

Eiland Center Activities February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Announcements TV 970 *Televised TV 971 **Sign up required call ext. 8225 Activities are 30 minutes or more unless otherwise indicated. Calendar is subject to change. For schedule announcements and updates check bulletin boards and TV Channel 970</p>	<p>AK—Activities Kitchen (3rd) AL—Allegheny Room (HL) BE—Bethel Room (2nd) BR—Blue Ridge Room (HL) BT—Bethesda Theatre (2nd) CA—Caledonia (2nd) CR—Art & Craft Room (2nd) GA—Galway (2nd) IV—Inverness (2nd)</p>	<p>JR—Jefferson Room (3rd) LP—Lyons Pavilion LI—Library (3rd) MA—Madison (3rd) MC—Meredith Chapel MO—Monroe (3rd) SS—Sunnyside Room WA—Washington (3rd) WC—Wellness Center</p>	<p><i>you are loved</i></p>	<p>1 9:45 am Aqua Aerobics (WC) 9:45 am Cardio and Strength (WC) 10 am Rummikub and Dominoes (BE) 10 am Rummikub (WA) 1:45 pm Chair Yoga (WC) 6:15 pm Movie Night (MA)</p>	<p>2 GROUNDHOG DAY 9-11:30 am Swimming (WC) 10 am Seated Exercise *TV971 11 am Sunnyside Singers Christmas Concert Rebroadcast *TV 971 6:15 pm Movie Night (MA)</p>	
<p>3 9 am Worship Service (MC)* 10:30 am First Church Video* 4 pm Bible Study (MO) 6:45 pm Worship Rebroadcast* Super Bowl Sunday TV 6:30 pm LA Rams vs NE Patriots</p>	<p>4 9:30 am Tai Chi (WC) 9:30 am Men's Coffee with Will (MO) 9:45 am Total Body Movement (WC Pool) 10:30 am Aqua Aerobics (WC) 2:30-4 pm Drop in Retirement Reception for Sandy (BE)</p>	<p>5 8:30 am Retired Clergy Pancake Breakfast (BT)** 9:30 am Chapel Devotions* 9:45 am Total Body Movement (WC Pool) 9:45 am Cardio and Strength (WC) 10 am Sing Along with Miriam (BE) 1 pm Seated Strength/Stretch (BE) 1:45 pm Bridge (WA) 2:45 pm How Much Do We Know About You From Your DNA? (BT)</p>	<p>6 9:45 am Total Body Movement (WC Pool) 10:30 am Aqua Aerobics (WC) 2 pm Rummikub (BE) 2 pm Chapel Talk: "How Has Science Fiction Shaped or Not Shaped the Future?" (MC) 2 pm Line Dancing (WC) 6:30 pm Evening Bingo with JMU Students (BE)</p>	<p>7 9:30 am Chapel Devotions* 9:45 pm Total Body Management (WC Pool) 10 am Chaplains Chat (BE) 1 pm Seated Strength/Stretch (BE) 2 pm Wii Bowling (WA) 2 pm February Project (CR) 3:30 pm Choir Practice (MC)</p>	<p>8 9:45 am Aqua Aerobics (WC) 9:45 am Cardio and Strength (WC) 10 am Rummikub and Dominoes (BE) 10 am Rummikub (WA) 1 pm Shopping at Target** 1:45 pm Chair Yoga (WC) 6:15 pm Movie Night (MA)</p>	<p>9 9-11:30 am Swimming (WC) 10 am Seated Exercise *971 10 am TED Talks with Gini "What's Underneath the Sea?" (BE) 2 pm Stitch & Chat Group (JR) 6:15 pm Movie Night (MA)</p>
<p>10 9 am Worship Service (MC)* 10:30 am First Church Video* 4 pm Bible Study (MO) 6:45 pm Worship Rebroadcast*</p>	<p>11 9:30 am Tai Chi (WC) 9:45 am Total Body Movement (WC Pool) 10 am Coffee and Giant Crossword (MO) 10:30 am Aqua Aerobics (WC) 1 pm Bingo (BE)</p>	<p>12 9:30 am Chapel Devotions* 9:45 am Total Body Movement (WC Pool) 9:45 am Cardio and Strength (WC) 10 am Sing Along (BE) 1 pm Seated Strength/Stretch (BE) 1:45 pm Bridge (WA) 2 pm Wii Bowling (WA)</p>	<p>13 9:45 am Total Body Movement (WC Pool) 10:30 am Aqua Aerobics (WC) 10:30 am Coffee with Josh (BT) 2 pm Rummikub (BE) 2 pm Line Dancing (WC) 4:45—5:15 pm JAM Children from First Pres