

# SUN

# MON

# TUE

# WED

# THUR

# FRI

# SAT

**ROOM KEY**  
 WBD - (WBD)  
 AS - Art Studio  
 B - Brandywine  
 BC - Business Center  
 ES - Exercise Studio  
 FC - Fitness Center  
 FC - Front Circle  
 GR - Game Room  
 ML - Meet in Lobby  
 P - Pool  
 T - Tavern  
 TR - Train Room

W - Washington Room  
 WBD - Well by Design Office

**WALKING CODES**  
**1-LITTLE**  
**2-SOMEWHAT**  
**3-MODERATE & SEATS**  
**4-MODERATE**  
**5-VERY MUCH**



**DIMENSIONS OF WELLNESS**  
**SP.....SPIRITUAL**  
**E.....EMOTIONAL**  
**SO.....SOCIAL**  
**V.....VOCATIONAL**  
**I.....INTELLECTUAL**  
**P.....PHYSICAL**  
**H.....HEALTH SERVICES**  
**EN.....ENVIRONMENTAL**

10:00 Walk Away the Pounds 1/P (ES)  
 11:00 Water Zumba 2/P (P)  
**12:00 MET @ IMAX: Porgy and Bess \$20 3/E (ML)**  
 1:00 Bridge 1/I (T)  
 7:00 Saturday Cinema/Tommy's Honor 1/SO (ES)

**1**

**Groundhog Day**  
**9:00 St. Benedict's Mass 2/SP (ML)**  
 11:00 St. Benedict's In-House Communion Service 1/SP (ES)  
**1:00 Anything Goes Art/Ceramic Love Bird Dish \$10 1/E (AS)**  
 1:00 Bridge 1/I (T)  
 3:00 Indoor Games 2/SO (AS)  
 3:00 Sunday Matinee/The Heiress 1/SO (ES)  
**4:00 Brickstone's Restaurant 2/SO (ML)**  
**5:30 Pizza Party \$5 1/SO (T)**  
 6:30 Super Bowl 1/SO (T)

9:00 Tai-Chi 1/P (ES)  
 9:00 Personal Training 1/P (FC)  
 10:00 WBD Water Workout 1/P (P)  
 10:30 Heritage Chorus Practice 1/E (T)  
 10:45 Water Volleyball 2/P (P)  
 11:00 Pilates Body Conditioning 1/E (ES)  
 2:00 Cheer Team Practice 1/P (ES)  
 3:00 Sundaes on Mondays 1/SO (T)  
 3:30 Needlework Club 1/V (AS)  
 6:00 Zumba 1/P (ES)  
 7:00 Hand & Foot 1/I (T)  
 7:00 Rosary 1/SP (AS)

**9:00 Shady Maple Market & Buffet 3/SO (ML)**  
 9:00 Personal Training 1/P (FC)  
 10:00 Brain Body Building 1/SP (BC)  
 10:00 Line Dancing 1/P (AS)  
 10:00 Walk Away the Pounds 1/P (ES)  
 11:00 Sit-er-cize 2/E (ES)  
**12:15 Lauer's Park School Volunteering 3/V (ML)**  
 1:00 Mah-Jong 1/I (T)  
 1:00 Memoir Writing with Claire/Session 1 Continues 1/E (W)  
 2:00 Movie/Maiden 1/E (ES)  
 3:30 Happy Hour 1/SO (T)  
**5:00 Literary Dinner Club/Beneath a Scarlet Sky 1/I (B)**  
 7:00 Indoor Games 1/SO (T)  
 7:00 Mah-Jong 1/I (T)  
 7:00 The Prize-Crude Diplomacy 1/E (ES)  
**7:00 The Winds of Badlands by Jill Haley \$15 3/E (ML)**

9:00 Step Into Balance 2/P (ES)  
 9:00 Personal Training 1/P (FC)  
 10:00 Healthy Body & Mind Yoga with Jane Marie 1/SP (ES)  
 10:00 Water Volleyball 2/P (P)  
 11:00 Chair Yoga with Jane Marie 1/SP (ES)  
 12:15 Mah-Jong 1/I (W)  
 1:00 Bridge 1/I (T)  
 3:00 Belly Dance with Cindy 1/E (ES)  
**6:15 Reading Jewish Film Series: The Interpreter \$8 2/SP (ML)**  
 7:00 Pinochle 1/I (T)

