



THE MAYFLOWER ACTIVITIES CALENDAR



Wellness • Cultural • Social
Spiritual • Educational



FEBRUARY 2012

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

			1 8:15 Advanced Line Dancing – S.C. 9:30 Abs & More – F.C. 9:30 Sewing Class Devotions: Tom Hensley, Union Park Christian 10:00 Ai Chi (H2O Class) 11:00 Chair Exercise – S.C. 1:15 Beginners Line Dancing – S.C. 2:00 Weights – F.C. 7:00 Duplicate Bridge	2 9:30 Watercolor Class 10:00 Chair Exercise – S.C. 11:00 Water Fit 1:15 Chair Yoga with Ellen Spencer – S.C. 2:15 Chair Pilates – F.C. 7:30 Gloria Cook from Rollins & Her Sister Cynthia Lawing Presenting a Two-Piano Recital	3 NATIONAL WEAR RED DAY 10:00 Chair Exercise – S.C. 11:00 Water Noodles 12:00 Toastmasters – S.C. 2:00 Economic Forum 3:00 Think Tank 4:00 Reading for the Visually Impaired GOURMET DINING	4 9:00 Art Class 9:30 Wii Bowling – S.C. 12:00 Greek Girls Luncheon 1:00 Duplicate Bridge 7:00 Bus Leaves for Philharmonic 7:30 Bingo
5 4:00 In-House Movie: & Channel 98 & HD-701 7:00 Ballroom Dancing Class with Joseph Sulen – S.C. 5:00	6 8:15 Advanced Line Dancing – S.C. 9:30 Abs & More – F.C. 10:00 Ai Chi (H2O Class) 11:00 Chair Exercise – S.C. 1:15 Beginners Line Dancing – A.C. 1:30 Wii Sports – S.C. 2:00 Weights – F.C. 3:30 Bible Study 7:00 Bridge	7 10:00 Chair Exercise – S.C. 11:00 Water Fit 1:15 Tai Chi – S.C. 2:15 Chair Pilates – F.C. 2:30 French Class 4:00 Reading for the Visually Impaired 7:30 Historian Jack Lane, The Great Depression Era: Images from Florida	8 8:15 Advanced Line Dancing – S.C. 9:30 Abs & More – F.C. 10:00 Devotions: Rev. Clare Chance, Broadway United Methodist 9:30 Sewing Class 10:00 Ai Chi (H2O Class) 11:00 Chair Exercise – S.C. 1:15 Beginners Line Dancing – S.C. 2:00 Weights – F.C. 3:00 Mystery Book Lovers Club 7:00 Duplicate Bridge	9 9:30 Watercolor Class 10:00 Chair Exercise – S.C. 11:00 Water Fit 1:15 Chair Yoga with Ellen Spencer – S.C. 2:15 Chair Pilates – F.C. 3:30 Jan Clanton, Orlando Museum of Art: James McNeill Whistler & Helen Frankenthaler	10 10:00 Chair Exercise – S.C. 11:00 Water Noodles 12:00 Toastmasters – S.C. 4:00 Reading for the Visually Impaired	11 9:00 Art Class 9:30 Wii Bowling – S.C. 10:45 Bus Opera HD 1:00 Duplicate Bridge 7:30 Bingo
12 1:00 Bus to Ballet 2:30 Toastmasters Division C Make-Up 4:00 In-House Movie: & Channel 98 & HD-701 7:00	13 8:15 Advanced Line Dancing – S.C. 9:30 Abs & More – F.C. 10:00 Ai Chi (H2O Class) 11:00 Chair Exercise – S.C. 1:15 Beginners Line Dancing – A.C. 1:30 Wii Sports – S.C. 2:00 Weights – F.C. 3:30 Bible Study 7:00 Bridge	14 Happy Valentine's Day 10:00 Chair Exercise – S.C. 11:00 Water Fit 1:15 Tai Chi – S.C. 2:15 Chair Pilates – F.C. 2:30 French Class 3:00 90 & Older Club Chocolate Fountain Social 4:00 Reading for the Visually Impaired	15 8:15 Advanced Line Dancing – S.C. 9:30 Abs & More – F.C. 10:00 Devotions: Rev. Ronald Smith, First Presbyterian Church of Maitland 10:00 Ai Chi (H2O Class) 11:00 Chair Exercise – S.C. 1:15 Beginners Line Dancing – S.C. 1:15 Bus leaves – Shakespeare 2:00 Weights – F.C. 2:30 Resident Council Meeting 7:00 Duplicate Bridge	16 9:00 – Champagne Garage Sale – 1:00 Spring Cleaning Time 10:00 Chair Exercise – S.C. 11:00 Water Fit 1:15 Chair Yoga – Duxbury Hall 2:15 Chair Pilates – F.C.	17 10:00 Chair Exercise – S.C. 11:00 Water Noodles 12:00 Toastmasters – S.C. 3:00 Think Tank 4:00 Reading for the Visually Impaired	18 9:00 Art Class 9:30 Wii Bowling – S.C. 1:00 Duplicate Bridge 7:30 Bingo
19 4:00 In-House Movie: & Channel 98 & HD-701 7:00 Ballroom Dancing Class with Joseph Sulen – S.C. 5:00	20 8:15 Advanced Line Dancing – S.C. 9:30 Abs & More – F.C. 9:45 Bus Leaves – Mt. Dora Eco Tour 10:00 Ai Chi (H2O Class) 11:00 Chair Exercise – S.C. 1:15 Beginners Line Dancing – A.C. 1:30 Wii Sports – S.C. 2:00 Weights – F.C. 3:30 Bible Study 7:00 Bridge	21 10:00 Chair Exercise – S.C. 11:00 Water Fit 1:15 Tai Chi – S.C. 2:15 Chair Pilates – F.C. 2:30 French Class 4:00 Reading for the Visually Impaired 7:30 Presidents & Their Wives – Polk & Pierce	22 8:15 Advanced Line Dancing – S.C. 9:30 Abs & More – F.C. 9:30 Sewing Class 10:00 Devotions: Pastor Scott Abel, St. Luke's Lutheran 10:00 Ai Chi (H2O Class) 11:00 Chair Exercise – S.C. 1:15 Beginners Line Dancing – S.C. 2:00 Weights – F.C. 7:00 Duplicate Bridge	23 9:30 Watercolor Class 10:00 Chair Exercise – S.C. 11:00 Water Fit 1:15 Chair Yoga with Ellen Spencer – S.C. 2:15 Chair Pilates – F.C. 7:30 Vocal Recital by Bach Festival Soloist	24 10:00 Chair Exercise – S.C. 11:00 Water Noodles 12:00 Toastmasters – S.C. 4:00 Reading for the Visually Impaired	25 9:00 Art Class 9:30 Wii Bowling – S.C. 11:45 Bus Opera HD 1:00 Duplicate Bridge 7:30 Bingo
26 4:00 In-House Movie: & Channel 98 & HD-701 7:00	27 8:15 Advanced Line Dancing – S.C. 9:30 Abs & More – F.C. 10:00 Ai Chi (H2O Class) 11:00 Chair Exercise – S.C. 1:15 Beginners Line Dancing – A.C. 1:30 Wii Sports – S.C. 2:00 Weights – F.C. 3:30 Bible Study 5:00 Bus Leaves – Fine Dining at Bull & Bear 7:00 Bridge	28 10:00 Resident Meeting 10:00 Chair Exercise – S.C. 11:00 Water Fit 1:15 Tai Chi – S.C. 2:15 Chair Pilates – F.C. 2:30 French Class 4:00 Reading for the Visually Impaired 7:30 Dot Cline Presents The Life and Song of "The Incomparable Hildegard"	29 8:15 Advanced Line Dancing – S.C. 9:30 Abs & More – F.C. 9:30 Sewing Class 10:00 Devotions: Dr. Larry Cuthill, Winter Park Presbyterian 10:00 Ai Chi (H2O Class) 11:00 Chair Exercise – S.C. 1:15 Beginners Line Dancing – S.C. 2:00 Weights – F.C. 7:00 Duplicate Bridge			

