

	FRI	SAT
Due! AC)	9:00A Morning Show (CH2) 10:45A Cognitive Calisthenics 11:00A Clear Captions Presentation (AU/CH2) <b>1:00P Catholic Service (AU)</b> 6:15P Trivia Night (AC)	8 9:30A Coffee with Neighbors (CC) 3:00P Puzzles With Friends 6:15P Bingo! (AC)
AC)	9:00A Morning Show (CH2) 10:45A Cognitive Calisthenic 11:00A Men's Group (GR) 1:00P Bible Study (AU) 2:30P CVS/Walgreens (\$) 5:00P Mexican Train! (GR)	<b>15</b> 9:30A Coffee with Neighbors (CC) 3:00P Puzzles With Friends 6:15P Bingo! (AC)
(G) (AC) (U)	21 9:00A Morning Show (CH2) 10:45A Cognitive Calisthenics 11:30A Book Club (L) 1:00P Bible Study (AU) 3:00P Bunco With Amy! (GR) 6:15P Trivia Night (AC)	222 9:30A Coffee with Neighbors (CC) 3:00P Puzzles With Friends 3:30P Music Of Harmony (AU) 6:15P Bingo! (AC)
s	28	29
AC) II	9:00A Morning Show (ch2) <b>10:30A Tour of George Ranch</b> (\$) 10:45A Cognitive Calisthenics (WR) 1:00P Bible Study (AU) 5:00P Mexican Train! (GR)	9:30A Coffee with Neighbors (CC) 3:00P Puzzles With Friends 6:15P Bingo! (AC)
e ut		<u>MAP LEGEND</u> AC—Arts & Crafts Room AU—Auditorium/Chapel CC—Cabana Café CH2 — Channel 2 GR— Game Room ML— Main Lobby WC — Wellness Center WR — Wii Room

