

| SUN | MON | TUE | WED | THUR | FRI | SAT |
|--|---|--|--|--|--|---|
| | | | | | | 9:00 "Stronger Seniors" 10:00 Bible Study 1:15 Bingo 1:30 Dominoes 2:30 Afternoon Snack 2:30 Saturday Movie 7:00 Setback 7:00 Rummikub |
| Groundhog Day 10:00 Chapel Service 2:30 Sunday Movie 6:00 Super Bowl Party 7:00 Michigan Rummy 7:00 Rummikub | 9:00 Exercise "Sit Down and Tone Up" 9:00 Manchester Dr. Appt 9:30 Exercise with Laurie DVD 10:30 The Monday Mingle 1:00 Mahjong 3:15 Newsletter Committee Meeting 4:15 Social Hour 7:00 9&5ers and Setback 7:00 Rubber Bridge | 9:00 Beautician 9:30 Yoga with Sue 10:30 Shoprite & Ocean State 11:30 Shoprite & Ocean State 1:15 Bingo 1:30 Run Around 1:30 Dr. Nair 2:30 Dining Services Committee 7:00 Cribbage 7:15 Rummikub 7:30 A History of Black Achievement | 9:00 Stronger Seniors, Stretch & Tone 9:30 Easy Does It Exercise 9:30 Looking for Help Connecting to the Internet? 9:30 Mahjong 10:00 Safety Committee Mtng 11:00 Lunch at Mexicali has been cancelled 1:00 Arts and Crafts 1:30 Scrabble 3:00 Menu Meeting 4:15 Social Hour 7:00 Pinochle 7:00 Rummikub | 7:30 Quest Lab 8:00 Beautician 9:00 Yoga DVD 9:00 Manchester, Vernon, So. Windsor Dr. Appts. 11:30 Resident Liaison Management Mtng. 1:00 Knitters 1:30 Gentle Stretch and Tone 2:00 Quiddlers 7:30 Margarita Nuller, Concert Pianist | 8:00 Beautician 9:00 Westtown, Bank, Post Office 9:00 "Senior Shape Up" 9:00 Wear Red Day 2020 9:30 Exercise with Laurie DVD 10:00 Stop and Shop 10:15 Open Studio Time 11:30 Manchester Dr. Appts 2:00 Coffee w/ the Nurse 4:15 Social Hour 7:00 Bridge 7:00 Quiddlers 7:00 Rummikub 7:00 Setback 7:15 Penny Poker | 9:00 "Stronger Seniors" 10:00 Bible Study 11:30 MET Opera Trip CANCELLED 1:00 Wit & Wisdom 1:15 Bingo 1:30 Dominoes 2:30 Afternoon Snack 2:30 Saturday Movie 7:00 Setback 7:00 Rummikub |
| 10:00 Chapel Service 2:30 Sunday Movie 7:00 Michigan Rummy 7:00 Rummikub | 9:00 Exercise "Sit Down and Tone Up" 9:00 Manchester Dr. Appt 9:30 Exercise with Laurie DVD 10:30 The Monday Mingle 1:00 Library Committee Mtng. 1:00 Mahjong 3:15 Newsletter Committee Meeting 4:15 Social Hour 7:00 9&5ers and Setback 7:00 Rubber Bridge | 9:00 Beautician 9:30 Yoga with Sue 10:30 Shoprite & Ocean State 11:30 Shoprite & Ocean State 1:15 Bingo 1:30 Run Around 1:30 Dr. Nair 7:00 Cribbage 7:15 Rummikub 7:30 A History of Black Achievement | 9:00 Stronger Seniors, Stretch & Tone 9:30 Easy Does It Exercise 9:30 Looking for Help Connecting to the Internet? 9:30 Mahjong 10:30 Town Hall Mtng. 1:00 Arts and Crafts 1:30 Scrabble 1:30 Whaling In Connecticut History 3:00 Menu Meeting 4:15 Social Hour 7:00 Pinochle 7:00 Rummikub | 7:30 Quest Lab 8:00 Beautician 9:00 Yoga DVD 9:00 Manchester, Vernon, So. Windsor Dr. Appts. 1:00 Knitters 1:30 Gentle Stretch and Tone 1:30 Living Well Series Health Talk 2:00 Quiddlers | Valentine's Day 8:00 Beautician 9:00 Westtown, Bank, Post Office 9:00 "Senior Shape Up" 9:00 Dr. MacDonald 9:30 Exercise with Laurie DVD 10:00 Highland Park 10:15 Open Studio Time 11:30 Manchester Dr. Appts 1:15 Bingo Party 2:00 Coffee w/ the Nurse 4:15 Social Hour 7:00 Bridge 7:00 Quiddlers 7:00 Rummikub 7:00 Setback 7:15 Penny Poker | 9:00 "Stronger Seniors" 10:00 Bible Study 1:15 Bingo 1:30 Dominoes 2:30 Afternoon Snack 2:30 Saturday Movie 7:00 Setback 7:00 Rummikub |
