

# February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Look under <b>“Weekly Events”</b> for ongoing gatherings, services, &amp; games.</p> <p><i>If your group has changes or disbands, please let the Activity Office know.</i></p>						
<p><i>3</i> 10:00a Church Service MS 3:00p Super Bowl - AUD</p>	<p><i>4</i> 9:30a Alterations Drop Off - CR 10:00a Guided Memoir - CR 1:00p Mah Jongg Lessons - EGR 1:30p Grocery Shopping, Bel Air, Lobby</p>	<p><i>5</i> 9:00a Eskaton Bell Choir - EGR 11:00a Lunch Bunch - Lobby 3:30p Brain Gym - WGR 7:00p Bingo - NAUD 7:15p Eskaton Village Players - FC</p>	<p><i>6</i> 10:00 Parkinson's Disease Support Group - Assisted Living 10:30a Memoir Writer's Workshop CR 10:30a Resident Group Meeting TV Room 1:00p Resident Group Meeting TV Room</p>	<p><i>7</i> 10:30a Resident Group Meeting TV Room 1:00p Resident Group Meeting TV Room 7:00p Opera - TV Room</p>	<p><i>1</i> 8:30a Grocery Shopping, Safeway, Lobby 9:00a-1:00p Treasure Sale - NAUD 9:15a Great Courses -TV Room 10:30a Barbershop Chorus - MS 1:30p Bank trip - Lobby 4:45p Shabbat Services - MS</p>	<p><i>2</i> 7:00p Movie - NAUD</p>
<p><i>10</i> 10:00a Church Service MS 7:00p Foreign Film Night - NAUD</p>	<p><i>11</i> 9:30a Alterations Pick-Up - Lobby 9:30a Morning Motivators - TV Rm 11:15a St. Michael's - NAUD 1:00p Mah Jongg Lessons - EGR 1:30p Grocery Shopping, Trader Joe's, Lobby 3:00p Discussion Group - TV Room</p>	<p><i>12</i> 8:00a ROMEO's - Lobby 9:00a Eskaton Bell Choir - EGR 10:30a Chef's Demo - NAUD 1:30p iPhone Class - TV Room 2:30p Food Service Com. - KC</p>	<p><i>13</i> 10:00a Family &amp; Friends Caregiver Support Group Windsor Room 10:00a Spiritual Life Committee TV Rm 1:00p Fitness Wellness Recreation Committee -TV Room</p>	<p><i>14</i> Valentine's Day HUG Day 10:00a Coffee with Greg - DRF 7:30p Valentine's Day Party - AUD</p>	<p><i>8</i> 8:30a Grocery Shopping, Bel Air, Lobby 9:15a Great Courses - TV Room 10:30a Resident Group Meeting TV Room 10:30a Barbershop Chorus - MS 1:30p Bank trip - Lobby 4:00p Happy Hour - Fireside Room / Key Club No Entertainment</p>	<p><i>9</i> 7:00p Movie - NAUD</p>
<p><i>17</i> 10:00a Church Service MS</p>	<p><i>18</i> 10:00a Guided Memoir - CR 10:00a Renaissance Society NAUD 1:00p Mah Jongg Lessons - EGR 1:30p Grocery Shopping, Bel Air, Lobby 3:00p Discussion Group - TV Room</p>	<p><i>19</i> 9:00a Eskaton Bell Choir - EGR 9:30a Welcome Committee - CR 3:30p Brain Gym - WGR 4:30p Dinner on the Town - Lobby 7:00p Bingo - NAUD 7:15p Eskaton Village Players - FC</p>	<p><i>20</i> 10:30a Memoir Writer's Workshop CR 4:00p Hearing Aid Service - MS</p>	<p><i>21</i> No Forum Last day to sign up for the Spring Bocce Tournament 8:30a-1:30p Book Sale - NAUD</p>	<p><i>15</i> 8:30a Grocery Shopping, Safeway, Lobby 9:15a Great Courses - TV Room 10:30a Barbershop Chorus - MS 1:00p Resident Association Meeting - NAUD 1:30p Bank trip - Lobby 4:30p Birthday/Anniversary Reception - FS 7:00p Entertainment - AUD</p>	<p><i>16</i> 7:00p Movie - NAUD</p>
<p><i>24</i> 10:00a Church Service MS 7:00p Art Comm. Movie TV Room</p>	<p><i>25</i> 10:30a Book Club -WGR 1:00p Mah Jongg Lessons - EGR 1:30p Grocery Shopping, Safeway, Lobby 3:00p Discussion Group - TV Room</p>	<p><i>26</i> 9:00a Eskaton Bell Choir - EGR 9:30a Garden Committee - WR 2:30p Kitchen Tour - DRF</p>	<p><i>27</i> Spring Bocce Tournament Season Begins 1:00p UC Davis Mini Med School TV Room 5:00p Retired Nurses - SAUD</p>	<p><i>28</i> 8:15a Charles Schulz Museum Lobby</p>		<p><i>22</i> 8:30a Grocery Shopping, Bel Air, Lobby 9:15a Great Courses -TV Room 10:30a Barbershop Chorus - MS 1:30p Bank trip - Lobby 7:00p Entertainment - AUD</p>
						<p><i>23</i> 7:00p Movie - NAUD</p>