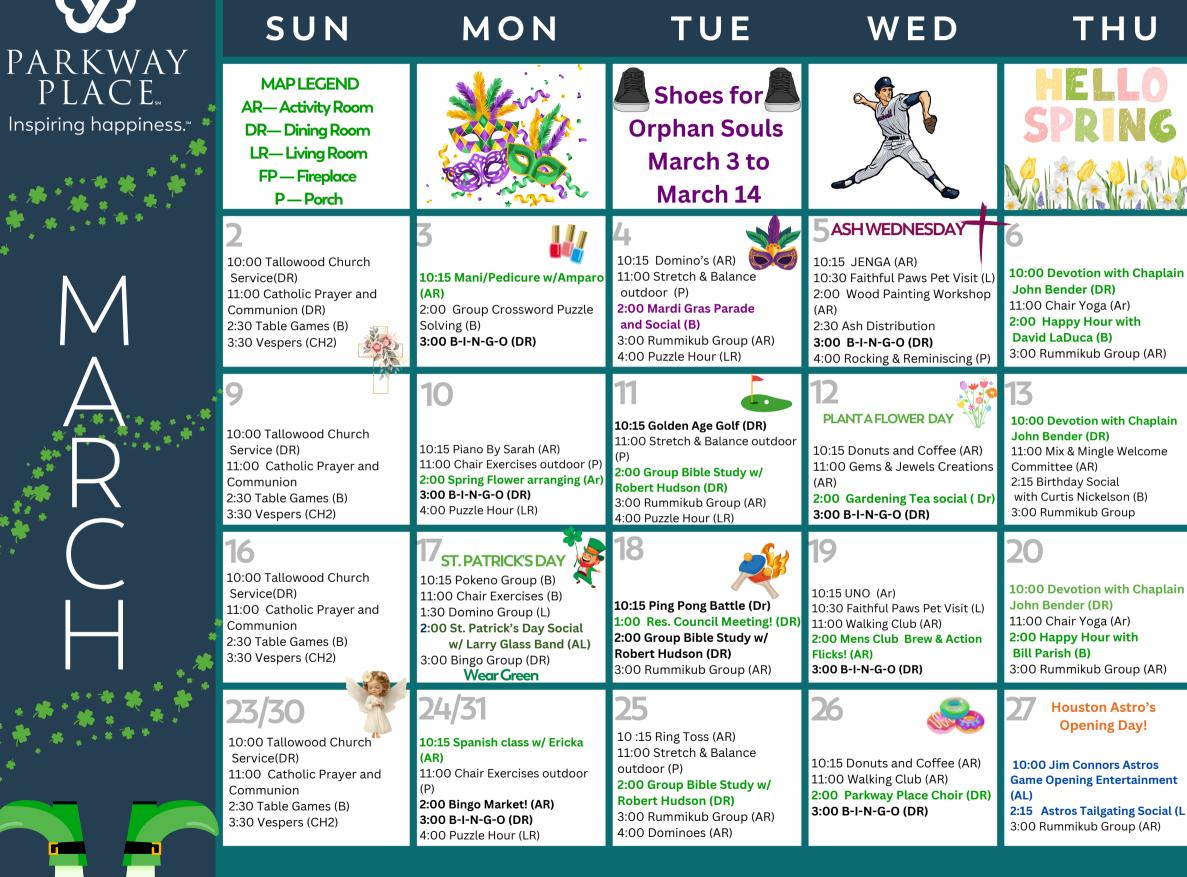


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# Independent Living Wellness Calendar

SUN	ΜΟΝ	TUE	WED	THU	FRI	SAT
ALL WELLNESS CLASSES ARE HELD IN THE WELLNESS CENTER UNLESS SPECIFIED		Shoes for Orphan Souls March 3 to March 14			Happy St. Patrick's Day	<b>1</b> <u>Virtual Workouts!</u> Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment
2	3	4	5	6	7	8
<u>Virtual Workouts!</u> Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment	9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 11:00A Core & Balance 12:00P Resident Consultations	9:30A Advanced Strength 10:00A Intermediate Strength 11:00 Aqua Class 12:00 Residents Consultations	9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 11:00A Chair Volleyball (AU) 12:00P Resident Consultations 1:00P Cognitive Calisthenics	9:30A Adv. Strength 10:00A Int. Strength 11:00 Stretch and mobility 12:00 Residents Consultations	9:30A Adv. Strength & Balance 10:00A Intermediate/Beginner Strength & Balance 10:30A Cognitive Calisthenics (Wii Room) 12:00P Resident Consultations	<u>Virtual Workouts!</u> Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment
9	10	11	12	13	14	15
<u>Virtual Workouts!</u> Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment	9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 11:00A Core & Balance 12:00P Resident Consultations	9:30A Advanced Strength 10:00A Intermediate Strength 11:00 Aqua Class 12:00 Residents Consultations	9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 11:00A Chair Volleyball (AU) 12:00P Resident Consultations 1:00P Cognitive Calisthenics	9:30A Adv. Strength 10:00A Int. Strength 10:30 Stretch and mobility 11:00 Chair volleyball 12:00 Residents Consultations	9:30A Adv. Strength & Balance 10:00A Intermediate/Beginner Strength & Balance 10:30A Cognitive Calisthenics (Wii Room) 11:00A Chair Yoga 12:00P Resident Consultations	<u>Virtual Workouts!</u> Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment
16	17	18	19	20	21	22
<u>Virtual Workouts!</u> Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment	9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 11:00A Core & Balance 12:00P Resident Consultations	9:30A Advanced Strength 10:00A Intermediate Strength 11:00 Aqua Class 12:00 Residents Consultations	9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 11:00A Chair Volleyball (AU) 12:00P Resident Consultations 1:00P Cognitive Calisthenics	9:30A Adv. Strength 10:00A Int. Strength 11:00 Stretch and mobility 12:00 Residents Consultations	9:30A Adv. Strength & Balance 10:00A Intermediate/Beginner Strength & Balance 10:30A Cognitive Calisthenics (Wii Room) 12:00P Resident Consultations	<u>Virtual Workouts!</u> Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment
23/30	24/31	25	26	27	28	29
<u>Virtual Workouts!</u> Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment	9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 11:00A Core & Balance 12:00P Resident Consultations	9:30A Advanced Strength 10:00A Intermediate Strength 11:00 Aqua Class 12:00 Residents Consultations	9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 11:00A Chair Volleyball (AU) 12:00P Resident Consultations 1:00P Cognitive Calisthenics	9:30A Adv. Strength 10:00A Int. Strength 10:30 Stretch and mobility 11:00 Chair volleyball 12:00 Residents Consultations	9:30A Adv. Strength & Balance 10:00A Intermediate/Beginner Strength & Balance 10:30A Cognitive Calisthenics (Wii Room) 11:00A Chair Yoga 12:00P Resident Consultations	<u>Virtual Workouts!</u> Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment

