
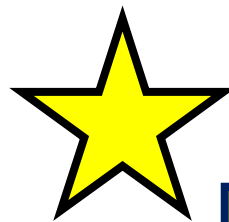


FEBRUARY 2018

Sun	Mon	Tues	Wed	Thu	Fri	Sat
				1 9:00 Better Balance (FC) 9:00 Kroger (LB) 10:00 Men's Coffee Hour (CM) 10:00 Crossword (BD) 11:00 Rosary (CH) 11:00 Billiards (CM) 1:30 Wheel of Fortune (CH) 2:30 Arthritis Exercise (CH) 3:00 Inspirational Read (CH) 4:00 Harborlights (CH) 6:00 Pinochle/Bridge (MO)	2 National Wear Red Day 9:00 Mandala Coloring (CH) 9:00 Circuit Training(FC) 9:30 Manicures (CH) 9:30 Women's Coffee Hr (CH) 10:00 Wear Red Picture (CH) 11:15 Tai Chi Stretch (CH) 1:30 Bingo (CH) 2:30 Balloon Volleyball (CH)	3 Carrot Cake Day 9:30 Bingo (CH) 10:30 Learn to Knit(CH) 1:30 Sing-a-long (CH) 2:15 Cover that No(CH)
4 9:45 Presbyterian Church (LB) 11:00 Sunday Worship (CH)	5 9:00 Bingo (CH) 9:00 Heart Smart Exercise (FC) 10:00 Pictionary (CH) 11:15 Stretch & Relax (CH) 1:30 COPS (CH) 2:30 Arthritis Exercise (CH) 3:00 Bible Study (CH) 6:00 Bridge (MO)	6 9:00 Arthritis Fitness (FC) 9:00 Walmart (LB) 9:30 Bingo (KD) 10:30 Cover that Number (KD) 10:45 Catholic Service (CH) 11:30 Indoor Walk Club (LB) 1:30 Crossword (CH) 1:30 Walgreens (LB) 2:30 Seated Tai Chi (CH) 2:30 Building & Grounds (KD) 6:00 Pinochle (MO)	7 9:00 Arthritis Fitness (CH) 9:30 Bingo (CH) 10:30 Chicks w/Sticks (CH) 1:30 Culinary Committee (KD) 1:30 Sing-a-long (CH) 3:00 Communication Mtg(KD) 6:00 Euchre (MO)	8 9:00 Better Balance (FC) 9:00 Kroger (LB) 10:00 Men's Coffee Hour (CH) 10:00 Crossword (BD) 11:00 Rosary (CH) 11:00 Billiards (CM) 1:30 Healthy Heart (CH) 2:00 Food Demo (CH) 3:00 Inspirational Read (CH) 4:00 Harborlights (CH) 6:00 Pinochle/Bridge (MO)	9 9:00 Mandala Coloring (CH) 9:00 Circuit Training(FC) 9:30 Manicures (CH) 9:30 Women's Coffee Hr (CH) 10:30 DSO Concert (CH) 11:15 Tai Chi Stretch (CH) 1:30 Bingo (CH) 2:30 Balloon Volleyball (CH)	10 9:30 Bingo (CH) 10:30 Learn to Knit(CH) 1:30 Sing-a-long (CH) 2:15 Cover that No(CH)
11 9:45 Presbyterian Church (LB) 11:00 Sunday Worship (CH)	12 9:00 Bingo (CH) 9:00 Heart Smart Exercise (FC) 10:00 Pictionary (CH) 11:15 Stretch & Relax (CH) 1:30 Word Games (CH) 2:30 Arthritis Exercise (CH) 3:00 Bible Study (CH) 6:00 Bereave Support (MO) 6:00 Bridge (MO)	13 Shrove (Fat) Tuesday 9:00 Arthritis Fitness (FC) 9:00 Meijer (LB) 9:30 Bingo (BD) 10:30 Cover that Number (BD) 10:45 Catholic Service (CH) 11:30 Indoor Walk Club (LB) 1:30 Resident Assoc (CH) 6:00 Pinochle (AR)	14 7-10:30am Omelet Station 9:00 Arthritis Fitness (CH) 9:30 Bingo (CH) 10:30 Chicks w/Sticks (CH) 11:15 Stretch & Relax (CH) 1:30 Wheel of Fortune (CH) 2:30 Functional Fitness (CH) 3:00 Chapel Trivia (CH) 6:00 Euchre (MO) 	15 9:00 Better Balance (FC) 9:00 Kroger (LB) 10:00 Men's Coffee Hour (CM) 11:00 Rosary (CH) 12:00 Birthday Dinner (DR) 1:30 Birthday Entertainment Valentine's Party (CH) 3:00 Inspirational Read (CH) 4:00 Harborlights (CH) 6:00 Pinochle/Bridge (MO)	16 9:00 Mandala Coloring (KDR) 9:00 Circuit Training(FC) 9:30 Manicures (KDR) 9:30 Women's Coffee Hr (KDR) 11:15 Tai Chi Stretch (CH) 1:30 Bingo (BDR) 2:30 Balloon Volleyball (CH)	17 9:30 Bingo (CH) 10:30 Learn to Knit(CH) 1:30 Sing-a-long (CH) 2:15 Cover that No(CH)

