

SUN	MON	TUE	WED	THUR	FRI	SAT
					8:30 Strength and Conditioning (G) <b>1</b> 10:00 Aquafit (P) 10:00 DVD Lecture Series (T) 10:30 Activities Forum (ACR) 11:30 Sit and Be Fit (EC) 1:00 Strength and Conditioning (G) 2:00 Wii Play (AR) 4:00 Social Hour (EC)	11:00 Chair Volleyball (EC) <b>2</b> 1:00 Five Crowns Card Game (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)
10:00 Little Church at the End of the Hall (ACR) <b>3</b> 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)	8:30 Strength and Conditioning (G) <b>4</b> 10:00 Aquafit (P) 11:30 Sit and Be Fit (EC) 1:00 Strength and Conditioning (G) 2:00 Wii Play (AR) 7:00 Mahjongg (6th floor Card Table)	10:30 Healthcare Forum (EC) <b>5</b> 11:00 Mobility & Balance (AR) 2:30 Chair Volleyball (EC) 4:00 Yoga Class (AR) 7:00 Dominoes (ACR) 7:00 Poker (Billiards Room)	<b>1:00PM Wii Bowling Team Selections (EC)</b> <b>6</b> 8:30 Strength and Conditioning (G) 9:30 Grocery Shopping (L) 10:00 Aquafit (P) 10:00 Line Dancing (EC) 10:30 SH Operations & Grounds Forum (ACR) 11:30 Sit and Be Fit (EC) 1:00 Strength and Conditioning (G) 2:00 Art with Cynthia (ACR) 2:30 Chair Volleyball (EC) 7:00 Bingo (EC)	9:30 Cornhole (EC) <b>7</b> 10:30 Spring Harbor Women of Faith (ACR) 11:00 Mobility & Balance (AR) 2:00 Food Forum (EC) 4:00 Yoga Class (AR) 7:00 Mahjongg (6th floor Card Table)	8:30 Strength and Conditioning (G) <b>8</b> 10:00 Aquafit (P) 10:00 DVD Lecture Series (T) 11:30 Sit and Be Fit (EC) 1:00 Strength and Conditioning (G) 2:00 Wii Play (AR) 4:00 Social Hour (EC)	11:00 Chair Volleyball (EC) <b>9</b> 1:00 Five Crowns Card Game (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)
10:00 Little Church at the End of the Hall (ACR) <b>10</b> 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)	<b>4:30PM Music Monday (L) 1:00PM 20th Anniversary Slideshow (MR3)</b> <b>11</b> 8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 11:30 Sit and Be Fit (EC) 1:00 Strength and Conditioning (G) 2:00 Wii Play (AR) 4:45 Spring Harbor Vocal Ensemble (EC) 7:00 Mahjongg (6th floor Card Table)	11:00 Mobility & Balance (AR) <b>12</b> 2:30 Chair Volleyball (EC) 4:00 Yoga Class (AR) 7:00 Dominoes (ACR) 7:00 Poker (Billiards Room)	8:30 Strength and Conditioning (G) <b>13</b> 9:30 Grocery Shopping (L) 10:00 Aquafit (P) 10:00 Line Dancing (EC) 11:30 Sit and Be Fit (EC) 1:00 Strength and Conditioning (G) 2:00 Art with Cynthia (ACR) 2:30 Chair Volleyball (EC) 7:00 Bingo (EC)	<b>2:00 PM Crafternoon</b> <b>14</b> 9:30 Cornhole (EC) 10:30 Spring Harbor Women of Faith (ACR) 11:00 Mobility & Balance (AR) 4:00 Yoga Class (AR) 7:00 Mahjongg (6th floor Card Table)	<b>2:00PM Elisabeth Tsai Piano Recital (EC)</b> <b>15</b> 8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 10:00 DVD Lecture Series (T) 11:30 Sit and Be Fit (EC) 1:00 Strength and Conditioning (G) 2:00 Wii Play (AR) 4:00 Social Hour (EC)	11:00 Chair Volleyball (EC) <b>16</b> 1:00 Five Crowns Card Game (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)
