

# INDEPENDENT LIVING

## Engagement Calendar

S M T W T F S

<p><b>01</b></p> <p>9:00 Bruisers Walk <b>DP</b>            9:45 Church Livestream <b>TH</b>            12:00 Movie: Mayday <b>TH</b>            1:00 Rummikub <b>GR</b>            2:00 Wii Bowling <b>GR</b>            3:00 Cooking Class: Tacos <b>PB</b></p>	<p><b>02</b></p> <p>10:00 Strength Training <b>FS</b>            11:00 Pup Cup Playdate <b>DP</b>            1:00 Movie: Born a Champion <b>TH</b>            1:00 Asian Mahjong <b>GR</b>            1:00 Poker <b>GR</b>            1:30 Sip &amp; Paint <b>CS</b>            6:00 Meditation Mondays <b>FS</b></p>	<p><b>03</b></p> <p>10:00 Chair Yoga <b>FS</b>            11:00 Civil Rights Talk <b>TH</b>            1:00 Watercolor Flower Craft <b>CS</b>            2:00 Movie: Hotel Mumbai <b>TH</b>            2:30 Wii Bowling <b>GR</b>            3:30 Month Birthday Party <b>PB</b>            7:30 Movie: Hotel Mumbai <b>TH</b></p>	<p><b>04</b></p> <p>9:00 Tai Chi <b>FS</b>            10:00 Strength Training <b>FS</b>            11:30 Ceramic Ducks <b>CS</b>            11:30 Meditation <b>FS</b>            1:00 Rummikub <b>GR</b>            3:30 Cocktails &amp; Live Music <b>PB</b></p>	<p><b>05</b></p> <p>9:00 Dance Class <b>FS</b>            10:00 Chair Yoga <b>FS</b>            11:00 Sundae Bar! <b>PB</b>            1:00 Asian Mahjong <b>GR</b>            3:30 Local Choir Performance <b>PB</b></p>	<p><b>06</b></p> <p>10:00 Strength Training <b>FS</b>            11:00 Art Gallery Outing &amp; Lunch <b>L</b>            1:00 Board Games <b>GR</b>            1:00 Canasta <b>GR</b>            1:00 Mexican Train <b>GR</b>            3:30 Margaritas &amp; Chips <b>PB</b>            6:00 Shabbat Service <b>TH</b>            7:00 Surprise Movie &amp; Pizza <b>TH</b></p>	<p><b>07</b></p> <p>9:00 Tai Chi <b>FS</b>            10:00 Strength Training <b>FS</b>            11:00 Pokeno <b>GR</b>            1:00 Saturday Snack <b>PB</b>            1:00 Rummikub <b>GR</b>            4:00 Catholic Mass <b>TH</b>            6:30 BYO Board Game <b>TH</b>            7:00 Poker Games <b>GR</b></p>
<p><b>08</b></p> <p>9:00 Bruisers Walk <b>DP</b>            9:45 Church Livestream <b>TH</b>            12:00 Movie: Hotel Rwanda <b>TH</b>            1:00 Rummikub <b>GR</b>            2:00 Wii Bowling <b>GR</b>            3:00 Cooking Class: Salsa <b>PB</b></p>	<p><b>09</b></p> <p>10:00 Strength Training <b>FS</b>            11:00 Pup Cup Playdate <b>DP</b>            1:00 Movie: The Intern <b>TH</b>            1:00 Asian Mahjong <b>GR</b>            1:00 Poker <b>GR</b>            1:30 Sip &amp; Paint <b>CS</b>            6:00 Meditation Mondays <b>FS</b></p>	<p><b>10</b></p> <p>10:00 Chair Yoga <b>FS</b>            11:00 Ellis Island Talk <b>TH</b>            1:00 Painting Pots <b>CS</b>            2:00 Movie: Dirty Dancing <b>TH</b>            2:30 Wii Bowling <b>GR</b>            3:30 National Salsa Day <b>PB</b>            7:30 Movie: Dirty Dancing <b>TH</b></p>	<p><b>11</b></p> <p>9:00 Tai Chi <b>FS</b>            10:00 Strength Training <b>FS</b>            11:30 Candle Making <b>CS</b>            11:30 Meditation <b>FS</b>            1:00 Rummikub <b>GR</b>            3:30 Cocktails &amp; Live Music <b>PB</b></p>	<p><b>12</b></p> <p>9:00 Dance Class <b>FS</b>            10:00 Chair Yoga <b>FS</b>            11:00 Smoothie Bar! <b>PB</b>            1:00 Asian Mahjong <b>GR</b>            3:30 Local Choir Performance <b>PB</b></p>	<p><b>13</b></p> <p>10:00 Strength Training <b>FS</b>            11:00 Museum Outing &amp; Lunch <b>L</b>            1:00 Board Games <b>GR</b>            1:00 Canasta <b>GR</b>            1:00 Mexican Train <b>GR</b>            3:30 Coffee &amp; Cookies <b>PB</b>            6:00 Shabbat Service <b>TH</b>            7:00 Surprise Movie &amp; Pizza <b>TH</b></p>	<p><b>14</b></p> <p>9:00 Tai Chi <b>FS</b>            10:00 Strength Training <b>FS</b>            11:00 Pokeno <b>GR</b>            1:00 Saturday Snack <b>PB</b>            1:00 Rummikub <b>GR</b>            4:00 Catholic Mass <b>TH</b>            6:30 BYO Board Game <b>GR</b>            7:00 Poker Games <b>GR</b></p>
