p>10:30 Sunday Mass on TV, BGT</p> <p>11:00 Trivia, ASW</p> <p>11:00 Card Games, ASW</p> <p>1:00 – 4:00 Creative Expression</p> <p>1:00 Puzzles, AS</p> <p>2:00 Coffee with Gino, PCG</p> <p>3:30 Movie Matinee- Across the Universe, BGT</p> <p>6:00 -8:00 Community Connection</p> <p>6:30 Scrabble with Toni, ASW</p>	<p>9:00 – 11:00 Active Living</p> <p>9:30 Meditation with Donna, ES</p> <p>9:30 Trip - Shop Rite, LB</p> <p>10:00 Fitness with Donna, FS</p> <p>11:00 Trip - Walmart, LB</p> <p>12:00 Trip - Outback Steakhouse LB</p> <p>1:00 – 4:00 Creative Expression</p> <p>1:00 Adult Coloring with Irene, AS</p> <p>2:00 Dance Party Fitness, ES</p> <p>2:30 Matinee- Philomena, BCT</p> <p>4:00 Happy Hour with Jerry, PAC</p> <p>6:00 -8:00 Community Connection</p> <p>6:00 Game Night, ASW</p> <p>7:00 Dominoes, BL</p> <p>7:00 Movie Night- Irish Documentary, BCT</p>	<p>9:00 – 11:00 Active Living</p> <p>10:00 Crocheting with Alice, AS</p> <p>11:00 Health Topics with Roberta, BGT</p> <p>11:00 Cooking & Baking Club, ASW</p> <p>12:00 Fitness with Donna, FS</p> <p>1:00 – 4:00 Creative Expression</p> <p>1:00 Bridge Club with Grace, BL</p> <p>1:00 Chair Yoga with Donna, ES</p> <p>2:00 Paint Party, AS</p> <p>3:00 Resident Council Meeting - AL, PD</p> <p>3:00 Tai Chi, ES</p> <p>6:00 -8:00 Community Connection</p> <p>6:00 Movie Night- The Other Woman, BCT</p> <p>7:00 Rummikub, BL</p>	<p>9:00 – 11:00 Active Living</p> <p>10:00 Chair Pilates with Cheryl, ES</p> <p>10:30 Fitness Training with Donna, FS</p> <p>12:30 Trip - YMCA!, LB</p> <p>1:00 – 4:00 Creative Expression</p> <p>1:00 Successful Aging Program, BGT</p> <p>2:00 Sit & Walk Fitness with Donna, ES</p> <p>2:00 Pool Club, CG</p> <p>3:00 Rosary & Eucharist Group, ASW</p> <p>3:30 Meditation with Donna, ES</p> <p>4:00 Happy Hour, PB</p> <p>6:00 -8:00 Community Connection</p> <p>6:00 Trivia, ASW</p> <p>7:00 Bingo, AS</p> <p>7:00 Movie Night- The Sound of Music, BGT</p>	<p>9:00 – 11:00 Active Living</p> <p>10:00 Journal Writing, AS</p> <p>10:00 Trip - Boscovs, LB</p> <p>11:00 Travel Times - Irish Presentation, BCT</p> <p>11:30 Fitness Training with Donna, FS</p> <p>1:00 – 4:00 Creative Expression</p> <p>2:00 Team Talk, PAC</p> <p>2:00 Homestead Chorus, AS</p> <p>2:00 Trip - Post Office, LB</p> <p>3:00 Scrabble with Toni, ASW</p> <p>3:00 Hollywood Movie Classics! The Golden Age of the Silver Screen, BCT</p> <p>6:00 -8:00 Community Connection</p> <p>6:00 Movie Night- Same Kind of Different as Me, BCT</p>	<p>9:00 – 11:00 Active Living</p> <p>10:00 Create a Card, AS</p> <p>10:00 Massage Therapist Appointments., HS</p> <p>10:30 Brain Boosters, ASW</p> <p>11:30 Fitness Training with Donna, FS</p> <p>1:00 – 4:00 Creative Expression</p> <p>1:00 Mahjong, BL</p> <p>2:00 Bible Study, PAC</p> <p>2:00 Chair Yoga with Donna, ES</p> <p>3:00 Station Of The Cross, BCT</p> <p>4:00 Happy Hour with Meg Hanson, PAC</p> <p>6:00 -8:00 Community Connection</p> <p>7:00 Movie Night- The Blind Side, BGT</p>	<p>9:00 – 11:00 Active Living</p> <p>10:30 Brain Games with Lauren, ASW</p> <p>11:30 Adult Coloring, AS</p> <p>1:00 – 4:00 Creative Expression</p> <p>1:00 Stretch & Flex with Lauren, ES</p> <p>2:00 Bingo, AS</p> <p>3:30 Craft with Lauren, ASW</p> <p>4:00 Board Games, ASW</p> <p>6:00 -8:00 Community Connection</p> <p>7:00 Movie Night- Last Vegas, BGT</p>
24	25	26	27	28	29	30