<b>3:00PM Yiduo Piano Recital (EC)</b> <b>17</b> 10:00 Little Church at the End of the Hall (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)	<b>2:00PM Feature of the Month (EC)</b> <b>18</b> 8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 11:30 Sit and Be Fit (EC) 1:00 Strength and Conditioning (G) 2:00 Wii Play (AR) 4:45 Spring Harbor Vocal Ensemble (EC) 7:00 Mahjongg (6th floor Card Table)	<b>10:30AM TOWNHALL (EC)</b> <b>19</b> 11:00 Mobility & Balance (AR) 2:30 Chair Volleyball (EC) 4:00 Yoga Class (AR) 7:00 Dominoes (ACR) 7:00 Poker (Billiards Room)	<b>11:00AM Lunch Trip (L)</b> <b>20</b> 8:30 Strength and Conditioning (G) 9:30 Grocery Shopping (L) 10:00 Aquafit (P) 10:00 Line Dancing (EC) 11:30 Sit and Be Fit (EC) 1:00 Strength and Conditioning (G) 2:00 Art with Cynthia (ACR) 2:30 Chair Volleyball (EC) 7:00 Bingo (EC)	<b>2:00PM Resident Birthday Party (EC) 3:00PM Mixology (BH)</b> <b>21</b> 9:30 Cornhole (EC) 10:30 Spring Harbor Women of Faith (ACR) 11:00 Mobility & Balance (AR) 4:00 Yoga Class (AR) 7:00 Mahjongg (6th floor Card Table)	<b>4:00PM Luau Themed Buffet (DR)</b> <b>22</b> 8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 10:00 DVD Lecture Series (T) 11:30 Sit and Be Fit (EC) 1:00 Strength and Conditioning (G) 2:00 Wii Play (AR) 4:00 Social Hour (EC)	11:00 Chair Volleyball (EC) <b>23</b> 1:00 Five Crowns Card Game (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)
<b>3:00 PM Robert Sharpe Recital (EC)</b> <b>24</b> 10:00 Little Church at the End of the Hall (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)	<b>4:30PM Music Monday (L)</b> <b>25</b> 8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 11:30 Sit and Be Fit (EC) 1:00 Strength and Conditioning (G) 2:00 Wii Play (AR) 4:45 Spring Harbor Vocal Ensemble (EC) 7:00 Mahjongg (6th floor Card Table)	<b>2:00PM Caregiver Support Group (MR3) 10:00AM Therapy Lecture Series (MR3)</b> <b>26</b> 11:00 Mobility & Balance (AR) 11:00 Episcopal Communion (MR3) 2:30 Chair Volleyball (EC) 4:00 Yoga Class (AR) 7:00 Dominoes (ACR) 7:00 Poker (Billiards Room)	<b>5:00PM Dinner Trip (L)</b> <b>27</b> 8:30 Strength and Conditioning (G) 9:30 Grocery Shopping (L) 10:00 Aquafit (P) 10:00 Line Dancing (EC) 11:30 Sit and Be Fit (EC) 1:00 Strength and Conditioning (G) 2:00 Art with Cynthia (ACR) 2:30 Chair Volleyball (EC) 7:00 Bingo (EC)	<b>2:00PM Remember Niger Coalition (EC)</b> <b>28</b> 9:30 Cornhole (EC) 10:30 Spring Harbor Women of Faith (ACR) 11:00 Mobility & Balance (AR) 4:00 Yoga Class (AR) 7:00 Mahjongg (6th floor Card Table)	<b>4:00PM Football Kick Off Social Hour (EC)</b> <b>29</b> 8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 10:00 DVD Lecture Series (T) 11:30 Sit and Be Fit (EC) 1:00 Strength and Conditioning (G) 2:00 Wii Play (AR)	11:00 Chair Volleyball (EC) <b>30</b> 1:00 Five Crowns Card Game (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)
10:00 Little Church at the End of the Hall (ACR) <b>31</b> <b>11:00 Grand Buffet (DR)</b> 11:00 Sunday Brunch (EC) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)	<b>LOCATION KEY</b> AR - Aerobics Room ACR - Arts and Crafts Room EC - Event Center	G - Gym L - Lobby MR3 - Meeting Room 3rd Floor P - Pool	T - Theater			

