

Connections, a lifestyle program for seniors



Pinewood Terrace

New Communities

Connecting people & possibilities

Connections

Our unique approach to activity programming for seniors focuses on four elements: Community Connections, Farm to Table, Art Connections, and Wellness Connections.

Connections integrates these elements with social events, local community events, and the unique hobbies and interests of each individual to create a highly customizable lifestyle program for seniors.



Farm to Table
activities focused on local farms, gardening, and cooking

Art Connections
activities focused on exploring the arts

Community Connections
highlighting activities in the community

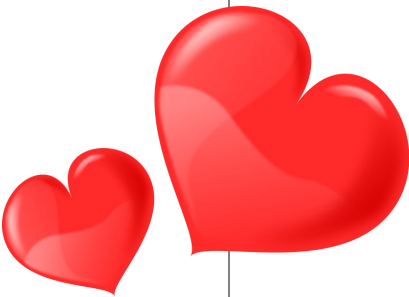


Wellness Connections
activities focused on health and wellbeing



At Pinewood Terrace, community begins with a compassionate and professional team who learn about you and your interests, and connect you to social, recreational, and educational activities. To learn more, visit Pinewood Terrace for a tour, join us for a meal, and enjoy an activity.

To schedule a visit, contact:
Susan Bell, Administrator
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pinewoodterrace.org

Pinewood Terrace Connections February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Morning Stretch– Monday-Friday 9:30am Current Events– Everyday 10:30am Birthdays 2/18– June B. 2/28-Miriam B.						1 <u>Wellness Connections</u> 11:15-Trivia <u>Community Connections</u> 1:15-Games w/ Pat 3:00-Rootbeer floats
2 1-Church on DVD 2-Card Games 6--:30-Superbowl  SF-49ers VS. KC Chiefs 	3 <u>Wellness Connections</u> 11:15-Discussion grp. <u>Community Connections</u> 1:00-Resident errands/ shopping for cupcake ingredients 1:15-Games w/Pat 3:15-L,C,R game	4 <u>Wellness Connections</u> 11:15-James Herriot stories 1:15-Science for seniors <u>Farm to Table</u> 2:30-Making cupcakes 7:00-Music w/The Plinksters	5 <u>Community Connections</u> 10:30-Church w/ Pastor Rebert <u>Art Connections</u> 11:15-Manicures 1:15-Music w/Mike T. <u>Farm to Table</u> 2:30-Decorating cupcakes	6 <u>Wellness Connections</u> 9:00-Gentle Exercise <u>Community Connections</u> 1:15-Games w/Patty 2:30-Shopping lists/ 1:1	7 <u>Community Connections</u> 8:30-Resident shopping 11:00-Coloring 1:15-This was the year <u>Community Connections</u> 2:30-Library outing	8 <u>Wellness Connections</u> 9:30-Exercise 10:30-Current events 11:15-Moose in Maine <u>Community Connections</u> 1:15-Games w/ Pat
9 1-Church on DVD 2– Word search 6-Movie Night: Netflix pick	10 <u>Wellness Connections</u> 11:15-What would you do? <u>Community Connections</u> 1:00-Resident errands/shopping for cooking grp. 1:15-Games w/Pat 6:00-Music	11 <u>Art Connections</u> 11:00-Valentines crafts <u>Farm to Table</u> 1:30-Making cookies <u>Community Connections</u> 2:30-Animal shelter outing 7:00-Music w/The Plinksters	12 <u>Wellness Connections</u> 10:30-Church w/ Pastor Rebert 11:15-Manicures 1:15-Lincoln trivia <u>Farm to Table</u> 2:30-Decorating cookies	13 <u>Wellness Connections</u> 9:00-Gentle Exercise <u>Community Connections</u> 1:15-Games w/Patty 2:30-Shopping lists/1:1	14 <u>Community Connections</u> 8:30-Resident shopping 11:00-Crosswords 2:00-Valentines Ice cream social	15 <u>Wellness Connections</u> 9:30-Exercise 10:30-Current events 11:15-Trivia <u>Community Connections</u> 1:15-Games w/ Pat
16 1– Church on DVD 2-Card Games 6– Movie Night: Netflix pick	17 <u>Community Connections</u> 10:30-Music w/The Sing-a-longs <u>Farm to Table</u> 1:00-Resident errands/ shopping for the crock pot meal 1:15-Games w/Pat 3:15-Name that tune	18 <u>Community Connections</u> 11:15-Lunch outing <u>Art Connections</u> 2:30-Paint & sip	19 <u>Farm to Table</u> 7:00-Preparing the Crockpot meal <u>Wellness Connections</u> 10:30-Church w/ Pastor Rebert 11:15-Manicure 1:15-Dollar Tree 5:00-Crock pot meal	20 <u>Wellness Connections</u> 9:00-Gentle Exercise <u>Community Connections</u> 1:15-Games w/Patty 2:30-Shopping lists/1:1	21 <u>Community Connections</u> 8:30-Resident shopping 11:30-Fireside chats & knitting grp. 1:15-Library outing 2:30-Pennies game	22 <u>Community Connections</u> 9:30-Exercise 10:30-Current events 11:15- <u>Community Connections</u> 1:15-Games w/ Pat
23 1-Church on DVD 2-Color This 6-Movie Night: Netflix pick	24 <u>Wellness Connections</u> 11:15-Puzzles <u>Community Connections</u> 1:00-Resident errands 1:15-Games w/Pat 3:15-Charades	25 <u>Wellness Connections</u> 11:15-Card games 1:15-Label shopper outing 7:00-Music w/ The Merry Plinksters	26 <u>Wellness Connections</u> 10:30-Church w/ Pastor Rebert 11:15-Manicure <u>Community Connections</u> 1:15-Music w/Dick & Frank 2:30-Fireside chats & knitting grp.	27 <u>Wellness Connections</u> 9:00-Gentle Exercise <u>Community Connections</u> 1:15-Games w/Patty 2:30-Shopping lists/1:1	28 <u>Community Connections</u> 8:30-Resident shopping 11:00-Word search 1:15-Pokeno 3:15-Music w/Shawn	29 <u>Wellness Connections</u> 9:30-Exercise 10:30-Current events 11:15-Trivia <u>Community Connections</u> 1:15-Games w/ Kellyt 3:00--Rootbeer floats