## Weekly Events

Activities and events not listed on the body of the calendar

### Monday

11:15am Sing-Along Foyer  
1:00pm Men's Drop-In Pool D292  
6:30pm Pinochle WGR

### Tuesday

11:15am Sing-Along Foyer  
1:00pm Mah Jongg KC

### Wednesday

1:00 pm Duplicate Bridge GR's  
6:45 pm Bible Study MS  
7:00 pm Game Night GR's

### Thursday

10:00 am Catholic Services Chapel  
1st Thursday, Mass Foyer  
11:15 am Sing Along EGR  
12:30 pm Men's Poker A214  
1:00pm Canasta

### Friday

9:00am-3:00pm Stitching Group CR  
1:00pm Mah Jongg KC

### Saturday

### Sunday

1:00pm Party Bridge GRMS  
1:30 pm Hand and Foot EGR

## Merchants National Bank

Monday - Friday

9:00 am - noon & 1:00 - 3:30 pm  
Located off the Dining Room Foyer

ACR: Administration Conference Rm  
CR: Craft Room  
DR: Dining Room  
DRF: Dining Room Foyer  
EGR: East Game Room  
FC: Fitness Center  
FS: Fireside Room  
GRMS: Game Rooms  
KC: Key Club  
MS: Music Room  
NAUD: North Auditorium  
SAUD: South Auditorium  
WGR: West Game Room  
WR: Windsor Room

