

Sunday

Monday

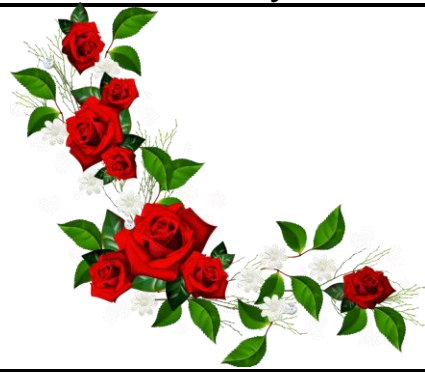
Tuesday

Wednesday

Thursday

Friday

Saturday



February 2019

Wellness Calendar



<p>10am Personal Prayers LC 1pm-4pm Sunday Funday: Board Games and Cards V 1pm Sunday Matinee & Gourmet Hot Cocoa MT 3pm Tea and Scones Social Hour AS 6:30pm Super Bowl Watch Party Café/GR The View Open 1pm-4pm</p>	<p>10am Invention or Imagination Trivia FR 10:30am "Heart and Sole" Walking Club in Café 11am Open Gym FR 2pm Bingo DR 2:30pm Fitness Assessments FR 3pm DIY Fleece Hand Warmer AS 7pm Monday Night Movie: "The Negotiator" MT</p>	<p>10:30am Arthritis Exercise FR 11am Gentle Yoga FR 11am Free Blood Pressure Check with Balance Homecare* V 1pm Pinochle V 2pm Satin Hands/Facials with Vicki and Rose from Marykay* AS 2:30pm Drum Ball Beat FR 3pm Rosary LC 3:30pm Prayers for Mother of Perpetual Help LC 7pm Card Games in Café</p>	<p>10am Dumbbell Upper Body Exercises FR 10:30am Bible Study GR 1pm Irish Documentary – "Out of Ireland" MT 2pm Valentine's Day Card Making AS 3pm Wii Bowling GR 7pm Puzzle Time GR The View Open 3pm-6pm</p>	<p>10:30am Young at Heart FR 11am Better Balance FR 2pm Chapel Service with Pastor Rolf* LC 2:30pm Functional Fitness FR 3pm Book Club LC 4pm Thursday Pub Trivia V The View Open 3pm-7:30pm</p>	<p>10am Sitting Exercise FR 10:30am Trivia FR 1pm Banking Trips 2pm Card Bingo V 3pm Happy Hour V 7pm Movie & Popcorn: "Grumpier Old Men" MT The View Open 3pm-7:30pm</p>	<p>10am Groundhog Game Worksheets GR 2pm Groundhog Day Special Bingo DR 3:50pm St. Lucy's Mass 4:30pm Our Lady of Hope Mass 7pm Yahtzee GR The View Open 3pm-7:30pm Groundhog Day</p>
<p>10am Personal Prayers LC 1pm-4pm Sunday Funday: Board Games and Cards V 1pm Sunday Matinee & Gourmet Hot Cocoa MT 3pm Chocolate Confections AS 7pm Mexican Train Dominoes AS The View Open 1pm-4pm</p>	<p>10am Casino Trip: MGM 10:30am "Heart and Sole" Walking Club in Café 11am Open Gym FR 2pm Bingo DR 2pm Belsono Hearing Services* AS 2:30pm Fitness Assessments FR 3pm Jewelry Making V 7pm Monday Night Movie: "Valentine's Day" MT</p>	<p>10am Trader Joes 10:30am Arthritis Exercise FR 11am Gentle Yoga FR 1pm Pinochle V 2:30pm Drum Ball Beat FR 2pm Tech Help w/ Rae LL (sign-up with concierge prior to) 3:30pm Prayers for Mother of Perpetual Help LC 7pm Card Games in Café</p>	<p>10am Food Committee Meeting DR 10:30am Bible Study w/ Pastor Adam* GR 11:30am New Resident Lunch w/ Executive Director DR 2pm Memorial Service w/ Seasons Hospice DR 3pm Wii Bowling GR 7pm Puzzle Time GR The View Open 3pm-6pm</p>	<p>10am Meijer 10:30am Young at Heart FR 11am Better Balance FR 2pm Valentine's Day Party! DR 2:30pm Functional Fitness FR 3pm Cooking: Heart Tarts AS 4pm Thursday Pub Trivia V View Open 3pm-7:30pm Valentine's Day! Wear Pink & Red</p>	<p>10am Dollar Tree 10am Sitting Exercise FR 10:30am Trivia FR 2pm Scented Wood Sachets AS 3pm Happy Hour V 7pm Movie & Popcorn: "Dare to be Wild" MT The View Open 3pm-7:30pm</p>	<p>10am Brain Game Worksheets GR 2pm Bingo DR 3:50pm St. Lucy's Mass 4:30pm Our Lady of Hope Mass 7pm Yahtzee GR The View Open 3pm-7:30pm</p>