Visit—Regular Dining Rooms 5 pm Mix it Up Dinner (BE)**</p>	<p>14 HAPPY VALENTINES DAY! 9:30 am Chapel Devotions* 9:45 pm Total Body Management (WC Pool) 10 am Chaplains Chat (BE) 1 pm Seated Strength/Stretch (BE) 2 pm Circle Meeting (BE) 2 pm Brownie Making/Cookie Decorating (AK) 3:30 pm Choir Practice (MC)</p>	<p>15 9:45 am Aqua Aerobics (WC) 9:45 am Cardio and Strength (WC) 10 am Rummikub and Dominoes (BE) 11 am JMU Women's Basketball at JMU vs College of Charleston** 1:45 pm Chair Yoga (WC) 1:45 pm "Pampering Your Pancreas for the Future" Lecture (BT) 6:15 pm Movie Night (MA)</p>	<p>16 9-11:30 am Swimming (WC) 10 am Seated Exercise *971 2 pm Valentine Party with Anna, Leisha and Phoebe (BT) 6:15 pm Movie Night (MA)</p>
<p>17 9 am Worship Service (MC)* 10:30 am First Church Video* 4 pm Bible Study (MO) 6:45 pm Worship Rebroadcast*</p>	<p>18 PRESIDENTS DAY 9:30 am Tai Chi (WC) 9:30 am Men's Coffee with Will (MO) 9:45 am Total Body Movement (WC Pool) 10:30 am Aqua Aerobics (WC) 1 pm Bingo (BE)</p>	<p>19 9:30 am Chapel Devotions* 9:45 am Total Body Movement (WC Pool) 9:45 am Cardio and Strength (WC) 10 am Sing Along with Dotty & Ruth (BE) 1 pm Seated Strength/Stretch (BE) 1:45 pm Bridge (WA) 3 pm Wine and Cheese Social (CR)</p>	<p>20 9:45 am Total Body Movement (WC Pool) 10 am Book Buddies (LI) 10 am Eiland Center Residents Meeting (BT) 10:30 am Aqua Aerobics (WC) 2 pm Rummikub (BE) 2 pm Line Dancing (WC) 2 pm Silhouette Painting (CR)</p>	<p>21 9:30 am Chapel Devotions* 9:45 pm Total Body Management (WC Pool) 10 am Chaplains Chat (BE) 1 pm Seated Strength/Stretch (BE) 1:45 pm "Active Aging with Therapy Services" Lecture (BT) 2 pm Alzheimer's Support (JR) 3:30 pm Choir Practice (MC)</p>	<p>22 9:45 am Aqua Aerobics (WC) 9:45 am Cardio and Strength (WC) 10 am Rummikub and Dominoes (BE) 10 am Rummikub (WA) 11 am Out to Lunch—El Paso ** 1:45 pm Chair Yoga (WC) 6:30 pm After Dinner at the Piano with Mary Rouse (MO)</p>	<p>23 9-11:30 am Swimming (WC) 10 am Seated Exercise *971 6:15 pm Movie Night (MA)</p>
<p>24 9 am Worship Service (MC)* 10:30 am First Church Video* 4 pm Bible Study (MO) 6:45 pm Worship Rebroadcast*</p>	<p>25 9:30 am Tai Chi (WC) 9:45 am Total Body Movement (WC Pool) 10 am Coffee, Brain Teasers and Trivia (MO) 10:30 am Aqua Aerobics (WC) 1 pm Bingo (BE)</p>	<p>26 9:30 am Chapel Devotions* 9:45 am Total Body Movement (WC Pool) 9:45 am Cardio and Strength (WC) 10 am Episcopal Service (MC) 10 am Sing Along with Helen and Elaine (BE) 1 pm Seated Strength/Stretch (BE) 1:45 pm Bridge (WA) 2:30 pm Supernal Psalteries (BE)</p>	<p>27 9:45 am Total Body Movement (WC Pool) 10:30 am Aqua Aerobics (WC) 11:15 am Lunch at the Highlands** 2 pm Rummikub (BE) 2 pm Line Dancing (WC) 2:45 pm "I married a Park Ranger..." Presentation (BT)</p>	<p>28 9 am Dance in Community (BT) 9:30 am Chapel Devotions* 9:45 am Total Body Movement (WC Pool) 10 am Chaplains Chat (BE) 1 pm Seated Strength/Stretch (BE) 2 pm Wii Bowling (WA) 2 pm Dominos (WA) 3:30 pm Choir Practice (MC)</p>	<div style="text-align: center;">  <p>Friday, March 1, 2019 Throughout campus <i>Celebrating our commitment to campus-wide wellness culture.</i></p> <p>Honoring Sunnyside's 1st official year of being tobacco-free!</p> </div>	