

Activity Calendar

February

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 3:45 Water Walking POOL
2 9:00 Mass: <u>Chapel</u> 10:30 Activity Room Service *1:30 Bridge Games: Cafe 5pm Super Bowl Party	3 9:30 Water Aerobics 9:30 Group Exercise 1:00 Movie: 3:30 Wii Bowling	4 *8:30 Chair Yoga with Lee 3:45 Water Walking	5 9:30 Water Aerobics 9:30 Group Exercise 9:30 Catholic Inquiry Class: <u>Dogwood</u> 1:00 Hand & Foot Card Games	6 10:00 Coffee with Lisa 12:30- 1:30 Book Mobile 1:00 Happy Stitchers *2:00 Frozen Yogurt! 3:45 Water Walking	7 9:30 Water Aerobics 9:30 Group Exercise *10:30 Lunch Bunch Outing to the Gathering 4:00 Happy Hour 6:30 BINGO	8 2-5pm LETTIE LEBLANC BIRTHDAY PARTY Activity Room 3:45 Water Walking POOL
9 9:00 Mass: <u>Chapel</u> 10:30 Activity Room Service *1:30 Bridge Games: Cafe	10 9:30 Water Aerobics 9:30 Group Exercise 10:30 Activity Committee 1:00 Movie: 6:15 Glenn Miller Orchestra Thalia Mara Hall 3:30 Wii Bowling	11 *8:30 Chair Yoga with Lee 10:30 History Club 3:45 Water Walking	12 9:30 Water Aerobics 9:30 Group Exercise 9:30 Catholic Inquiry Class: <u>Dogwood</u> *10:30 Heathy Eating and Heart Health with Emily (Act. Room) 11-1 Honey for Sale! 1:00 Hand & Foot Card Games	13 10:30 Bible Study with Sam T. 1:00 Happy Stitchers 3:45 Water Walking	14 9:30 Water Aerobics 9:30 Group Exercise *TBA BELLHAVEN JAZZ PERFORMANCE (Act Rm) 4:00 Happy Hour 6:30 BINGO Happy Valentine's Day!	15 3:45 Water Walking POOL
16 9:00 Mass: <u>Chapel</u> 10:30 Activity Room Service *1:30 Bridge Games: Cafe	17 9:30 Water Aerobics 9:30 Group Exercise 1:00 Movie: 3:30 Wii Bowling	18 *8:30 Chair Yoga with Lee 3:45 Water Walking *5:00 Dinner Out Longhorn Steakhouse in Madison	19 9:30 Water Aerobics 9:30 Group Exercise 9:30 Catholic Inquiry Class: <u>Dogwood</u> *10:00 Author Karen Brown Speaks! (Activity Room) 1:00 Hand & Foot Card Games	20 12:30- 1:30 Book Mobile 1:00 Happy Stitchers 3:45 Water Walking	21 9:30 Water Aerobics 9:30 Group Exercise *10:30 Departure for MOSAIC SHOP OUTING 4:00 Happy Hour 6:30 BINGO	22 3:45 Water Walking POOL 6:45 Bus to MS Symphony Orchestra BRAVO Series Thalia Mara Hall

<p style="text-align: right;">23</p> <p>9:00 Mass: <u>Chapel</u> 10:30 Activity Room Service *1:30 Bridge Games: <u>Cafe</u></p>	<p style="text-align: right;">24</p> <p>9:30 Water Aerobics 9:30 Group Exercise 10:00 SALSA TASTING NATIONAL TORTILLA CHIP DAY! (Act Room) 1:00 Movie: 3:30 Wii Bowling</p>	<p style="text-align: right;">25</p> <p>*8:30 Chair Yoga with Lee 2:00 Mardi Gras Social 3:45 Water Walking Mardi Gras!</p>	<p style="text-align: right;">26</p> <p>9:30 Water Aerobics 9:30 Group Exercise 9:30 Catholic Inquiry Class: <u>Dogwood</u> 1:00 Hand & Foot Card Games</p>	<p style="text-align: right;">27</p> <p>1:00 Happy Stitches 3:45 Water Walking *Closet Sale Drop Off Day</p>	<p style="text-align: right;">28</p> <p>9:30 Water Aerobics *7:00 Clothing Closet Sale! 4:00 Happy Hour 6:30 BINGO</p>	<p style="text-align: right;">29</p> <p>3:45 Water Walking POOL</p>

February Activity Highlights and Descriptions- (refer to the *EULL* calendar and *BULLETIN BOARD* for all monthly activities & *UPDATES*) *STAY UP TO DATE!* Receive updates and info right to your e-mail. Sign-up for the *e-mail blast* with Charlene at the front desk.

Exercise Activities:

Every Tues. 8:30 am \$15 Chair Yoga Class: Certified Chair Yoga Instructor, Lee Parrott walks you through 45 minutes of stretching, strengthening, flexibility, and relaxation. Yoga is beneficial, physically and mentally! ***SIGN-UP on the BULLETIN BOARD***

Every M/W/F 9:30 am Water Aerobics: Water aerobics is a form of aerobic exercise and strength training **IN THE POOL**. Great for the joints!

Every M/W/F 9:30 am Group Strength Exercise Class: Low Impact stretching and strength exercises (sitting & standing options). **TV Screen**

Every M/W/F 9:30 am Group Aerobic Exercise Class: High Impact strength & **CARDIO** exercises (sitting & standing options). **BIG Screen**

Every Tue/Thur/Sat 3:45 pm Water Walking: An opportunity to strength train and walk **IN THE POOL** with other residents.

**** NEW Every Monday 3:30pm Wii Bowling: Grab a partner and join us for a fun indoor bowling activity using the Wii System!**
SIGN-UP on the BULLETIN BOARD

Bus Trips: Time to Explore! Trips, shows, and tours to local attractions with SCV!

Mon 10th 6:15 pm Glenn Miller Orchestra 7pm Show

Thalia Mara Hall *SIGN-UP at the TRANSPORTATION DESK IN FRONT LOBBY

Thurs 13th 7:15 pm Bus to Broadway in Jackson Thalia Mara Hall

***SIGN-UP at the TRANSPORTATION DESK IN FRONT LOBBY**

Tues. 18th 5:00 pm Dinner Out! Longhorn Steakhouse (Madison)

SIGN-UP at the TRANSPORTATION DESK IN FRONT LOBBY

Sat 22nd 4:30 pm Bus to MS Symphony Orchestra

***SIGN-UP at the TRANSPORTATION DESK IN FRONT LOBBY**

Entertainment/Informational:

Sun 2nd 5:00 pm Super Bowl Party: Come cheer on your favorite team in Activity Rm for the big game! **Potluck style & BYOB**

Thurs 6th 10:00 am Coffee with Lisa: Village meeting to get news, updates, and meet the new SCV residents!

Fri 7th 2:00 pm *Lunch Bunch Outing: Come join us for a lunch outing at The Gathering at Livingston (\$10 Blue Plate Lunch for the month of February!) **Departure time is 10:30am**

***SIGN-UP at the TRANSPORTATION DESK IN THE FRONT LOBBY**