

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Calendar Key:

LR – Living Room

DR – Dining Room

LLS – Life Learning Studio

BR – Billiards Room

FEBRUARY 2018



1
9:00am Targeted Toning (LLS)
10:30am Cardio Class (LLS)
11:30am Stretch & Balance (LLS)
12:30pm Personal Training
3:00pm Robin Hills Farm presentation (LLS)
4:00pm Resident Reserved (BR)

Happy Birthday Audrey Fultz

2
9:30am Cedar Voices (DR)
1:30pm Moving & Grooving (LLS)

Happy Birthday Nancy Zavrel

3

4

2:00pm Bell Choir Performance (LR)

6:00pm Super Bowl 2018 PARTY! Kick -off at 6:30pm (LLS)

5
9:00am Chair Yoga (LLS)
9:30am Coffee & Donuts (BR)
10:00am Gentle Water Aerobics
11:00am Water Aerobics
1:00pm Bridge (BR)

Happy Birthday Mary Ann Howard

6
9:00am Moving & Grooving (LLS)
10:30am Cardio Class (LLS)
11:30am Stretch & Balance (LLS)
12:30pm Personal Training
12:30pm Cribbage (BR)
5:00pm Game Night w/Chef Mark's Sloppy Joe and Chips (BR)

7
9:00am Chair Yoga (LLS)
10:00am Gentle Water Exercise
11:00am Water Aerobics
1:00pm Cedar Chips (BR)
3:30pm Sit N Knit (LR)
4:00pm Awakening from Alzheimer's series (LLS)

8
9:00am Targeted Toning (LLS)
10:30am Cardio Class (LLS)
11:30am Stretch & Balance (LLS)
12:30pm Personal Training

9
9:00-12:00pm LLS Reserved
8:30am Chair Yoga (BR)
9:30am Men's Coffee & Conversation (Cafe)
1:30pm Moving & Grooving (LLS)

Happy Birthday Bob Werner

10

11

9:00am Chair Yoga (LLS)
9:30am Coffee & Donuts (BR)
10:00am Gentle Water Aerobics
11:00am Water Aerobics
1:00pm Bridge (BR)
6:30pm Resident Reserved-Church Home Group (LLS)

12
9:00am Chair Yoga (LLS)
9:30am Coffee & Donuts (BR)
10:00am Gentle Water Aerobics
11:00am Water Aerobics
1:00pm Bridge (BR)
6:30pm Resident Reserved-Church Home Group (LLS)

13
9:00am Paczki Day (BR)
9:00am Moving & Grooving (LLS)
10:30am Cardio Class (LLS)
11:30am Stretch & Balance (LLS)
12:30pm Personal Training
12:30pm Cribbage (BR)
2:00pm Resident Movie (LLS) "Loving Vincent" (2017)

14 HAPPY VALENTINES DAY FIRST DAY OF LENT-ASH WEDNESDAY
9:00am Chair Yoga (LLS)
10:00am Gentle Water Exercise
11:00am Water Aerobics
3:00pm Craft Club (LLS)
4:00pm Awakening from Alzheimer's series (LLS)

15
9:00am Targeted Toning (LLS)
10:30am Cardio Class (LLS)
11:30am Stretch & Balance (LLS)
12:30pm Personal Training
4:00pm Hymn Sing (LR)

16
9:00am Chair Yoga (LLS)
9:30am Men's Coffee & Conversation (BR)
10:00am Food Committee (Café)
1:30pm Moving & Grooving (LLS)
3:30pm Happy Hour with Jerry Perrine's Old-Time Piano entertainment (LR)

17

18

12:00pm-4:00pm Cedars of Dexter OPEN HOUSE

19
9:00am Chair Yoga (LLS)
9:30am Coffee & Donuts (BR)
10:00am Gentle Water Aerobics
11:00am Water Aerobics
1:00pm Bridge (BR)

Happy Birthday Mary McClusky

20
9:00am Moving & Grooving (LLS)
10:30am Cardio Class (LLS)
11:30am Stretch & Balance (LLS)
12:30pm Personal Training
12:30pm Cribbage (BR)
5:00pm Game Night w/Pizza (BR)

21
9:00am Chair Yoga (LLS)
10:00am Gentle Water Exercise
11:00am Water Aerobics
1:00pm Cedar Chips (BR)
4:00pm Awakening from Alzheimer's series (LLS)

*Happy Birthday Joseph Tuczak
Happy Birthday Ralph Cook*

22
9:00am Targeted Toning (LLS)
10:30am Cardio Class (LLS)
11:30am Stretch & Balance (LLS)
12:30pm Personal Training
5:00pm Birthday Celebration (DR)

Happy Birthday Suzanne Stevens

23
9:00am Chair Yoga (LLS)
9:30am Men's Coffee & Conversation (BR)
11:30am: JIFFY MIX Tour and Lunch at the Chelsea Grille
12:00pm Resident Reserved (LLS)
1:30pm Moving & Grooving (BR)

24

25

10:30am Resident Reserved (LLS)

26
9:00am Chair Yoga (LLS)
9:30am Coffee & Donuts (BR)
10:00am Gentle Water Aerobics
11:00am Water Aerobics
1:00pm Bridge (BR)
1:30pm ALI Class (LLS)
6:30pm Resident Reserved-Church Home Group (LLS)

27
9:00am Moving & Grooving (LLS)
10:30am Cardio Class (LLS)
11:30am Stretch & Balance (LLS)
12:30pm Personal Training
12:30pm Cribbage (BR)
2:00pm Resident Movie (LLS) "The Philadelphia Story" (1940)

28
9:00am Chair Yoga (LLS)
10:00am Gentle Water Exercise
11:00am Water Aerobics
3:30pm Book Club (LR)
4:00pm Awakening from Alzheimer's series (LLS)



Helpful Phone Numbers:

Maintenance: 734-792-9700 ext.3

Emergency: 734-649-2235

Kitchen (RSVP & To Go's): 734-792-9700 ext. 2

Chef Office: 734-792-9701

Diane: 734-792-9702

