



February 2020 Life Enrichment Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bistro (B) Private Dining Room (PD) Library (L) Outside Promenade (P) Hobby & Craft Room (H) Game Room (G) Garden Room (GR) Fitness Center (F) Theater (T)	 Heart Health Month				31 Days of Oscar Starts Alteration Services 9:30 Morning Stretch (F) 12:30 Ice cream Social (H) 1:45 Movie Matinee (T) 3:15 Prize BINGO (H) 6:45 Pool Game Night (G) 7:00 Movie Night (T) 7:00 David Jennings on the piano	1
2 <i>Out to Local Churches</i> 10:30 Catholic Service (AL T) 11:30 Word Search (H) 2:30 Giant Crossword (H) 4:00 Weddington United Methodist Service (AL T) 6:30 Super Bowl Watch Party (G) 6:45 Pool Game Night (G) 7:00 Movie Night (T)	3 9:00 Cardio Step Aerobics (F) 9:00 Post Office & Banks (O) 9:30 Balance (F) 10:00 Life Enrichment Chat (L) 11:00 Black History Month Trivia (H) 10:30 Harris Teeter Grocery Store (O) 11:00 Stretch (F) 11:45 Mezzanotte Ristorante (O) 2:00 Hot Chocolate by the fireplace 2:45 Matthews Library (O) 3:15 \$1.00 Cash Bingo (H) 7:00 Finer Film Society: TV Show (T)	4 Thank a Mailman Day 9:00 Strength (F) 9:00 CVS Pharmacy (O) 9:30 Chair Yoga (F) 10:00 Monday Night TV Show Meeting (L) 10:30 Jewelry Making (H) 11:00 Walking Group (F) 1:30 Mailman Appreciation Project (GR) 3:30 Creative Corner (H) 3:00 Beach Ball Fitness (F) 7:00 Movie Night (T)	5 World Nutella Day 9:00 Cardio (F) 9:30 Balance (F) 10:30 Cooking Club (H) 11:00 Stretch (F) 1:00 Bible Study (H) 2:15 Trivia (H) 3:00 Circuit Aerobic Training (F) 3:30 BYOB Happy Hour (G) 7:00 Movie Night (T)	6 9:00 Strength (F) 9:30 Chair Yoga (F) 10:00 Rick Steves Travel Series (T) 11:00 Exercise Your Brain (H) 11:00 Walking Group 1:00 Knitting (H) 1:30 Chair Kickboxing (F) 2:00 Tai Chi (F) 2:00 Nail Painting (H) 3:30 Tea Time by the Fireplace 7:00 Movie Night (T)	7 National Wear Red Day 9:00 Wii Bowling (F) 9:30 Walmart (O) 10:30 Giant Crossword (H) 11:00 Stretch (F) 11:30 Speaker: Heart Health (H) 11:30 Ming Fu Chinese & Sushi (O) 1:00 Walking Challenge (L) 2:00 Spelling Bee (GR) 2:00 Voter Registration Assistance (ALG) 2:30 Sally Beauty (O) 3:00 Happy Hour (F) 7:00 Movie Night (T)	8 9:30 Morning Stretch (F) 10:30 Chair Massage (T) 12:30 Ice cream Social (H) 1:45 Movie Matinee (T) 2:00 Movie Trivia (H) 3:15 Prize BINGO (H) 6:45 Pool Game Night (G) 7:00 Movie Night (T) 7:00 Music with John Lewis (G)
9 <i>Out to Local Churches</i> 10:30 Catholic Service (AL T) 11:30 Word Search (H) 2:30 Giant Crossword (H) 3:30 Wii Bowling (H) 4:00 Weddington United Methodist Service (AL TH) 7:00 Movie Night (T)	10 9:00 Cardio Step Aerobics (F) 9:00 Poppyseeds Bagels (O) 9:30 Balance (F) 10:30 Calligraphy (H) 10:30 Publix Grocery Store (O) 11:00 Stretch (F) 12:30 Rocky Mountain Chocolate Factory (O) 1:30 Candy Creations (H) 2:30 ABC Store (O) 3:15 \$1.00 Cash Bingo (H) 7:00 Finer Film Society: TV Show (T)	11 9:00 Strength (F) 9:00 CVS Pharmacy (O) 9:30 Chair Yoga (F) 10:30 Jewelry Making (H) 11:00 Walking Group (F) 11:30 Resident Council (T) 2:00 Dotted Heart Tree Painting (GR) 3:00 Relay Skills Challenge (G) 5:00 Special Birthday Dinner (PD) 7:00 Movie Night (T) 7:00 Music with Tom Billotto (G)	12 9:00 Cardio (F) 9:30 Balance (F) 10:30 Cooking Club (H) 11:00 Stretch (F) 1:00 Bible Study (H) 2:15 Trivia (H) 3:00 Table Tennis (F) 3:30 BYOB Happy Hour (G) 7:00 Movie Night (T)	13 9:00 Strength (F) 9:30 Chair Yoga (F) 10:00 Hearing Services with Makenzie (G) 10:00 Write a Love Letter (H) 11:00 Walking Group (F) 11:00 Pet visit with Delilah (G) 11:00 Exercise Your Brain (H) 1:00 Knitting (H) 2:00 - 4:00 Gallivanting (O) 2:00 The Oscars Movie Songs (GR) 2:00 Tai Chi (F) 3:30 Tea Time by the Fireplace 7:00 Ethan on the Piano	14 Valentine's Day 9:00 Wii Bowling (F) 9:30 Target (O) 9:30 Wedding Pictures Display (G) 10:30 Giant Crossword (H) 11:30 Flower Arranging (H) 11:00 Stretch (T) 11:15 Civetta Italian Kitchen (O) 1:00 Valentine's Day Bingo (GR) 1:00 Valentine's Day Line Dancing (F) 2:00 Spelling Bee (GR) 2:00 Whole Foods (O) 3:00 Valentine's Day Happy Hour (G) Valentine's Day Themed Dinner 5:15 Patrick on the piano	15 9:30 Morning Stretch (F) 12:30 Ice cream Social (H) 1:45 Movie Matinee (T) 2:00 Dr. Fun Brain Teasers (H) 3:15 Prize BINGO (H) 6:45 Pool Game Night (G) 7:00 Movie Night (T)
