

# THE LEGACY

# ACTIVITIES & WELLNESS

# FEBRUARY 2012

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 Nurses Station for Podiatry Checks marked *</p>			<p>1</p> <p>9:00 Shop @ SUNMART **</p> <p>9:30 BALANCE THERAPY (AR)</p> <p>10:30 This &amp; That Trivia (AR)</p> <p>10:45 STRETCH &amp; TONE (FC)</p> <p>11:30 Ladies' Wii Bowling (FSR)</p> <p>1:30 Valentine Craft (AR)</p> <p>3:30 HAPPY HOUR (FSR)</p> <p>5:45 Game Night (FSR)</p>	<p>2</p> <p>10:00 FREE EQUIPMENT CHECK BY JIM'S HOME HEALTH &amp; WALKER WASH (FSR)</p> <p>10:00 Ladies' Pool Group (FSR)</p> <p>10:30 Music Therapy (AR)</p> <p>1:30 Crazy 8's (AR)</p> <p>2:30 Pitch (FSR)</p> <p>3:00 Catholic Mass (AR)</p> <p>6:15 Bridge Group (FSR)</p> <p>ALTERATIONS BY DESIREE** (AR)</p> <p>Groundhog Day</p>	<p>3</p> <p>9:00 PODIATRY CHECKS * (WHR)</p> <p>9:00 WATER AEROBICS **</p> <p>10:00 Spiritual Circle (AR)</p> <p>10:45 STRETCH &amp; TONE (FC)</p> <p>2:00 Coffee Klatch (AR)</p> <p>2:00 Poker Group (FSR)</p>	<p>4</p> <p>10:00 QUARTER BINGO (AR &amp; FSR)</p> <p>1:30 Movie- THE 5<sup>TH</sup> QUARTER (Ch 10)</p> <p>2:00 Root Beer Floats (FSR)</p>
<p>5</p> <p>1:00 Movie - THE 5<sup>TH</sup> QUARTER (Ch 10)</p> <p>2:00 Chapel w/ Southpointe Christian Church (ADR)</p> <p>5:30 SUPER BOWL PARTY (DWN)</p> <p>Brunch Buffet 11:00-2:00 (GDR)</p>	<p>6</p> <p>9:30 BALANCE THERAPY (AR)</p> <p>10:30 Railroad Spelling (AR)</p> <p>10:45 STRETCH &amp; TONE (FC)</p> <p>12:00 Lunch In - Don &amp; Millie's **</p> <p>1:30-3:30 Nail Care (AR)</p> <p>2:00 Pitch Group (LIB)</p> <p>GOODWILL PICKUP **</p>	<p>7</p> <p>8:45 OSTEOPATH EXERCISE (AR)</p> <p>9:00 Bible Study (DWN)</p> <p>10:30 BINGO (AR &amp; FSR)</p> <p>1:00 Pinochle (LIB)</p> <p>1:00 STITCHING GROUP (DWN)</p> <p>1:00 PODIATRY CHECKS *</p> <p>1:00 FOOD FORUM (ADR)</p> <p>2:00 ART CLASS (AR)</p> <p>6:00 Ladies' Pool Group (FSR)</p> <p>7:00 Music by WHOOZON1ST (GDR)</p>	<p>8</p> <p>9:00 Shop @ SUNMART **</p> <p>9:30 BALANCE THERAPY (AR)</p> <p>10:30 Massage Therapy (AR)</p> <p>10:45 STRETCH &amp; TONE (FC)</p> <p>11:30 Ladies' Wii Bowling (FSR)</p> <p>1:30 Gourmet Time (AR)</p> <p>3:30 NEW RESIDENT SOCIAL (FSR)</p>	<p>9</p> <p>10:00 Love Bingo (AR)</p> <p>10:00 Ladies' Pool Group (FSR)</p> <p>1:30 WELLNESS SEMINAR: MANAGING YOUR MEDICATIONS (GDR)</p> <p>2:30 Pitch (FSR)</p> <p>3:00 Catholic Mass (AR)</p> <p>6:15 Bridge Group (FSR)</p>	<p>10</p> <p>9:00 WATER AEROBICS **</p> <p>10:00 Jeopardy (AR)</p> <p>10:45 STRETCH &amp; TONE (FC)</p> <p>11:30 Ladies' Coffee (FSR)</p> <p>1:00 Shop @ GATEWAY **</p> <p>2:00 Smoothies (AR)</p> <p>2:00 Poker Group (FSR)</p>	<p>11</p> <p>9:00 FREE EYEGLASS ADJUSTMENTS (FSR)</p> <p>10:00 QUARTER BINGO (AR &amp; FSR)</p> <p>1:30 MOVIE PREMIERE - MONEYBALL (DWN)</p>