<p>10am Personal Prayers LC 1pm-4pm Sunday Funday: Board Games and Cards V 1pm Sunday Matinee & Gourmet Hot Cocoa MT 3pm DIY Tea Towels AS 7pm Mexican Train Dominoes AS The View Open 1pm-4pm</p>	<p>10am Trivia FR 10:30am "Heart and Sole" Walking Club in Café 11am Open Gym FR 12:15pm Trip to the Movies 2pm Presidential Bingo DR 2:30pm Fitness Assessments FR 3pm Sing-a-long LC 7pm Monday Night Movie: "Lincoln" MT Presidents' Day</p>	<p>10am Village Market 10:30am Arthritis Exercise FR 11am Gentle Yoga FR 1pm Pinochle V 2:30pm Drum Ball Beat FR 3pm Rosary LC 3:30pm Prayers for Mother of Perpetual Help LC 4:30pm-6pm Themed Dinner – "Love is in the Air" 7pm Card Games in Café</p>	<p>10am Dumbbell Upper Body Exercises FR 10:30am Bible Study w/ Pastor Adam* GR 11:15pm Lunch Out: Apple Annie's 2pm Catholic Mass w/ Father Jim* LC 3pm Wii Bowling GR 7pm Puzzle Time GR The View Open 3pm-6pm</p>	<p>10:30am Young at Heart FR 11am Better Balance FR 2pm Horse Races GR 2:30pm Functional Fitness FR 3pm Book Club LC 4pm Thursday Pub Trivia V 6:30pm Open Mic Night – GTKYN & Singalong V The View Open 3pm-7:30pm</p>	<p>10am Sitting Exercise FR 10:30am Trivia FR 1pm Banking Trips 2pm Free Oral Cancer Screenings By Dr. Falcon* AS (sign-up with concierge prior to) 2pm Card Bingo V 3pm Happy Hour V 7pm Movie & Popcorn: "Meet Joe Black" MT The View Open 3pm-7:30pm</p>	<p>10am Independent Craft AS 2pm Bingo DR 3:50pm St. Lucy's Mass 4:30pm Our Lady of Hope Mass 7pm Scrabble GR The View Open 3pm-7:30pm</p>
<p>10am Personal Prayers LC 1pm-4pm Sunday Funday: Board Games and Cards V 1pm Sunday Matinee & Gourmet Hot Cocoa MT 3pm 2D Art AS 7pm Mexican Train Dominoes AS The View Open 1pm-4pm</p>	<p>10am Trivia FR 10:30am "Heart and Sole" Walking Club in Café 11am Open Gym FR 2pm Bingo DR 2:30pm Fitness Assessments FR 3pm Resident Council DR 7pm Monday Night Movie: "Seven Brides for Seven Brothers" MT</p>	<p>10am Kroger 10:30am Arthritis Exercise FR 11am Gentle Yoga FR 1pm Pinochle V 2pm Tech Help w/ Rae LL (sign-up with concierge prior to) 2:30pm Drum Ball Beat FR 3pm Spiritual Music w/ Christine* DR 3:30pm Prayers for Mother of Perpetual Help LC 7pm Card Games in Café</p>	<p>10am Chair Dancing FR 10:30am Bible Study w/ Pastor Adam* GR 2pm Monthly Birthday Welcome Party w/ Jeff C. DR 3pm Wii Bowling GR 4pm Dinner Out: Waves 7pm Puzzle Time GR The View Open 3pm-6pm</p>	<p>10am Walmart 10:30am Young at Heart FR 11am Better Balance FR 2pm Coupon Clipping for the Troops GR 2:30pm Functional Fitness FR 3pm Heart Healthy Smoothie Social in Café 4pm Thursday Pub Trivia V The View Open 3pm-7:30pm</p>	 <div style="border: 2px solid red; padding: 5px;"> <p>Key for Rooms: LC = Lakeshore Chapel MT = Movie Theater GR = Game Room AS = Art Studio LL = Lakeshore Library V = The View FR = Fitness Room DR = Dining Room RED = BUS TRIP BLUE = Fitness Classes</p> </div>	

