

# FEBRUARY 2018



**BE CONNECTED** *to a World of Expression*

**Did you know?**

*A study done by the Journal of Psychosomatic Medicine found that creative writing and journaling actually impacted the cells inside the patient's body and improved their immune system.*

**Mountain Park Senior Living: Assisted Living**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> <li>- Be Connected</li> <li>- Be Expressive</li> <li>- Be Healthy</li> <li>- Be Inspired</li> <li>- Be Involved</li> <li>- Be Social</li> <li>- Be Spiritual</li> </ul>				<b>1</b> <b>9:30</b> Functional Fitness w/ Team Select - WC <b>10:30</b> Marvelous Minds - CR <b>1:30</b> BINGO - CR ^ <b>2:00</b> Book Club - TH <b>2:30</b> Scrabble - WB <b>3:00</b> H.U.G.S. Meeting - SL <b>6:00</b> Movie Night - TH	<b>2 Groundhog Day</b> <b>8:00</b> Open Transport in AHW until Noon - L* <b>9:30</b> Catholic Communion & Rosary - TH <b>9:30</b> Chair Yoga - WC <b>10:00</b> Donuts & Piano Music w/ Tomomi - EDR <b>10:30</b> Parkinson Grp - TH <b>1:00</b> RESCHEDULED: "Writing Your Life Series" - SL <b>2:30</b> Wine & Cheese Cocktail Hour - CR	<b>3</b> <b>10:15</b> Christian Worship Service - WB <b>10:30</b> Marvelous Minds - CR <b>1:00</b> Photos of New Veterans - CR <b>1:00</b> Walking Club - L <b>1:30</b> Let's Play Pokemo - SL <b>2:30</b> Movie Matinee: BOOM TOWN - TH <b>6:30</b> Movie Night: HEAVEN IS FOR REAL - TH
<b>4</b> <b>7:30</b> Church Shuttles - L* <b>10:00</b> Hymns & the Spoken Word - CR <b>12:30</b> Trivia Time - WB <b>1:30</b> BINGO - CR ^ <b>2:30</b> Resident's Choice Movie Matinee - TH <b>3:30</b> Super Bowl 2018 Party Snacks - EB <b>4:00</b> SUPER BOWL 2018: Philadelphia Eagles vs. New England Patriots CH12 <b>6:30</b> Movie Night: THE	<b>5</b> <b>9:30</b> Tai Chi - WC <b>10:00</b> Safeway or TJ's or Dollar Store - L* <b>10:30</b> Bible & Religious Studies - SL <b>12:30</b> Knitting Club - EP <b>1:00</b> Walgreens, Bank & Post Office - L* <b>2:00</b> Fireside Chat w/ Vince - EDR <b>3:00</b> Dominos - WB <b>3:00</b> Game: Cribbage - SL <b>6:30</b> "Game of Thrones" HBO Series (R) -TH	<b>6</b> <b>9:30</b> SpectraFit w/ FUN - WC <b>9:30</b> Morning Exercise - WC <b>10:00</b> Blood Pressure Check - WB <b>10:30</b> Bible Study - SL <b>11:30</b> BIRTHDAY Celebration & Lunch - EDR* <b>12:30</b> Bridge Club - SL* <b>1:30</b> BINGO - CR ^ <b>3:00</b> Kings'N Corner - WB <b>3:30</b> Send a Message to	<b>7</b> <b>8:45</b> BIO Fitness Class w/ Donna - WC <b>10:00</b> Fry's Discount Day - L* ^ <b>10:30</b> Fall Prevention - WC <b>2:30</b> Crafter's Corner: Tie Dye T-Shirts - CR <b>2:30</b> Movie Matinee: SMOKEY AND THE BANDIT - TH <b>3:00</b> Farkle Dice Game - WB <b>6:00</b> Poker: TEXAS Hold-Em - CR	<b>8</b> <b>9:30</b> Functional Fitness w/ Team Select - WC <b>10:00</b> Veteran's Club & Donuts - CR <b>10:30</b> Marvelous