

Sample Engagement Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DIMENSIONS OF WELLNESS	in crossy	1	2	3	4	5
4		48:30-9:30 Gentle Waking	8:00 Breakfast Bunch, PD	8:30-9:30 Gentle Waking	√ 8:30-9:30 Gentle Waking	★ 8:30-9:30 Gentle Waking
Physical Spiritual		9:00 - 11:00 Active Living	8:30-9:30 Gentle Waking	3.00 – 11:00 Active Living	9:00 - 11:00 Active Living	9:00 – 11:00 Active Living
Social Intellectual		10:00 Puzzles, AS	9:00 – 11:00 Active Living 10:00 Chair Pilates with Cheryl, ES	10:00 Journal Writing, AS	9:00 Visit our Salon, SL	10:00 Board Games, PCG
- Intellectual		11:00 Mindful Meditation, BGT	* 12:30 Check out the YMCA with Megan!, LB	10:00 Trip to Parx Casino, LB 11:00 Fitness Training with Donna. FS	10:00 Create a Card with Veronica, AS 10:30 Brain Boosters, ASW	1:00 :4:00 Creative Expression
DI		1:00 Bridge Club with Grace, CG	1:00 :4:00 Creative Expression	1:00 Stretch & Flex with Lauren, ES	11:30 Fitness Training with Donna, FS	2:00 Bingo, AS
Please note: Activities are		1:00 :4:00 Creative Expression	2:00 Walk & Weights Fitness, ES	1:00 Library / Book Club, HS	1:00 Story Cubes, AS	3 4:00 Gym Time, FS
Subject to change.		3:00 Checkers, PCG	2:30 Successful Aging Program, BGT 3:00 Rosary & Eucharist Group, ASW	1:00 :4:00 Creative Expression	1:00 Mahjong, CG	6:00 Birthday Club, PB
		6:00 – 8:00 Community Connection	4:00 Happy Hour, <i>PB</i>	2:00 Bingo, AS 3:00 Scrabble, PCG	1:00 :4:00 Creative Expression 2:00 Chair Yoga with Donna, ES	6:00 – 8:00 Community Connection
		7:00 Rummikub, <i>CG</i>	6:00 Trivia, PB	4:00 Happy Hour with JT, PB	4:00 Happy Hour, <i>PB</i>	6:00 Movie Night - Sinatra to the Fi
		7:00 Western Movie Night, BCT	6:00 – 8:00 Community Connection 7:00 Bingo, AS	6:00 – 8:00 Community Connection	6:00 – 8:00 Community Connection	BGT
			7:00 Movie Night - Beauty & the Beast, BGT	6:00 Movie Night - Planet Earth, Episode 1 "From Pole to Pole", BCT	7:00 Movie Night - Julie & Julia, BGT	
6	7	8	9	10	11	12
8:30-9:30 Gentle Waking	8:30-9:30 Gentle Waking	8:30-9:30 Gentle Waking	8:30-9:30 Gentle Waking	8:30-9:30 Gentle Waking	8:30-9:30 Gentle Waking	8:30-9:30 Gentle Waking
9:00 – 11:00 Active Living	9:00 – 11:00 Active Living	9:00 – 11:00 Active Living	9:00 – 11:00 Active Living	9:00 – 11:00 Active Living	9:00 – 11:00 Active Living	9:00 – 11:00 Active Living
9:00 Sunday Service Transportation, <i>LB</i> 10:30 Sunday Mass on TV. <i>BGT</i>	9:00 Fitness Training with Donna, FS 9:30 Meditation with Donna. ES	 9:30 Transportation to Dr. Appointments, LB 10:00 Sit and Be Fit with Lauren, ES 	7 10:00 Chair Pilates with Cheryl, ES 10:30 Tree Clean-up, LB 10:30 Tree Clean-up, LB 10:30 Tree Clean-up, LB 10:00 Chair Pilates with Cheryl, ES 10:00 Chair Pilates with Cheryl	10:00 Journal Writing, AS 11:00 Brain Health University. BGT	9:00 Visit our Salon, <i>SL</i> 10:00 Create a Card with Veronica. <i>AS</i>	10:00 Board Games, PCG
1:30 Sunday Mass on TV, BGT 1:00 Puzzles. AS	9:30 Trip - Shop Rite, LB	11:00 Cooking & Baking Club, TB	1:00 Town Hall Meeting - Independent Living, BGT	7 11:00 Fitness Training with Donna, FS	10:30 Brain Boosters, ASW	11:00 Watercolor Painting, AS
1:00 :4:00 Creative Expression	10:30 Puzzles, AS	 ✓ 11:00 Mindful Meditation, BGT № 1:00 Bridge Club with Grace, CG 	1:00 :4:00 Creative Expression	12:00 Trip - Movies "Mary Poppins Returns", LB	7 11:30 Fitness Training with Donna, FS	2 1:00 Stretch & Flex with Lauren, ES
