

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Please sign up at the front desk for all activities marked with **</p> <p>Please sign up at the Nurse's Station for the Podiatry Checks marked *.</p>			<p>1</p> <p>10:00 Card BINGO (AR)  <b>11:00 Chair Exercise (AR)</b>  <b>11:45 Mind/Body Relaxation (FC)</b>                      1:00 POOL LEAGUE (P)                      1:00 Bridge (P)                      1:30 Movie: <b>THE 5<sup>TH</sup> QUARTER</b> (T)                      1:30 <b>ART HOUR W/ JEAN MARTIN</b> (AR)                      3:30 <b>HAPPY HOUR</b> (P)</p>	<p>2</p> <p>10:00 <b>Dominoes</b> (AR)                      11:30 <b>LADIES' LUNCH @ THE EGG &amp; I **</b>  <b>11:50 Stretch, Tone &amp; Balance (FC)</b>                      1:00 Pitch (P)                      1:30 Movie: <b>THE 5<sup>TH</sup> QUARTER</b> (Ch 10)                      2:00 <b>Groundhog Day Fun</b> (AR)</p> <p><b>GROUNDHOG DAY</b></p>	<p>3</p> <p><b>9:00 WATER EXERCISE **</b>                      10:00 <b>UNO</b> (AR)  <b>11:00 Chair Exercise (AR)</b>                      12:30 Ladies' Bridge (P)                      1:00 Pinochle (P)                      1:30 <b>Massage Therapy</b> (TVR)                      3:00 Catholic Mass (AR)</p>	<p>4</p> <p>10:30 BINGO (AR &amp; P)                      1:30 Movie: <b>BABES ON BROADWAY</b> (T)  <b>2:00 Music by ON THE ROCKS</b> (GDR)</p>
<p>5</p> <p>10:00 Catholic Communion (AR)                      1:30 Movie – <b>BABES ON BROADWAY</b> (Ch 10)                      2:00 Bible Study with Indian Hills Church (AR)  <b>5:30 SUPER BOWL PARTY (T &amp; FSR)</b></p> <p><b>11:00-2:00 BRUNCH</b></p>	<p>6</p> <p><b>10:00 Shop @ SUNMART **</b>                      10:00 <b>Kings on the Corner</b> (AR)  <b>11:00 Chair Exercise (AR)</b>  <b>11:50 Stretch, Tone &amp; Balance (FC)</b>                      2:00 <b>Auction</b> (AR)                      6:00 Pitch (P)                      6:30 Pinochle (P)</p> <p><b>GOODWILL PICKUP **</b></p>	<p>7</p> <p>10:30 BINGO (AR &amp; P)                      12:30 Ladies' Bridge (P)                      1:00 Hand &amp; Foot (P)                      1:00 Poker (P)  <b>1:30-3:30 Nail Care (AR)</b>                      6:30 Bridge (P)</p> <p><b>5:30-6:30 ALTERATIONS ** (AR)</b></p>	<p>8</p> <p>10:00 Card BINGO (AR)  <b>11:00 Chair Exercise (AR)</b>  <b>11:45 Mind/Body Relaxation (FC)</b>                      1:00 POOL LEAGUE (P)                      1:00 Bridge (P)                      1:30 <b>MOVIE PREMIERE: MONEYBALL</b> (T)                      3:30 <b>HAPPY HOUR</b> (P)</p>	<p>9</p> <p>10:00 <b>Dominoes</b> (AR)  <b>11:50 Stretch, Tone &amp; Balance (FC)</b>  <b>1:00-3:00 PITCH PARTY (P)</b>                      1:30 Movie: <b>MONEYBALL</b> (Ch 10)                      2:00 <b>Mad Science</b> (AR)</p>	<p>10</p> <p><b>9:00 WATER EXERCISE **</b>                      10:00 <b>Ladies' Coffee</b> (AR)  <b>11:00 Chair Exercise (AR)</b>                      12:30 Ladies' Bridge (P)                      1:00 Pinochle (P)                      1:30 <b>February Craft</b> (AR)                      3:00 Catholic Mass (AR)</p>	<p>11</p> <p>10:30 BINGO (AR &amp; P)                      1:30 Movie: <b>WORKING GIRL</b> (T)  <b>2:00 Music by SYLVIA GRIFFITH</b> (GDR)</p>