16 <i>Out to Local Churches</i> 10:30 Catholic Service (AL T) 11:30 Word Search (H) 2:30 Giant Crossword (H) 4:00 Weddington United Methodist Service (AL T) 6:45 Pool Game Night (G)	17 Presidents' Day 9:00 Cardio Step Aerobics (F) 9:30 Balance (F) 9:30 Trader Joe's (O) 10:00 Helping Hands Meeting (L) 10:30 Harris Teeter Grocery Store (O) 10:30 Ladies Mixer (G) 11:00 Stretch (F) 11:45 New South Kitchen & Bar (O) 1:30 President's Day Trivia (H) 2:00 Marshalls & HomeGoods (O) 3:15 \$1.00 Cash BINGO (H) 7:00 Finer Film Society: TV Show (T)	18 9:00 Strength (F) 9:00 CVS Pharmacy (O) 9:30 Aquesta Bank Services (G) 9:30 Chair Yoga (F) 10:30 Jewelry Making (H) 11:00 Walking Group (F) 1:00 Met Opera: Siegfried Part II (T) 2:00 Men's Club (G) 3:00 Chair Soccer (F) 3:30 \$3 Jackpot Bingo (H) 7:00 Movie Night (T) 7:00 Music with Jeff Whittington (G)	19 9:00 Cardio (F) 9:30 Balance (F) 10:30 Cooking Club (H) 11:00 Stretch (F) 11:00-1:00 Paparazzi Jewelry (G) 1:00 Bible Study (H) 2:30 Culinary Chat (B) 3:00 Table Tennis (F) 3:30 BYOB Happy Hour (G) 5:00 Pete on the Piano 7:00 Speaker: The Most Beautiful Romantic Songs of the Decades (T)	20 9:00 Podiatry Services 9:00 Strength (F) 9:30 Chair Yoga (F) 10:00 Calvary Senior Luncheon (O) 11:00 Walking Group (F) 11:00 Exercise Your Brain (H) 1:00 Knitting (H) 2:00 Jeopardy (H) 2:00 Tai Chi (F) 3:30 Tea Time by the Fireplace Meet Your Neighbor (D) 7:00 Movie Night (T)	21 9:00 Wii Bowling (F) 9:30 The Fresh Market (O) 10:30 Giant Crossword (H) 10:30 Anne Neilson Fine Art Gallery & lunch 11:00 Stretch (F) 1:00 The Price is Right (GR) 1:30 Lawn Darts (F) 2:00 Spelling Bee (GR) 2:30 J. Jill and Talbots (O) 3:00 Happy Hour (GR) 7:00 Movie Night (T)	22 Chair Massages 9:30 Morning Stretch (F) 12:30 Ice cream Social (H) 1:45 Movie Matinee (T) 3:15 Prize BINGO (H) 6:00 The National Lutheran Choir (O) 6:45 Pool Game Night (G) 7:00 Movie Night (T)
23 <i>Out to Local Churches</i> 10:30 Catholic Service (ALT) 11:30 Word Search (H) 2:30 Giant Crossword (H) 4:00 Weddington United Methodist Service (AL T) 6:45 Pool Game Night (G)	24 9:00 Cardio Step Aerobics (F) 9:30 Post Office & Banks (O) 9:30 Balance (F) 10:30 Nail Painting (H) 10:30 Publix Grocery Store (O) 11:00 Stretch (F) 11:30 Lunch & Learn: Returning Home from the Hospital (GR) 1:00 Rick Steves Travel Series (T) 2:00 Hot Chocolate by the fireplace 2:30 ABC Store (O) 3:15 \$1.00 Cash BINGO (H) 7:00 Finer Film Society: TV Show (T)	25 Mardi Gras 9:00 Strength (F) 9:00 CVS Pharmacy (O) 9:30 Chair Yoga (F) 10:30 Jewelry Making (H) 11:00 Walking Group (F) 1:00 Mardi Gras Masks (GR) 2:30 Mardi Gras Mixer (G) 3:00 Mardi Gras Zumba (F) 5:00 Martha on the violin (D) 6:30 Art Exhibit by Beautifully Made (G) 7:00 Movie Night (T)	26 Ash Wednesday 9:00 Cardio (F) 9:30 Balance (F) 10:30 Cooking Club (H) 11:00 Ash Wednesday Service (T) 11:00 Stretch (F) 11:45 Lunch with Rev. Briggs (PD) 1:00 Bible Study (H) 2:15 Trivia (H) 3:00 Table Tennis (F) 3:30 BYOB Happy Hour (G) 7:00 Movie Night (T)	27 9:00 Strength (F) 9:30 Chair Yoga (F) 10:00 Book Club Discussion (L) 11:00 Walking Group (F) 11:00 Pet visit with Delilah (G) 11:30 Exercise Your Brain (H) 1:00 Knitting (H) 1:00 Golden Chair Zumba (F) 1:30 Circuit Aerobic Training (F) 2:00 - 4:00 Gallivanting (O) 2:00 Tai Chi (F) 2:00 TED Talks (T) 3:30 Tea Time by the Fireplace 7:00 Word Fun Presentation (T)	28 9:00 Wii Bowling (F) 9:30 Michaels Craft Store (O) 10:30 Giant Crossword (H) 11:00 Stretch (F) 11:30 Pearlz Oyster Bar (O) 1:00 Flower Arranging (GR) 1:30 Beach Ball Fitness (F) 2:00 Spelling Bee (GR) 2:30 Dollar Tree (O) 3:00 Happy Hour (B) 7:00 Movie Night (T)	29 9:30 Morning Stretch (F) 12:30 Ice cream Social (H) 1:45 Movie Matinee (T) 3:15 Prize BINGO (H) 6:45 Pool Game Night (G) 7:00 Movie Night (T)