9:00 Tai-Chi 1/P (ES)  
 9:00 Personal Training 1/P (FC)  
 9:15 Sit-er-cize 2/E (AS)  
 10:15 Tap Dance Class 2/P (ES)  
 11:00 Indoor Games 2/P (AS)  
 11:00 Pilates Body Conditioning 1/E (ES)  
 11:15 Men's Bowling League @ Heister's Lane 3/P (ML)  
**1:00 Boscov's 3/SO (ML)**  
**1:00 VIST Bank 1/SO (ML)**  
 2:00 GHM Volunteering 1/V (ML)  
 3:15 Ants: Little Creatures 1/EN (ES)  
**6:15 YAMATO-The Drummers of Japan JHONETSU-"PASSION" \$28 3/SP (ML)**  
 7:00 5 Crowns Card Game 1/I (T)  
 7:00 The Durrells in Corfu/Auntie's Necklace 1/E (ES)

**8:00 Wear RED Day for Heart Health 1/HS**  
 9:30 Wellness for Arthritis with Bonnie 1/P (ES)  
**10:00 Giant/Shillington Market/Goodwill 2/SO (ML)**  
 10:00 Medication Drop Off in Cheryl's Office 1/EN (WBD)  
 10:00 Water Volleyball 2/P (P)  
 10:30 Relax & Energize with Bonnie 1/P (ES)  
**1:00 Giant, Shillington Market & Goodwill 3/SO (ML)**  
 2:00 Stump the Slump Posture Class with Jane Marie 1/P (AS)  
 2:30 Indoor Games 2/SO (ES)  
 4:00 First Friday Happy Hour 1/SO (T)  
 5:00 First Friday Happy Hour Music by Wahl Street 1/SO (T)  
 6:30 Poker 1/SO (GR)  
**6:45 Tibet, A Light In The Darkness \$7 3/I (ML)**  
 7:00 PJ's & Popcorn Friday Movie/Calendar Girls 1/SO (ES)

**8:30 Pepperidge Farm Outlet & Weaver's Market 3/SO (ML)**  
**8:30 Prayer Breakfast 1/SP (B)**  
 10:00 Walk Away the Pounds 1/P (ES)  
 11:00 Water Zumba 2/P (P)  
 1:00 Bridge 1/I (T)  
 7:00 Saturday Cinema/Tinker, Tailor, Soldier, Spy 1/SO (ES)

**8**

**9:00 St. Benedict's Mass 2/SP (ML)**  
 11:00 St. Benedict's In-House Communion Service 1/SP (ES)  
 1:00 Bridge 1/I (T)  
 2:00 Protestant Faith Service 1/SP (ES)  
 3:00 Indoor Games 2/SO (AS)  
 3:00 Sunday Matinee/True Grit 1/SO  
**4:00 Cheers 2/SO (ML)**

9:00 Tai-Chi 1/P (ES)  
 9:00 Personal Training 1/P (FC)  
 10:00 WBD Water Workout 1/P (P)  
 10:30 Heritage Chorus @ GHM 1/E (ML)  
 10:45 Water Volleyball 2/P (P)  
 11:00 Pilates Body Conditioning 1/E (ES)  
 2:00 Cheer Team Practice 1/P (ES)  
 3:00 Sundaes on Mondays 1/SO (T)  
 3:30 PREVIEW Upcoming WBD Events 1/I (ES)  
 6:00 Zumba 1/P (ES)  
 7:00 Hand & Foot 1/I (T)  
 7:00 Heritage RR Club 1/V (TR)

9:00 Personal Training 1/P (FC)  
 10:00 Brain Body Building 1/SP (BC)  
 10:00 Line Dancing 1/P (AS)  
 10:00 Walk Away the Pounds 1/P (ES)  
 11:00 Sit-er-cize 2/E (ES)  
**12:00 Fox Berkshire \$5 Movie Day 2/E (ML)**  
 1:00 Mah-Jong 1/I (T)  
 1:00 Memoir Writing with Claire/Session 1 Continues 1/E (W)  
 2:00 Movie/Odd Life of Timothy 1/E (ES)  
 7:00 Indoor Games 1/SO (T)  
 7:00 Mah-Jong 1/I (T)  
 7:00 The Prize-Power to the Producers 1/E (ES)