# The Heights Lifestyles Calendar



	FRI	SAT
	Activities Are Subject To Change Without Notice	<ol> <li>10:15 Piano Melodies W/ Mark (DR)</li> <li>1:30 Rummikub Group (AR)</li> <li>2:00 Piano &amp; Guitar Melodies by Youth Volunteers</li> <li>3:00 Piano Music by Carl Robly (DR)</li> </ol>
	7 10:15 Scenic Bus Ride (L) 2:00 Ice Cream Social (L) 3:00 B-I-N-G-O (DR) 4:00 Birdwatching (P)	8 10:15 Piano Melodies Name That Tune w/Mark (DR) 2:00 Piano & Guitar Melodies by Youth Volunteers (AL) 3:00 Rummikub (AR) 4:00 Puzzle Hour (LR)
	14 Solution 10:15 Entertainment By Texas Wrangler Dancers (DR) 2:15 Ice Cream Social (L) 3:00 Movie Matinee (AR) 4:00 Puzzle Hour (LR)	<ul> <li>10:15 Piano Melodies with Mark Bruni (DR)</li> <li>1:30 Rummikub w/Friends</li> <li>2:00 Piano &amp; Guitar Melodies by Youth Volunteers (AL)</li> <li>3:00 Piano By Carl Robly (DR)</li> </ul>
	21 Spring (Competition (DR) 2:15 Lemonade Social (L) 3:00 B-I-N-G-O (DR) 4:00 Birdwatching (P)	22 10:15 Piano Melodies W/ Mark (DR) 1:45 Popcorn Treat 2:00 Piano & Guitar Melodies by Youth Volunteers 3:00 Independent Word search
-	28 10:15 Healthcare Volleyball Competition (DR) 2:00 Ice Cream Social (L) 3:00 Movie Matinee (AR) 4:00 Puzzle Hour (LR)	29 10:15 Piano Melodies Name That Tune w/Mark (DR) 1:30 Rummikub w/Friends (AR) 2:00 Piano & Guitar Melodies by Youth Volunteers (AL) 3:00 Piano Music by Carl Robly (DR)



## FRI

## SAT



### MAP LEGEND L-Lounge

**B-Bistro DR-Dining Room AL-Assisted Living** H-Healthcare Activities are Subject to Change Without Notice

## 10:15 Piano Melodies W/ Mark (DR) 1:45 Hot Chocolate Treat 2:00 Piano & Guitar Melodies by Youth Volunteers 3:00 Piano Music by Carl Robly (AL)

10:30 Piano Melodies with

1:30 Rummikub Group (B)

2:00 Piano and by Guitar

Melodies (DR)

Mark Bruni (DR)

## **10:15 Healthcare Scenic Bus Ride**

1:30 Crossword Puzzle (B) 2:15 Ice Cream Social (L) 3:00 Bingo (AL) 4:00 Puzzle Assembling (B)

10:00 Diamond Wrangler Dancers (DR) 10:30 Jav Boutique Sale (L) 1:30 Crossword Puzzle (B) 2:15 Ice Cream Social (L) 4:00 Puzzle Assembling (L)



## 10:15 Healthcare Volleyball Competition (DR) 2:00 Lemonade Social (L) 3:00 Bingo (AL)

4:00 Puzzle Assembling (L)

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### 10:15 Healthcare Vollevball **Competition (AL)** 1:30 Crossword Puzzle (B) 2:15 Ice Cream Social (L) 3:00 Bingo (AL) 4:00 Puzzle Assembling (B)

