





# Sample Engagement Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>DIMENSIONS OF WELLNESS</b></p> <p>Physical  Spiritual  Social  Intellectual </p> <p>Please note: Activities are Subject to change.</p>		<p><b>1</b></p> <p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 10:00 Puzzles, <b>AS</b> 11:00 Mindful Meditation, <b>BGT</b> 1:00 Bridge Club with Grace, <b>CG</b> 1:00 :4:00 Creative Expression 3:00 Checkers, <b>PCG</b> 6:00 – 8:00 Community Connection 7:00 Rummikub, <b>CG</b> 7:00 Western Movie Night, <b>BCT</b></p>	<p><b>2</b></p> <p>8:00 Breakfast Bunch, <b>PD</b> 8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 10:00 Chair Pilates with Cheryl, <b>ES</b> 12:30 Check out the YMCA with Megan!, <b>LB</b> 1:00 :4:00 Creative Expression 2:00 Walk &amp; Weights Fitness, <b>ES</b> 2:30 Successful Aging Program, <b>BGT</b> 3:00 Rosary &amp; Eucharist Group, <b>ASW</b> 4:00 Happy Hour, <b>PB</b> 6:00 Trivia, <b>PB</b> 6:00 – 8:00 Community Connection 7:00 Bingo, <b>AS</b> 7:00 Movie Night - Beauty &amp; the Beast, <b>BGT</b></p>	<p><b>3</b></p> <p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 10:00 Journal Writing, <b>AS</b> 10:00 Trip to Parx Casino, <b>LB</b> 11:00 Fitness Training with Donna, <b>FS</b> 1:00 Stretch &amp; Flex with Lauren, <b>ES</b> 1:00 Library / Book Club, <b>HS</b> 1:00 :4:00 Creative Expression 2:00 Bingo, <b>AS</b> 3:00 Scrabble, <b>PCG</b> 4:00 Happy Hour with JT, <b>PB</b> 6:00 – 8:00 Community Connection 6:00 Movie Night - Planet Earth, Episode 1 "From Pole to Pole", <b>BCT</b></p>	<p><b>4</b></p> <p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 9:00 Visit our Salon, <b>SL</b> 10:00 Create a Card with Veronica, <b>AS</b> 10:30 Brain Boosters, <b>ASW</b> 11:30 Fitness Training with Donna, <b>FS</b> 1:00 Story Cubes, <b>AS</b> 1:00 Mahjong, <b>CG</b> 1:00 :4:00 Creative Expression 2:00 Chair Yoga with Donna, <b>ES</b> 4:00 Happy Hour, <b>PB</b> 6:00 – 8:00 Community Connection 7:00 Movie Night - Julie &amp; Julia, <b>BGT</b></p>	<p><b>5</b></p> <p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 10:00 Board Games, <b>PCG</b> 1:00 :4:00 Creative Expression 2:00 Bingo, <b>AS</b> 4:00 Gym Time, <b>FS</b> 6:00 Birthday Club, <b>PB</b> 6:00 – 8:00 Community Connection 6:00 Movie Night - Sinatra to the Frank, <b>BGT</b></p>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 9:00 Sunday Service Transportation, <b>LB</b> 10:30 Sunday Mass on TV, <b>BGT</b> 1:00 Puzzles, <b>AS</b> 1:00 :4:00 Creative Expression 2:00 Card Games, <b>PCG</b> 3:00 Coffee with Gino, <b>PCG</b> 4:00 Gym Time, <b>FS</b> 6:00 – 8:00 Community Connection 6:30 Scrabble, <b>PCG</b> 7:00 Netflix Night - Resident's Choice!, <b>BGT</b></p>	<p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 9:00 Fitness Training with Donna, <b>FS</b> 9:30 Meditation with Donna, <b>ES</b> 9:30 Trip - Shop Rite, <b>LB</b> 10:30 Puzzles, <b>AS</b> 1:00 :4:00 Creative Expression 2:00 Adult Coloring with Irene, <b>AS</b> 2:00 