



FEBRUARY

2017

| Sun | Mon | Tues | Wed | Thu | Fri | Sat |
|--|--|--|--|--|--|---|
| | | | 1  FROZEN HARBOR SUPERHERO STYLE Activity Room 1:30pm 6:00 Euchre (AR) 7:00 Leader Dog (AR) | 2 9:00 Mandala Coloring (AR) 9:00 Better Balance (FC) 9:30 Kroger (LB) 10:00 Men's Coffee Hour (AR) 10:00 Crossword (DR) 11:00 Rosary (CH) 11:00 Men's Bootcamp (FC) 11:00 Wii Bowling (AR) 11:00 Lion King (LB) 1:30 Brain Games (AR) 2:15 Baking w/Sherry (AR) 2:30 Wellness Works (AR) 3:00 Inspirational Read (CH) 4:00 Harbor Lights (CH) 6:00 Pinochle/Bridge (AR) | 3 9:00 Circuit Training (FC) 9:30 Manicures (AR) 9:30 Women's Coffee Hr (AR) 10:45 Crossword (AR) 11:15 Stretch & Flex (AR) 1:30 Bingo (AR) 2:00 Adv. Stretch & Flex (FC) 2:30 Arthritis Exercise (FC) 2:30 Wear Red Picture (AR)  | 4 9:30 Bingo (AR)  FROZEN HARBOR SUPERHERO STYLE DINING ROOM 1:30PM 6:00 Movie (LB) |
| 5 9:45 Presbyterian Church (LB) 11:00 Sunday Worship (CH) 6:30 Movie (LB) | 6 9:00 Bingo (AR) 9:00 FUNctional Fitness (FC) 10:00 Chicks w/Sticks (AR) 10:00 Craft w/Anita (AR) 11:15 Stretch & Flex (AR) 1:30 Painting w/a Twist (AR) 2:30 Arthritis Exercise (FC) 3:00 Bible Study (CH) 6:00 Bridge (AR) | 7 9:00 Coffee & Coloring (AR) 9:00 Better Balance (FC) 9:30 Meijer (LB) 9:30 Bingo W/Vince (AR) 10:45 Catholic Service (CH) 11:30 Stability Ball Beat (AR) 1:00 Walgreens (LB) 1:00 Premiere Bowling (LB) 1:30 Door Hanger (AR) 2:00 Bone Builders (FC) 2:30 Seated Tai Chi (FC) 2:30 Building & Grounds (KH) 6:00 Pinochle (AR) | 8 9:00 Mandala Coloring (AR) 9:00 Tai Chi (FC) 10:00 Bingo w/ Neil (AR) 10:00 Anton Art Center (LB) 11:15 Stretch & Flex (AR) 1:30 Brain games (AR) 1:30 Culinary Committee (DR) 2:00 FUNctional Fitness (FC) 2:15 Sing Along w/Sherry (AR) 2:30 Move & Groove (FC) 3:00 Chapel Trivia (CH) 3:00 Communication Mtg (AR) 6:00 Euchre (AR) | 9 9:00 Mandala Coloring(AR) 9:00 Brains & Balance (FC) 9:30 Kroger (LB) 10:00 Men's Coffee Hour (AR) 10:00 Crossword (DR) 11:00 Wii Bowling (AR) 11:00 Rosary (CH) 11:00 Men's Bootcamp (FC) 1:30 Brain Games (AR) 2:30 Wellness Works (AR) 3:00 Inspirational Read (CH) 4:00 Harbor Lights (CH) 6:00 Pinochle/Bridge (AR) | 10 9:00 Circuit Training (FC) 9:30 Manicures (AR) 9:30 Women's Coffee Hr (AR) 10:45 Crossword (AR) 11:15 Stretch & Flex (AR) 1:30 Bingo (AR) 2:00 Adv. Stretch & Flex (FC) 2:30 Arthritis Exercise (FC) 2:45 Wii Games (AR) | 11 9:30 Bingo (AR) 10:30 Learn to Knit(AR) 1:30 Sing-a-long (AR) 2:15 Cover that Number (AR) 6:00 Movie (LB) |
| 12 9:45 Presbyterian Church (LB) 11:00 Sunday Worship (CH) 6:30 Movie (LB) | 13 9:00 Bingo (AR) 9:00 FUNctional Fitness (FC) 10:00 Cover That Number (AR) 10:00 Chicks w/Sticks (AR) 11:15 Stretch & Flex (AR) 1:30 Morley Candy Visit (AR) 2:30 Arthritis Exercise (FC) 3:00 Bible Study (CH) 6:00 Bridge (AR) | 14 9:00 Coffee & Coloring (AR) 9:00 Better Balance (FC) 9:30 Meijer (LB) 9:30 Bingo W/Vince (AR) 10:45 Catholic Service (CH) 11:30 Stability Ball Beat (FC) 1:30 Resident Assoc. (CH) 2:00 Bone Builders (FC) 2:30 Seated Tai Chi (FC) 2:45 V-Day Party (AR) 6:00 Pinochle (AR) | 15 9:00 Mandala Coloring(AR) 9:00 Tai Chi (FC) 10:00 Bingo w/ Neil (AR) 11:15 Stretch & Flex (AR) 1:30 Brain Games (AR) 2:00 FUNctional Fitness (FC) 2:15 Sing Along w/Sherry (AR) 2:30 Move & Groove (FC) 3:00 Chapel Trivia (CH) 3:30 Book Group (AR) 6:00 Euchre (AR) | 16 9:00 Mandala Coloring (AR) 9:00 Brains & Balance (FC) 9:30 Kroger (LB) 10:00 Men's Coffee Hour (AR) 11:00 Rosary (CH) 11:00 Men's Bootcamp (FC) 11:00 Wii Bowling (AR) 12:00 Birthday Dinner (DR) 1:30 Birthday Entertain (CH) 2:30 Wellness Works (AR) 4:00 Harbor Lights (CH) 6:00 Pinochle/Bridge (AR) | 17 9:00 Circuit Training (FC) 9:30 Manicures (AR) 9:30 Women's Coffee Hr (AR) 10:45 Crossword (AR) 11:15 Stretch & Flex (AR) 1:30 Bingo (AR) 2:00 Adv. Stretch & Flex (FC) 2:30 Arthritis Exercise (FC) 2:30 Movie & Popcorn (AR) | 18 9:30 Bingo (AR) 10:30 Learn to Knit(AR) 1:30 Sing-a-long (AR) 2:30 Travel Logue(AR) 6:00 Movie (LB) |



