






# ♥♥ Calendar of Events for Apartment & Cottage February 2019 ♥♥

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>ST. ANN'S</b> COMMUNITY at Cherry Ridge</p>	 <p>Take Care of your Heart! February is Heart Health Month!</p>	 <p><b>ST. ANN'S</b> COMMUNITY at Cherry Ridge</p>		 <p><b>ST. ANN'S</b> COMMUNITY at Cherry Ridge</p>	<p><b>1</b></p> <p style="color: blue;">FULL TRASH PICK-UP</p> <p style="color: red;">All Day National Wear Red Day</p> <p>9:30 Blood Pressure Checks, <i>Apt-A</i></p> <p>10:10 Fitness w/ Karen, <i>Apt-A</i></p> <p>11:00 Healthy Topics &amp; Snack w/ St. John Fisher Nurses (Blood Pressure &amp; Blood Glucose), <i>Apt-A</i></p> <p>3:00 Art w/ Stacy, <i>Apt-A</i></p> <p>6:30 Wii Bowling, <i>Apt-A</i></p>	<p><b>2</b></p> <p>9:30 Eight-Ball Billiards, <i>GM</i></p> <p>10:00 Webster Shopping</p> <p>1:00 Bingo, <i>Apt-A</i></p> <p>4:00 Mass, <i>CC</i></p> <p>7:00 Movie "Won't You Be My Neighbor" (2018), <i>Apt-A</i></p>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<p>11:15 Communion Service, <i>CC</i></p> <p>2:00 Dominoes, <i>Apt-A</i></p> <p>2:00 Quiddler Card Game, <i>Apt-A</i></p> <p>6:30 Wii Bowling, <i>Apt-A</i></p> <p>6:30 Super Bowl New England vs. LA Rams, <i>Apt-A</i></p>	<p>9:30 Mass, <i>Or Café Ext</i></p> <p>10:10 Fitness w/ Lynn, <i>Apt-A</i></p> <p>11:15 Wellness w/ Susan Sagan, <i>Apt-A</i></p> <p>1:15 Yoga/ Tai Chi w/ Pam, <i>Or Café Ext</i></p> <p>3:30 Great Lecture Series, "A History of European Art", <i>GM</i></p>	<p>9:00 Coffee w/ Managers, <i>Apt-A</i></p> <p>9:30 Eight-Ball Billiards, <i>GM</i></p> <p>10:00 Eastway Grocery Shopping</p> <p>10:15 Brain Games w/ Lynn, <i>Apt-A</i></p> <p>10:30 Holt Rd. Grocery Shopping</p> <p>11:15 Chair Yoga w/ Pam, <i>Or Café Ext</i></p> <p>1:00 Quarter Card Game w/ Claudette, <i>Apt-A</i></p> <p>1:00 AquaFlow w/ Pam</p>	<p>9:30 Communion Service &amp; Rosary, <i>Or Café Ext</i></p> <p>10:10 Fitness w/ Lynn, <i>Apt-A</i></p> <p>1:00 Dollar Tree/Walmart Shopping</p> <p>1:15 Fitness w/ Patty, <i>Or Café Ext</i></p> <p>1:30 Art for the Young at Heart, <i>Apt-A</i></p>	<p>9:30 Mass, <i>Or Café Ext</i></p> <p>10:10 Fitness w/ Lynn, <i>Apt-A</i></p> <p>10:30 Holt Rd. Wegmans, Aldi, Hegedorn's &amp; Errands</p> <p>1:00 Jewelry w/ Kathy, <i>Apt-A</i></p> <p>3:00 Manicures w/ Kathy &amp; Key Club, <i>Apt-A</i></p> <p>6:15 Poker, <i>Apt-A</i></p>	<p style="color: green;">RECYCLING ONLY</p> <p>9:30 Blood Pressure Checks, <i>Apt-A</i></p> <p>10:10 Fitness w/ Karen, <i>Apt-A</i></p> <p>10:30 Banking, Library &amp; Webster Errands</p> <p>11:00 Healthy Topics &amp; snack w/ St. John Fisher Nurses (Coping Skills), <i>Apt-A</i></p> <p>1:00 Travel and Cultural Arts Meeting, <i>Apt-A</i></p> <p>4:00 Happy Hour, <i>Apt-A</i></p> <p>6:30 Wii Bowling, <i>Apt-A</i></p>	<p>9:30 Eight-Ball Billiards, <i>GM</i></p> <p>10:00 Webster Shopping</p> <p>1:00 Bingo, <i>Apt-A</i></p> <p>4:00 Mass, <i>CC</i></p> <p>7:00 