

Please turn over for additional information & location keys for programs→

STRONG BONES EXERCISE/CHAIR YOGA IN AUDITORIUM OR VIA ZOOM:

· No Sign-up required!

· How to access Strong Bones via zoom:

- Download Zoom to your electronic device of choice and create an account (if you have not already)
 - Join our Zoom meeting by entering in the meeting ID: 79785075740
 - Please, note that it will ask for a password. The password is **eaglecrest**

-Activities will start at the designated time. Please be sure you are connected before the activity begins

INDEPENDENTLY LED GROUPS (IN HOUSE TELEPHONE CONTACT):

- Folks at Ten – Mike P. 12106
- Tea at Two – Cheryl V. 15027
- Bible Study with Pastor Mumm – Jim M. 14026
- Welcome to ECS Group – Shirley D. 15005
 - Euchre – Dick D. 15005
- Facebook: Friends of ECS – Dan M. 14000
 - Sing-Along – Darlene L. 12010
 - Hand, Knee, & Foot – Gail M. 14026
 - Book Club – Mallorie T. 12737
 - Veteran’s Group – Dick D. 15005
 - Knit & Chat – Marlie B. 12047
 - Hobby Shop – Peter K. 15024
 - Men’s Glee Club – Mike P. 12106
 - Scrabble – Liz A. 12004

ACTIVITY LOCATIONS:

- AS: Art Studio (ECS 2, 1st floor)
- A: Auditorium (ECS 1, 2nd floor)
 - B: Bistro (ECS 1, 1st floor)
- BB: Blarney Bar (ECS 1, 1st floor)
- CL: Club Lounge (ECS 2, 1st floor)
- CR: Community Room (ECS 2, 1st floor)
 - T: Theater (ECS 1, 2nd floor)
- C: Craft Room (ECS 1, 1st floor)
 - AL: Assisted Living
- 2DR: Assisted Living 2nd Floor Dining Room
- 3CA: Assisted Living 3rd Floor Common Area

Please call Mallorie Trautsch, Life Enrichment Coordinator, at (608)791-2737 or #12737 if you have any questions or concerns.

Thank you!

All underlined activities indicate that a sign-up is required!