<p>12</p> <p>10:00 Catholic Communion (AR)                      1:30 Movie: <b>WORKING GIRL</b> (Ch 10)                      2:00 Chapel with Evangelical Free Church (AR)</p>	<p>13</p> <p><b>9:00-10:00 KZUM BIG BAND LISTENING HOUR (FSR)</b>  <b>11:00 Chair Exercise (AR)</b>  <b>11:50 Stretch, Tone &amp; Balance (FC)</b>                      11:00 Wii Bowling (FSR)                      2:00 <b>Sweetheart Birthday Party (P)</b>                      6:00 Pitch (P)                      6:30 Pinochle (P)</p> <p><b>HORSESHOE CASINO**</b></p>	<p>14</p> <p>10:30 BINGO (AR &amp; P)                      12:30 Ladies' Bridge (P)                      1:00 Hand &amp; Foot (P)                      1:00 Poker (P)  <b>2:00 Music by MICHAEL &amp; JONATHAN JANK</b> (GDR)                      6:30 Bridge (P)</p> <p><b>VALENTINE'S DAY</b></p>	<p>15</p> <p>10:00 Card BINGO (AR)  <b>11:00 Chair Exercise (AR)</b>  <b>11:45 Mind/Body Relaxation (FC)</b>                      1:00 Bridge (P)                      1:30 Movie: <b>RABBIT-PROOF FENCE</b> (T)                      1:30 <b>Cook's Corner</b> (AR)                      3:30 <b>HAPPY HOUR</b> (P)</p>	<p>16</p> <p>10:30 <b>Music Therapy</b> (AR)  <b>11:50 Stretch, Tone &amp; Balance (FC)</b>                      1:30 Movie: <b>RABBIT-PROOF FENCE</b> (Ch 10)                      1:00 Pitch (P)  <b>1:30 WELLNESS SEMINAR: MANAGING YOUR MEDICATIONS</b> (T)                      6:30 <b>Pet Therapy</b> (AR)</p>	<p>17</p> <p><b>9:00 WATER EXERCISE **</b>                      10:00 <b>Mind Games</b> (AR)  <b>11:00 Chair Exercise (AR)</b>                      12:30 Ladies' Bridge (P)  <b>1:00 Shop @ DOLLAR TREE **</b>                      1:00 Pinochle (P)                      1:30 <b>Massage Therapy</b> (TVR)                      3:00 Catholic Mass (AR)</p>	<p>18</p> <p>10:30 BINGO (AR &amp; P)                      1:30 Movie: <b>LOVER COME BACK</b> (T)  <b>2:00 February Social</b> (AR)</p>
<p>19</p> <p>10:00 Catholic Communion (AR)                      1:30 Movie: <b>LOVER COME BACK</b> (Ch 10)                      2:00 Bible Study with Indian Hills Church (AR)  <b>6:00 Music by SARABANDE JAZZ</b> (GDR)</p> <p><b>11:00-2:00 BRUNCH</b></p>	<p>20</p> <p>9:30 <b>Shop @ WALMART **</b>                      10:00 <b>Name That Tune</b> (AR)                      11:00 Wii Bowling (FSR)                      11:15 <b>AL Residents' Meeting</b> (AR)  <b>11:50 Stretch, Tone &amp; Balance (FC)</b>                      1:30 <b>IL Residents' Meeting</b> (GDR)                      2:15 <b>Quarter BINGO</b> (AR &amp; P)                      6:00 Pitch (P)                      6:30 Pinochle (P)</p> <p><b>PRESIDENTS DAY</b></p>	<p>21</p> <p>10:30 BINGO (AR &amp; P)                      11:30 <b>Men's Lunch @ BUZZARD BILLY'S **</b>                      12:30 Ladies' Bridge (P)                      1:00 Hand &amp; Foot (P)                      1:00 Poker (P)                      1:30 <b>Mardi Gras Bash</b> (AR)                      3:30 <b>MARDI GRAS NEW RESIDENT SOCIAL</b> (P)                      6:30 Bridge (P)</p> <p><b>FAT TUESDAY</b></p>	<p>22</p> <p>10:00 