Fitness & Health



Hearing Services with Makenzie

Thursday, February 13th at 10:00 in the Game Room.

Tai Chi: Every Thursday at 2:00 in the Fitness Center.

Weston Group is located on the first floor.

Podiatry services offered each month. Please contact the front desk for information.

OnSite Dermatology offered each month. Please contact the front desk for information.

Special Outings in February

2/3 Mezzanotte Ristorante

2/7 Ming Fu Chinese & Sushi

2/10 Rocky Mountain Chocolate

2/14 Civetta Italian Kitchen

2/17 New South Kitchen & Bar

2/20 Calvary Senior Luncheon

2/21 Anne Neilson Fine Art Gallery

2/28 Pearlz Oyster Bar

2/13, 2/27 Gallivanting

Please sign up.

Outings to several churches every Sunday.

Waltonwood Movie Club

Waltonwood is starting a movie club to help increase the popularity of movies shown in the home Theater.

The movie club will be sending out a survey and we hope to hear your feedback to begin this program in March.

Please see Sam G. for more details.



Games



Mahjong:

Mondays and Saturdays at 1:00 pm in the Game Room.

Hand and Foot:

Tuesdays and Fridays at 1:00 pm in the Hobby Room

Rummikub:

Wednesdays at 1:00 pm in the Game Room

Bridge:

Wednesdays and Saturday at 1:00 pm in the Game Room

Life Enrichment Calendar



February 2020