Dance Party Fitness, <b>ES</b> 2:30 Monday Matinee - Mamma Mia!, <b>BCT</b> 4:00 Happy Hour - Bruce Anderson, <b>PB</b> 6:00 Game Night, <b>PCG</b> 6:00 – 8:00 Community Connection 7:00 Dominoes, <b>CG</b></p>	<p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 9:30 Transportation to Dr. Appointments, <b>LB</b> 10:00 Sit and Be Fit with Lauren, <b>ES</b> 11:00 Cooking &amp; Baking Club, <b>TB</b> 11:00 Mindful Meditation, <b>BGT</b> 1:00 Bridge Club with Grace, <b>CG</b> 1:00 DJ Styles Party, <b>PB</b> 1:00 :4:00 Creative Expression 2:00 Paint Party, <b>AS</b> 2:00 Walking Club, <b>LB</b> 6:00 – 8:00 Community Connection 7:00 Rummikub, <b>CG</b> 7:00 Western Movie Night, <b>BCT</b></p>	<p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 9:00 Chair Pilates with Cheryl, <b>ES</b> 10:30 Tree Clean-up, <b>LB</b> 1:00 Town Hall Meeting - Independent Living, <b>BGT</b> 1:00 :4:00 Creative Expression 2:00 Walk &amp; Weights Fitness, <b>ES</b> 2:00 Arthritis &amp; Exercise Presentation by Lauren D., <b>BGT</b> 3:00 Rosary &amp; Eucharist Group, <b>ASW</b> 4:00 Happy Hour, <b>PB</b> 6:00 Trivia, <b>PB</b> 6:00 – 8:00 Community Connection 7:00 Bingo, <b>AS</b> 7:00 Movie Night - The Cider House Rules, <b>BGT</b></p>	<p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 10:00 Journal Writing, <b>AS</b> 11:00 Brain Health University, <b>BGT</b> 11:00 Fitness Training with Donna, <b>FS</b> 12:00 Trip - Movies "Mary Poppins Returns", <b>LB</b> 1:00 Stretch &amp; Flex with Lauren, <b>ES</b> 1:00 Library / Book Club, <b>HS</b> 1:00 :4:00 Creative Expression 2:00 Bingo, <b>AS</b> 3:00 Scrabble, <b>PCG</b> 6:00 – 8:00 Community Connection 6:00 Movie Night - Planet Earth, Episode 2 "Mountains", <b>BCT</b></p>	<p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 9:00 Visit our Salon, <b>SL</b> 10:00 Create a Card with Veronica, <b>AS</b> 10:30 Brain Boosters, <b>ASW</b> 11:30 Fitness Training with Donna, <b>FS</b> 1:00 Mahjong, <b>CG</b> 1:00 :4:00 Creative Expression 2:00 Bible Study, <b>PAC</b> 2:00 Chair Yoga with Donna, <b>ES</b> 4:00 Happy Hour, <b>PB</b> 6:00 – 8:00 Community Connection 7:00 Movie Night - Good Will Hunting, <b>BGT</b></p>	<p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 10:00 Board Games, <b>PCG</b> 11:00 Watercolor Painting, <b>AS</b> 1:00 Stretch &amp; Flex with Lauren, <b>ES</b> 1:00 :4:00 Creative Expression 2:00 Bingo, <b>AS</b> 4:00 Gym Time, <b>FS</b> 6:00 – 8:00 Community Connection 6:00 Movie Night - Pearl Harbor, <b>BGT</b></p>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 9:00 Sunday Service Transportation, <b>LB</b> 10:30 Sunday Mass on TV, <b>BGT</b> 1:00 Puzzles, <b>AS</b> 1:00 :4:00 Creative Expression 2:00 Card Games, <b>PCG</b> 3:00 Coffee with Gino, <b>PCG</b> 4:00 Gym Time, <b>FS</b> 6:00 – 8:00 Community Connection 6:30 Scrabble, <b>PCG</b> 7:00 Netflix Night - Resident's Choice!, <b>BGT</b></p>	<p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 9:00 Fitness Training with Donna, <b>FS</b> 