2:00 Card Games, PCG	1:00 :4:00 Creative Expression	* 1:00 DJ Styles Party, PB	 2:00 Walk & Weights Fitness, ES 	1:00 Stretch & Flex with Lauren, ES 1:00 Library / Book Club, HS	1:00 Mahjong, <i>CG</i>	1:00 :4:00 Creative Expression
3:00 Coffee with Gino, PCG	2:00 Adult Coloring with Irene, AS 2:00 Dance Party Fitness, ES	1:00 :4:00 Creative Expression	√ 3:00 Rosary & Eucharist Group, ASW	1:00 :4:00 Creative Expression	1:00 :4:00 Creative Expression 2:00 Bible Study, PAC	2:00 Bingo, AS
4:00 Gym Time, FS	2:30 Monday Matinee - Mamma Mia!, BCT	2:00 Paint Party, AS	4:00 Happy Hour, <i>PB</i>	2:00 Bingo, AS	2:00 Chair Yoga with Donna, ES	4:00 Gym Time, FS
6:00 – 8:00 Community Connection	4:00 Happy Hour - Bruce Anderson, PB	2:30 Walking Club, LB 6:00 – 8:00 Community Connection	6:00 Trivia, PB 6:00 − 8:00 Community Connection	3:00 Scrabble, PCG	4:00 Happy Hour, PB	6:00 – 8:00 Community Connection
6:30 Scrabble, PCG 7:00 Netflix Night - Resident's Choice!. BGT	6:00 Game Night, <i>PCG</i> 6:00 – 8:00 Community Connection	7:00 Rummikub, CG	7:00 Bingo, AS	6:00 – 8:00 Community Connection	6:00 – 8:00 Community Connection 7:00 Movie Night - Good Will Hunting, BGT	6:00 Movie Night - Pearl Harbor, BC
17.00 Netilix Night - Resident's Choice:, BG1	7:00 Dominoes, CG	[↑] 7:00 Western Movie Night, BCT	7:00 Movie Night - The Cider House Rules, BGT	6:00 Movie Night - Planet Earth, Episode 2 "Mountains", BCT	7:00 Novie Night - Good Will Hunting, BGT	
13	14	15	16	17	18	19
8:30-9:30 Gentle Waking	8:30-9:30 Gentle Waking	8:30-9:30 Gentle Waking	8:30 Breakfast Bunch, PD 8:30-9:30 Gentle Waking	8:30-9:30 Gentle Waking	8:30-9:30 Gentle Waking	8:30-9:30 Gentle Waking
9:00 – 11:00 Active Living	9:00 – 11:00 Active Living 9:00 Fitness Training with Donna, FS	9:00 – 11:00 Active Living 9:30 Transportation to Dr. Appointments, LB	9:00 – 11:00 Active Living	9:00 – 11:00 Active Living 10:00 Journal Writing, AS	9:00 – 11:00 Active Living 9:00 Visit our Salon, <i>SL</i>	9:00 – 11:00 Active Living
9:00 Sunday Service Transportation, LB 10:30 Sunday Mass on TV, BGT	4 9:30 Meditation with Donna, ES	* 10:00 Scrapbooking, AS	* 10:00 Chair Pilates with Cheryl, ES	10:00 Journal Whiting, AS	10:00 Visit our Saiori, SL 10:00 Create a Card with Veronica, AS	10:00 Board Games, PCG
1:00 Puzzles, <i>AS</i>	6 9:30 Trip - Shop Rite, LB	7 10:00 Sit and Be Fit with Lauren, ES	11:00 Adult coloring magnets, AS	11:00 Brain Health University, BGT	10:30 Brain Boosters, ASW	1:00 :4:00 Creative Expression
1:00 :4:00 Creative Expression	1:00 :4:00 Creative Expression	 ✓ 11:00 Mindful Meditation, BGT № 1:00 Bridge Club with Grace, CG 	 11:30 Fitness Training with Donna, FS 12:30 Check out the YMCA with Lauren!, LB 	11:00 Fitness Training with Donna, FS 1:00 Stretch & Flex with Lauren, ES	11:30 Fitness Training with Donna, FS 1:00 Mahjong, CG	2:00 Bingo, AS
2:00 Card Games, PCG	2:00 Dance Party Fitness, ES	1:00 :4:00 Creative Expression	1:00 :4:00 Creative Expression	1:00 Library / Book Club, HS	1:00 :4:00 Creative Expression	4:00 Gym Time, FS
3:00 Coffee with Gino, PCG	2:00 Jewelry Making with Carol, AS	2:00 Paint Party, AS	2:00 Walk & Weights Fitness, ES	1:00 :4:00 Creative Expression	2:00 Chair Yoga with Donna, ES	6:00 – 8:00 Community Connection