Card BINGO (AR)  <b>11:00 Chair Exercise (AR)</b>  <b>11:45 Mind/Body Relaxation (FC)</b>                      1:00 POOL LEAGUE (P)  <b>1:30-3:30 Nail Care</b> (AR)                      1:30 Movie: <b>BRIAN'S SONG</b> (T)</p> <p><b>ASH WEDNESDAY</b></p>	<p>23</p> <p><b>9:00 PODIATRY CHECKS * (NS)</b>                      10:00 <b>VISIT FROM NOAH'S ARK DAYCARE KIDS</b> (AR)  <b>11:50 Stretch, Tone &amp; Balance (FC)</b>                      12:00 <b>TRAVELOGUE – A NATIONAL PARKS ODYSSEY</b> (T)                      (a light lunch will be served)                      1:00 Pitch (P)                      1:30 Movie: <b>BRIAN'S SONG</b> (Ch 10)  <b>2:00-4:00 SPA DAY W/ RIGHT AT HOME</b> (P)                      2:00 <b>Travelogue: A NATIONAL PARKS ODYSSEY</b> (AR)                      7:00 <b>ART SHOW</b> (GDR)</p>	<p>24</p> <p><b>9:00 WATER EXERCISE **</b>                      10:00 <b>LCR Dice Game</b> (AR)  <b>11:00 Chair Exercise (AR)</b>                      12:30 Ladies' Bridge (P)  <b>1:00 Movie @ GRAND THEATRE **</b>                      1:00 Pinochle (P)                      1:30 <b>Video: THE ANDY GRIFFITH SHOW</b> (AR)                      3:00 Catholic Mass (AR)</p>	<p>25</p> <p>10:30 BINGO (AR &amp; P)                      1:30 Movie: <b>WORDS &amp; MUSIC</b> (T)  <b>2:00 Challenge Your Mind</b> (AR)</p>
<p>26</p> <p>10:00 Catholic Communion (AR)                      1:30 Movie – <b>WORDS &amp; MUSIC</b> (Ch 10)                      2:00 Bible Study with Indian Hills Church (AR)</p>	<p>27</p> <p>10:00 <b>It's Puzzling</b> (AR)  <b>10:00 Shop @ HY-VEE **</b>  <b>11:00 Chair Exercise (AR)</b>  <b>11:50 Stretch, Tone &amp; Balance (FC)</b>                      11:00 Wii Bowling (FSR)  <b>12:00 CHILI COOK-OFF</b> (GDR)                      2:00 <b>Price is Right</b> (AR)                      6:00 Pitch (P)                      6:30 Pinochle (P)</p>	<p>28</p> <p>10:30 BINGO (AR &amp; P)  <b>12:00 Lunch @ GRANITE CITY **</b>                      12:30 Ladies' Bridge (P)  <b>1:00 PODIATRY CHECKS * (NS)</b>                      1:00 Hand &amp; Foot (P)                      1:00 Poker (P)                      2:00 <b>Assisted Living New Resident Social</b> (AR)                      6:30 Bridge (P)</p>	<p>29</p> <p>10:00 Card BINGO (AR)  <b>11:00 Chair Exercise (AR)</b>  <b>11:45 Mind/Body Relaxation (FC)</b>                      1:00 POOL LEAGUE (P)                      1:00 Bridge (P)                      1:30 Movie: <b>THE DOCTOR</b> (T)                      1:30 <b>Leap Year Fun</b> (AR)                      3:30 <b>HAPPY HOUR</b> (P)</p> <p><b>LEAP YEAR DAY</b></p>	<p><b>WELLNESS CENTER HOURS</b>  <b>Mondays 7:30-11:30 &amp; 12:30-2:45</b>  <b>Tuesdays 8:00-11:30 &amp; 12:30-2:45</b>  <b>Wednesdays 7:30-11:30</b>  <b>Thursdays 8:00-11:30 &amp; 12:30-2:45</b>  <b>Fridays 7:30-12:00</b></p>	<p><b>ACTIVITY LOCATION KEY</b>                      P – Pub                      T – Theatre                      MS – Main Street                      FC - Fitness Center                      NS – Nurse's Station                      AR – Activities Room                      FSR – Fireside Room                      GDR – Grand Dining Room</p>	