9:30 Meditation with Donna, <b>ES</b> 9:30 Trip - Shop Rite, <b>LB</b> 10:30 Puzzles, <b>AS</b> 1:00 :4:00 Creative Expression 2:00 Dance Party Fitness, <b>ES</b> 2:00 Jewelry Making with Carol, <b>AS</b> 2:30 Monday Matinee - The Truman Show, <b>BCT</b> 4:00 Happy Hour - The Hit Squad, <b>PB</b> 6:00 Game Night, <b>PCG</b> 6:00 – 8:00 Community Connection 7:00 Dominoes, <b>CG</b></p>	<p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 9:30 Transportation to Dr. Appointments, <b>LB</b> 10:00 Scrapbooking, <b>AS</b> 10:00 Sit and Be Fit with Lauren, <b>ES</b> 11:00 Mindful Meditation, <b>BGT</b> 1:00 Bridge Club with Grace, <b>CG</b> 1:00 :4:00 Creative Expression 2:00 Paint Party, <b>AS</b> 2:30 Walking Club, <b>LB</b> 3:00 Resident Council Meeting - AL, <b>PD</b> 5:00 Entertainment - Francis Hillman, <b>YD</b> 6:00 – 8:00 Community Connection 7:00 Rummikub, <b>CG</b> 7:00 Western Movie Night, <b>BCT</b></p>	<p>8:00 Breakfast Bunch, <b>PD</b> 8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 10:00 Chair Pilates with Cheryl, <b>ES</b> 11:00 Adult coloring magnets, <b>AS</b> 11:30 Fitness Training with Donna, <b>FS</b> 12:30 Check out the YMCA with Lauren!, <b>LB</b> 1:00 :4:00 Creative Expression 2:00 Walk &amp; Weights Fitness, <b>ES</b> 2:00 Seasonal Affective Disorder Presentation, <b>BGT</b> 3:00 Rosary &amp; Eucharist Group, <b>ASW</b> 4:00 Happy Hour, <b>PB</b> 6:00 Trivia, <b>PB</b> 6:00 – 8:00 Community Connection 6:30 "Good Grief" - Grief and Support Group, <b>HS</b></p>	<p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 10:00 Journal Writing, <b>AS</b> 10:00 Trip - Jackson Outlets, <b>LB</b> 11:00 Brain Health University, <b>BGT</b> 11:00 Fitness Training with Donna, <b>FS</b> 1:00 Stretch &amp; Flex with Lauren, <b>ES</b> 1:00 Library / Book Club, <b>HS</b> 1:00 :4:00 Creative Expression 2:00 Bingo, <b>AS</b> 3:00 Scrabble, <b>PCG</b> 6:00 – 8:00 Community Connection 6:00 Movie Night - Planet Earth, Episode 3 "Fresh Water", <b>BCT</b></p>	<p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 9:00 Visit our Salon, <b>SL</b> 10:00 Create a Card with Veronica, <b>AS</b> 10:30 Brain Boosters, <b>ASW</b> 11:30 Fitness Training with Donna, <b>FS</b> 1:00 Mahjong, <b>CG</b> 1:00 :4:00 Creative Expression 2:00 Chair Yoga with Donna, <b>ES</b> 4:00 Happy Hour, <b>PB</b> 6:00 – 8:00 Community Connection 7:00 Movie Night - Nights in Rodanthe, <b>BGT</b></p>	<p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 10:00 Board Games, <b>PCG</b> 1:00 :4:00 Creative Expression 2:00 Bingo, <b>AS</b> 4:00 Gym Time, <b>FS</b> 6:00 – 8:00 Community Connection 6:00 Movie Night - Must Love Dogs, <b>BGT</b></p>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 9:00 Sunday Service Transportation, <b>LB</b> 10:30 Sunday Mass on TV, <b>BGT</b> 1:00 Puzzles, <b>AS</b> 1:00 :4:00 Creative Expression 2:00 Card Games, <b>PCG</b> 3:00 Coffee with Gino, <b>PCG</b> 4:00 Gym Time, <b>FS</b> 6:00 – 8:00 Community Connection 6:30 