9:00 Step Into Balance 2/P (ES)  
 9:00 Personal Training 1/P (FC)  
 10:00 Healthy Body & Mind Yoga with Jane Marie 1/SP (ES)  
 10:00 Water Volleyball 2/P (P)  
 11:00 Chair Yoga with Jane Marie 1/SP (ES)  
 11:00 Heritage Benefit Bags \$10 1/V (T)  
 11:00 Whimsydoodle Jams (Cash Only) 1/SO (T)  
 11:00 Loral's Chocolates (Cash Only) 1/SO (T)  
 11:15 Healthy Eating Habits with Patrick 1/HS (ES)  
 1:30 Residents Council Meeting (Please wear your name tag) 1/I (B)  
**6:15 Sybrina Fulton: Build Better, Safer Communities 2/I (ML)**  
 7:00 Pinochle 1/I (T)

9:00 Tai-Chi 1/P (ES)  
 9:00 Personal Training 1/P (FC)  
 9:15 Sit-er-cize 2/E (AS)  
**10:00 Longwood Garden Orchid Extravaganza \$22 3/EN (ML)**  
 10:00 Socrates Cafe 1/I (T)  
 10:15 Tap Dance Class 2/P (ES)  
 11:00 Indoor Games 2/P (AS)  
 11:00 Pilates Body Conditioning 1/E (ES)  
 11:15 Men's Bowling League @ Heister's Lane 3/P (ML)  
 2:00 GHM Volunteering 1/V (ML)  
 3:15 Leave It To Beavers 1/EN (ES)  
 3:30 Happy Hour 1/SO (T)  
 7:00 5 Crowns Card Game 1/I (T)  
 7:00 The Durrells in Corfu/A Prince is Coming 1/E (ES)

**Valentine's Day**  
 9:30 Wellness for Arthritis with Bonnie 1/P (ES)  
 10:00 Water Volleyball 2/P (P)  
**10:00 Redner's, \$ Store, Aldi & Rite Aid 2/SO (ML)**  
 10:30 Relax & Energize with Bonnie 1/P (ES)  
**11:30 Single's Mingle Valentine Lunch & Entertainment \$7 1/SO (B)**  
 1:00 Medication Drop Off in Cheryl's Office 1/EN (WBD)  
**1:00 Redner's, \$ Store, Aldi & Rite Aid 2/SO (ML)**  
 2:00 Stump the Slump Posture Class with Jane Marie 1/P (AS)  
 2:30 Indoor Games 2/SO (ES)  
 6:30 Poker 1/SO (GR)  
 7:15 Veteran's Bingo 1/V (T)

10:00 Walk Away the Pounds 1/P (ES)  
**11:00 Chocolate & Wine Pairing Event @ Folino Estates \$15 1/EN (ML)**  
 11:00 Water Zumba 2/P (P)  
 1:00 Bridge 1/I (T)  
 4:30 Rickey Raye DJ Dance Party 1/SO (T)  
**6:30 MOMIX Dance Company: International Dancer-Illusionists \$35 3/E (ML)**  
 7:00 Saturday Cinema/Spotlight 1/SO (ES)

**15**

**9:00 St. Benedict's Mass 2/SP (ML)**  
 11:00 St. Benedict's In-House Communion Service 1/SP (ES)  
**1:00 AAA Travel & Vacation Expo 2/SO (ML)**  
**1:00 Anything Goes Art/Canvas \$10 1/E (AS)**  
 1:00 Bridge 1/I (T)  
 3:00 Indoor Games 2/SO (AS)  
 3:00 Sunday Matinee/Gaslight 1/SO  
**4:00 Salute Ristorante Italiano 2/SO (ML)**

**Presidents' Day**  
 9:00 Tai-Chi 1/P (ES)  
 9:00 Personal Training 1/P (FC)  
 10:00 WBD Water Workout 1/P (P)  
 10:45 Water Volleyball 2/P (P)  
 11:00 Pilates Body Conditioning 1/E (ES)  
 2:00 Cheer Team Practice 1/P (ES)  
**2:00 Reflections On Old German Sects in Berks County & Book Signing with Randall Fegley (\$12 Cash) 1/I (ES)**  
 3:00 Sundaes on Mondays 1/SO (T)  
 3:30 Needlework Club 1/V (AS)  
 6:00 Zumba 1/P (ES)  
 7:00 Hand & Foot 1/I (T)  
 7:00 Rosary 1/SP (AS)