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2017

| Sun | Mon | Tues | Wed | Thu | Fri | Sat |
|--|--|---|--|---|---|--|
| 19 9:45 Presbyterian Church (LB) 11:00 Sunday Worship (CH) 5:00 Resident Potluck (AR) 6:30 Movie (LB) | 20 9:00 Bingo (AR) 9:00 FUNctional Fitness (FC) 10:00 Cover That Number (AR) 10:00 Chicks w/Sticks (AR) 11:15 Stretch & Flex (AR) 1:30 Soup Demonstration (AR) 2:30 Arthritis Exercise (FC) 3:00 Bible Study (CH) 6:00 Bridge (AR) | 21 9:00 Coffee & Coloring (AR) 9:00 Better Balance (FC) 9:30 Meijer (LB) 9:30 Bingo W/Vince (AR) 10:45 Catholic Service (CH) 11:00 Men/Women Lunch (LB) 11:30 Stability Ball Beat (AR) 1:30 Yahtzee (AR) 2:00 Bone Builders (FC) 2:15 Cover That Number (AR) 2:30 Seated Tai Chi (FC) 6:00 Pinochle (AR) | 22 9:00 Mandala Coloring (AR) 9:00 Tai Chi (FC) 10:00 Bingo w/ Neil (AR) 11:15 Stretch & Flex (AR) 12:00 Altar Boyz (LB) 1:30 UNO (AR) 2:00 FUNctional Fitness (FC) 2:15 Sing Along w/Sherry (AR) 2:30 Move & Groove (FC) 3:00 Chapel Trivia (CH) 6:00 Euchre (AR) | 23 9:00 Mandala Coloring (AR) 9:00 Brains & Balance (FC) 9:30 Kroger (LB) 10:00 Men's Coffee Hour (KH) 10:00 Crossword (DR) 11:00 Rosary (CH) 11:00 Men's Bootcamp (FC) 1:30 Brain Games (KH) 2:15 Baking w/Sherry (KH) 2:30 Wellness Works (AR) 4:00 Harbor Lights (CH) 6:00 Pinochle/Bridge (AR) | 24 9:00 Circuit Training (FC) 9:30 Movie Matinee (LB) 9:30 Manicures (AR) 9:30 Women's Coffee Hr (AR) 10:45 Crossword (AR) 11:15 Stretch & Flex (AR) 1:30 Bingo (AR) 2:00 Adv. Stretch & Flex (FC) 2:30 Arthritis Exercise (FC) 2:45 Happy Hour (AR) | 25 9:30 Bingo (AR) 10:30 Learn to Knit(AR) 1:30 Sing-a-long (AR) 2:15 Cover that Number (AR) 6:00 Movie (LB) |
| 26 9:45 Presbyterian Church (LB) 11:00 Sunday Worship (CH) 6:30 Movie (LB) | 27 9:00 Bingo (AR) 9:00 FUNctional Fitness (FC) 9:00 Mall Trip (LB) 10:00 Cover That Number (AR) 10:00 Chicks w/Sticks (AR) 11:15 Stretch & Flex (AR) 1:30 Wheel Of Fortune (AR) 2:30 Arthritis Exercise (FC) 2:15 Crossword (AR) 3:00 Bible Study (CH) 6:00 Bridge (AR) | 28 9:00 Coffee & Coloring (AR) 9:00 Better Balance (FC) 9:30 Meijer (LB) 9:30 Bingo W/Vince (AR) 9:30 DIA (LB) 10:45 Catholic Service (CH) 11:30 Stability Ball Beat (AR) 1:30 Paczki / Mardi Gras (AR) 2:00 Bone Builders (FC) 2:30 Seated Tai Chi (FC) 6:00 Pinochle (AR) | | | | |

AR=Activity Room
 CH=Chapel
 FC=Fitness Center
 DR=Dining Room
 KH=Kirk Hall
 LB=Lobby
 Lib=Library
 CR=Conference Room

All Events Subject to Change.

Please be sure to Sign-Up for all excursions in lobby.