Scrabble, <b>PCG</b> 7:00 Netflix Night - Resident's Choice!, <b>BGT</b></p>	<p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 9:00 Fitness Training with Donna, <b>FS</b> 9:30 Meditation with Donna, <b>ES</b> 9:30 Trip - Shop Rite, <b>LB</b> 10:30 Puzzles, <b>AS</b> 12:30 Tile Coaster Making, <b>AS</b> 1:00 :4:00 Creative Expression 2:00 Adult Coloring with Irene, <b>AS</b> 2:00 Dance Party Fitness, <b>ES</b> 2:00 Knit &amp; Crochet with Claire, <b>AS</b> 2:30 Monday Matinee - Phantom of Opera, <b>BCT</b> 4:00 Happy Hour - Jerry Spathis, <b>PB</b> 6:00 Game Night, <b>PCG</b> 6:00 – 8:00 Community Connection</p>	<p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 9:30 Transportation to Dr. Appointments, <b>LB</b> 10:00 Sit and Be Fit with Lauren, <b>ES</b> 11:00 Cooking &amp; Baking Club, <b>ASW</b> 11:00 Nutrition &amp; Weight Loss Presentation, <b>BGT</b> 1:00 Bridge Club with Grace, <b>CG</b> 1:00 :4:00 Creative Expression 2:00 Paint Party, <b>AS</b> 2:30 Walking Club, <b>LB</b> 3:00 Checkers, <b>PCG</b> 6:00 – 8:00 Community Connection 7:00 Rummikub, <b>CG</b> 7:00 Western Movie Night, <b>BCT</b></p>	<p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 10:00 Chair Pilates with Cheryl, <b>ES</b> 11:30 Fitness Training with Donna, <b>FS</b> 1:00 :4:00 Creative Expression 1:30 Paper Flower Making, <b>AS</b> 2:00 Walk &amp; Weights Fitness, <b>ES</b> 2:00 Successful Aging Program, <b>BGT</b> 3:00 Rosary &amp; Eucharist Group, <b>ASW</b> 4:00 Happy Hour, <b>PB</b> 6:00 Trivia, <b>PB</b> 6:00 – 8:00 Community Connection 7:00 Bingo, <b>AS</b> 7:00 Movie Night - Pay It Forward, <b>BGT</b></p>	<p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 10:00 Journal Writing, <b>AS</b> 11:00 Brain Health University, <b>BGT</b> 11:00 Fitness Training with Donna, <b>FS</b> 12:00 Trip - Cheesecake Factory, <b>LB</b> 1:00 Stretch &amp; Flex with Lauren, <b>ES</b> 1:00 Library / Book Club, <b>HS</b> 1:00 :4:00 Creative Expression 2:00 Bingo, <b>AS</b> 4:00 Technology Time with Brandon, <b>WL</b> 6:00 – 8:00 Community Connection 6:00 Movie Night - Planet Earth, Episode 4 "Caves", <b>BCT</b></p>	<p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 9:00 Visit our Salon, <b>SL</b> 10:00 Create a Card with Veronica, <b>AS</b> 10:30 Brain Boosters, <b>ASW</b> 11:30 Fitness Training with Donna, <b>FS</b> 1:00 Mahjong, <b>CG</b> 1:00 :4:00 Creative Expression 2:00 Bible Study, <b>PAC</b> 2:00 Chair Yoga with Donna, <b>ES</b> 2:00 Snowman Craft, <b>AS</b> 4:00 Happy Hour, <b>PB</b> 6:00 – 8:00 Community Connection 7:00 Movie Night - Nat King Cole, A afraid of the Dark, <b>BGT</b></p>	<p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 10:00 Board Games, <b>PCG</b> 10:00 Trip - YMCA Basketball Game, <b>LB</b> 1:00 Stretch &amp; Flex with Lauren, <b>ES</b> 1:00 Bingo Buffet, <b>AS</b> 1:00 :4:00 Creative Expression 2:00 Foil Leaf Mosaic, <b>AS</b> 4:00 Gym Time, <b>FS</b> 6:00 – 8:00 Community Connection 6:00 Movie Night - National