




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>CR=Community Room LS=Lakeside WWAR=West Wing Activity Rm EWAR=East Wing Activity Rm STU=Studio WEB=Webster's TZ=The Zone GA=Game Area FL=Front Lobby</p>	<p>Outing &amp; trips in <b>BLUE</b> require residents to sign up for the event.</p> <p>Special events are in <b>RED</b>. Remember to sign up.</p> <p>Lifelong learning activities are in <b>GREEN</b>.</p>	 <p>Shirley Payne-2/02 Lou Ann Weber-2/03 Ruth Jones-2/04 Beth Van Gent-2/07 Joan Whitlock-2/12 Joanne Gilmore-2/14</p>	<p>Linda Shallberg-2/17 Frank Berrent-2/21 Keith Cook-2/21 Marilyn Tarkowski-2/23 Bev Sveum-2/28</p>		<p><b>1</b> 9:00 RAC Meeting-TZ 2:00 Shopping: Walmart-FL 4-5 Social Hour-CR</p>	<p><b>2</b> 9:00 Pitch-STU 1:00 Game Day-TZ</p>
<p><b>3</b> 9:30 Rosary &amp; Holy Communion-STU 3:00 Sunday Movie-TZ 5:30 Super Bowl Party-CR</p>	<p><b>4</b> 9:00 Overseas Coupon Program-STU 11:00 Spiritual Discussion-WWAR 1:00 Pinochle-STU 1:00 Music with Kathy Tyree-CR</p>	<p><b>5</b> 9:00 Pitch-STU 3:00 Worship with Holy Communion-CR 6:30 Movie Night-TZ</p>	<p><b>6</b> Hy-Vee Grocery Run 9 a.m. &amp; 9:30 a.m. 9:30 Bible Study-TZ 10:45 Mission Mats-WEB 11:00 Wednesday Readers-TZ 1:00 Group Bridge-TZ</p>	<p><b>7</b> 9:00 Breakfast Bash-DR 10:00 Mission Volunteers-FL 11:00 Lady Choir Practice-CR 11:30 PSV Choir Practice-CR 1:30 Lakeside Pool-FL LS 2:45 Catholic Mass-LS 1:45 Outing to Millard Library-FL 6:00 Wii Games-CR</p>	<p><b>8</b> 2:00 Residents' Meeting-CR 3:00 Reception-CR 3:00 VNA Kiosk Q &amp; A with Nurse-Kiosk</p>	<p><b>9</b> 9:00 Pitch-STU 1:00 Game Day-TZ</p>
<p><b>10</b> 9:30 Rosary &amp; Holy Communion-STU 3:00 Sunday Movie-TZ</p>	<p><b>11</b> 9:00 Overseas Coupon Program-STU 11:00 Spiritual Discussion-WWAR 1:00 Pinochle-STU</p>	<p><b>12</b> 9:00 Pitch-STU 3:00 Worship-CR 6:30 Bingo-CR</p>	<p><b>13</b> Baker's Grocery Run 9 a.m. &amp; 9:30 a.m. 9:30 Bible Study-TZ 10:45 Mission Mats-WEB 1:00 Group Bridge-TZ</p>	<p><b>14</b> 10:00 Valentine's Lunch @ Master's Hand-FL 11:00 Lady Choir Practice-CR 11:30 PSV Choir Practice-CR 1:30 Lakeside Pool-FL LS 2:45 Catholic Mass-LS 6:00 Wii Games-CR</p>	<p><b>15</b> 11:00 Spiritual Stories-WEB 1:00 Music with Terri Orr-CR 2:00 Shopping: Target-FL 4-5 Social Hour-CR</p>	<p><b>16</b> 9:00 Pitch-STU 1:00 Game Day-TZ</p>
