

# February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activities in <b>Blue</b> require you to sign up in the notebook at the front desk Special events are in <b>Red</b> Lifelong learning events in <b>Green</b> ***** <b>Pinnacle Bank</b> <b>Tues-Wed-Thur 10-2</b> ***** <b>Patti/Mary Kay-Wed., Feb. 6</b>	<b>Greg Spevak Orchestra</b> <b>Wednesday, Feb. 6</b> <b>4-5:30 p.m.</b> <b>Williamsburg Square</b>	<b>Phase 2 Construction Meeting</b> <b>Monday, February 11</b> <b>3 p.m.</b> <b>Williamsburg Square</b>	<b>Immanuel Speakers Series</b> <b>"The Desire to be Heard: Art, Culture and The Human Experience"</b> <b>Prof. Christopher Krampe</b> <b>Thursday, February 7</b> <b>3 p.m.</b>	<b>Fund Raising Gala</b> <b>An Afternoon of Jazz with Susie Thorne</b> <b>Jazz Trio</b> <b>Cocktails, music, raffle, free will offering</b> <b>Friday, Feb. 1, 3:30-5 p.m.</b> <b>Williamsburg Square</b>	<b>1</b> 9:00 Rise N Shine 9:30 Live Well Get Fit 10:00 Pitch 10:00 Writing Group 10:30 Catholic Devotions 11:00 Sr. Brain Fitness 3:30 Fund Raising Gala 6:45 Bus to Lied Center The King and I	<b>2</b> 9:00 Rise N Shine 9:00 Wii Bowling 2&7 Movie
<b>3</b> 10:15 Worship 10:00 Rosary 10:30 Catholic Communion 11-1 Brunch 2&7 Movie 2:00 Rick Steves Video Rome: Ancient Glory Baroque Brilliance	<b>4</b> 9:00 Rise N Shine 9:30 Linus Blanket Project 10:00 Sing Along with Doris AL Lobby 1:00 RAC 2:00 Music: Terri Orr	<b>5</b> 9:00 Rise N Shine 9:00 Wii Bowling 9:20 Devotions 10:00 Pitch 10:00 Knit Together 1:00 Silver Chords (Choir) 2:00 Chime Choir	<b>6</b> 9:00 Rise N Shine 10:00 Bible Study 10:00 Ted Talk 1:00 Bible Truths No Bingo 4:00-5:30 Greg Spevak Orchestra Williamsburg Square	<b>7</b> 9:00 Rise N Shine 9:20 Devotions 9:30 AL Polish To Go 1:00 Shopping: Walt Library 3:00 Immanuel Speaker Series-Professor Christopher Krampe College of St. Mary	<b>8</b> 9:00 Rise N Shine 10:00 Pitch 10:00 Writing Group 11:00 Sr. Brain Fitness 4:00 Social Hour: Music: Chris Sayre	<b>9</b> 9:00 Rise N Shine 9:00 Wii Bowling 2&7 Movie 6:45 Bus to Lied Center LSO
<b>10</b> 10:15 Worship 10:00 Rosary 10:30 Catholic Communion 11-1 Brunch 2&7 Movie 2:00 Dancers from The Greater Impact Dance Studio-Williamsburg Sq.	<b>11</b> 9:00 Rise N Shine 9:30 Linus Blanket Project 9:30 Coffee with John 3:00 Phase 2 Construction Meeting	<b>12</b> 9:00 Rise N Shine 9:00 Wii Bowling 9:20 Devotions 10:00 Pitch 10:00 Knit Together 10:00 The Landing SPEAKS 1:00 Silver Chords (Choir) 2:00 Chime Choir 7:00 Parkinson's Support Group	<b>13</b> 9:00 Rise N Shine 10:00 Bible Study 1:00 Bible Truths No Bingo <b>Crazy Sock Day</b>	<b>14</b> 9:00 Rise N Shine 9:00 Tabitha Vital Signs 9:20 Devotion 9:30 Polish To Go 12:15 Landing Belles/Omaha 1:00 Shopping: HyVee 1:30 Music: Michael Jank 7:00 Speaker: Jim McKee	<b>15</b> 9:00 Rise N Shine 10:00 Pitch 10:00 Writing Group 11:00 Move & Groove 11:00 Sr. Brain Fitness 4:00 Social Hour Music: Aaron Schumacker	<b>16</b> 9:00 Rise N Shine 9:00 Wii Bowling 2&7 Movie
