

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



10:30-Sit & Be Fit (2)-IL 1  
11:30-Deacon Bob-AL Grt Room  
1:00-BRIDGE – IL Grt Room  
1:30-“Five Crowns” game, or Your Choice-BISTRO  
2:30-Shakes/Malts

10:30-More Zookinesis 2  
AL Fitness  
1:30-Crafts-Valentine Magnets- AL Bistro  
3:30-Documentary-“Lost Castles of England”  
AL Theater  
*Groundhog Day*

10:30-Wii Bowling-AL Fit 3  
1:30-Essa – Wonderful Russian Concert Pianist Will be back with us – AL Dng Rm  
2:30-Ice Cream Cones  
3:30-Bible Study with Jill AL Great Room

10:30-Sit & Tone Up-AL Fit4  
1:30-MUSICAL BINGO BISTRO  
2:30-“Extraordinary Measures”-Harrison Ford Heartfelt drama-true story  
AL Theater

10:30-“This & That Coffee Chat” – (NEW) BISTRO  
2:00- Longs Peak Methodist Communion – AL Theater  
2:30-Ice Cream Sundaes Ice Cream Parlor  
SUPER BOWL SUNDAY

10:30-Strength & Improvement-IL Fitness 6  
1:15- AL Resident Council AL Dining Room  
1:30- IL Residents-NEW “20 Questions”-BISTRO  
2:30-Root Beer Floats  
3:30-Book Club-2<sup>nd</sup> floor Library - AL

10:30-Weight Reduction 7  
AL Fitness  
12:45-Shopping at Target (see sign-up sheet)  
3:00-IL Resident Council IL Club Dining  
3:00-Travelogue-Reader’s Digest-“Australia-Treasures of the Coast”-AL Theater

10:30-YOGA-IL Fitness 8  
11:30-Deacon Bob-AL Grt Room  
1:00-BRIDGE-IL Grt Room  
1:30-“SKIP-BO”-NEW Card Game or your Choice BISTRO  
2:30-Banana Splits

10:30-Arm Chair Pilates 9  
AL Fitness  
1:30-Crafts-Valentine Cards AL Bistro  
3:30-Documentary-“Rudy Maxa’s Exotic Thailand”  
AL Theater

10:30-Wii Bowling-AL Fit10  
1:30-Crossword puzzles, Unscramble, Fill in Blanks & more in the BISTRO  
2:30-Ice Cream Cones  
3:30-Let’s make “Citrus Chocolate Cupcakes”  
IL Club Dining

10:30-Dance Aerobics-AL11  
1:30-“CUPID BINGO” in the BISTRO  
2:30-“Warm Springs” Franklin D. Roosevelt movie-Inspiring/heartfelt  
AL Theater

10:30-“This & That Coffee Chat” – Come hear what’s happening in our world! BISTRO  
2:00-Fireside Ministries Dave Cronk – AL Theater  
2:30-Ice Cream Sundaes

10:30-Resistance Chairs 13  
IL Fitness (1)  
1:30-“Thread & Yarn Fun” NEW-Quilting-AL LL Art Rm  
2:30-Root Beer Floats  
3:30-Book Club-2<sup>nd</sup> Floor Library – AL  
5:00-VALENTINE WINTER GALA-DINNER/DANCE  
AL Dining Room

10:00-12:00-Vitals for AL 14  
Residents-AL LL Art Rm  
10:30-Zookiness-AL Fitness  
1:30-“Feona”-Pet Therapy AL Grt Rm  
3:00-Valentine’s TRIVIA FUN-BISTRO  
*Valentine’s Day*

10:30-Wellness Through 15  
The Ages-IL Fitness  
11:30-Deacon Bob-AL Grt Room  
1:00-BRIDGE-IL Grt Rm  
1:30-“Farkle” or Your Choice-BISTRO  
2:30-Shakes/Malts

10:30-Strength & Improvement-AL Fitness 16  
1:30-Crafts-Mardi Gras Masks- AL Bistro  
3:30-Documentary-“Wildest Australia” AL Theater  
4:00-HAPPY HOUR-IL Grt Rm

10:30-Wii Bowling-AL Fit17  
1:30-“Scrapbooking” with Marty (NEW)-AL LL Art RM  
2:30-Ice Cream Cones  
3:30-Bible Study with Jill AL Great Room

10:30-Dance Aerobics 18  
AL Fitness  
11:45-Outing to “Chili’s Grill” (see sign-up sheet)  
2:30-“RED” –Golden Globe nomination for Action & Comedy  
Bruce Willis- AL Theater

10:30-“This & That Coffee Chat” – Join in for current events - BISTRO  
2:00-Bethlehem Lutheran Pastor Mark Peterson AL Theater  
2:30-Ice Cream Sundaes

10:30-More Zookinesis 20  
IL Fitness  
1:30-Preethi is back for her sing-a-long with us-AL Dng  
2:30-Root Beer Floats  
3:30-Book Club-2<sup>nd</sup> Floor Library – AL  
3:30-President’s Day TRIVIA BISTRO  
*Presidents’ Day (US)*

10:30-Easy Chair 21  
Exercises-AL Fitness  
12:00-MARDI GRAS Lunch  
1:00 – KING & QUEEN CROWNED – AL Dng Room  
2:00-Creating Memoirs with Gemma-AL Grt Rm  
3:00-AL Happy Hour Sing-a-Long - BISTRO  
*Mardi Gras*

10:30-Dance Aerobics IL 22  
11:30-Deacon Bob-AL Grt Room  
1:00-BRIDGE-IL Grt Rm  
1:30-Choose your cards, tile or dice game-BISTRO  
2:30-Banana Splits

10:30-Weight Reduction 23  
AL Fitness  
1:30-Crafts-Tissue Paper Snowmen- AL Bistro  
3:30-Documentary-“Ancient Mysteries-Forbidden City”  
AL Theater

10:30-Wii Bowling-AL Fit24  
1:30-BINGO in the BISTRO  
2:30-FEBRUARY BIRTHDAY PARTY-AL Dining Room  
Allan Littman will entertain

10:30-Arthritis “Sit & Be 25  
Fit workout – AL Fitness  
12:45-Shopping to WalMart (see sign-up sheet)  
2:30-“Letters from Juliet” Emotional drama/feel-good Movie – Vanessa Redgrave  
AL Theater

10:30-“This & That Coffee Chat” – Keeping up with News & Views - BISTRO  
2:00- Light of Christ Catholic Ecumenical Church – AL Theater  
2:30-Ice Cream Sundaes

10:30-Resistance Chairs 27  
IL Fitness (2)  
1:30-“JEOPARDY” fun BISTRO  
2:30-Root Beer Floats  
3:30-Book Club-2<sup>nd</sup> FL-AL  
3:30-Donna’s Italy pictures Request for a 3<sup>rd</sup> showing  
AL Fitness Room

10:30-Wellness through 28  
The Ages-AL Fitness  
1:30-Joe Diamo will be back with his keyboard expertise  
AL Dng Room  
3:30-“Aging Well Series” Topic-“Bone Health”  
AL Theater

10:30-YOGA-IL Fitness 29  
11:15-CATHOLIC MASS AL Theater  
1:00-BRIDGE-IL Grt Rm  
1:30-BINGO in the BISTRO  
2:30-Malts/Shakes