9:00 Personal Training 1/P (FC)  
**9:30 Walmart 3/SO (ML)**  
 10:00 Brain Body Building 1/SP (BC)  
 10:00 Line Dancing 1/P (AS)  
 10:00 Walk Away the Pounds 1/P (ES)  
 11:00 Sit-er-cize 2/E (ES)  
 11:30 Lunch Fajitas by Paul 1/SO (T)  
**12:15 Lauer's Park School Volunteering 3/V (ML)**  
 1:00 Mah-Jong 1/I (T)  
 1:00 Memoir Writing with Claire/Session 1 Continues 1/E (W)  
 2:00 Movie/Buck 1/E (ES)  
 7:00 Indoor Games 1/SO (T)  
 7:00 Mah-Jong 1/I (T)  
 7:00 The Prize-The Tinderbox 1/E (ES)

9:00 Step Into Balance 2/P (ES)  
 9:00 Personal Training 1/P (FC)  
 10:00 Healthy Body & Mind Yoga with Jane Marie 1/SP (ES)  
 10:00 Water Volleyball 2/P (P)  
 11:00 Chair Yoga with Jane Marie 1/SP (ES)  
**11:00 Vincenzo's & Manatawny Creek Winery \$5 3/SO (ML)**  
 12:15 Mah-Jong 1/I (W)  
 1:00 Bridge 1/I (T)  
 1:00 Total Body Wellness "Massage Re-Boot" with Jannine 1/HS (ES)  
 2:00 Rehab Meet & Greet 1/HS (ES)  
 7:00 Pinochle 1/I (T)

9:00 Tai-Chi 1/P (ES)  
 9:00 Personal Training 1/P (FC)  
 9:15 Sit-er-cize 2/E (AS)  
 10:15 Tap Dance Class 2/P (ES)  
 11:00 Indoor Games 2/P (AS)  
 11:00 Pilates Body Conditioning 1/E (ES)  
 11:15 Men's Bowling League @ Heister's Lane 3/P (ML)  
**12:00 VIST Bank 1/SO (ML)**  
**1:00 Boyertown Museum of Historic Vehicles \$9 3/I (ML)**  
 1:00 Woman's Support Group 1/HS (W)  
 2:00 GHM Volunteering 1/V (ML)  
 3:15 Canine Soldiers 1/EN (ES)  
 7:00 5 Crowns Card Game 1/I (T)  
 7:00 The Durrells in Corfu/Family Secrets 1/E (ES)  
**7:15 Life Is A Dream @ Wachovia Theater \$10 2/E (ML)**

9:30 Wellness for Arthritis with Bonnie 1/P (ES)  
**10:00 Giant/Shillington Market/Goodwill 2/SO (ML)**  
 10:00 Medication Drop Off in Cheryl's Office 1/EN (WBD)  
 10:00 Water Volleyball 2/P (P)  
 10:30 Relax & Energize with Bonnie 1/P (ES)  
**1:00 Giant, Shillington Market & Goodwill 3/SO (ML)**  
 2:00 Stump the Slump Posture Class with Jane Marie 1/P (AS)  
 2:30 Indoor Games 2/SO (ES)  
 3:00 Rhythm Village African Drum & Dance Event 1/SP (T)  
 6:30 Poker 1/SO (GR)  
**6:45 The Tesla Quartet 3/E (ML)**  
 7:00 PJ's & Popcorn Friday Movie/Best Exotic Marigold Hotel 1/SO (ES)

10:00 Walk Away the Pounds 1/P (ES)  
 11:00 Water Zumba 2/P (P)  
**12:30 Common Ground: Opening Art Reception by Judy Lupas & Barbara Thun 3/E (ML)**  
 1:00 Bridge 1/I (T)  
 7:00 Saturday Cinema/Bye Bye Birdie 1/SO (ES)

**22**

**9:00 St. Benedict's Mass 2/SP (ML)**  
 11:00 St. Benedict's In-House Communion Service 1/SP (ES)  
 1:00 Bridge 1/I (T)  
 2:00 Protestant Faith Service 1/SP (ES)  
 3:00 Indoor Games 2/SO (AS)  
 3:00 Sunday Matinee/Broadway Melody of 1940 1/SO  
**4:00 Wyomissing Restaurant 2/SO (ML)**