<b>17</b> 10:15 Worship 10:00 Rosary 10:30 Catholic Communion 11-1 Brunch 2&7 Movie 1:00 Bus to Wesleyan Xanadu	<b>18</b> 9:00 Rise N Shine 9:00 Foot Dr-IL 9:30 Linus Blanket Project 9:00 Foot Dr-AL 10:00 How Well Do You Know Your Presidents? AL Lobby 2:00 AL Birthday Party 2:30 AL Resident Meeting	<b>19</b> 9:00 Rise N Shine 9:00 Wii Bowling 9:20 Devotions 10:00 Pitch 10:00 Knit Together 11:30 Choir Luncheon 1:00 Silver Chords (Choir) 2:00 Chime Choir	<b>20</b> 9:00 Rise N Shine 10:00 Bible Study 1:00 Bible Truths 2:00 Bingo	<b>21</b> 9:00 Rise N Shine 9:00 Christensen Audiology 9:20 Devotions 9:30 AL Polish To Go 1:00 Shopping: Walmart 1:00 Bunco-Activity Room 6:30 Guided Meditation	<b>22</b> 9:00 Rise N Shine 9:30 Live Well-Get Fit 10:00 Pitch 10:00 Writing Group 11:00 Sr. Brain Fitness 4:00 Social Hour	<b>23</b> 9:00 Rise N Shine 9:00 Wii Bowling 2&7 Movie
<b>24</b> 10:15 Worship 10:00 Rosary 10:30 Catholic Communion 11-1 Brunch 2&7 Movie	<b>25</b> 9:00 Rise N Shine 9:30 Linus Blanket Project 10:00 Chinese New Year Are you a pig? AL Lobby 11:00 Res. Life Enrichment Committee 2:00 Celebration of Life Service	<b>26</b> 9:00 Rise N Shine 9:00 Wii Bowling 9:20 Devotions 10:00 Pitch 10:00 Knit Together 10:00 The Landing SPEAKS 1:00 Silver Chords (Choir) 2:00 Chime Choir	<b>27</b> 9:00 Rise N Shine 10:00 Bible Study 1:00 Bible Truths 1:00 Humane Society No Bingo 2:00 Adventures with Pastor Renae 7:00 Book Club	<b>28</b> 9:00 Rise N Shine 9:20 Devotions 9:00 Tabitha Vital Signs 9:30 AL Polish To Go 1:00 Shopping: Walgreens 2:00 3 Chords and a Cloud of Dust	<b>Ted Talk</b> <b>Wednesday, Feb. 6-10 a.m.</b> <b>Nature. Beauty. Gratitude.</b> ***** <b>Crazy Sock Day</b> <b>Wednesday, February 13</b> <b>Wear your craziest and wildest pair of socks!</b>	<b>Speaker: Jim McKee</b> <b>Thursday, February 14</b> <b>7 p.m.</b> <b>Topic: Haymarket Area Williamsburg Square</b>

# February 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>FAMILY SWIM</b> <b>EVERY WEDNESDAY</b> 4:30 - 5:30 p.m.  <b>EVERY SATURDAY</b> 9:30 - 11 a.m.	<b>Location Key</b> Williamsburg Square  Aerobics Room  Swimming Pool  Assisted Living Theater				<b>1</b> 8:15 Cardio Tone 9:00 Rise N Shine 9:00 Move & Go Thru H2O 9:30 Live Well-Get Fit 10:30 Aqua Fit 12:30 Jazzercise Lite® 2:00 Splash Attack!	<b>2</b> 8:15 Aqua Fit 9:00 Rise N Shine 10:00 SilverBoot (camp)
<b>3</b>	<b>4</b> 8:15 Cardio Tone 9:00 Rise N Shine 9:00 Move & Go Thru H2O 10:30 Aqua Fit 12:30 Jazzercise Lite® 2:00 Splash Attack! 2:00 Movement & Music	<b>5</b> 9:00 Rise N Shine 9:00 Yoga Flow 10:00 Cardio Blast 10:45 SilverSneakers® 2:00 Splash Attack! 