The Historic Villages at Silvercrest	
Assisted Living Calendar	



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Creative Cooking GF - Gathering of Friends GF - Gathering of Friends GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce Lifelong Learning M - Music to My Ears O - Out & About	Come to activities to eam Funny Money to spend at Resident Auction.	Sign up for outings in the Bistro. Please do so in advance.	Sunday Brunch is March 3rd. Reservations are required. Please make reservations no later than Wednesday prior to Sunday Brunch.		1 I 10:00 Bible Discussions with Ann: Private Dining I 1:30 Folktale Discussion I:30 Bingo: Main Dining Room M 3:00 Happy Hour at Piano Bar	2 V 10:00 Exercise & Stretch K 11:00 Current Events & Coffee K 1:30 Bingo: Bistro GF 2:30 Card Games
5 11:00 Sunday Brunch 1:00 Catholic Mass: Bistro K 1:30 Table Games: Fifth Floor 2:30 Non-Denominational Church Service Chapel	10:00 TrilogyFit: Balance 1:30 Shopping Outing: Target 4:00 Cranium Crunches	 Mardi Gras 10:00 Yoga with Jenny in Bistro A 1:30 Art Class- Bead-n-Button Bird 2:00 Left, Right, Center Dice Game: Bistro 4:00 Inspired Living Committee Bistro 	6 GG 8:00 Men's Breakfast Club with Eddie: Main Dining Room 10:00 TrilogyFit: Strength Baking scones and having tea	7 O 10:30 Out On The Town-Schnitzelbank S 2:00 Chef's Circle-5th Floor M 2:00 Choir Club: Main Dining Room M 3:00 Musical Moments:Irish Music/Bistro M 6:30 Holiness Band: Bistro	I 10:00 Bible Discussions with Ann: Private Dining I 1:00 Folktale Discussion-5th Floor I 1:30 Bingo: Main Dining Room Happy Hour at Piano Bar	9 V 10:00 Exercise & Stretch K 11:00 Current Events & Coffee I:30 Bingo: Bistro Card Games-Bistro
10 Daylight Savings Begins 10:30 Breathing Excercises-Bistro 1:00 Catholic Mass: Bistro 1:30 Table Games on 5th Floor 2:30 Non-Denominational Church Service Chapel	V 10:00 TrilogyFit: Balance 1:30 Shopping Outing: T.J. Maxx 4:00 Cranium Crunches	V 10:00 Yoga with Jenny in Bistro S 11:00 Taste of Town C 1:30 Cooking Up Shamrock Goodies K 2:00 Left, Right, Center Dice Game: Bistro S 3:00 Resident Council AL 5th floor	9:00 Walking Books 10:00 TrilogyFit: Strength 1:30 Making Green Jello Salad 3:00 Bunco in Bistro	14 O 10:30 Out On The Town 5 2:00 Chef's Circle-5th Floor M 2:00 Choir Club: Main Dining Room M 3:00 Irish Music and Trivia- Bistro I 6:00 Evening Bible Study with Sam: 5th floor	I 10:00 Bible Discussions with Ann: Private Dining I 11:00 Irish Folklore Discussion-5th Floor K 1:30 Bingo: Main Dining Room M 3:00 St. Patrick's Day Happy Hour	V 10:00 Exercise & Stretch I1:00 Irish Trivia & Coffee I:30 Bingo: Bistro GF 2:30 Card Games-Bistro
17 St. Patrick's Day 10:30 Breathing Excercises-Bistro 1:00 Table Games on 5th Floor 1:00 Catholic Mass: Bistro 1:2:30 Non-Denominational Church Service Chapel	10:00 TrilogyFit: Balance 1:30 Shopping Outing: Meijer's 4:00 Cranium Crunches 5th floor	19 V 10:00 Yoga with Jenny in Bistro A 1:30 Art Class- Painting Flower Pots K 2:00 Left, Right, Center Dice Game: Bistro M 3:00 Music with Suzie Grelle: Bistro	20 Spring Begins V 10:00 TrilogyFit: Strength Cooking-Peanut Butter nobakes K 3:00 Bunco in Bistro 7:00 Faith Point Devotion, Music and Prayer 5th floor	21 O 10:30 Out On The Town S 2:00 Chef's Circle-5th Floor M 2:00 Choir Club: Main Dining Room M 3:00 Musical Moments: Irish Music I 6:00 Evening Bible Study with Sam: 5th floor	I 10:00 Bible Discussions with Ann: Private Dining GF 11:00 Garden Planning Discussion-5th Floor K 1:30 Bingo: Main Dining Room M 3:00 Happy Hour at Piano Bar	V 10:00 Exercise & Stretch I1:00 Current Events & Coffee I:30 Bingo: Bistro GF 2:30 Card Games-Bistro
10:30 TrilogyFit Cardio-Bistro 1:00 Table Games 5th Floor 1:00 Catholic Mass: Bistro 1:00 Non-Denominational Church Service Chapel	V 10:00 TrilogyFit: Balance O 1:30 Shopping Outing: Wal- Mart K 4:00 Cranium Crunches	V 10:00 Yoga with Jenny in Bistro CC 1:30 Cooking Up Shamrock Goodies K 2:00 Left, Right, Center Dice Game: Bistro K 3:00 What's Your Bid Auction: Bistro	V 10:00 TrilogyFit: Strength CC 1:30 Cooking Apple Crumble CC 1:30 Making Green Jello Salad K 3:00 Bunco in Bistro	28 O 10:30 Out On The Town 5 2:00 Chef's Circle-5th Floor M 2:00 Choir Club: Main Dining Room M 3:00 Musical Moments: Civil Rights Movement I 6:00 Evening Bible Study with Sam: 5th floor	I 10:00 Bible Discussions with Ann: Private Dining GF 11:00 Garden Planning Discussion-5th Floor I:30 Bingo: Main Dining Room M 3:00 Happy Hour at Piano Bar	V 10:00 Exercise & Stretch I1:00 Current Events & Coffee I:30 Bingo: Bistro GF 2:30 Card Games-Bistro
10:30 TrilogyFit Cardio-Bistro 11:00 Sunday Family Brunch 1:00 Table Games Fifth Floor 1:00 Catholic Mass: Bistro 1:00 Non-Denominational Church Service Chapel	We want you to attend Resident Council Meetings to have your voice heard.	Volunteers Always Needed.				