Treasure, <b>BGT</b></p>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>MEETING PLACES</b>	
<p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 9:00 Sunday Service Transportation, <b>LB</b> 10:30 Sunday Mass on TV, <b>BGT</b> 1:00 Puzzles, <b>AS</b> 1:00 :4:00 Creative Expression 2:00 Card Games, <b>PCG</b> 3:00 Coffee with Gino, <b>PCG</b> 4:00 Gym Time, <b>FS</b> 6:00 – 8:00 Community Connection 6:30 Scrabble, <b>PCG</b> 7:00 Netflix Night - Resident's Choice!, <b>BGT</b></p>	<p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 9:00 Visit our Salon, <b>SL</b> 9:00 Fitness Training with Donna, <b>FS</b> 9:30 Meditation with Donna, <b>ES</b> 9:30 Trip - Shop Rite, <b>LB</b> 10:30 Puzzles, <b>AS</b> 11:00 Trip - Walmart, <b>LB</b> 1:00 :4:00 Creative Expression 2:00 Dance Party Fitness, <b>ES</b> 2:00 Jewelry Making with Carol, <b>AS</b> 2:30 Monday Matinee - Seven Pounds, <b>BCT</b> 4:00 Entertainment - Amy Dee, <b>PCG</b> 4:00 Happy Hour, <b>PB</b> 6:00 Game Night, <b>PCG</b></p>	<p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 9:30 Transportation to Dr. Appointments, <b>LB</b> 10:00 Scrapbooking, <b>AS</b> 10:00 Sit and Be Fit with Lauren, <b>ES</b> 11:00 Mindful Meditation, <b>BGT</b> 11:30 Homestead Tour, <b>LB</b> 1:00 Bridge Club with Grace, <b>CG</b> 1:00 :4:00 Creative Expression 2:00 Paint Party, <b>AS</b> 2:30 Walking Club, <b>LB</b> 3:00 Checkers, <b>PCG</b> 6:00 – 8:00 Community Connection 7:00 Rummikub, <b>CG</b></p>	<p>8:00 Breakfast Bunch, <b>PD</b> 8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 10:00 Chair Pilates with Cheryl, <b>ES</b> 11:30 Fitness Training with Donna, <b>FS</b> 1:00 :4:00 Creative Expression 2:00 Walk &amp; Weights Fitness, <b>ES</b> 2:00 Successful Aging Program, <b>BGT</b> 3:00 Rosary &amp; Eucharist Group, <b>ASW</b> 4:00 Happy Hour -Mike Tynan, <b>PB</b> 6:00 Trivia, <b>PB</b> 6:00 – 8:00 Community Connection 7:00 Bingo, <b>AS</b> 7:00 Movie Night - Elizabeth at 90, <b>BGT</b></p>	<p>8:30-9:30 Gentle Waking 9:00 – 11:00 Active Living 10:00 Journal Writing, <b>AS</b> 11:00 Brain Health University, <b>BGT</b> 11:00 Fitness Training with Donna, <b>FS</b> 12:30 Trip - Padrino's, <b>LB</b> 1:00 Stretch &amp; Flex with Lauren, <b>ES</b> 1:00 Library / Book Club, <b>HS</b> 1:00 :4:00 Creative Expression 2:00 Bingo, <b>AS</b> 3:00 Scrabble, <b>PCG</b> 6:00 – 8:00 Community Connection 6:00 Movie Night - Planet Earth, Episode 5 "Deserts", <b>BCT</b></p>	<p><b>LB</b> - Lobby (1) <b>AS</b> - Art Studio (2) <b>BGT</b> - Bogart Theater (3) <b>CG</b> - Card &amp; Game Room (3) <b>PCG</b> - Pearson Card &amp; Game Room <b>BCT</b> - Bacall Theater (3) <b>PD</b> - Pearson Dining Room (1) <b>ES</b> - Exercise Studio (2) <b>FS</b> - Fitness Studio (2) <b>ASW</b> - Art Studio West (3)</p>	<p><b>PB</b> - The Pub (1) <b>HS</b> - Hemingway Study (4) <b>SL</b> - Salon (2) <b>TB</b> - Theater Bistro (3) <b>PAC</b> - Performing Arts Center <b>YD</b> - Yorkshire Dining Room (1) <b>WL</b> - West Lobby (1)</p>