| 10:00 Chapel Service 2:30 Sunday Movie 7:00 Michigan Rummy 7:00 Rummikub | Presidents' Day 9:00 Exercise "Sit Down and Tone Up" 9:30 Exercise with Laurie DVD 10:30 The Monday Mingle 1:00 Mahjong 2:00 Cancelled: Holy Mass with Father Janusz 3:15 Newsletter Committee Meeting 4:15 Social Hour 7:00 9&5ers and Setback 7:00 Rubber Bridge | 9:00 Activity Committee Mtng. 9:00 Beautician 9:30 Yoga with Sue 10:30 Shoprite & Ocean State 11:30 Shoprite & Ocean State 1:15 Bingo 1:30 Run Around 1:30 Dr. Nair 7:00 Cribbage 7:15 Rummikub 7:30 A History of Black Achievement DVD | 9:00 Stronger Seniors, Stretch & Tone 9:30 Easy Does It Exercise 9:30 Looking for Help Connecting to the Internet? 9:30 Mahjong 10:30 Shop at Total Wine 1:00 Arts and Crafts 1:00 Historical Lecture, The Titanic 1:30 Scrabble 3:00 Menu Meeting 4:15 Social Hour 7:00 Pinochle 7:00 Rummikub 7:00 Art Association Mtng. | 7:30 Quest Lab 8:00 Beautician 9:00 Yoga DVD 9:00 Glastonbury, E. Hart, Appts 11:00 St. Mary's Worship Service is Cancelled 1:00 Knitters 1:30 Gentle Stretch and Tone 2:00 Quiddlers 3:00 Executive Board Mtng. 7:30 The Green Jazz Band | 8:00 Beautician 9:00 Westtown, Bank, Post Office 9:00 "Senior Shape Up" 9:30 Exercise with Laurie DVD 10:00 Stop and Shop 10:15 Open Studio Time 11:30 Manchester Dr. Appts 2:00 Coffee w/ the Nurse 4:15 Social Hour 7:00 Bridge 7:00 Quiddlers 7:00 Rummikub 7:00 Setback 7:15 Penny Poker 7:15 Little Theatre of Manchester | 9:00 "Stronger Seniors" 10:00 Bible Study 1:15 Bingo 1:30 Dominoes 2:30 Afternoon Snack 2:30 Saturday Movie 7:00 Setback 7:00 Rummikub |
| 10:00 Chapel Service 2:30 Sunday Movie 7:00 Michigan Rummy 7:00 Rummikub 7:30 A History of Black Achievement | 9:00 Exercise "Sit Down and Tone Up" 9:00 Manchester Dr. Appt 9:30 Exercise with Laurie DVD 10:30 The Monday Mingle 1:00 Mahjong 3:15 Newsletter Committee Meeting 4:15 Social Hour 7:00 9&5ers and Setback 7:00 Rubber Bridge | Shrove Tuesday/Mardi Gras 9:00 Beautician 9:30 Yoga with Sue 10:30 Shoprite & Ocean State 11:30 Shoprite & Ocean State 1:15 Bingo 1:30 Run Around 1:30 Dr. Nair 7:00 Cribbage 7:15 Rummikub | Ash Wednesday 9:00 Stronger Seniors, Stretch & Tone 9:30 Easy Does It Exercise 9:30 Looking for Help Connecting to the Internet? 9:30 Mahjong 9:45 Ash Wednesday 1:00 Arts and Crafts 1:00 Shop at The Mahogany Shoppe 1:30 Piano & Viola Concert with Mike Wheler 1:30 Scrabble 3:00 Menu Meeting 4:15 Social Hour 7:00 Pinochle 7:00 Rummikub | 7:30 Quest Lab 8:00 Beautician 9:00 Yoga DVD 9:00 Manchester, Vernon, So. Windsor Dr. Appts. 1:00 Knitters 1:30 Gentle Stretch and Tone 2:00 Quiddlers | 8:00 Beautician 9:00 Westtown, Bank, Post Office 9:00 "Senior Shape Up" 9:30 Exercise with Laurie DVD 10:00 Highland Park 10:15 Open Studio Time 11:30 Manchester Dr. Appts 2:00 Coffee w/ the Nurse 4:15 Social Hour 7:00 Bridge 7:00 Quiddlers 7:00 Rummikub 7:00 Setback 7:15 Penny Poker | 9:00 "Stronger Seniors" 10:00 Bible Study 12:00 Praying the Rosary 1:15 Bingo 1:30 Dominoes 2:30 Afternoon Snack 2:30 Saturday Movie 7:00 Setback 7:00 Rummikub |

February 2020

Arbors