4:00 Gym Time, FS	4:30 Monday Matinee - The Truman Show, BCT4:00 Happy Hour - The Hitz Squad, PB		 2:00 Seasonal Affective Disorder Presentation, BGT 3:00 Rosary & Eucharist Group, ASW 	2:00 Bingo, AS	4:00 Happy Hour, PB	6:00 Movie Night - Must Love Dogs
6:00 – 8:00 Community Connection	6:00 Game Night, PCG	8 5:00 Entertainment - Francis Hillman, YD	4:00 Happy Hour, PB	3:00 Scrabble, PCG	6:00 – 8:00 Community Connection	BGT
7:00 Netflix Night - Resident's Choice!, BGT	6:00 – 8:00 Community Connection	6:00 – 8:00 Community Connection	€ 6:00 Trivia, PB	6:00 – 8:00 Community Connection 6:00 Movie Night - Planet Earth, Episode 3 "Fresh	7:00 Movie Night - Nights in Rodanthe, BGT	
- 1.00	7:00 Dominoes, CG	7:00 Rummikub, CG	6:00 – 8:00 Community Connection	Water", BCT		
20	21	22	23	24	25	26
8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living	8:30-9:30 Gentle Waking	8:30-9:30 Gentle Waking	** 8:30-9:30 Gentle Waking *** 9:00 – 11:00 Active Living	** 8:30-9:30 Gentle Waking ** 9:00 – 11:00 Active Living	8:30-9:30 Gentle Waking	8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living
9:00 – 11:00 Active Living 9:00 Sunday Service Transportation, <i>LB</i>	9:00 – 11:00 Active Living 9:00 Fitness Training with Donna, FS	9:00 – 11:00 Active Living 9:30 Transportation to Dr. Appointments, LB	9:00 – 11:00 Active Living 10:00 Chair Pilates with Cheryl, ES	9:00 – 11:00 Active Living 10:00 Journal Writing, AS	9:00 – 11:00 Active Living 9:00 Visit our Salon, <i>SL</i>	9:00 − 11:00 Active Living 10:00 Board Games. <i>PCG</i>
10:30 Sunday Mass on TV. BGT	4 9:30 Meditation with Donna, ES	10:00 Sit and Be Fit with Lauren, ES	11:30 Fitness Training with Donna, FS	11:00 Brain Health University, BGT	10:00 Create a Card with Veronica, AS	10:00 Board Games, PCG 10:00 Trip - YMCA Basketball Game
1:00 Puzzles, AS		11:00 Cooking & Baking Club, ASW 11:00 Nutrition & Weight Loss Presentation, BGT	1:00 :4:00 Creative Expression	7 11:00 Fitness Training with Donna, FS	10:30 Brain Boosters, ASW	* 1:00 Stretch & Flex with Lauren, ES
1:00 :4:00 Creative Expression	12:30 Tile Coaster Making, AS	1:00 Bridge Club with Grace, CG	1:30 Paper Flower Making, AS 2:00 Walk & Weights Fitness, ES	12:00 Trip - Cheesecake Factory, LB 1:00 Stretch & Flex with Lauren, ES	11:30 Fitness Training with Donna, FS 1:00 Mahiong, CG	1:00 Stretch & Flex Will Lauren, 23
2:00 Card Games, PCG	1:00 :4:00 Creative Expression	1:00 :4:00 Creative Expression	2:00 Successful Aging Program, BGT	1:00 Library / Book Club, HS	1:00 :4:00 Creative Expression	1:00 :4:00 Creative Expression
3:00 Coffee with Gino, PCG 4:00 Gym Time, FS	4 2:00 Adult Coloring with Irene, AS 2:00 Dance Party Fitness, ES	2:00 Paint Party, AS	✓ 3:00 Rosary & Eucharist Group, ASW✓ 4:00 Happy Hour, PB	1:00 :4:00 Creative Expression	2:00 Bible Study, PAC	✓ 2:00 Foil Leaf Mosaic, AS
6:00 – 8:00 Community Connection	2:00 Dance Party Fitness, 25 2:00 Knit & Crochet with Claire, AS		6:00 Trivia, PB	2:00 Bingo, AS 4:00 Technology Time with Brandon, WL	2:00 Chair Yoga with Donna, ES 2:00 Snowman Craft, AS	3.6 4:00 Gym Time, FS
6:30 Scrabble, <i>PCG</i>	2:30 Monday Matinee - Phantom of Opera, BCT	6:00 – 8:00 Community Connection	6:00 – 8:00 Community Connection	6:00 – 8:00 Community Connection	4:00 Happy Hour, <i>PB</i>	6:00 – 8:00 Community Connection