4:45 Aqua Fit 5:00 SilverBoot (camp)	<b>6</b> 8:15 Cardio Tone 9:00 Rise N Shine 9:30 EZ Tone 10:30 Aqua Fit 12:30 Jazzercise Lite® 1:30 EZ Tai Chi 2:00 Tai Chi 4:00 Scoot N Boot	<b>7</b> 9:00 Rise N Shine 9:00 Yoga Flow 10:00 Cardio Blast 10:45 SilverSneakers® 2:00 Aquatic Bootcamp 4:45 Aqua Fit 5:00 SilverBoot (camp)	<b>8</b> 8:15 Cardio Tone 9:00 Rise N Shine 9:00 Move & Go Thru H2O 10:30 Aqua Fit 12:30 Jazzercise Lite® 2:00 Splash Attack!	<b>9</b> 8:15 Aqua Fit 9:00 Rise N Shine 10:00 SilverBoot (camp)
<b>10</b>	<b>11</b> 8:15 Cardio Tone 9:00 Rise N Shine 9:00 Move & Go Thru H2O 10:30 Aqua Fit 12:30 Jazzercise Lite® 2:00 Splash Attack!	<b>12</b> 9:00 Rise N Shine 9:00 Yoga Flow 10:00 Cardio Blast 10:45 SilverSneakers® 2:00 Splash Attack! 4:45 Aqua Fit 5:00 SilverBoot (camp)	<b>13</b> 8:15 Cardio Tone 9:00 Rise N Shine 9:30 EZ Tone 10:30 Aqua Fit 12:30 Jazzercise Lite® 1:30 EZ Tai Chi 2:00 Tai Chi 4:00 Scoot N Boot	<b>14</b> 9:00 Rise N Shine 9:00 Yoga Flow 10:00 Cardio Blast 10:45 SilverSneakers® 2:00 Aquatics Bootcamp 4:45 Aqua Fit 5:00 SilverBoot (camp)	<b>15</b> 8:15 Cardio Tone 9:00 Rise N Shine 9:00 Move & Go Thru H2O 10:30 Aqua Fit 12:30 Jazzercise Lite® 2:00 Splash Attack!	<b>16</b> 8:15 Aqua Fit 9:00 Rise N Shine 10:00 SilverBoot (camp)
<b>17</b>	<b>18</b> 8:15 Cardio Tone 9:00 Rise N Shine 9:00 Move & Go Thru H2O 10:30 Aqua Fit 12:30 Jazzercise Lite® 2:00 Splash Attack!	<b>19</b> 9:00 Rise N Shine 9:00 Yoga Flow 10:00 Cardio Blast 10:45 SilverSneakers® 2:00 Splash Attack! 4:45 Aqua Fit 5:00 SilverBoot (camp)	<b>20</b> 8:15 Cardio Tone 9:00 Rise N Shine 9:30 EZ Tone 10:30 Aqua Fit 12:30 Jazzercise Lite® 1:30 EZ Tai Chi 2:00 Tai Chi 4:00 Scoot N Boot	<b>21</b> 9:00 Rise N Shine 9:00 Yoga Flow 10:00 Cardio Blast 10:45 SilverSneakers® 2:00 Aquatic Bootcamp 4:45 Aqua Fit 5:00 SilverBoot (camp)	<b>22</b> 8:15 Cardio Tone 9:00 Rise N Shine 9:00 Move & Go Thru H2O 9:30 Live Well—Get Fit 10:30 Aqua Fit 12:30 Jazzercise Lite® 2:00 Splash Attack!	<b>23</b> 8:15 Aqua Fit 9:00 Rise N Shine 10:00 SilverBoot (camp)
<b>24</b>	<b>25</b> 8:15 Cardio Tone 9:00 Rise N Shine 9:00 Move & Go Thru H2O 10:30 Aqua Fit 12:30 Jazzercise Lite® 2:00 Splash Attack!	<b>26</b> 9:00 Rise N Shine 9:00 Yoga Flow 10:00 Cardio Blast 10:45 SilverSneakers® 2:00 Splash Attack! 4:45 Aqua Fit 5:00 SilverBoot (camp)	<b>27</b> 8:15 Cardio Tone 9:00 Rise N Shine 9:30 EZ Tone 10:30 Aqua Fit 12:30 Jazzercise Lite® 1:30 EZ Tai Chi 2:00 Tai Chi 4:00 Scoot N Boot	<b>28</b> 9:00 Rise N Shine 9:00 Yoga Flow 10:00 Cardio Blast Dance 10:45 SilverSneakers® 2:00 Aquatic Bootcamp 4:45 Aqua Fit 5:00 SilverBoot (camp)		The Pickle Ball Court will be available whenever classes are not being held in the aerobics studio.