## 3:00 Puzzle Solving (H)

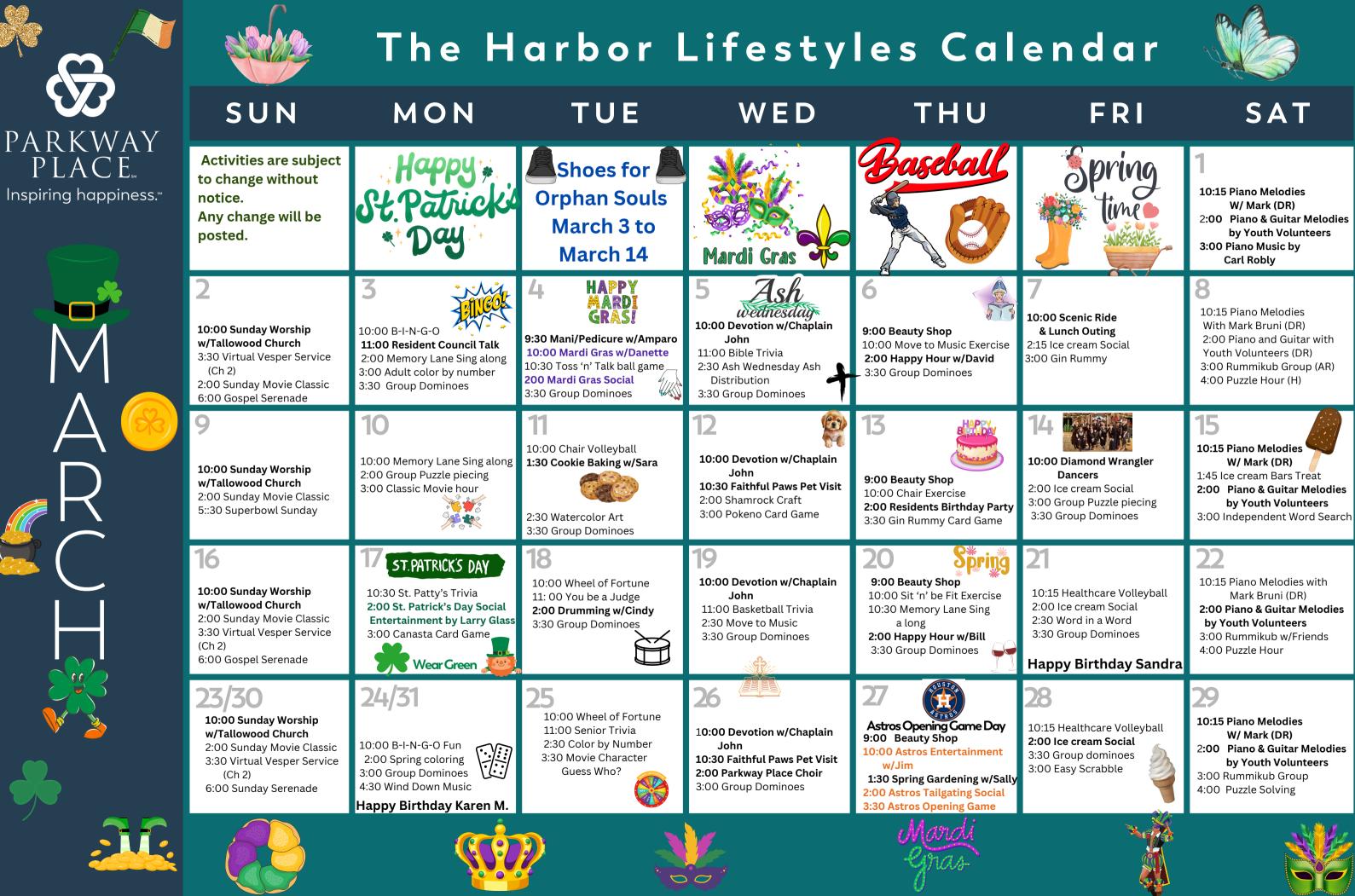
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10:30 Piano Melodies with Mark Bruni (DR) 1:30 Rummikub (B) 2:00 Piano and by Guitar Melodies (DR) 3:00 Puzzle Solving (B)

## 10:15 Piano Melodies W/ Mark (DR)

1:45 Popcorn Treat 2:00 Piano & Guitar Melodies by Youth Volunteers 3:00 Independent Word search

10:30 Piano Melodies with Mark Bruni (DR) 1:30 Rummikub Group (B) 2:00 Piano and by Guitar Melodies (DR) 3:00 Puzzle Solving (B)





FRI
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