The Villages at Historic Silvercres	t
Health Center Calendar	

1:00 Table Games Fifth Floor 1:00 Catholic Mass: Bistro 2:30 Non-Denominational

Church Service Chapel

The Villages at His Health Center Cale	storic Silvercrest endar		Ma		2016 3046	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Creative Cooking GF - Gathering of Friends GF - Gathering of Friends GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning MM - Mindful Moments M - Music to My Ears	Sign up for outings in the Bistro. Please do so in advance.	Come to activities to eam Funny Money to spend in the General Store!	Sunday Brunch is March 3rd. Reservations are required. Please make reservations no later than the Wednesday prior to Sunday Brunch.	Please feel free to dress in costume for Mardi Gras Theme Night on Feb. 28	1 10:00 Bible Discussions with Ann: Private Dining 11:30 Mindful Moments 1:30 Bingo: Main Dining Room 3:00 Happy Hour at Piano Bar	V 10:00 Exercise & Stretch I 11:00 Current Events & Coffee I 1:30 Bingo: Bistro GF 2:30 Card Games
5 11:00 Sunday Brunch 1:00 Catholic Mass: Bistro 1:30 Table Games: Fifth Floor 2:30 Non-Denominational Church Service Chapel	10:00 TrilogyFit: Balance 11:00 Healthly Habits: Tips & Tricks 11:30 Mindful Moments 1:30 Shopping Outing: Target	 Mardi Gras 10:00 Yoga with Jenny in Bistro 11:30 Mindful Moments Art Class- Bead-n-Button Bird 2:00 Left, Right, Center Dice Game: Bistro 3:00 Resident Council HC - Bistro 	6 GG 8:00 Men's Breakfast Club with Eddie: Main Dining Room 10:00 TrilogyFit: Strength MIM 11:30 Mindful Moments Baking scones and having tea	7 O 10:30 Out On The Town-Schnitzelbank MM 11:30 Mindful Moments M 2:00 Choir Club: Main Dining Room S 2:30 Chef's Circle: Bistro M 3:00 Musical Moments: Irish Music/Bistro	I 10:00 Bible Discussions with Ann: Private Dining I 1:30 Mindful Moments I 1:30 Bingo: Main Dining Room M 3:00 Happy Hour at Piano Bar	9 V 10:00 Exercise & Stretch K 11:00 Current Events & Coffee K 1:30 Bingo: Bistro GF 2:30 Card Games-Bistro
Bistro 1 1:00 Catholic Mass: Bistro 1:30 Table Games on 5th Floor	11:00 TrilogyFit: Balance 11:00 Healthly Habits: Tips & Tricks MM 11:30 Mindful Moments 0 1:30 Shopping Outing: T.J. Maxx	12 V 10:00 Yoga with Jenny in Bistro S 11:00 Taste of Town 11:30 Mindful Moments C 1:30 Cooking Up Shamrock Goodies K 2:00 Left, Right, Center Dice Game: Bistro	9:00 Walking Books 10:00 TrilogyFit: Strength 11:30 Mindful Moments 1:30 Making Green Jello Salad 3:00 Bunco in the Bistro	14 O 10:30 Out On The Town I1:30 Mindful Moments M 2:00 Choir Club: Main Dining Room S 2:30 Chef's Circle: Bistro I 6:00 Evening Bible Study with	10:00 Bible Discussions with Ann: Private Dining MM 11:30 Mindful Moments 1:30 Bingo: Main Dining Room 3:00 St. Patrick's Day Happy Hour	10:00 Exercise & Stretch K 11:00 Irish Trivia & Coffee K 1:30 Bingo: Bistro GF 2:30 Card Games-Bistro
