

LEGACY TERRACE

Activities & Wellness

FEBRUARY 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>Please sign up at the front desk for all activities marked with **</i></p> <p><i>Please sign up at the Nurse's Station for Podiatry Checks marked *</i></p>			<p>1</p> <p>10:30 BINGO (AR & IHS) 2:00 February Hodgepodge (AR) 5:45 Double Pinochle (IHS) 6:00 Men's Pool (IHS)</p> <p>ALTERATIONS BY DESIREE ** 5:30-6:30pm (AR)</p>	<p>2</p> <p>10:30 Bible Study (AR) 1:30 Stretch, Tone & Balance II (FC) 1:30 WELLNESS SEMINAR: MANAGING YOUR MEDICATION (AR) 2:00 Ladies' Pool (IHS) 6:00 Men's Pool (IHS)</p>	<p>3</p> <p>10:00 A Rose is a Rose (AR) 11:00 Stretch, Tone & Balance I (AR) 1:00 Pitch (IHS) 1:30 Texas Hold 'Em (IHS) 1:40 Rosary & Catholic Mass (AR) 2:00 Massage Therapy (ST) 6:00 Men's Pool (IHS)</p>	<p>4</p> <p>10:30 BINGO (AR & IHS) 1:00 Cribbage (IHS) 1:30 MOVIE PREMIERE - MONEYBALL (AR) 5:45 Ladies' Pool ((IHS)</p>
<p>5</p> <p>1:30 Movie - MONEYBALL (Ch 10) 2:00 Chapel w/ St. Mark's United Methodist Church (AR) 5:30 SUPER BOWL PARTY (IHS)</p> <p>BRUNCH 11:00-2:00</p>	<p>6</p> <p>10:00 Weird News (AR) 10:00 IL RESIDENTS' MEETING (IHS) 11:15 AL RESIDENTS' MEETING (AR) 1:00 Double Pinochle (IHS) 2:00 Reagan Facts (AR) 6:00 Men's Pool (IHS) 7:00 Music by SARABANDE JAZZ (GDR)</p> <p>GOODWILL PICKUP **</p>	<p>7</p> <p>9:30 Ladies' Pool (IHS) 9:30 Shop @ WAL-MART** 10:30 Music Therapy (AR) 1:00 Pitch (IHS) 1:30 Make Valentine Boxes (AR) 1:30 Stretch, Tone & Balance II (FC) 3:30 HAPPY HOUR (IHS) 6:00 Men's Pool (IHS)</p>	<p>8</p> <p>9:00 PODIATRY CHECKS * (NS) 10:30 BINGO (AR & IHS) 1:30 Chocolate Bar (AR) 3:00 Chapel w/ 1st United Methodist Church (AR) 5:45 Double Pinochle (IHS) 6:00 Men's Pool (IHS)</p>	<p>9</p> <p>10:30 Bible Study (AR) 1:30 Stretch, Tone & Balance II (FC) 1:30-3:30 Nail Care (AR) 2:00 Ladies' Pool (IHS) 6:00 Men's Pool (IHS)</p>	<p>10</p> <p>10:00 Shuffleboard (AR) 11:00 Stretch, Tone & Balance I (AR) 1:00-3:00 PITCH PARTY (IHS) 1:30 Texas Hold 'Em (IHS) 1:40 Rosary & Catholic Mass (AR) 2:00 20 Questions (ST) 6:00 Men's Pool (IHS)</p>	<p>11</p> <p>10:30 BINGO (AR & IHS) 1:00 Cribbage (IHS) 1:30 Movie - RABBIT-PROOF FENCE (Ch 10) 2:00 Music by FIRST PRESBYTERIAN CHURCH CHOIR (GDR) 5:45 Ladies' Pool (IHS)</p>
<p>12</p> <p>1:30 Movie - RABBIT-PROOF FENCE (Ch 10) 2:00 Chapel w/ Indian Hills Church (AR) 6:00 Men's Pool (IHS)</p>	<p>13</p> <p>10:00 Heart2Heart (AR) 11:00 Stretch, Tone & Balance I (AR) 12:00 TRAVELOGUE - A NATIONAL PARKS ODYSSEY (AR) <i>(a light lunch will be served)</i> 1:00 Double Pinochle (IHS) 2:00 Travelogue - A NATIONAL PARKS ODYSSEY (AR) 6:00 Men's Pool (IHS)</p> <p>HORSESHOE CASINO TRIP **</p>	<p>14</p> <p>9:30 Ladies' Pool (IHS) 10:30 Lutheran Service (AR) 1:00 Pitch (IHS) 1:30 VALENTINE PARTY (AR) 1:30 Stretch, Tone & Balance II (FC) 3:30 HAPPY HOUR (IHS) 6:00 Men's Pool (IHS) 7:00 Music by MICHAEL & JONATHAN JANK (GDR)</p> <p>VALENTINE'S DAY</p>	<p>15</p> <p>9:00 PODIATRY CHECKS * (NS) 10:30 BINGO (AR & IHS) 2:00 Shower Games (AR) 5:45 Double Pinochle (IHS) 6:00 Men's Pool (IHS)</p>	<p>16</p> <p>8:00 Men's