<p>9:00 – 11:00 Active Living</p> <p>9:00 Sunday Service Transportation, LB</p> <p>10:30 Sunday Mass on TV, BGT</p> <p>11:00 Card Games, ASW</p> <p>1:00 – 4:00 Creative Expression</p> <p>1:00 Puzzles, AS</p> <p>2:00 Coffee with Gino, PCG</p> <p>2:00 Trip - The Fine Tapestry of Motherhood, LB</p> <p>3:30 Movie Matinee- Nights in Rodanthe, BGT</p> <p>6:00 -8:00 Community Connection</p> <p>6:30 Scrabble with Toni, ASW</p>	<p>9:00 – 11:00 Active Living</p> <p>9:30 Meditation with Donna, ES</p> <p>9:30 Trip - Shop Rite, LB</p> <p>10:00 Fitness with Donna, FS</p> <p>11:00 Trip - Walmart, LB</p> <p>1:00 – 4:00 Creative Expression</p> <p>1:00 Knitting with Irene, AS</p> <p>1:00 Trip - Hobby Lobby, LB</p> <p>2:00 Dance Party Fitness, ES</p> <p>2:00 Jewelry Making with Carol, AS</p> <p>2:30 Monday Matinee- Larry Crowne, BCT</p> <p>4:00 Happy Hour, PB</p> <p>6:00 -8:00 Community Connection</p> <p>6:00 Game Night, ASW</p> <p>7:00 Dominoes, BL</p> <p>7:00 Movie Night- Irish Doc, BCT</p>	<p>9:00 – 11:00 Active Living</p> <p>10:00 Crocheting with Alice, AS</p> <p>11:00 Scrapbooking, AS</p> <p>12:00 Fitness Training with Donna, FS</p> <p>1:00 – 4:00 Creative Expression</p> <p>1:00 Bridge Club with Grace, BL</p> <p>1:00 Chair Yoga with Donna, ES</p> <p>2:00 Paint Party, AS</p> <p>3:00 "For the love of music" - Songwriting 101, ES</p> <p>6:00 -8:00 Community Connection</p> <p>6:00 Movie Night- An Unfinished Life, BCT</p> <p>7:00 Rummikub, BL</p>	<p>9:00 – 11:00 Active Living</p> <p>10:00 Chair Pilates with Cheryl, ES</p> <p>10:30 Fitness Training with Donna, FS</p> <p>12:30 Trip - YMCA!, LB</p> <p>1:00 – 4:00 Creative Expression</p> <p>1:00 Successful Aging Program, BGT</p> <p>2:00 Sit & Walk Fitness with Donna, ES</p> <p>2:00 Pool Club, CG</p> <p>2:00 Successful Aging Program, BGT</p> <p>3:00 Rosary & Eucharist Group, ASW</p> <p>3:30 Meditation with Donna, ES</p> <p>4:00 Happy Hour with JT, PAC</p> <p>6:00 -8:00 Community Connection</p> <p>6:00 Trivia, ASW</p> <p>7:00 Bingo, AS</p> <p>7:00 Movie Night- The Notebook, BGT</p>	<p>9:00 – 11:00 Active Living</p> <p>10:00 Journal Writing, AS</p> <p>10:00 Trip - Hamilton Farmer's Market, LB</p> <p>11:00 Travel Times - Irish Presentation, BCT</p> <p>11:30 Fitness with Donna, FS</p> <p>12:00 Trip – Town/Country Diner, LB</p> <p>1:00 – 4:00 Creative Expression</p> <p>1:00 Library / Book Club, HS</p> <p>2:00 Homestead Chorus, AS</p> <p>3:00 Hollywood Movie Classics!, BCT</p> <p>3:00 Scrabble with Toni, ASW</p> <p>4:00 Tech Time w/ Brandon, WL</p> <p>6:00 -8:00 Community Connection</p> <p>6:00 Movie Night- Dare to be Wild, BCT</p>	<p>9:00 – 11:00 Active Living</p> <p>10:00 Create a Card, AS</p> <p>10:00 Massage Therapist Appointments., HS</p> <p>10:30 Brain Boosters, ASW</p> <p>11:30 Fitness Training with Donna, FS</p> <p>1:00 – 4:00 Creative Expression</p> <p>1:00 Story Cubes, AS</p> <p>1:00 Mahjong, BL</p> <p>2:00 Chair Yoga with Donna, ES</p> <p>3:00 Station Of The Cross, BCT</p> <p>4:00 Happy Hour, PB</p> <p>6:00 -8:00 Community Connection</p> <p>7:00 Movie Night- Million Dollar Baby, BGT</p>	<p>9:00 – 11:00 Active Living</p> <p>11:00 Adult Coloring, AS</p> <p>1:00 – 4:00 Creative Expression</p> <p>1:00 Bingo Buffet, AS</p> <p>1:00 Scrabble, ASW</p> <p>3:30 Checkers, ASW</p> <p>4:00 Board Games, ASW</p> <p>6:00 -8:00 Community Connection</p> <p>7:00 Movie Night- Something to Talk About, BGT</p>
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<p>9:00 – 11:00 Active Living</p> <p>9:00 Sunday Service Transportation, LB</p> <p>10:30 Sunday Mass on TV, BGT</p> <p>11:00 Card Games, ASW</p> <p>1:00 – 4:00 Creative Expression</p> <p>1:00 Puzzles, AS</p> <p>2:00 Coffee with Gino, PCG</p> <p>3:30 Movie - Don't Look Back, BGT</p> <p>6:00 -8:00 Community Connection</p> <p>6:30 Scrabble with Toni, ASW</p>	<p style="text-align: center;">☘</p> <p style="text-align: center;">☘</p> <p style="text-align: center;">☘</p>	<p style="text-align: center;"><i>Travel Times ~ Ireland</i></p> 	<p style="text-align: center;">Things To See In And Around Ireland</p> 	<p style="text-align: center;">☘</p> <p style="text-align: center;">☘</p> <p style="text-align: center;">☘</p>	<p style="text-align: center;">☘</p> <p style="text-align: center;">☘</p> <p style="text-align: center;">☘</p>	<p>Transportation to Dr. Appt. Tuesdays = 9:30 – 4:00 Wednesdays = 9:30 – 12:30</p> <p>Salon Hours Mondays = 9:00 – 2:00 Wednesdays = 9:00 – 1:00 Fridays = 9:00 – 2:00</p> <p>Please call the concierge desk to schedule appointments.</p>