9:00 Tai-Chi 1/P (ES)  
 9:00 Personal Training 1/P (FC)  
 10:00 WBD Water Workout 1/P (P)  
 10:45 Water Volleyball 2/P (P)  
 11:00 Pilates Body Conditioning 1/E (ES)  
 2:00 Cheer Team Practice 1/P (ES)  
 2:00 Heritage Hottie Cheer Team Performance 1/SO (T)  
 2:15 "POMS" Movie Screening 1/E (T)  
 3:00 Sundaes on Mondays 1/SO (T)  
 4:30 Dessert Special by Patrick 1/SO (B)  
 6:00 Zumba 1/P (ES)  
 7:00 Hand & Foot 1/I (T)

**Shrove Tuesday/Mardi Gras**  
 7:00 Faschnaut Sale 1/SO (T)  
 9:00 Personal Training 1/P (FC)  
 9:00 Brain Body Building 1/SP (BC)  
 10:00 Line Dancing 1/P (AS)  
 10:00 Walk Away the Pounds 1/P (ES)  
**11:00 From the Heart & Crave Cafe 3/EN (ML)**  
 11:00 Sit-er-cize 2/E (ES)  
 1:00 Mah-Jong 1/I (T)  
 1:00 Memoir Writing with Claire/Session 1 Continues 1/E (W)  
 2:00 Movie/Babe 1/E (ES)  
 3:30 Mardi Gras Happy Hour with Apps 1/SO (T)  
 7:00 Indoor Games 1/SO (T)  
 7:00 Mah-Jong 1/I (T)  
 7:00 The Prize-The New Oil Order 1/E (ES)

**Ash Wednesday**  
 9:00 Step Into Balance 2/P (ES)  
 9:00 Personal Training 1/P (FC)  
 10:00 Healthy Body & Mind Yoga with Jane Marie 1/SP (ES)  
 10:00 Water Volleyball 2/P (P)  
 11:00 Chair Yoga with Jane Marie 1/SP (ES)  
 11:15 Healthy Eating Habits with Patrick 1/HS (ES)  
 12:15 Mah-Jong 1/I (W)  
 1:00 Bridge 1/I (T)  
 1:30 Meet & Greet Encompass Health 1/HS (ES)  
 3:00 Belly Dance with Cindy 1/E (ES)  
**6:00 Men's Book Club 1/I (W)**  
 7:00 Pinochle 1/I (T)

**9:00 SugarHouse Casino 3/SO (ML)**  
 9:00 Tai-Chi 1/P (ES)  
 9:00 Personal Training 1/P (FC)  
 9:15 Sit-er-cize 2/E (AS)  
**10:00 Hungry For Conversation...? 1 (T)**  
 10:15 Tap Dance Class 2/P (ES)  
**10:30 Great Decisions Discussion Group/Climax Change (\$25 Book Fee) 1/I (BC)**  
 11:00 Indoor Games 2/P (AS)  
 11:00 Pilates Body Conditioning 1/E (ES)  
 11:15 Men's Bowling League @ Heister's Lane 3/P (ML)  
 2:00 GHM Volunteering 1/V (ML)  
 3:15 Raptor Force 1/EN (ES)  
 3:30 Happy Hour 1/SO (T)  
 7:00 5 Crowns Card Game 1/I (T)  
 7:00 The Durrells in Corfu/Gerry's Growing Up 1/E (ES)

9:30 Wellness for Arthritis with Bonnie 1/P (ES)  
 10:00 Water Volleyball 2/P (P)  
**10:00 Redner's, \$ Store, Aldi & Rite Aid 2/SO (ML)**  
 10:30 Relax & Energize with Bonnie 1/P (ES)  
**11:30 Veteran's Lunch 1/V (B)**  
 1:00 Medication Drop Off in Cheryl's Office 1/EN (WBD)  
**1:00 Redner's, \$ Store, Aldi & Rite Aid 2/SO (ML)**  
 2:00 Stump the Slump Posture Class with Jane Marie 1/P (AS)  
 2:30 Indoor Games 2/SO (ES)  
 6:30 Poker 1/SO (GR)  
 7:00 PJ's & Popcorn Friday Movie/The Full Monty 1/SO (ES)

10:00 Walk Away the Pounds 1/P (ES)  
 11:00 Water Zumba 2/P (P)  
**12:00 MET @ IMAX: AGRIPPINA \$20 3/E (ML)**  
 1:00 Bridge 1/I (T)  
 7:00 Saturday Cinema/Downtown Abby (First Run Movie) 1/SO (ES)

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# February 2020



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