17 St. Patrick's Day 10:30 Breathing Excercises- Bistro K 1:00 Table Games on 5th Floor 1:00 Catholic Mass: Bistro 2:30 Non-Denominational Church Service Chapel	18 V 10:00 TrilogyFit: Balance 11:00 Healthly Habits: Tips & Tricks MM 11:30 Mindful Moments 1:30 Shopping Outing: Meijer's	19 V 10:00 Yoga with Jenny in Bistro MM 11:30 Mindful Moments A 1:30 Art Class- Painting Flower Pots K 2:00 Left, Right, Center Dice Game: Bistro M 3:00 Music with Suzie Grelle: Bistro	20 Spring Begins V 10:00 TrilogyFit: Strength 11:30 Mindful Moments CC 1:30 Cooking-Peanut Butter no- bakes X 3:00 Bunco in Bistro 3:30 Resident Council HC: Bistro I 7:00 Faith Point Devotion,	21 O 10:30 Out On The Town MN 11:30 Mindful Moments M 2:00 Choir Club: Main Dining Room S 2:30 Chef's Circle: Bistro I 6:00 Evening Bible Study with Sam: 5th floor	I 10:00 Bible Discussions with Ann: Private Dining I 1:30 Mindful Moments I 1:30 Bingo: Main Dining Room M 3:00 Happy Hour at Piano Bar	V 10:00 Exercise & Stretch K 11:00 Current Events & Coffee K 1:30 Bingo: Bistro GF 2:30 Card Games-Bistro
10:30 TrilogyFit Cardio-Bistro 1:00 Table Games 5th Floor 1:00 Catholic Mass: Bistro 2:30 Non-Denominational Church Service Chapel	V 10:00 TrilogyFit: Balance L 11:00 Healthly Habits: Tips & Tricks MM 11:30 Mindful Moments O 1:30 Shopping Outing: Wal-Mart	V 10:00 Yoga with Jenny in Bistro 11:30 Mindful Moments 1:30 Cooking Up Shamrock Goodies K 2:00 Left, Right, Center Dice Game: Bistro K 3:00 What's Your Bid Auction: Bistro	V 10:00 TrilogyFit: Strength 11:30 Mindful Moments 1:30 Making Green Jello Salad K 3:00 Bunco in the Bistro K 3:00 Bunco in Bistro	O 10:30 Out On The Town 11:30 Mindful Moments 2:00 Choir Club: Main Dining Room 5 2:30 Chef's Circle: Bistro 6:00 Evening Bible Study with Sam: 5th floor	I 10:00 Bible Discussions with Ann: Private Dining I 11:30 Mindful Moments I 1:30 Bingo: Main Dining Room M 3:00 Happy Hour at Piano Bar	10:00 Exercise & Stretch 11:00 Current Events & Coffee 1:30 Bingo: Bistro 2:30 Card Games-Bistro
10:30 TrilogyFit Cardio-Bistro 11:00 Sunday Family Brunch 1:00 Table Games Fifth Floor						

The Historic Villages at Silve The VILLAS	rcrest -	Villas
---	----------	--------