# Fitness Calendar: February 2019

Su	Mon	Tue	Wed	Thu	Fri	Sa	
<p><i>*Transportation to fitness center available at 974-2023</i></p> <p><i>Fitness orientations are on an appointment basis. For all other questions, contact Fitness &amp; Wellness Coordinator Judy Barnett, @ 974-2000 Ext 13805</i></p>						<p>1</p> <p><i>8:30am: Strong&amp;Stable</i> <i>9:30am: Function. Fit</i> <i>11am: SAUD Exercise</i> <i>2pm: Water Aerobics with Judy Barnett</i></p>	<p>2</p>
<p>3</p> <p><i>Ping-Pong @ 2pm</i></p>	<p>4</p> <p><i>8:30am: Strong&amp;Stable</i> <i>9:30am: Function. Fit</i> <i>11am: SAUD Exercise</i> <i>2pm: Water Aerobics with Judy Barnett</i></p>	<p>5</p> <p><i>9:00am: Water Aerobics</i> <i>9:15am: Stretch&amp;Stren.</i> <i>10am: Chair Yoga</i> <i>1:15pm: Better Balance</i> <i>2:15 Tai Chi</i> <i>3:00pm: Ping Pong</i></p>	<p>6</p> <p><i>8:30am: Strong&amp;Stable</i> <i>9:30am: Function. Fit</i> <i>11am: SAUD Exercise</i> <i>2pm: Water Aerobics with Judy Barnett</i></p>	<p>7</p> <p><i>9:00am: Water Aerobics</i> <i>9:15am: Stretch&amp;Stren.</i> <i>10am: Chair Yoga</i> <i>1:15pm: Better Balance</i> <i>2:15 Tai Chi</i></p>	<p>8</p> <p><i>8:30am: Strong&amp;Stable</i> <i>9:30am: Function. Fit</i> <i>11am: SAUD Exercise</i> <i>2pm: Water Aerobics with Judy Barnett</i></p>	<p>9</p>	
<p>10</p> <p><i>Ping-Pong @ 2pm</i></p>	<p>11</p> <p><i>8:30am: Strong&amp;Stable</i> <i>9:30am: Function. Fit</i> <i>11am: SAUD Exercise</i> <i>2pm: Water Aerobics with Judy Barnett</i></p>	<p>12</p> <p><i>9:00am: Water Aerobics</i> <i>9:15am: Stretch&amp;Stren.</i> <i>10am: Chair Yoga</i> <i>1:15pm: Better Balance</i> <i>2:15 Tai Chi</i> <i>3:00pm: Ping Pong</i></p>	<p>13</p> <p><i>8:30am: Strong&amp;Stable</i> <i>9:30am: Function. Fit</i> <i>11am: SAUD Exercise</i> <i>2pm: Water Aerobics with Judy Barnett</i></p>	<p>14</p> <p><i>9:00am: Water Aerobics</i> <i>9:15am: Stretch&amp;Stren.</i> <i>10am: Chair Yoga</i> <i>1:15pm: Better Balance</i> <i>2:15 Tai Chi</i></p>	<p>15</p> <p><i>8:30am: Strong&amp;Stable</i> <i>9:30am: Function. Fit</i> <i>11am: SAUD Exercise</i> <i>2pm: Water Aerobics with Judy Barnett</i></p>	<p>16</p>	
<p>17</p> <p><i>Ping-pong @2pm</i></p>	<p>18</p> <p style="text-align: center;"><i>President's Day</i> <i>No Classes</i></p>	<p>19</p> <p><i>9:00am: Water Aerobics</i> <i>9:15am: Stretch&amp;Stren.</i> <i>10am: Chair Yoga</i> <i>1:15pm: Better Balance</i> <i>2:15 Tai Chi</i> <i>3:00p.m: Ping Pong</i></p>	<p>20</p> <p><i>8:30am: Strong&amp;Stable</i> <i>9:30am: Function. Fit</i> <i>11am: SAUD Exercise</i> <i>2pm: Water Aerobics with Judy Barnett</i></p>	<p>21</p> <p><i>9:00am: Water Aerobics</i> <i>9:15am: Stretch&amp;Stren.</i> <i>10am: Chair Yoga</i> <i>1:15pm: Better Balance</i> <i>2:15 Tai Chi</i></p>	<p>22</p> <p><i>8:30am: Strong&amp;Stable</i> <i>9:30am: Function. Fit</i> <i>11am: SAUD Exercise</i> <i>2pm: Water Aerobics with Judy Barnett</i></p>	<p>23</p>	
<p>24</p> <p><i>Ping-pong @2pm</i></p>	<p>25</p> <p><i>8:30am: Strong&amp;Stable</i> <i>9:30am: Function. Fit</i> <i>11am: SAUD Exercise</i> <i>2pm: Water Aerobics with Judy Barnett</i></p>	<p>26</p> <p><i>9:00am: Water Aerobics</i> <i>9:15am: Stretch&amp;Stren.</i> <i>10am: Chair Yoga</i> <i>1:15pm: Better Balance</i> <i>2:15 Tai Chi</i> <i>3:00p.m: Ping Pong</i></p>	<p>27</p> <p><i>8:30am: Strong&amp;Stable</i> <i>9:30am: Function. Fit</i> <i>11am: SAUD Exercise</i> <i>2pm: Water Aerobics with Judy Barnett</i></p>	<p>28</p> <p><i>9:00am: Water Aerobics</i> <i>9:15am: Stretch&amp;Stren.</i> <i>10am: Chair Yoga</i> <i>1:15pm: Better Balance</i> <i>2:15 Tai Chi</i></p>			

## Fitness Center Class Description

- Better Balance-T/TH 1:15pm**  
Flexibility, posture, strength, balance and mobility.
- Chair Yoga-T/TH 10am**  
Combines chair and floor exercise.
- Functionally Fit-M/W/F 9:30am**  
Comprehensive fitness class which includes mobility, balance, stretching and strength.
- Ping-Pong Tues@ 3pm, Sun @ 2pm**  
Come bounce some balls around.  
Everybody welcome!
- SAUD Exercise: M/W/F 11am**  
Chair based exercise before lunch
- Stretch & Strength-T/TH 9:15**  
Chair based class designed to improve flexibility, strength, and balance.
- Strong & Stable-M/W/F 8:30am**  
Challenging strength, balance, agility, and cardio workout.
- Tai Chi**  
Designed to Improve Balance  
**T/TH 2:15**
- Water Aerobics-T/TH 9am**  
Water exercises with equipment taught by Judy Harrison
- Water Aerobics-M/W/F 2pm**  
Water exercises with equipment taught by Judy Barnett