

AL/IL

February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WC= Wellness Center 2nd floor, P=Pub 2nd floor, D=dining room 2nd floor, C=community room 1st floor, B=Bistro 1st floor, BP=Bistro Patio 1st floor CR=Conference room 1st floor	Resident Birthdays Lois V. 2/7 Marilee L. 2/11 Barb R. 2/21 Betty G. 2/25		Please note activities are subject to change.	1 10:30 Exercise Machines (WC) 1:00 Tryathlon Competition (C) 2:30 Quarter Bingo (D) Remember to bring your quarters! 6:00 Cribbage (Independent Activity-P)	2 Groundhog Day 10:30 Group Exercise-Cardio (WC) 1:00 The Really Big Show (P) 1:30 Interdenominational Worship Service with Chaplain Jean (C) 2:30 Happy Hour (P) 3:30 Exercise Machines 3:30p-4:30p (WC)	3 10:30 Group Exercise-Chair Yoga (WC) 1:00 Resident Choice Card Game (P) 2:30 Cookies and Coffee (P) 3:30 Exercise Machines 3:30p-4:30pm (WC)
4 9:30 Open Prayer (CR) 9:30a-12pm 10:30 Group Exercise (WC) 1:00 Kings in the Corner (P) 2:30 Social Hour (P) 3:30 Exercise Machines 3:30p-4:30p (WC)	5 10:30 Group Exercise-Weights (WC) 1:00 Craft: Greeting Cards with Ruth (P) 1:00 Tryathlon Practice (C) 2:30 Quarter Bingo (D) Remember to bring your quarters! 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Mexican Train Dominos (Independent Activity-P)	6 10:30 Spiritual Talk with Jean (P) Non-Denominational 1:00 Tryathlon Competition (P) 2:30 Yahtzee Dice Game (P) 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Movie Night-Seabiscuit (C)	7 10:00 Catholic Communion Service (C) 10:30 Group Exercise-Exercise Bands (WC) 1:30 Oldies and Hymns with Kay (D) 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Stuck in the Mud Dice Game (P)	8 10:00 Ladies Hour-Manicures (P) 10:30 Exercise Machines (WC) 1:00 Tryathlon Competition (C) 2:30 Quarter Bingo (D) Remember to bring your quarters!	9 10:30 Group Exercise-Cardio (WC) 1:00 The Really Big Show (P) 1:30 Interdenominational Worship Service with Chaplain Jean (C) 2:30 Happy Hour (P) 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Dance Performance (C)	10 Chinese New Year 10:30 Group Exercise-Chair Yoga (WC) 1:00 Resident's Choice Card Game (P) 2:30 Cookies and Coffee (P) 3:30 Exercise Machines 3:30p-4:30pm (WC)
11 9:30 Open Prayer (CR) 9:30a-12pm 10:30 Group Exercise (WC) 1:00 Headbands Game (P) 2:30 Social Hour (P) 3:30 Exercise Machines 3:30p-4:30p (WC)	12 10:30 Group Exercise-Weights (WC) 1:00 Tryathlon Practice (C) 2:00 Walmart Outing 2:30 Quarter Bingo (D) Remember to bring your quarters! 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Mexican Train Dominos (Independent Activity-P)	13 10:30 Spiritual Talk with Jean (P) Non-Denominational 1:00 Tryathlon Competition (P) 2:30 Yahtzee Dice Game (P) 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Skip-Bo Card Game (P)	14 Valentine's Day 10:30 Group Exercise-Exercise Bands (WC) 2:30 Valentine's Day Party with Live Music from Michael Larson (D) 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Three or More Dice Game (P)	15 10:00 Men's Hour- Show and Tell Coffee hour (P) 10:30 Exercise Machines (WC) 1:00 Tryathlon Competition (C) 2:30 Quarter Bingo (D) Remember to bring your quarters! 6:00 Cribbage (Independent Activity-P)	16 10:30 Group Exercise-Cardio (WC) 1:00 The Really Big Show (P) 1:30 Interdenominational Worship Service with Chaplain Jean (C) 2:30 Happy Hour (P) 3:30 Exercise Machines 3:30p-4:30p (WC)	17 10:30 Group Exercise-Chair Yoga (WC) 1:00 Crazy 8's Card Game (P) 2:30 Cookies and Coffee (P) 3:30 Exercise Machines 3:30p-4:30pm (WC)

February 2024

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
18	9:30 Open Prayer (CR) 9:30a-12pm 10:30 Group Exercise (WC) 1:00 Kings in the Corner (P) 2:30 Social Hour (P) 3:30 Exercise Machines 3:30p-4:30p (WC)	19	Presidents' Day 10:30 Group Exercise-Weights (WC) 1:00 Tryathlon Practice (C) 2:30 Quarter Bingo (D) Remember to bring your quarters! 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Mexican Train Dominos (Independent Activity-P)	20	10:30 Spiritual Talk with Jean (P) Non-Denominational 1:00 Tryathlon Competition (P) 2:30 Yahtzee Dice Game (P) 3:30 Exercise Machines 3:30p-4:30p (WC)	21	10:00 Catholic Communion Service (C) 10:30 Group Exercise-Exercise Bands (WC) 11:00 Boston's Lunch Outing 1:30 Oldies and Hymns with Kay (D) 2:30 3-13 Card Game (P) 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Tabletop Curling (P)	22	10:30 Exercise Machines (WC) 1:00 Tryathlon Competition (C) 2:30 Quarter Bingo (D) Remember to bring your quarters!	23	10:30 Group Exercise-Cardio (WC) 1:00 The Really Big Show (P) 1:30 Interdenominational Worship Service with Chaplain Jean (C) 2:30 Retirement Party Happy Hour (D) 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Card Club-Independent Activity (P)	24	10:30 Group Exercise-Chair Yoga (WC) 1:00 Spoons Card Game (P) 2:30 Cookies and Coffee (P) 3:30 Exercise Machines 3:30p-4:30pm (WC)
25	9:30 Open Prayer (CR) 9:30a-12pm 10:30 Group Exercise (WC) 1:00 Headbands Game (P) 2:30 Social Hour (P) 3:30 Exercise Machines 3:30p-4:30p (WC)	26	10:30 Group Exercise-Weights (WC) 1:00 Tryathlon Practice (C) 2:30 Quarter Bingo (D) Remember to bring your quarters! 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Mexican Train Dominos (Independent Activity-P)	27	10:30 Spiritual Talk with Jean (P) Non-Denominational 1:00 Tryathlon Competition (P) 2:30 Yahtzee Dice Game (P) 3:30 Exercise Machines 3:30p-4:30p (WC) 6:00 Movie Night- My Big Fat Greek Wedding (C)	28	10:30 Group Exercise-Exercise Bands (WC) 1:00 Craft Hour-Independent Activity (P) 2:30 Monthly Birthday Social with Live Music from the Nissel's (D) 3:30 Exercise Machines 3:30p-4:30p (WC)	29	10:30 Exercise Machines (WC) 1:00 Tryathlon Competition (C) 2:30 Quarter Bingo (D) Remember to bring your quarters! 6:00 Cribbage (Independent Activity-P)				