<p>12</p> <p>1:00 Movie-MONEYBALL (Ch 10)</p> <p>2:00 Chapel w/ Faith Bible Church (ADR)</p> <p>Lincoln's Birthday</p>	<p>13</p> <p>9:30 BALANCE THERAPY (AR)</p> <p>10:30 Video- Abe Lincoln (AR)</p> <p>10:45 STRETCH &amp; TONE (FC)</p> <p>2:00 History of Rugs w/ Soni (APT 201)</p> <p>2:00 Pitch Group (LIB)</p> <p>7:00 Music by KENT EVANS (GDR)</p> <p>Horseshoe Casino Trip**</p>	<p>14</p> <p>8:45 OSTEOPATH EXERCISE (AR)</p> <p>9:00 Bible Study (DWN)</p> <p>10:30 BINGO (AR &amp; FSR)</p> <p>1:00 Pinochle (LIB)</p> <p>2:00 Valentine's Day Birthday Party (FSR)</p> <p>6:00 Ladies' Pool Group (FSR)</p> <p>Valentine's Day</p>	<p>15</p> <p>9:00 Shop @ WAL-MART **</p> <p>9:30 BALANCE THERAPY (AR)</p> <p>10:30 Laughter Moments (AR)</p> <p>10:45 STRETCH &amp; TONE (FC)</p> <p>11:30 Wii Bowling (FSR)</p> <p>2:00 PLAY AUCTION (FSR)</p> <p>3:30 HAPPY HOUR (FSR)</p> <p>Washington's Birthday</p> <p>ASH WEDNESDAY</p>	<p>16</p> <p>10:00 LCR Dice Game (AR)</p> <p>10:00 Ladies' Pool Group (FSR)</p> <p>11:15 AL Residents' Meeting (ADR)</p> <p>1:00 IL Residents' Meeting (GDR)</p> <p>1:30 Frank Sinatra; We Love New York (AR)</p> <p>2:30 Pitch (FSR)</p> <p>3:00 Catholic Mass (AR)</p> <p>6:15 Bridge Group (FSR)</p>	<p>17</p> <p>9:00 PODIATRY CHECKS *</p> <p>9:00 WATER AEROBICS **</p> <p>10:00 Balloon Volleyball (AR)</p> <p>10:45 STRETCH &amp; TONE (FC)</p> <p>12:00 Travelogue - Crane Song (Light Lunched Served-DWN)</p> <p>2:00 Travelogue - Crane Song (TVR &amp; VCTV)</p> <p>2:00 Poker Group (FSR)</p>	<p>18</p> <p>10:00 QUARTER BINGO (AR &amp; FSR)</p> <p>1:30 Movie - RABBIT-PROOF FENCE (Ch 10)</p> <p>2:00 Wine &amp; Cheese Party (FSR)</p>
<p>19</p> <p>1:00 Movie- RABBIT-PROOF FENCE (Ch 10)</p> <p>2:00 Chapel w/ Indian Hills Church (ADR)</p> <p>4:00-7:00 CASINO PARTY (GDR, FSR)</p> <p>Brunch Buffet 11:00-2:00 (GDR)</p>	<p>20</p> <p>9:00-10:00 KZUM BIG BAND LISTENING HOUR (FSR)</p> <p>9:30 BALANCE THERAPY (AR)</p> <p>10:30 Presidential Trivia (AR)</p> <p>10:45 STRETCH &amp; TONE (FC)</p> <p>1:30-3:30 Nail Care (AR)</p> <p>2:00 Pitch Group (FSR)</p> <p>PRESIDENTS DAY</p>	<p>21</p> <p>8:45 OSTEOPATH EXERCISE (AR)</p> <p>9:00 Bible Study (DWN)</p> <p>10:30 BINGO (AR &amp; FSR)</p> <p>1:00 Pinochle (LIB)</p> <p>2:00 ART CLASS (AR)</p> <p>3:30 Mardi Gras HAPPY HOUR (FSR)</p> <p>6:00 Ladies' Pool Group (FSR)</p> <p>FAT TUESDAY</p>	<p>22</p> <p>9:00 Shop @ SUNMART **</p> <p>9:30 BALANCE THERAPY (AR)</p> <p>10:30 Trivia Contest (FSR)</p> <p>10:45 STRETCH &amp; TONE (FC)</p> <p>2:00 Patriotic Sing (AR)</p> <p>Washington's Birthday</p> <p>ASH WEDNESDAY</p>	<p>23</p> <p>8:00 Men's Breakfast @ VILLAGE INN **</p> <p>10:00 Past- Dime Stores (AR)</p> <p>10:00 Ladies' Pool Group (FSR)</p> <p>11:30 Red Hat Lunch **</p> <p>2:00 Music by JIMMY MAACK (GDR)</p> <p>2:00 Pitch (FSR)</p> <p>3:00 Catholic Mass (AR)</p> <p>6:15 Bridge Group (FSR)</p>	<p>24</p> <p>9:00 WATER AEROBICS **</p> <p>10:00 Spiritual Circle (AR)</p> <p>10:45 STRETCH &amp; TONE (FC)</p> <p>11:30 Men's &amp; Ladies' Coffee (FSR)</p> <p>1:00 Movie @ Grand Theatre **</p> <p>2:00 Assisted Living Social (AR)</p> <p>2:00 Poker Group (FSR)</p>	<p>25</p> <p>10:00 QUARTER BINGO (AR &amp; FSR)</p> <p>1:30 Movie- BRIAN'S SONG (Ch 10)</p> <p>2:00 Banana Splits (FSR)</p>
<p>26</p> <p>1:00 Movie- BRIAN'S SONG (Ch 10)</p> <p>2:00 Chapel w/ Christ's Place Church (ADR)</p>	<p>27</p> <p>9:30 BALANCE THERAPY (AR)</p> <p>10:30 Railroad Spelling (AR)</p> <p>10:45 STRETCH &amp; TONE (FC)</p> <p>2:00 Cirque du Soleil Party (DWN)</p> <p>2:00 Pitch Group (FSR)</p> <p>7:00 Music by SARABANDE JAZZ (GDR)</p>	<p>28</p> <p>8:45 OSTEOPATH EXERCISE (AR)</p> <p>9:00 Bible Study (DWN)</p> <p>10:30 BINGO (AR &amp; FSR)</p> <p>11:45 Lunch @ GRANITE CITY**</p> <p>1:00 Pinochle (LIB)</p> <p>2:00 ART CLASS (AR)</p> <p>6:00 Ladies' Pool Group (FSR)</p> <p>6:30 Pet Therapy (TVR)</p>	<p>29</p> <p>9:00 Shop @ TRADER JOE'S **</p> <p>9:30 BALANCE THERAPY (AR)</p> <p>10:30 UNO Card Game (AR)</p> <p>10:45 STRETCH &amp; TONE (FC)</p> <p>12:00 CHILI COOK-OFF (GDR)</p> <p>2:00 Massage Therapy (AR)</p> <p>3:30 HAPPY HOUR (FSR)</p>	<p><b>ACTIVITY LOCATION KEY</b></p> <p>L-Lobby</p> <p>LIB-Library</p> <p>TVR - TV Room</p> <p>MS- Main Street</p> <p>FC- Fitness Center</p> <p>DWN -Garden Room</p> <p>AR - Activity Room</p> <p>FSR - Fireside Room</p>	<p><b>ACTIVITY LOCATION KEY</b></p> <p>WHR-Whirlpool Room</p> <p>GDR- Grand Dining Room</p> <p>ADR- Assisted Dining Room</p>	<p><b>WELLNESS CENTER HOURS</b></p> <p>Mondays 8:30-12:00 &amp; 12:30-3:30</p> <p>Tuesdays 8:00-12:00 &amp; 2:30-4:30</p> <p>Wednesdays 8:30-12:00 &amp; 12:30-3:30</p> <p>Thursdays 6:45-12:00</p> <p>Fridays 8:30-1:15</p>