Minds - SL <b>1:30</b> BINGO until 2 pm - CR ^ <b>2:30</b> Happy Hour: David Keller on Guitar - EDR <b>6:00</b> Movie Night - TH	<b>9</b> <b>8:00</b> Open Transport in AHW until Noon - L* <b>9:30</b> Catholic Communion & Rosary - TH <b>9:30</b> Chair Yoga - WC <b>10:00</b> Tomomi on the Piano! - EDR <b>11:00</b> Bell Choir - CR <b>1:00</b> "Writing Your Life Series" - SL <b>1:30</b> Art Show Set-up - CR <b>6:00</b> Card Game: "Kings in the Corner" - SL <b>6:30</b> Movie Selected by	<b>10</b> <b>9:30</b> SpectraFit - WC <b>10:00</b> Intergenerational ART FAIR until 1 pm <b>1:00</b> Walking Club - L <b>2:30</b> Movie Matinee: THIS BEAUTIFUL FANTASTIC - TH <b>6:30</b> Movie Night: THE AMERICAN PRESIDENT - TH
<b>11</b> <b>7:30</b> Church Shuttles - L* <b>10:00</b> Hymns & the Spoken Word - CR <b>12:30</b> Trivia Time - WB <b>1:30</b> BINGO - CR ^ <b>2:30</b> Resident's Choice Movie Matinee - TH <b>6:30</b> Movie Night: THE UNFORGIVEN Audrey Hepburn & Burt Lancaster - TH	<b>12</b> <b>9:30</b> Tai Chi - WC <b>10:00</b> Bashas' - L* <b>10:30</b> Bible & Religious Studies - SL <b>12:30</b> Knitting Club - EP <b>1:00</b> Walgreens, Bank & Post Office - L* <b>2:00</b> Fireside Chat w/ Vince - EDR <b>3:00</b> Game: Cribbage - SL <b>3:30</b> New Resident Orientation - CR <b>6:30</b> "Game of Thrones" HBO Series (R) -TH	<b>13 Mardi Gras</b> <b>9:30</b> SpectraFit w/ FUN - WC <b>9:30</b> Morning Exercise - WC <b>10:00</b> TECHNOLOGY w/ TED - EL* <b>10:30</b> Bible Study - SL <b>12:30</b> Bridge Club - SL* <b>1:00</b> Maintenance Committee - CR <b>1:30</b> BINGO - CR ^ <b>3:00</b> Kings 'N Corner - WB <b>3:30</b> Send a Message to Family (REMY) - EL	<b>14 Valentine's Day</b> <b>8:45</b> BIO Fitness Class w/ Donna - WC <b>9:30</b> Distribution of Ashes for Ash Wednesday (Corpus Christi) - TH <b>1:00</b> RESCHEDULED: Culinary Forum - CR <b>2:30</b> Live Entertainment w/ Mike Chamberlain - EDR <b>4:00</b> VALENTINE's Day Dinner in "RED" until 7 pm.	<b>15</b> <b>9:30</b> Functional Fitness w/ Team Select - WC <b>10:30</b> Marvelous Minds - CR <b>1:30</b> BINGO - CR ^ <b>2:30</b> Phx Art Museum Presentation: Spanish Colonial Art in America - CR <b>2:30</b> Scrabble - WB <b>6:00</b> Movie Night - TH	<b>16 Chinese New Year</b> <b>8:00</b> Open Transport in AHW until Noon - L* <b>9:30</b> Cath Communion & Rosary - TH <b>9:30</b> Chair Yoga - WC <b>10:00</b> Tomomi on the Piano! - EDR <b>11:00</b> Bell Choir - CR <b>1:00</b> "Writing Your Life Series" - SL <b>2:30</b> Live Entertainment: ARC Pocket Show - EDR <b>6:00</b> Card Game: "Kings	<b>17</b> <b>9:30</b> SpectraFit - WC <b>10:15</b> Christian Worship Service - WB <b>10:30</b> Marvelous Minds - CR <b>1:00</b> Walking Club - L <b>1:30</b> Card Bingo - CR <b>2:30</b> Movie Matinee: THE LONG LONG TRAILER - TH <b>6:30</b> Movie Night - TH: THE MUSIC MAN