Movie "Into the Woods" (2014), <i>Apt-A</i></p>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<p>11:15 Communion Service, <i>CC</i></p> <p>2:00 Dominoes, <i>Apt-A</i></p> <p>2:00 Quiddler Card Game, <i>Apt-A</i></p> <p>6:30 Wii Bowling, <i>Apt-A</i></p>	<p>9:30 Mass, <i>Or Café</i></p> <p>10:10 Fitness w/ Lynn, <i>Apt-A</i></p> <p>12:00 Pizza Lunch, <i>Apt-A</i></p> <p>1:15 Yoga/ Tai Chi w/ Pam, <i>Or Café Ext</i></p> <p>2:30 Birthday Bash, <i>Apt-A</i></p> <p>3:30 Great Lecture Series, "A History of European Art", <i>GM</i></p>	<p>9:30 Mass, <i>Or Café Ext</i></p> <p>9:30 Eight-Ball Billiards, <i>GM</i></p> <p>10:00 Eastway Grocery Shopping</p> <p>10:15 Brain Games w/ Lynn, <i>Apt-A</i></p> <p>10:30 Holt Rd. Grocery Shopping</p> <p>11:15 Chair Yoga w/ Pam, <i>Or Café Ext</i></p> <p>1:00 Quarter Card Game w/ Claudette, <i>Apt-A</i></p> <p>1:00 AquaFlow w/ Pam</p>	<p>9:30 Communion Service &amp; Rosary, <i>Or Café Ext</i></p> <p>10:10 Fitness w/ Lynn, <i>Apt-A</i></p> <p>11:00 Charlie Brown's Lunch Outing</p> <p>1:15 Fitness w/ Patty, <i>Or Café Ext</i></p>	<p style="color: red;">All Day WEAR RED</p> <p>9:30 Mass, <i>Or Café Ext</i></p> <p>10:10 Fitness w/ Lynn, <i>Apt-A</i></p> <p>10:30 Holt Rd. Wegmans, Aldi, Hegedorn's &amp; Errands</p> <p>11:30 "Lit4 Lunch", <i>Or Café</i></p> <p>2:30 All About Broadway with Bob Sagan, <i>GM</i></p> <p>5:00 Sweetheart Dinner, <i>Or Café</i></p> <p>6:15 Poker, <i>Apt-A</i></p>	<p style="color: blue;">FULL TRASH PICK-UP</p> <p>9:30 Blood Pressure Checks, <i>Apt-A</i></p> <p>10:10 Fitness w/ Karen, <i>Apt-A</i></p> <p>11:00 Healthy Topics &amp; snack w/ St. John Fisher Nurses (mindfulness &amp; imagery), <i>Apt-A</i></p> <p>3:00 Clay jewelry &amp; Charm Bracelet w/ Stacy, <i>Apt-A</i></p> <p>6:30 Wii Bowling, <i>Apt-A</i></p>	<p>9:30 Eight-Ball Billiards, <i>GM</i></p> <p>10:00 Webster Shopping</p> <p>1:00 Bingo, <i>Apt-A</i></p> <p>4:00 Mass, <i>CC</i></p> <p>7:00 Movie "Babe" (1995), <i>Apt-A</i></p>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<p>11:15 Communion Service, <i>CC</i></p> <p>2:00 Dominoes, <i>Apt-A</i></p> <p>2:00 Quiddler Card Game, <i>Apt-A</i></p> <p>6:30 Wii Bowling, <i>Apt-A</i></p>	<p>9:30 Mass, <i>Or Café Ext</i></p> <p>10:10 Fitness w/ Lynn, <i>Apt-A</i></p> <p>1:15 Yoga/ Tai Chi w/ Pam, <i>Or Café Ext</i></p> <p>2:00 Easy Crochet Hats w/ Nora to Donate, <i>Apt-L</i></p> <p>3:30 Great Lecture Series, "A History of European Art", <i>GM</i></p>	<p>9:30 Mass, <i>Or Café Ext</i></p> <p>9:30 Eight-Ball Billiards, <i>GM</i></p> <p>10:00 Eastway Grocery Shopping</p> <p>10:15 Brain Games w/ Lynn, <i>Apt-A</i></p> <p>10:30 Holt Rd. Grocery Shopping</p> <p>11:15 Chair Yoga w/ Pam, <i>Or Café Ext</i></p> <p>1:00 Quarter Card Game w/ Claudette, <i>Apt-A</i></p> <p>1:00 AquaFlow w/ Pam</p> <p>1:15 Visit to Memorial Art Gallery</p> <p>4:15 Mario's Dinner Outing</p>	<p>9:30 Communion Service &amp; Rosary, <i>Or Café Ext</i></p> <p>10:10 Fitness w/ Lynn, <i>Apt-A</i></p> <p>11:00 Present Moment Living, <i>GM</i></p> <p>1:15 Fitness w/ Patty, <i>Or Café Ext</i></p> <p>2:00 Food for Thought, <i>Or Café</i></p>	<p>9:30 Mass, <i>Or Café Ext</i></p> <p>10:10 Fitness w/ Lynn, <i>Apt-A</i></p> <p>10:30 Holt Rd. Wegmans, Aldi, Hegedorn's &amp; Errands</p> <p>12:00 "The Bookies", <i>Or Café</i></p> <p>6:15 Poker, <i>Apt-A</i></p>	<p style="color: green;">RECYCLING ONLY</p> <p>8:45 Men's Breakfast, <i>Bistro</i></p> <p>9:30 Blood Pressure Checks, <i>Apt-A</i></p> <p>10:10 Fitness w/ Karen, <i>Apt-A</i></p> <p>10:30 Banking, Library &amp; Webster Errands</p> <p>11:00 Healthy Topics &amp; snack w/ St. John Fisher Nurses (Alcohol), <i>Apt-A</i></p> <p>6:30 Wii Bowling, <i>Apt-A</i></p>	<p>9:30 Eight-Ball Billiards, <i>GM</i></p> <p>10:00 Webster Shopping</p> <p>1:00 Bingo, <i>Apt-A</i></p> <p>4:00 Mass, <i>CC</i></p> <p>7:00 Movie "Tootsie" (1982), <i>Apt-A</i></p>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>MEETING PLACES</b>	<b>DIMENSIONS OF WELLNESS</b>
<p>11:15 Communion Service, <i>CC</i></p> <p>2:00 Dominoes, <i>Apt-A</i></p> <p>2:00 Quiddler Card Game, <i>Apt-A</i></p> <p>6:30 Wii Bowling, <i>Apt-A</i></p>	<p>9:30 Mass, <i>Or Café Ext</i></p> <p>10:10 Fitness w/ Lynn, <i>Apt-A</i></p> <p>11:15 Coffee w/ Managers, <i>Or Café</i></p> <p>12:00 Juliet Luncheon, <i>Or Café</i></p> <p>1:15 Yoga/ Tai Chi w/ Pam, <i>Or Café Ext</i></p> <p>3:30 Great Lecture Series, "A History of European Art", <i>GM</i></p>	<p>9:30 Mass, <i>Or Café</i></p> <p>9:30 Eight-Ball Billiards, <i>GM</i></p> <p>10:00 Eastway Grocery Shopping</p> <p>10:15 Brain Games w/ Lynn, <i>Apt-A</i></p> <p>10:30 Holt Rd. Grocery Shopping</p> <p>11:15 Chair Yoga w/ Pam, <i>Or Café Ext</i></p> <p>1:00 Quarter Card Game w/ Claudette, <i>Apt-A</i></p> <p>1:00 AquaFlow w/ Pam</p>	<p>9:30 Communion Service &amp; Rosary, <i>Or Café Ext</i></p> <p>10:10 Fitness w/ Lynn, <i>Apt-A</i></p> <p>11:00 Jewelry Making w/ Kim, <i>Apt-A</i></p> <p>1:15 Fitness w/ Patty, <i>Or Café Ext</i></p> <p>1:15 Art for the Young at Heart, <i>Apt-CR</i></p>	<p>9:30 Mass, <i>Or Café Ext</i></p> <p>10:10 Fitness w/ Lynn, <i>Apt-A</i></p> <p>10:30 Holt Rd. Wegmans, Aldi, Hegedorn's &amp; Errands</p> <p>2:00 Woodworking w/ Dennis, <i>Apt-A</i></p> <p>6:15 Poker, <i>Apt-A</i></p> <p>6:30 RPO @ Eastman Theater</p>	<p><b>Apt-A</b> - Apartment Activity Room</p> <p><b>GM</b> - Glen Multi Purpose Room</p> <p><b>Apt-L</b> - Apartment Lobby</p> <p><b>CC</b> - Chapel/Community Room</p> <p><b>Or Café Ext</b> - Orchard Café Extension</p> <p><b>Or Café</b> - Orchard Café</p> <p><b>Bistro</b> - Apartment Bistro</p> <p><b>Apt-CR</b> - Apartment Card Room</p>	<p>Physical</p> <p>Spiritual</p> <p>Vocational</p> <p>Intellectual</p> <p>Nutritional</p> <p>Emotional</p> <p>Environmental</p> <p>Social</p> <p>Health Services</p> <p>Purposeful</p>