Breakfast @ VILLAGE INN ** 10:00 Shop @ HY-VEE'S MAIN STREET** 10:30 Bible Study (AR) 1:30 Red Skelton Video (ST) 1:30 Stretch, Tone & Balance II (FC) 2:00 Ladies' Pool (IHS) 6:00 Men's Pool (IHS)</p>	<p>17</p> <p>10:00 Cook's Corner (AR) 11:00 Stretch, Tone & Balance I (AR) 1:00 Pitch (IHS) 1:30 Texas Hold 'Em (IHS) 1:40 Rosary & Catholic Mass (AR) 2:00 Massage Therapy (ST) 6:00 Men's Pool (IHS)</p>	<p>18</p> <p>10:30 BINGO (AR & IHS) 11:45 LUNCH @ HONEY CREEK ** 1:00 Cribbage (IHS) 1:30 Movie - BRIAN'S SONG (Ch 10) 2:00 Black & White Day (AR) 5:45 Ladies' Pool (IHS)</p>
<p>19</p> <p>1:30 Movie - BRIAN'S SONG (Ch 10) 2:00 Chapel w/ Indian Hills Church (AR) 6:00 Men's Pool (IHS) 6:00 Rootbeer Floats & Purple Cows (IHS)</p> <p>BRUNCH 11:00-2:00</p>	<p>20</p> <p>10:00 It Happened in the White House (AR) 11:00 Stretch, Tone & Balance I (AR) 1:00 Double Pinochle (IHS) 1:30 Shop @ DOLLAR TREE ** 2:00 Presidential Birthday Party (IHS) 6:00 Men's Pool (IHS)</p> <p>PRESIDENTS DAY</p>	<p>21</p> <p>9:30 Ladies' Pool (IHS) 10:00 Flyswatter Volleyball (AR) 10:30 Book Club (ST) 1:00 Pitch (IHS) 1:15 Sing Along w/ Sally (AR) 1:30 Stretch, Tone & Balance II (FC) 3:30 NEW RESIDENT SOCIAL / MARDI GRAS PARTY (IHS) 6:00 Men's Pool (IHS)</p> <p>FAT TUESDAY</p>	<p>22</p> <p>10:30 BINGO (AR & IHS) 2:00 Current Events (AR) 5:45 Double Pinochle (IHS) 6:00 Men's Pool (IHS)</p> <p>ASH WEDNESDAY</p>	<p>23</p> <p>10:30 Bible Study (AR) 1:30 Stretch, Tone & Balance II (FC) 1:30-3:30 Nail Care (AR) 2:00 Ladies' Pool (IHS) 6:00 Men's Pool (IHS) 7:00 Music by WHOOZON1ST (GDR)</p>	<p>24</p> <p>10:00 Kings in the Corner (AR) 11:00 Stretch, Tone & Balance I (AR) 1:00 Movie @ Grand Theatre** 1:00 Pitch (IHS) 1:30 Texas Hold 'Em (IHS) 1:40 Rosary & Catholic Mass (AR) 2:00 Folktales, Fables & Fantasies (ST) 3:00 Pet Therapy (AR) 6:00 Men's Pool (IHS)</p>	<p>25</p> <p>10:30 BINGO (AR & IHS) 1:00 Cribbage (IHS) 1:30 Movie - THE DOCTOR (Ch 10) 2:00 Places to Explore (AR) 5:45 Ladies' Pool (IHS)</p>
<p>26</p> <p>1:30 Movie - THE DOCTOR (Ch 10) 2:00 Chapel w/ Lincoln Christian Fellowship (AR) 6:00 Men's Pool (IHS)</p>	<p>27</p> <p>9:00-10:00 KZUM BIG BAND LISTENING HOUR (IHS) 10:00 Black History Month (AR) 11:00 Stretch, Tone & Balance I (AR) 1:00 Double Pinochle (IHS) 1:00 Shop @ RUSS'S MARKET** 2:00 Quarter BINGO (AR & IHS) 6:00 Men's Pool (IHS)</p>	<p>28</p> <p>9:30 Ladies' Pool (IHS) 10:30 Ladies' & Men's Coffee (IHS) 12:00 CHILI COOK-OFF (GDR) 1:00 Pitch (IHS) 1:30 Auction (AR) 1:30 Stretch, Tone & Balance II (FC) 3:30 HAPPY HOUR (IHS) 6:00 Men's Pool (IHS)</p>	<p>29</p> <p>10:30 BINGO (AR & IHS) 2:00 Leap Year Facts & Trivia (AR) 5:45 Double Pinochle (IHS) 6:00 Men's Pool (IHS)</p> <p>6:15 ALZHEIMER'S / DEMENTIA SUPPORT GROUP MEETING (AR)</p> <p>LEAP YEAR DAY</p>	<p>WELLNESS CENTER HOURS</p> <p>Mondays 8:15-3:00 Tuesdays 7:00-3:00 Wednesdays 8:15-4:00 Thursdays 7:00-3:00 Fridays 8:15-1:00</p>		<p>ACTIVITY LOCATION KEY</p> <p>ST - South Terrace FC - Fitness Center NS - Nurse's Station AR - Activities Room IHS - Iron Horse Saloon RR - Renaissance Room GDR - Grand Dining Room</p>