		BITTIMAN AKON				
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Creative Cooking GF - Gathering of Friends GF - Gathering of Friends GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning M - Music to My Ears O - Out & About	Happy Spring! Activities are subject to change, please check the weekly calendars as you receive them on Fridays for updated information. Thanks! Elisabeth Voelker Villa Lifestyle Director	Book your next party or gathering in the Clubhouse! Please contact Elisabeth for more information.			1 1 10:00 Bible Discussions with Ann: Private Dining Bingo: Main Dining Room 3:00 Happy Hour at Piano Bar 7:00 Villa Movie Night: Clubhouse	X 1:30 Bingo: Bistro GF 2:30 Card Games GG 7:00 Villa Game Night: Clubhouse
1:00 Catholic Mass: Bistro 1:30 Table Games: Fifth Floor 2:30 Non-Denominational Church Service Chapel	10:00 TrilogyFit: Balance 1:30 Shopping Outing: Target	 Mardi Gras GF 10:00 Coffee and Conversation: Clubhouse V 10:45 Yoga with Jenny: Clubhouse L 1:30 Craft Day: Clubhouse A 1:30 Art Class- Bead-n-Button Bird K 2:00 Left, Right, Center Dice 	6 GG 8:00 Men's Breakfast Club with Eddie: Main Dining Room	7 O 10:30 Out On The Town-Schnitzelbank V 10:30 Yoga: Clubhouse K 1:30 VILLA Cards & Games: Clubhouse M 2:00 Choir Club: Main Dining Room M 6:30 Holiness Band: Bistro	I 10:00 Bible Discussions with Ann: Private Dining K 1:30 Bingo: Main Dining Room M 3:00 Happy Hour at Piano Bar 7:00 Villa Movie Night: Clubhouse	9 K 1:30 Bingo: Bistro GF 2:30 Card Games-Bistro GG 7:00 Villa Game Night: Clubhouse
10 Daylight Savings Begins 10:30 Breathing Excercises- Bistro 1:00 Catholic Mass: Bistro 2:30 Non-Denominational Church Service Chapel	11 V 10:00 TrilogyFit: Balance O 1:30 Shopping Outing: T.J. Maxx 2:00 Book Club: Clubhouse	GF 10:00 Coffee & Donuts:	9:00 Walking Books 2:00 Parkinson's Support Group	14 O 10:30 Out On The Town V 10:30 Yoga: Clubhouse K 1:30 VILLA Cards & Games: Clubhouse M 2:00 Choir Club: Main Dining Room I 6:00 Evening Bible Study with Sam: 5th floor	I 10:00 Bible Discussions with Ann: Private Dining K 1:30 Bingo: Main Dining Room 3:00 St. Patrick's Day Happy Hour GF 7:00 Villa Movie Night: Clubhouse	1:30 Bingo: Bistro GF 2:30 Card Games-Bistro GG 7:00 Villa Game Night: Clubhouse
17 St. Patrick's Day 10:30 Breathing Excercises- Bistro 1:00 Catholic Mass: Bistro 2:30 Non-Denominational Church Service Chapel	10:00 TrilogyFit: Balance 1:30 Shopping Outing: Meijer's	GF 10:00 Coffee and Conversation: Clubhouse V 10:45 Yoga with Jenny: Clubhouse A 1:30 Art Class- Painting Flower Pots 1:30 Craft Day: Clubhouse C:00 Left, Right, Center Dice	20 Spring Begins O 10:00 Schnitzelbank Lunch Outing T:00 Faith Point Devotion, Music and Prayer 5th floor	O 10:30 Out On The Town V 10:30 Yoga: Clubhouse K 1:30 VILLA Cards & Games: Clubhouse M 2:00 Choir Club: Main Dining Room I 6:00 Evening Bible Study with Sam: 5th floor	I 10:00 Bible Discussions with Ann: Private Dining K 1:30 Bingo: Main Dining Room 3:00 Happy Hour at Piano Bar 7:00 Villa Movie Night: Clubhouse	X 1:30 Bingo: Bistro GF 2:30 Card Games-Bistro GG 7:00 Villa Game Night: Clubhouse
10:30 TrilogyFit Cardio-Bistro 1:00 Catholic Mass: Bistro 1:30 Non-Denominational Church Service Chapel	V 10:00 TrilogyFit: Balance O 1:30 Shopping Outing: Wal- Mart GF 5:00 VILLA Birthday Bash	GF 10:00 Coffee and Conversation: Clubhouse V 10:45 Yoga with Jenny: Clubhouse L 1:30 Craft Day: Clubhouse 1:30 Cooking Up Shamrock Goodies K 2:00 Left, Right, Center Dice	GF 1:00 VILLA Inspired Living: Clubhouse	28 O 10:30 Out On The Town V 10:30 Yoga: Clubhouse K 1:30 VILLA Cards & Games: Clubhouse M 2:00 Choir Club: Main Dining Room I 6:00 Evening Bible Study with Sam: 5th floor	I 10:00 Bible Discussions with Ann: Private Dining I:30 Bingo: Main Dining Room 3:00 Happy Hour at Piano Bar 7:00 Villa Movie Night: Clubhouse	1:30 Bingo: Bistro GF 2:30 Card Games-Bistro GG 7:00 Villa Game Night: Clubhouse
10:30 TrilogyFit Cardio-Bistro 1:00 Catholic Mass: Bistro 2:30 Non-Denominational Church Service Chapel						