LIFE ENRICHMENT | INDEPENDENT LIVING

Saint Luke's
BISHOP SPENCER PLACE

FEBRUARY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9:30 Strength & Balance **AC** 10:30 Chair Yoga **AC** 1:00 Life Enrichment Comm **P** 1:30 Arthritis Exercise **AC** 2:00 Dining Committee **A** 2–4 CC Bank **MLR** 3:00 Speaker Series | Steve Miller **WR**	Groundhog Day **2** 10:00 Stretch **AC** **10:30 Aging Mastery Class WR** 2:00 Movie Classic with Robert Butler | *Cabaret* **WR**	**3** 9:30 Grocery Store Trip ✻ 7:00 Movie **JLR**
4 10:00 Holy Eucharist **CH** 11–1 Brunch **CDR** 3:00 Movie **JLR** 5:30 Super Bowl Party | Catering by Frank Macaluso **WR** ✻	**5** 10:00 Stretch **AC** 11:00 Welcome Committee **A** **12:00 Lunch & Bridge Mixer CDR** ✻ 1:00 Art Class **AC** 1:30 Dollar Tree Trip ✻ **4:30 Men's Club P**	**6** 10:00 Strength & Balance **AC** 11:00 Bible Study **CH** 1:00 Blood Pressure CK **109** 1:30 Arthritis Exercise **AC** 2:30 Alterations **A** 3:00 Speaker Series | Dr. Brandon Pomeroy **WR**	**7** 9:30 Catholic Mass **CH** 10:00 Stretch **AC** 10:30 Grocery Store Trip ✻ 1:00 Bus departs for Toy & Miniature Museum 6:30 Bus Departs to Spirituality & All That Jazz✻	**8** 9:30 Strength & Balance **AC** 10:30 Chair Yoga **AC** 11:15 Bus Departs for Lunch Out at Rye ✻ 1:30 Arthritis Exercise **AC** 2–4 CC Bank **MLR** 3:00 Sam Wisman Trio **MLR**	Olympic Opening Ceremonies **9** 10:00 Stretch **AC** **10:30 Aging Mastery Class WR** 1:15 Chair Volleyball **WR**	**10** 9:30 Grocery Store Trip ✻ 10:15 Bus Departs to Plaza Theater for Opera | L'Elisir D'Amore ✻ 7:00 Movie **JLR**
11 10:00 Holy Eucharist **CH** 11–1 Brunch **CDR** 1:30 Doug Talley Quartet **MLR** 3:00 Movie **JLR**	**12** 10:00 Stretch **AC** 11:30 Lunch & Learn | Middle East History **WR** 1:00 Art Class **AC** **4:30 Ladies' Club P**	**13** 10:00 Strength & Balance **AC** 11:00 Bible Study **CH** 1:00 Blood Pressure CK **109** 1:30 Arthritis Exercise **AC** 3:30 Resident Council **A**	Ash Wednesday Valentine's Day **14** 10:00 Stretch **AC** 10:30 Grocery Store Trip ✻ 1:00 Ash Wednesday Liturgy **CH** 3:00 Valentine's Day with Tim Whitmer **MLR**	**15** 9:30 Strength & Balance **AC** 10:30 Chair Yoga **AC** 11:00 Friendly Neighbor Comm **WR** 1:30 Arthritis Exercise **AC** 2–4 CC Bank **MLR** 3:00 Speaker Series | Prosecutor Jean Peters Baker **WR**	**16** 10:00 Stretch **AC** **10:30 Aging Mastery Class WR** 3:00 QuaTriDuo **MLR**	**17** 9:30 Grocery Store Trip ✻ 1:30 Young Audiences Performance **MLR** 7:00 Movie **JLR**
18 10:00 Holy Eucharist **CH** 11–1 Brunch **CDR** 3:00 Movie **JLR**	President's Day **19** 10:00 Stretch **AC** 1:00 Art Class **AC** 1:30 Walmart Trip ✻ 3:00 ART BLOCKS | Donna Houtteman **WR**	**20** 10:00 Strength & Balance **AC** 11:00 Lenten Studies **CH** 1:00 Blood Pressure CK **109** 1:30 Arthritis Exercise **AC** 3:00 Speaker Series | Gloria Haralson Smith **WR**	**21** 9:30 Catholic Mass **CH** 10:00 Stretch **AC** 10:30 Grocery Store Trip ✻ 11:00 Café Hope **CH**	**22** 9:30 Strength & Balance **AC** 10:30 Chair Yoga **AC** 1:30 Arthritis Exercise **AC** 2–4 CC Bank **MLR** **2:45 Bus Departs for Plaza Library Pick up at 4:00** ✻ 3:00 Speaker Series | Julián Zugazagoitia **WR**	**23** 10:00 Stretch **AC** **10:30 Aging Mastery Class WR** 3:00 Speaker Series | David Owen **WR** 5:00 Cocktail Hour with Don Hatfield **MLR**	**24** 9:30 Grocery Store Trip ✻ 10:45 Bus Departs to Plaza Theater for Opera | La Bohème ✻ 7:00 Movie **JLR**
25 10:00 Holy Eucharist **CH** 11–1 Brunch **CDR** 3:00 Movie **JLR**	**26** 10:00 Stretch **AC** **10:30 Women's Coffee B** 1:00 Art Class **AC** 2:00 Garden Committee **A** **3:00 Good Book Reading Group CH**	**27** 10:00 Strength & Balance **AC** 11:00 Lenten Studies **CH** 1:00 Blood Pressure CK **109** 1:30 Arthritis Exercise **AC** 3:00 Speaker Series | Patrick Dobson **WR**	**28** 10:00 Stretch **AC** 10:30 Grocery Store Trip ✻ 3:00 The Great Courses | Museum Masterpieces: The Metropolitan Museum of Art **WR**			

A	Abbey	**CDR**	Canterbury Dining Room	**P**	Pub
AC	Activity Center (above Bistro)	**CH**	Chapel	**WR**	Westport Room
ART	Art Gallery	**JLR**	Jefferson Living Room	**109**	Apt. 109 Madison
B	Bistro	**MLR**	Madison Living Room	✻	Sign up at reception desk