



February 2020

WINDHAM TERRACE
PREMIER ASSISTED LIVING & MEMORY CARE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
KEY AR Activity Room 1st Floor L Library 1st Floor TVR Media Room 2nd Floor DR Dining Room Main Floor SR Sun Room Main Floor CK Country Kitchen Main Floor DR Dining Room O Outside T Outdoor Terrace	SERVICE AVAILABLE MASSAGE THERAPIST 1.00 per minute One Week Notice Required CONTACT THE E.D. at EXT. 1002	BIRTHDAYS Feb. 16 Marylou Feb. 17 Paola Feb. 26 Bob S. 	CPTe is our in house exercise program, lead by Center for Physical Therapy and Exercise professionals Come give it a try! Tuesdays & Thursdays 11:00			1 Nat'l Freedom Day 9:15 Exercise AR 9:45 Word Games AR 2:30 POKER with Paul CK 4:00 Cocktail Hour CK
2 Ground Hog Day 9:00 St. Mathews O 11:00 Coffee & Conversation CK 1:30 Sunday Stroll O 2:00 Movie Matinee TVR 4:00 Superbowl Sunday CK Happy Hour  	3 9:15 Exercise AR 9:45 Word Games AR 10:00 Manicures, Music & Magazines AR 1:30 Let's walk an indoor lap! O 2:00 Yoga with Dawn TVR 2:45 Left, Right, Center Game CK 4:00 Cocktail Hour CK	4 9:30 Brain Teasers AR 10:00 Book Club L 11:00 CPTe exercise program* TVR 1:30 Indoor walking O 2:30 Marlena Phillips Entertains DR 4:00 Cocktail Hour CK 6:30 Cribbage Club L	5 9:15 Core Ball workout AR 9:45 Word Games AR 10:00 Montessori children visit DR 11:15 Communion Service TVR 2:30 Meditation, Relaxation, Vacation TVR 4:00 Cocktail Hour CK	6 9:30 Brain Boosters AR 10:00 Trip to the Nesmith Library O 11:00 CPTe exercise program TVR 1:30 Indoor laps O 2:00 Scott Andrews Piano & voice DR 4:00 Cocktail Hour CK 6:30 Cribbage Club CK 	7 9:15 Exercise AR 9:45 Word Games AR 10:00 Ron Falong presents... AR 1:30 Walking Group O 2:30 BINGO DR 4:00 Cocktail Hour CK 	8 9:15 Exercise AR 10:00 Windham Preschool Fair O 1:30 Walking Group O 2:00 POKER with Paul CK 4:00 Cocktail Hour CK 10:00-2:00 We will sponsor a craft table at the preschool fair, Golden Brook School
9 Full Moon 9:00 St. Mathews O 11:00 Coffee & Conversation CK 1:00 Walking Group O 2:00 Movie Matinee TVR 4:00 Cocktail Hour CK  	10 9:00 Group Exercise AR 9:45 Word Games AR 10:00 Manicures, Music & Magazines AR 1:30 Walking Group O 2:00 Zumba with Dawn TVR 2:45 Sequence Game CK 4:00 Cocktail Hour CK	11 9:30 Brain Boosters AR 10:00 Animalogic with Mike AR 11:00 CPTe Exercise Program * TVR 12:00 Out to Lunch & Keno O 1:30 Indoor Walking O 4:00 Cocktail Hour CK 6:30 Cribbage Club L	12 9:15 Synergie Band Workout AR 9:45 Brain Builders AR 10:00 Time of Inspiration MI 11:15 Communion Service TVR 1:30 Indoor Walking L 2:30 "Sweet" Heart BINGO DR 4:00 Cocktail Hour CK	13 9:30 Mind Joggers AR 10:00 **Seasonal Baking** AR 11:00 CPTe Exercise program MI 1:30 Let's walk! TVR 2:30 Book Club O 4:00 Cocktail Hour CK 6:30 Cribbage Club CK	14 Valentine's Day 9:15 Exercise AR 9:45 Word Games AR 10:00 Book Club L 1:30 Get out and walk! O 2:30 Diane Dexter piano & Voice DR 4:00 Cocktail Hour CK 	15 9:15 Exercise AR 9:45 Word Games AR 1:00 Walking Group O 2:00 Poker with Paul CK 4:00 Cocktail Hour CK
16 9:00 St. Mathews O 11:00 Coffee & Conversation CK 1:30 Indoor walking! TVR 2:00 Movie Matinee CK 4:00 Cocktail Hour CK 	17 President's Day 9:15 Exercise AR 9:45 Word Games AR 10:00 Manicures, Music & Magazines AR 2:00 Yoga with Dawn TVR 2:30 Documentary Series CK 4:00 Cocktail Hour CK 	18 9:15 Board the bus for.... "Back to School" Program O 11:00 CPTe Exercise Program * TVR 1:30 Walking Group O 2:30 BINGO DR 4:00 Cocktail Hour CK 6:30 Cribbage Club L	19 9:15 Core Ball workout AR 9:45 Word Games AR 10:00 Time of Inspiration MI 11:15 Communion Service TVR 1:00 Indoor Walking L 2:00 Mystery History Ride DR 4:00 Cocktail Hour CK	20 9:30 Mind Joggers AR 10:00 Book Club AR 11:00 CPTe Exercise Program * MI 2:30 Entertainment by Stan Anderson DR 4:00 Cocktail Hour O 6:30 Cribbage Club CK	21 9:15 Exercise AR 9:45 Word Games AR 10:00 Trip to McAuliffe-Shepard Discovery Center, Concord NH O 2:30 Drop in puzzles L 4:00 Cocktail Hour CK *Picnic Lunch for trip*	22 9:15 Exercise AR 9:45 Word Games AR 1:00 Walking Group O 2:00 Poker with Paul CK 4:00 Cocktail Hour CK
23 New Moon 9:00 St. Mathews O 11:00 Coffee & Conversation CK 1:30 Sunday Stroll O 2:00 Movie Matinee TVR 4:00 Cocktail Hour CK 	24 9:15 Exercise AR 9:45 Word Games AR 10:00 Manicures, Music & Magazines AR 1:30 Walking Group O 2:00 Zumba with Dawn TVR 3:00 Salem JROTC students visit DR distributing flags & games 4:00 Cocktail Hour CK	25 Mardi Gras 9:30 Brain Teasers AR 10:00 Mardi Gras Masterpieces AR 11:00 CPTe exercise program* TVR 1:30 Time for a walk! O 2:30 Mardi Gras Bonus BINGO DR 4:00 Cocktail Hour CK 6:30 Cribbage Club L 	26 Ash Wednesday 9:15 Synergie Band Workout AR 9:45 Brain Builders AR 10:00 Time of Inspiration MI 11:15 Communion Service TVR 1:30 Indoor Walking Group TVR 2:30 Birthday Party of the month Rich Araldi entertains DR 4:00 Cocktail Hour CK 	27 9:15 The Christmas Tree Shops O 10:00 Drop in Games AR 11:00 CPTe Exercise Program * MI 2:30 POKENO DR 4:00 Cocktail Hour CK 6:30 Cribbage Club CK	28 9:15 Exercise AR 9:45 Word Games AR 10:00 Resident Council AR 1:30 Walking Group O 2:00 Movie Matinee TVR 4:00 Cocktail Hour CK	29 9:15 Exercise AR 9:45 Word Games AR 1:00 Walking Group O 2:00 Poker with Paul CK 4:00 Cocktail Hour CK