

FEBRUARY 2019

Sharon Towers Vitality and Well-Being Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;"><u>* Room Key *</u> AS = Art Studio CR = Conference Room CS = Craft Studio CVC = City View Clubroom DC = Daniel Chapel EP = East Parlor EL = East Lobby HCC = Health Care Center HH = Hunter Hall</p>	<p style="text-align: center;"><u>* Room Key *</u> HT = Harkey Terrace HTC = Harris Towne Center LL = Lower Level P = Pool SR = Sharon Room WC = Wellness Clinic WL = West Lobby YR = Yandle Room</p>				<p>9:00 Water Walking....P 9:00 Balance in Motion....HH 9:45 Stronger Bodies 1...HH 10:00 Jump Around....P 10:30 Stronger Bodies 2...HH 11:15 Stronger Bodies 3...HH 12:30 Coffee and a Hand....SR 2:30 Bingo.....CVC 7:00 Games Night....HTC</p>	<p>9:30 Men Play Pool....WL 7:00 Evening Movie....HH "The Wife" Rated R</p>
<p>3 6:00 Vespers.....HH The Rev. Caroline East Berardi Sharon Towers Chaplain</p>	<p>4 9:00 Water Walking....P 9:00 Balance in Motion....HH 9:45 Stronger Bodies 1...HH 10:00 Open Bible Study...CS 10:00 Jump Around....P 10:30 Stronger Bodies 2...HH 11:00 Inspired Living...2AW 11:15 Stronger Bodies 3...HH 2:30 Bank Bus Departs...WL 3:00 Spanish Class....SR 3:00 Chat with Jessica....HH 5:00 Wine and Chesse....HH 7:00 Discussion Group....CR</p>	<p>5 9-11 SouthPark Area Shuttle..WL 9:00 Floor Yoga.....HH 9:30 Men Play Pool....WL 9:45 Guided Meditation....DC 10:00 Aquatic Circuit...P 10:15 Zumba Gold....HH 10:30-1 Treasure Chest...LL 11:15 Trivial Pursuit....HH 1:00 Tech Support.....SR 1:00 Chair Zumba.....HH 1:30 Stretch and Breathe...HH 2:00 Matter of Balance....CS 4:00 Drum Circle....HH 7:00 Music Bingo.....HH</p>	<p>6 9:00 Water Walking....P 9:00 Balance in Motion....HH 9:45 Stronger Bodies 1...HH 10:00 Jump Around....P 10:15 Wii Bowling.....CS 10:30 Stronger Bodies 2...HH 11 Faith/Spirituality/Aging..DC 11:15 Stronger Bodies 3...HH 1:00 Shop Walmart.....WL 1:30 Tech Support.....SR 3:30 Memories to Memoirs..HH 5-6 Teatotalers.....CVC</p>	<p>7 9:00 Floor Yoga.....HH 9:30 Men Play Pool....WL 10:00 Aquatic Circuit...P 10:30-3 Treasure Chest...LL 10:30 Line Dancing.....HH 1:00 Chair Zumba.....HH 1:30 Stretch and Breathe...HH 2 Practices of Mindfulness..DC 3:00 Enrichment Seminar..HH "Charlotte Transportation" 5:00 Thirsty Thursday...Lounge 6:30 Navigating Parkinson's..CVC 7:00 Men Play Poker...SR</p>	<p>8 9:00 Water Walking....P 9:00 Balance in Motion....HH 9:45 Stronger Bodies 1...HH 10:00 Billy Graham Library Lunch and Tour...WL 10:00 Jump Around....P 10:30 Stronger Bodies 2...HH 11:15 Stronger Bodies 3...HH 2:30 Bingo.....CVC 7:00 Bridge Night....HTC/SR</p>	<p>9 9:30 Men Play Pool....WL 10:00 Errand Express....EL 10-1 Saturday Menders....CS 11-2 Girl Scout Cookie Sales....EL 4:00pm Piano Valentine with Susanne Faust...HH 6:30 Depart for Symphony...WL 7:00pm Evening Movie....HH "Guarding Tess" Rated PG-13</p>
<p>10 6:00 Vespers.....HH The Rev. Bob Henderson Covenant Presbyterian</p>	<p>11 9:00 Water Walking....P 9:00 Balance in Motion....HH 9:45 Stronger Bodies 1...HH 10:00 Open Bible Study...CS 10:00 Jump Around....P 10:30 Stronger Bodies 2...HH 11:00 Inspired Living...2AW 11:15 Stronger Bodies 3...HH 2:00 Barber.....3HC 2:30 Bank Bus Departs...WL 3:00 Spanish Class....SR 4:00 Sing Along....HH 6-9 Pickleball.....HH</p>	<p>12 9-11 SouthPark Area Shuttle..WL 9:00 Floor Yoga.....HH 9:30 Men Play Pool....WL 9:45 Guided Meditation....DC 10:00 Aquatic Circuit...P 10:15 Zumba Gold....HH 10:30-1 Treasure Chest...LL 11:15 Trivial Pursuit....HH 1:00 Tech Support.....YR* 1:00 Chair Zumba.....HH 1:30 Stretch and Breathe...HH 2:00 Matter of Balance....CS 6:30 Valentines Social....HH</p>	<p>13 9:00 Water Walking....P 9:00 Balance in Motion....HH 9-12 Foot Care Clinic...LL 9:45 Stronger Bodies 1...HH 10:00 Jump Around....P 10:15 Wii Bowling.....CS 10:30 Stronger Bodies 2...HH 11 Faith/Spirituality/Aging..DC 11:15 Stronger Bodies 3...HH 1:00 Shop Dollar Tree / Target 1:30 Tech Support.....SR 3:30 Memories to Memoirs..HH 5-6 Teatotalers.....CVC 6:30 Art Class with Kalin....CS</p>	<p>14 9:00 Floor Yoga.....HH 9:30 Men Play Pool....WL 10:00 Aquatic Circuit...P 10:30-3 Treasure Chest...LL 10:30 Line Dancing.....HH 12:30 Up for Air....DC 1:00 Chair Zumba.....HH 1:30 Stretch and Breathe...HH 2 Practices of Mindfulness..DC 3:00 Enrichment Seminar..HH 4:00 Galantine's Day Tea...HH 5:00 Thirsty Thursday...Lounge <i>Valentine's Day</i></p>	<p>15 8:30 Men's Breakfast Departs for Nick's...WL 9:00 Water Walking....P 9:00 Balance in Motion....HH 9:45 Stronger Bodies 1...HH 10:00 Jump Around....P 10:30 Stronger Bodies 2...HH 11:15 Stronger Bodies 3...HH 12:30 Coffee and a Hand...SR 2:30 Bingo.....CVC 7:00 Games Night....HTC</p>	<p>16 9:30 Men Play Pool....WL 7:00pm Evening Movie....HH "Annie" Rated PG-13</p>