<p><b>17</b> 9:30 Rosary &amp; Holy Communion-STU 3:00 Sunday Movie-TZ</p>	<p><b>18</b> 9:00 Overseas Coupon Program-STU 11:00 Spiritual Discussion-WWAR 1:00 Pinochle-STU 1:00 Speaker Eric Ewing-Tuskegee Airmen-CR</p>	<p><b>19</b> 9:00 Pitch-STU 10:00 Color Your Stress Away-TZ 3:00 Worship-CR 6:30 Movie Night-TZ</p>	<p><b>20</b> Hy-Vee Grocery Run 9 a.m. &amp; 9:30 a.m. 9:30 Bible Study-TZ 10:45 Mission Mats-WEB 1:00 Group Bridge-TZ 6:30 When Swing was King-CR</p>	<p><b>21</b> 9:30 Activity Calendar Planning-TZ 10:00 Mall Run: Oakview-FL 11:00 Lady Choir Practice-CR 11:30 PSV Choir Practice-CR 1:30 Lakeside Pool-FL LS 2:45 Catholic Mass-LS 6:00 Wii Games-CR</p>	<p><b>22</b> 11:00 Friday Morning Readers-TZ 2:30 Livin' Easy Jazz Ensemble-CR 4-5 Theme Social Hour-CR</p>	<p><b>23</b> 9:00 Pitch-STU 1:00 Game Day-TZ</p>
<p><b>24</b> 9:30 Rosary &amp; Holy Communion-STU 12:45 Symphony Joslyn: Bach's Brandenburg 4-FL 3:00 Sunday Movie-TZ</p>	<p><b>25</b> 9:00 Overseas Coupon Program-STU 11:00 Spiritual Discussion-WWAR 1:00 Pinochle-STU 2:00 Munch &amp; Mingle-CR</p>	<p><b>26</b> 9:00 Pitch-STU 1:00 Bunco-STU 3:00 Worship-CR 6:30 Movie Night-TZ</p>	<p><b>27</b> Baker's Grocery Run 9 a.m. &amp; 9:30 a.m. 9:30 Bible Study-TZ 10:00 Fontenelle Forest: A walk in the woods-CR 10:45 Mission Mats-WEB 1:00 Group Bridge-TZ</p>	<p><b>28</b> 11:00 Lady Choir Practice-CR 10:30 Book Club—TZ 1:30 Lakeside Pool-FL LS 2:45 Catholic Mass-LS 6:00 Wii Games-CR</p>		

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<p><b>AREA KEY</b> AR = Activity Room FL = Front Lobby EW CR = East Community Room EW WEB = East Library CS = Coffee Shop UPL = Uptown Lounge</p>	<p>Assisted living <b>WEST WING</b> activities are in <b>BLACK</b>.</p> <p>Independent living <b>EAST WING</b> activities are in <b>RED</b>.</p> <p>Outings are in <b>BLUE</b>.</p>		 <p>Eleanor Gould 2/03 George Weidner 2/22</p>		<p><b>1</b> 9:00 Fitness Friday-AR 9:20 Morning Inspiration-AR 11:00 Yoga-AR 1:00 Serving Others-AR</p>	<p><b>2</b> 10:00 Saturdays with Scarlett-AR 1:00 Popcorn &amp; Movie-AR</p>
<p><b>3</b> 9:00 Lutheran TV Service-AR 10:30 Catholic Mass TV Service-AR 5:15 Super Bowl Party-EW CR</p>	<p><b>4</b> 9:00 Rise 'N Shine-AR 11:00 Spiritual Discussion-AR 12:45 Music with Kathy Tyree-EW CR 3:00 Creative Corner-AR</p>	<p><b>5</b> 10:00 Bunco-AR 1:00 Bingo-AR 2:45 Worship-EW CR 3:00 Wii Bowling-AR</p>	<p><b>6</b> 9:00 Rise 'N Shine-AR 9:30 Hy-Vee Run-FL 11:00 Worship-AR 1:00 Name that Game-AR 3:00 Signature Drink-Happy Hour-AR</p>	<p><b>7</b> 10:45 Core Banking-CS 11:00 Keeping Your Mind Sharp-AR 2:45 Catholic Mass-FL 3:00 Wii Bowling-AR</p>	<p><b>8</b> 9:00 Fitness Friday-AR 9:20 Morning Inspiration-AR 11:00 Yoga-AR 1:00 Serving Others-AR 6:00 Classic Film Friday-AR</p>	<p><b>9</b> 10:00 Saturday Morning Games-AR 1:00 Popcorn &amp; Movie-AR</p>