7:00 Netflix Night - Resident's Choice!, BGT	Happy Hour - Jerry Spathis, PB Game Night, PCG	7:00 Rummikub, <i>CG</i> 7:00 Western Movie Night, <i>BCT</i>	₹ 7:00 Bingo, AS 7:00 Movie Night - Pay It Forward, BGT	6:00 Movie Night - Planet Earth, Episode 4 "Caves", BC7		6:00 Movie Night - National Treasur
27	28	29	30	31	7:00 Movie Night - Nat King Cole, Afraid of the Dark MEETING PLACES	BGT
8:30-9:30 Gentle Waking	8:30-9:30 Gentle Waking	8:30-9:30 Gentle Waking	8:00 Breakfast Bunch, PD	4 8:30-9:30 Gentle Waking	LB - Lobby (1)	PB - The Pub (1)
9:00 – 11:00 Active Living	3:00 – 11:00 Active Living	9:00 – 11:00 Active Living	8:30-9:30 Gentle Waking	9:00 – 11:00 Active Living	AS - Art Studio (2)	HS - Hemingway Study (4)
9:00 Sunday Service Transportation, LB	✓ 9:00 Visit our Salon, SL№ 9:00 Fitness Training with Donna, FS	9:30 Transportation to Dr. Appointments, LB	9:00 – 11:00 Active Living	10:00 Journal Writing, AS	BGT - Bogart Theater (3)	SL - Salon (2)
10:30 Sunday Mass on TV, BGT	9:00 Fitness Training with Donna, FS 9:30 Meditation with Donna, ES	10:00 Scrapbooking, AS 10:00 Sit and Be Fit with Lauren, ES	7 10:00 Chair Pilates with Cheryl, ES 7 11:30 Fitness Training with Donna, FS	11:00 Brain Health University, BGT 11:00 Fitness Training with Donna, FS	CG - Card & Game Room (3)	TB - Theater Bistro (3)
1:00 Puzzles, AS	9:30 Trip - Shop Rite, LB	11:00 Mindful Meditation, BGT	1:00 :4:00 Creative Expression	12:30 Trip - Padrino's, LB	PCG - Pearson Card & Game Room	PAC - Performing Arts Center
1:00 :4:00 Creative Expression 2:00 Card Games, <i>PCG</i>	10:30 Puzzles, AS 11:00 Trip - Walmart, LB	11:30 Homestead Tour, LB	2:00 Walk & Weights Fitness, ES	1:00 Stretch & Flex with Lauren, ES	BCT - Bacall Theater (3)	YD - Yorkshire Dining Room (1)
2.00 Card Carries, FUG		1:00 Bridge Club with Grace, CG	2:00 Successful Aging Program, BGT	1:00 Library / Book Club, HS	` '	•
3:00 Coffee with Gino, PCG	1:00:4:00 Creative Expression	4-00-4-00-0				
3:00 Coffee with Gino, PCG 4:00 Gym Time, FS	1:00 :4:00 Creative Expression 2:00 Dance Party Fitness, ES	1:00 :4:00 Creative Expression 2:00 Paint Party, AS	3:00 Rosary & Eucharist Group, ASW 4:00 Happy Hour -Mike Tynan, PB		PD - Pearson Dining Room (1)	WL - West Lobby (1)
	2:00 Dance Party Fitness, ES2:00 Jewelry Making with Carol, AS	1:00:4:00 Creative Expression 2:00 Paint Party, AS 2:30 Walking Club, LB	 3:00 Rosary & Eucharist Group, ASW 4:00 Happy Hour -Mike Tynan, PB 6:00 Trivia, PB 		ES - Exercise Studio (2)	WL - West Lobby (1)
4:00 Gym Time, <i>FS</i> 6:00 – 8:00 Community Connection 6:30 Scrabble, <i>PCG</i>	2:00 Dance Party Fitness, ES	2:00 Paint Party, AS 2:30 Walking Club, LB 3:00 Checkers, PCG	4:00 Happy Hour -Mike Tynan, PB 6:00 Trivia, PB 6:00 − 8:00 Community Connection	2:00 Bingo, AS 3:00 Scrabble, PCG 6:00 – 8:00 Community Connection	ES - Exercise Studio (2) FS - Fitness Studio (2)	WL - West Lobby (1)
4:00 Gym Time, FS 6:00 – 8:00 Community Connection	 2:00 Dance Party Fitness, ES 2:00 Jewelry Making with Carol, AS 4:2:30 Monday Matinee - Seven Pounds, BCT 	2:00 Paint Party, AS 2:30 Walking Club, LB	4:00 Happy Hour -Mike Tynan, PB 6:00 Trivia, PB	3:00 Bingo, AS 3:00 Scrabble, PCG	ES - Exercise Studio (2)	WL - West Lobby (1)