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**Mountain Park Senior Living: Assisted Living**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>18</div> <div><div></div><div>7:30</div>Church Shuttles - L*</div> <div><div></div><div>9:00</div>Catholic Mass on TV, Ch 7 &amp; Communion - TH</div> <div><div></div><div>10:00</div>Hymns &amp; the Spoken Word - CR</div> <div><div></div><div>12:30</div>Trivia Time - WB</div> <div><div></div><div>1:30</div>BINGO - CR ^</div> <div><div></div><div>2:30</div>Resident's Choice Movie Matinee - TH</div> <div><div></div><div>6:30</div>Movie Night: SERGEANT YORK - TH</div>	<div>19</div> <div>Presidents' Day</div> <div><div></div><div>9:30</div>Tai Chi - WC</div> <div><div></div><div>10:00</div>Fry's - L*^</div> <div><div></div><div>10:30</div>Bible &amp; Religious Studies - SL</div> <div><div></div><div>12:30</div>Knitting Club - EP</div> <div><div></div><div>1:00</div>Walgreens, Bank &amp; Post Office - L*</div> <div><div></div><div>2:00</div>Fireside Chat - EDR</div> <div><div></div><div>3:00</div>Game: Cribbage - SL</div> <div><div></div><div>3:00</div>Dominos - WB</div> <div><div></div><div>6:30</div>"Game of Thrones" HBO Series (R) -TH</div>	<div>20</div> <div><div></div><div>9:30</div>Morning Exercise - WC</div> <div><div></div><div>10:00</div>Blood Pressure Clinic - WB</div> <div><div></div><div>10:30</div>Bible Study - SL</div> <div><div></div><div>12:30</div>NOTE ROOM CHANGE: J.U.L.I.E.T. "Just Dessert" - EDR</div> <div><div></div><div>12:30</div>Bridge Club - SL*</div> <div><div></div><div>1:30</div>BINGO - CR ^</div> <div><div></div><div>3:00</div>Kings 'N Corner - WB</div> <div><div></div><div>3:30</div>Send a Message to Family (REMY) - EL</div> <div><div></div><div>6:30</div>Repeat - "Game of</div>	<div>21</div> <div><div></div><div>8:45</div>BIO Fitness Class w/ Donna - WC</div> <div><div></div><div>9:30</div>David's Mystery Trip #1 - L*</div> <div><div></div><div>10:30</div>Fall Prevention - WC</div> <div><div></div><div>1:00</div>David's Mystery Trip #2 - L*</div> <div><div></div><div>2:30</div>BROADWAY FAVORITES w/ Ricki Miles - EDR</div> <div><div></div><div>3:30</div>Farkle Dice Game - WB</div> <div><div></div><div>6:00</div>Poker: TEXAS Hold-Em - CR</div>	<div>22</div> <div><div></div><div>9:30</div>Functional Fitness w/ Team Select - WC</div> <div><div></div><div>10:30</div>Marvelous Minds - CR</div> <div><div></div><div>1:30</div>BINGO - CR ^</div> <div><div></div><div>3:00</div>Home Town Social: West Coast States - SL</div> <div><div></div><div>3:30</div>Scrabble - WB</div> <div><div></div><div>6:00</div>Movie Night - TH</div>	<div>23</div> <div><div></div><div>8:00</div>Open Transport in AHW until Noon - L*</div> <div><div></div><div>9:30</div>Cath Communion &amp; Rosary - TH</div> <div><div></div><div>9:30</div>Chair Yoga - WC</div> <div><div></div><div>10:00</div>Tomomi on the Piano! - EDR</div> <div><div></div><div>11:00</div>Bell Choir - CR</div> <div><div></div><div>1:00</div>"Writing Your Life Series" - SL</div> <div><div></div><div>2:30</div>Happy Hour w/Harvey Beck &amp; the Hungry Five Plus Band - EDR</div>	<div>24</div> <div><div></div><div>9:30</div>SpectraFit - WC</div> <div><div></div><div>10:30</div>Marvelous Minds - CR</div> <div><div></div><div>1:00</div>Walking Club - L</div> <div><div></div><div>1:30</div>Carole Kepner on the Piano - EDR</div> <div><div></div><div>2:30</div>Movie Matinee - TH</div> <div><div></div><div>6:30</div>Movie Night - TH</div>
<div>25</div> <div><div></div><div>7:30</div>Church Shuttles - L*</div> <div><div></div><div>9:00</div>Catholic Mass on TV, Ch 7 &amp; Communion - TH</div> <div><div></div><div>10:00</div>Hymns &amp; the Spoken Word - Community Room</div> <div><div></div><div>10:30</div>Girl Scout Cookie Sales until Noon - Lobby</div> <div><div></div><div>12:30</div>Trivia Time - WB</div> <div><div></div><div>1:30</div>BINGO - CR ^</div> <div><div></div><div>2:30</div>Resident's Choice Movie Matinee - TH</div>	<div>26</div> <div><div></div><div>9:30</div>Tai Chi - WC</div> <div><div></div><div>10:00</div>Safeway or TJ's or Dollar Store L*</div> <div><div></div><div>10:30</div>Bible &amp; Religious Studies - SL</div> <div><div></div><div>12:30</div>Knitting Club - EP</div> <div><div></div><div>1:00</div>David's Mystery Trip #3 - L*</div> <div><div></div><div>2:00</div>TOWNHALL Mt'g - EDR</div> <div><div></div><div>2:30</div>Activity Roundtable - EDR</div> <div><div></div><div>3:00</div>Game: Cribbage - SL</div> <div><div></div><div>6:30</div>"Game of Thrones"</div>	<div>27</div> <div><div></div><div>9:30</div>Morning Exercise - WC</div> <div><div></div><div>10:00</div>TECH w/ TED - EL</div> <div><div></div><div>10:30</div>Bible Study - SL</div> <div><div></div><div>12:30</div>Bridge Club - SL*</div> <div><div></div><div>1:30</div>BINGO - CR ^</div> <div><div></div><div>3:00</div>R.O.M.E.O. Billiards &amp; Beer - SL</div> <div><div></div><div>4:00</div>Send a Message to Family (REMY) - EL</div> <div><div></div><div>6:30</div>Repeat - "Game of Thrones" (R) - TH</div>	<div>28</div> <div><div></div><div>8:45</div>BIO Fitness Class w/ Donna - WC</div> <div><div></div><div>9:00</div>Bell Choir Excursion - L*</div> <div><div></div><div>10:15</div>Lunch Outing in Fountain Hills - L*^</div> <div><div></div><div>10:30</div>Fall Prevention - WC</div> <div><div></div><div>1:00</div>Menu Chat - CR</div> <div><div></div><div>2:30</div>Just for Laughs: Movie Matinee - TH</div> <div><div></div><div>2:30</div>TEA for You - WB</div> <div><div></div><div>3:00</div>Farkle Dice Game - WB</div> <div><div></div><div>6:30</div>Movie Night - TH</div>			