<p><b>10</b> 9:00 Lutheran TV Service-AR 10:30 Catholic Mass TV Service-AR</p>	<p><b>11</b> 9:00 Rise 'N Shine-AR 11:00 Spiritual Discussion-AR 1:00 Resident Meeting-AR 3:00 Creative Corner-AR</p>	<p><b>12</b> 10:00 Bunco-AR 1:00 Bingo-AR 2:45 Worship-EW CR 3:00 Mystery Bus Ride-FL</p>	<p><b>13</b> 9:00 Rise 'N Shine-AR 9:30 Baker's Run-FL 11:00 Worship-AR 1:00 Name that Game-AR 3:00 Signature Drink-Happy Hour-AR</p>	<p><b>14</b> 10:45 Core Banking-CS 11:00 Keeping Your Mind Sharp-AR 2:45 Catholic Mass-FL 3:00 Wii Bowling-AR</p>	<p><b>15</b> 9:00 Fitness Friday-AR 9:20 Morning Inspiration-AR 11:00 Yoga-AR 12:45 Music with Terri Orr-EW CR 6:00 Classic Film Friday</p>	<p><b>16</b> 10:00 Saturdays with Scarlett-AR 1:00 Popcorn &amp; Movie-AR</p>
<p><b>17</b> 9:00 Lutheran TV Service-AR 10:30 Catholic Mass TV Service-AR</p>	<p><b>18</b> 9:00 Rise 'N Shine-AR 11:00 Spiritual Discussion-AR 12:45 Speaker Eric Ewing-EW CR 3:00 Creative Corner-AR</p>	<p><b>19</b> 10:00 Bunco-AR 1:00 Bingo-AR 2:45 Worship-EW CR 3:00 Wii Bowling-AR</p>	<p><b>20</b> 9:00 Rise 'N Shine-AR 9:30 Hy-Vee Run-FL 11:00 Worship-AR 1:00 Name that Game-AR 3:00 Signature Drink-Happy Hour-AR</p>	<p><b>21</b> 10:45 Core Banking-CS 11:00 Keeping Your Mind Sharp-AR 2:45 Catholic Mass-FL 3:00 Wii Bowling-AR</p>	<p><b>22</b> 9:00 Fitness Friday-AR 9:20 Morning Inspiration-AR 11:00 Yoga-AR 1:00 Serving Others-AR 2:15 Livin' Easy Jazz Ensemble-EW CR</p>	<p><b>23</b> 10:00 Saturdays with Scarlett-AR 1:00 Popcorn &amp; Movie-AR</p>
<p><b>24</b> 9:00 Lutheran Service-AR 10:30 Catholic Mass TV Service-AR</p>	<p><b>25</b> 9:00 Rise 'N Shine-AR 11:00 Spiritual Discussion-AR 1:00 Card Club-AR 3:00 Creative Corner-AR</p>	<p><b>26</b> 10:00 Bunco-AR 1:00 Bingo-AR 2:45 Worship-EW CR 3:00 Wii Bowling-AR</p>	<p><b>27</b> 9:30 Baker's Run-FL 9:00 Rise 'N Shine-AR 9:45 Fontenelle Forest-EW CR 11:00 Worship-AR 1:00 Name that Game 3:00 Signature Drink-Happy Hour-AR</p>	<p><b>28</b> 10:45 Core Banking-CS 11:00 Keeping Your Mind Sharp-AR 2:45 Catholic Mass-FL 3:00 Wii Bowling-AR</p>		

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<p>VNA Community Care</p>  <p>Have you signed up? Call Chad 402.829.3267</p>					<p><b>1</b></p> <p>8:30 Bocce Ball-CR 9:00 Fitness Friday-WW AR 10:00 Yoga-CR 11:00 Yoga-WW AR 1:00 Total Body Interval-CR</p>	<p><b>2</b></p>