FEBRUARY 2018

Sun	Mon	Tues	Wed	Thu	Fri	Sat
18 9:45 Presbyterian Church (LB) 11:00 Sunday Worship (CH) 5:00 Resident Pot Luck	19 Presidents Day 9:00 Bingo (CH) 9:00 Heart Smart Exercise (FC) 10:00 St.Pats Door hanger (CH) 11:15 Stretch & Relax (CH) 1:30 Word Games (CH) 2:30 Arthritis Exercise (CH) 3:00 Bible Study (CH) 6:00 Bridge (MO)	20 Cherry Pie Day 9:00 Arthritis Fitness (FC) 9:00 Walmart (LB) 9:30 Bingo (KD) 10:30 Cover that Number (KD) 10:45 Catholic Service (CH) 11:30 Indoor Walk Club (LB) 1:30 Crossword (KD) 2:00 Alzheimer's Support (CH) 2:30 Seated Tai Chi (KD) 3:00 Chapel Trivia (CH) 6:00 Euchre (MO)	21 9:00 Arthritis Fitness (CH) 9:30 Bingo (CH) 10:30 Chicks w/Sticks (CH) 11:15 Stretch & Relax (CH) 12:00 Meadowbrook (LB) 1:30 Wheel of Fortune (CH) 2:30 Functional Fitness (CH) 3:00 Chapel Trivia (CH) 3:30 Book Group (CH) 6:00 Euchre (MO)	22 9:00 Better Balance (FC) 9:00 Kroger (LB) 9:00 Hope for Hungry (LB) 10:00 Men's Coffee Hour (CM) 10:00 Crossword (BD) 11:00 Rosary (CH) 11:00 Billiards (CM) 1:30 Tasty Thursday (CH) 2:30 Arthritis Exercise (CH) 3:00 Inspirational Read (CH) 4:00 Harborlights (CH)	23 9:00 Mandala Coloring (CH) 9:00 Circuit Training(FC) 9:30 Manicures (CH) 9:30 Women's Coffee Hr (CH) 11:00 K/Mart & Lunch (LB) 11:15 Tai Chi Stretch (CH) 1:30 Bingo (CH) 2:30 Balloon Volleyball (CH)	24 9:30 Bingo (CH) 10:30 Learn to Knit(CH) 1:30 Sing-a-long (CH) 2:15 Cover that No(CH)
25 9:45 Presbyterian Church (LB) 11:00 Sunday Worship (CH)	26 National Tell a Fairytale Day 9:00 Bingo (CH) 9:00 Heart Smart Exercise (FC) 10:00 Pictionary(CH) 11:15 Stretch & Relax (CH) 1:30 Fairytales (CH) 2:30 Arthritis Exercise (CH) 3:00 Bible Study (CH) 6:00 Bridge (MO)	27 8:30 Gleaners (LB) 9:00 Arthritis Fitness (CH) 9:00 Meijer (LB) 9:30 Bingo (BD) 10:30 Cover that Number (BD) 10:45 Catholic Service (CH) 11:30 Indoor Walk Club (LB) 11:30 Men's Lunch (LB) 1:30 Crossword (CH) 2:30 Seated Tai Chi (CH) 3:00 Chapel Trivia (CH) 6:00 Euchre (MO)	28 9:00 Arthritis Fitness (CH) 9:30 Bingo (CH) 10:30 Chicks w/Sticks (CH) 11:15 Stretch & Relax (CH) 12:00 Detox Program (CH) 1:30 Footwear Footcare (LB) 1:30 Wheel of Fortune (CH) 2:30 Functional Fitness (CH) 3:30 Book Group (KD) 3:00 Chapel Trivia (CH) 6:00 Euchre (MO)			



**PLEASE NOTE:
ALL ACTIVITIES & FITNESS CLASSES HAVE BEEN RELOCATED
DUE TO CONSTRUCTION!**

CH=Chapel
 FC=Fitness Center
 BD=Barnett Dining Room
 KD=Kirk Dining Room
 LB=Lobby
 MO=Marketing Office
 CM=Capman Hall