<p>ACTIVITIES COMMITTEE: 1st Monday, 11:00 am Activities Room</p> <p>NEWSLETTER COMMITTEE: 1st Monday, 2:00 pm Parlor</p>	<p>BUILDING COMMITTEE: 1st Tuesday, 2:00 pm Duxbury Conference Room</p> <p>GROUNDS COMMITTEE: 1st Tuesday, 10:30 am Duxbury Conference Room</p> <p>RESIDENT SERVICES COMMITTEE: 2nd Tuesday, 9:30 am Card/Game Room</p>	<p>HEALTH SERVICES COMMITTEE: 1st Wednesday, 11:00 am Duxbury Conference Room</p> <p>LIBRARY COMMITTEE: 1st Wednesday, 1:30 pm Card/Game Room</p>	<p>DINING SERVICES COMMITTEE: 2nd Thursday, 9:30 am Winslow Dining Room</p> <p>*New beginner dance class started in January</p>	<p>Times shown for off-campus events are departure times.</p> <p>Times and events are subject to change.</p> <p>A.C. Activity Center S.C. Standish Center F.C. Fitness Center D.H. Duxbury Hall</p>	<p> Socialization</p> <p> Mental Stimulation</p> <p> Spirituality</p> <p> Physical Activity</p>
---	--	---	--	---	---



THE MAYFLOWER

Winter Park's Distinctive Retirement Community



1620 Mayflower Court, Winter Park, FL 32792
(407) 672-1620 • www.themayflower.com