<p><b>3</b></p>	<p><b>4</b></p> <p>9:00 Rise &amp; Shine-WW AR 11:00 Life Balance -CR 3:00 Tone Up-CR</p>	<p><b>5</b></p> <p>11:00 Gentle Yoga-CR 10:00 "Winter Olympics" Shuffle Board-CR 1:00 Fit &amp; Strong-CR</p>	<p><b>6</b></p> <p>9:00 Rise &amp; Shine-WW AR 11:00 Chair Sculpting-CR 3:00 Tone Up-CR</p>	<p><b>7</b></p> <p>1:00 Fit &amp; Strong-CR 1:30 Pool Class Aquasize-LP</p> <p><b>*No Posture Plus Today</b></p>	<p><b>8</b></p> <p>8:30 Bocce Ball-CR 9:00 Fitness Friday-WW AR 10:00 Yoga-CR 11:00 Yoga-WW AR 3:00 VNA Kiosk Nurse Questions</p> <p><b>No Body Interval Today</b></p>	<p><b>9</b></p>
<p><b>10</b></p>	<p><b>11</b></p> <p>9:00 Rise &amp; Shine-WW AR 11:00 Life Balance -CR 1:00 Live Well-Get Fit Program-CR 3:00 Tone Up-CR</p>	<p><b>12</b></p> <p>10:00 "Winter Olympics" Brain Fitness-CR 11:00 Gentle Yoga-CR 12:30 Chair Massages-TZ 1:00 Fit &amp; Strong-CR</p>	<p><b>13</b></p> <p>9:00 Rise &amp; Shine-WW AR 11:00 Chair Sculpting-CR 3:00 Tone Up-CR</p>	<p><b>14</b></p> <p>9:30 Posture Plus - CR 1:00 Fit &amp; Strong-CR 1:30 Pool Class Aquasize-LP</p>	<p><b>15</b></p> <p>8:30 Bocce Ball - CR 9:00 Fitness Friday-WW AR 10:00 Yoga-CR 11:00 Yoga-WW AR 1:00 Total Body Interval-CR</p>	<p><b>16</b></p>
<p><b>17</b></p>	<p><b>18</b></p> <p>9:00 Rise &amp; Shine-WW AR 11:00 Life Balance-CR 3:00 Tone Up-CR</p>	<p><b>19</b></p> <p>10:00 "Winter Olympics" Balance &amp; Coordination-CR 11:00 Gentle Yoga-CR 1:00 Fit &amp; Strong-CR</p>	<p><b>20</b></p> <p>9:00 Rise &amp; Shine-WW AR 11:00 Chair Sculpting-CR 3:00 Tone Up-CR</p>	<p><b>21</b></p> <p>9:30 Posture Plus - CR 1:00 Fit &amp; Strong-CR 1:30 Pool Class Aquasize-LP</p>	<p><b>22</b></p> <p>8:30 Bocce Ball - CR 9:00 Fitness Friday-WW AR 10:00 Yoga-CR 11:00 Yoga-WW AR 1:00 Total Body Interval-CR</p>	<p><b>23</b></p>
<p><b>24</b></p>	<p><b>25</b></p> <p>9:00 Rise &amp; Shine-WW AR 11:00 Life Balance-CR 3:00 Tone Up-CR</p>	<p><b>26</b></p> <p>10:00 "Winter Olympics" Obstacle Course - CR 11:00 Gentle Yoga -CR 1:00 Fit &amp; Strong-CR</p>	<p><b>27</b></p> <p>9:00 Rise &amp; Shine-WW AR 11:00 Chair Sculpting-CR 1:00 VNA Presentation: VNA Kiosk Overview &amp; Hypertension-CR 3:00 Tone Up-CR</p>	<p><b>28</b></p> <p>9:30 Posture Plus - CR 1:00 Fit &amp; Strong-CR 1:30 Pool Class Aquasize-LP</p>	<p><b>Locations:</b> CR: Community Room WW AR: West Wing Activity Room WW SR: West Wing Spa Room WC: Wellness Center PS: Pacific Springs Campus LP: Lakeside Pool</p>	