<p><b>15</b></p> <p>9:00 Bruisers Walk <b>DP</b>            9:45 Church Livestream <b>TH</b>            12:00 Movie: The Sandlot <b>TH</b>            1:00 Rummikub <b>GR</b>            2:00 Wii Bowling <b>GR</b>            3:00 Cooking Class: Mocktails <b>PB</b></p>	<p><b>16</b></p> <p>10:00 Strength Training <b>FS</b>            11:00 Pup Cup Playdate <b>DP</b>            1:00 Movie: My Fair Lady <b>TH</b>            1:00 Asian Mahjong <b>GR</b>            1:00 Poker <b>GR</b>            1:30 Sip &amp; Paint <b>CS</b>            6:00 Meditation Mondays <b>FS</b></p>	<p><b>17</b></p> <p>10:00 Chair Yoga <b>FS</b>            11:00 World War II Talk <b>TH</b>            1:00 Collage Art <b>CS</b>            2:00 Movie: Julie &amp; Julia <b>TH</b>            2:30 Wii Bowling <b>GR</b>            3:30 Charcuterie Party <b>PB</b>            7:30 Movie: Julie &amp; Julia <b>TH</b></p>	<p><b>18</b></p> <p>9:00 Tai Chi <b>FS</b>            10:00 Strength Training <b>FS</b>            11:30 Memory Boxes <b>CS</b>            11:30 Meditation <b>FS</b>            1:00 Rummikub <b>GR</b>            3:30 Cocktails &amp; Live Music <b>PB</b></p>	<p><b>19</b></p> <p>9:00 Dance Class <b>FS</b>            10:00 Chair Yoga <b>FS</b>            11:00 Chips &amp; Dips Bar! <b>PB</b>            1:00 Asian Mahjong <b>GR</b>            3:30 Local Choir Performance <b>PB</b></p>	<p><b>20</b></p> <p>10:00 Strength Training <b>FS</b>            11:00 Hike &amp; Lunch <b>L</b>            1:00 Board Games <b>GR</b>            1:00 Canasta <b>GR</b>            1:00 Mexican Train <b>GR</b>            3:30 Beer &amp; Bites <b>PB</b>            6:00 Shabbat Service <b>TH</b>            7:00 Surprise Movie &amp; Pizza <b>TH</b></p>	<p><b>21</b></p> <p>9:00 Tai Chi <b>FS</b>            10:00 Strength Training <b>FS</b>            11:00 Pokeno <b>GR</b>            1:00 Saturday Snack <b>PB</b>            1:00 Rummikub <b>GR</b>            4:00 Catholic Mass <b>TH</b>            6:30 BYO Board Game <b>GR</b>            7:00 Poker Games <b>GR</b></p>
<p><b>22</b></p> <p>9:00 Bruisers Walk <b>DP</b>            9:45 Church Livestream <b>TH</b>            12:00 Movie: Casablanca <b>TH</b>            1:00 Rummikub <b>GR</b>            2:00 Wii Bowling <b>GR</b>            3:00 Cooking Class: Crepes <b>PB</b></p>	<p><b>23</b></p> <p>10:00 Strength Training <b>FS</b>            11:00 Pup Cup Playdate <b>DP</b>            1:00 Movie: West Side Story <b>TH</b>            1:00 Asian Mahjong <b>GR</b>            1:00 Poker <b>GR</b>            1:30 Sip &amp; Paint <b>CS</b>            6:00 Meditation Mondays <b>FS</b></p>	<p><b>24</b></p> <p>10:00 Chair Yoga <b>FS</b>            11:00 The Space Race Talk <b>TH</b>            1:00 Pressed Flower Bookmarks <b>CS</b>            2:00 Movie: The Notebook <b>TH</b>            2:30 Wii Bowling <b>GR</b>            3:30 Book Club <b>PB</b>            7:30 Movie: The Notebook <b>TH</b></p>	<p><b>25</b></p> <p>9:00 Tai Chi <b>FS</b>            10:00 Strength Training <b>FS</b>            11:30 Handmade Bracelets <b>CS</b>            11:30 Meditation <b>FS</b>            1:00 Rummikub <b>GR</b>            3:30 Cocktails &amp; Live Music <b>PB</b></p>	<p><b>26</b></p> <p>9:00 Dance Class <b>FS</b>            10:00 Chair Yoga <b>FS</b>            11:00 Cookie Bar! <b>PB</b>            1:00 Asian Mahjong <b>GR</b>            3:30 Local Choir Performance <b>PB</b></p>	<p><b>27</b></p> <p>10:00 Strength Training <b>FS</b>            11:00 Local Garden &amp; Lunch <b>L</b>            1:00 Board Games <b>GR</b>            1:00 Canasta <b>GR</b>            1:00 Mexican Train <b>GR</b>            3:30 Tea &amp; Scones <b>PB</b>            6:00 Shabbat Service <b>TH</b>            7:00 Surprise Movie &amp; Pizza <b>TH</b></p>	<p><b>28</b></p> <p>9:00 Tai Chi <b>FS</b>            10:00 Strength Training <b>FS</b>            11:00 Pokeno <b>GR</b>            1:00 Saturday Snack <b>PB</b>            1:00 Rummikub <b>GR</b>            4:00 Catholic Mass <b>TH</b>            6:30 BYO Board Game <b>GR</b>            7:00 Poker Games <b>GR</b></p>

### Meeting Places

- AR** Activity Room
- CS** Creative Studio
- DP** Dog Park
- FS** Fitness Studio
- GR** Game Room
- L** Lobby
- OP** Outdoor Patio
- PB** Pub
- TH** Theatre

### Dimensions of Wellness

- Creative**
- Social**
- Cognitive**
- Physical**
- Emotional**
- Purposeful**