




February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Activities in Blue require you to sign up in the notebook at the front desk.</p> <p>Special events are in Red.</p>					<p>1 10:00 Manicures MR 1:45 Armchair Travels MR 5:00 Pizza & Beer Night 6:00 Entertainment with Phil Hague</p>	<p>2 10:00 Rosary Prayer PDR 2:30 Bingo SDR 6:30 Movie Night MR</p>
<p>3 3:30 Dominoes LSL</p>	<p>4 10:00 Walking Club 11:00 Skip-Bo LSL 12:00 Chair Massages LDR 1:30 Hy-Vee</p>	<p>5 10:15 Senior Fitness LDR 11:00 Book Club PDR 2:00 Music (Social Drumming) LDR 3:00 Games AR</p>	<p>6 10:00 Wellness Wednesday 4:30 Supper at Applebees</p>	<p>7 Cookie-Gram sales start & Continue until the 13th 10:15 Senior Fitness LDR 2:00 Men's Group SDR 3:00 Rummikub LSL</p>	<p>8 1:45 Armchair Travels MR 3:30 Happy Hour LSL</p>	<p>9 10:00 Rosary Prayer PDR 2:30 Bingo SDR 6:30 Movie Night MR</p>
<p>10 3:30 Dominoes LSL</p>	<p>11 11:00 Skip-Bo LSL 1:30 Hobby Lobby</p>	<p>12 10:15 Sr Fitness LDR 11:00 Book Club PDR 3:00 Jewelry Making AR</p>	<p>13 10:00 Town Hall Meeting 1:30 Target</p>	<p>14 10:15 Senior Fitness LDR 1:30 Valentines Day Make-Overs AR 3:00 Rummikub LSL 5:00 Valentines Day Dinner</p>	<p>15 10:00 Manicures MR 1:45 Armchair Travels MR 2:30 Craft AR</p>	<p>16 10:00 Rosary Prayer PDR 2:30 Bingo SDR 6:30 Movie Night MR</p>
<p>17 3:30 Dominoes LSL</p>	<p>18 10:00 Fareway 11:00 Skip-Bo LSL 2:30 Meals from the Heartland LDR 5:00 Music with Helene LDR</p>	<p>19 10:15 Sr Fitness LDR 11:00 Book Club PDR 3:00 Games AR</p>	<p>20 1:30 Library</p>	<p>21 9:30 Pet Therapy LSL 10:15 Senior Fitness LDR 2:00 Music with Jerry M. LDR 3:00 Rummikub LSL</p>	<p>22 10:45 Des Moines Art Center and Lunch 1:45 Armchair Travels MR 3:30 Happy Hour LSL</p>	<p>23 10:00 Rosary Prayer PDR 2:30 Bingo SDR 6:30 Movie Night MR</p>
<p>24 3:30 Dominoes LSL</p>	<p>25 11:00 Skip-Bo LSL 1:30 Walmart</p>	<p>26 10:15 Senior Fitness LDR 11:00 Book Club PDR 3:00 Games AR</p>	<p>27 10:00 Walgreens</p>		<p>KEY AR = Activity Room 2nd Floor Aviary MR = Media Room 2nd Floor LDR = Large Dining Rm 1st Floor SDR = Small Dining Rm 1st Floor PDR = Private Dining RM 1st Floor LSL = Lakeside Lounge 1st Floor</p>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special events are in Red.					1 9:30 Current Events 10:00 Love Door Décor Craft 1:00 Sorting 1:30 Travelogue 3:30 Football Toss 6:00 Entertainment	2 9:30 Current Events 10:00 Hand Massages 10:30 Word Search 1:30 Bingo 2:30 "Body Language" 3:30 Sing A-Long 6:00 Drawer Detective 6:30 Movie Night
3 9:30 Current Events 10:00 Scarf Exercises 10:30 Neck Massages 1:30 Bingo 2:30 Radio Show CD 3:30 Picture Books 6:00 Family Feud 6:30 Listen to Music	4 9:30 Current Events 10:00 Bean Bag Toss 1:00 Sorting 1:30 Painting 2:30 Reminiscing 3:30 Sing-Along 2 6:00 Name that Tune (CD) 6:30 Baby Picture Reminisce	5 9:30 Current Events 10:00 Reminisce Mag 10:30 Timeslips 1:00 Sorting 2:00 Entertainment 3:30 Iowa Books/Picture Books 6:00 Book on CD	6 9:30 Current Events 10:00 Name that Sound (CD) 10:30 Guess the Country 1:00 Sorting 1:30 Washer Toss 2:00 Storyteller 5:30 Bingo 6:30 Reminiscing	7 9:30 Current Events 10:15 Senior Fitness 1:00 Sorting 1:30 Timeslips 2:30 What's in the Bag? 3:30 Group Walk 6:00 What Am I?	8 9:30 Current Events 10:00 Egg Carton Flower Craft 1:00 Sorting 1:30 Travelogue 2:30 Horseshoe Toss 6:00 Progressive Relax. 6:30 Picture Books	9 9:30 Current Events 10:00 Hand Massages 10:30 Basketball 1:30 Musical Instruments 2:30 Reminisce Cards 3:30 Sing A-Long 4 6:00 Jigsaw Puzzles 6:30 Movie Night
10 9:30 Current Events 10:00 Balloon Swat 10:30 Nail Care 1:30 Bingo 2:30 Skillset Work 3:30 Categorizing 6:00 Radio Show CD 6:30 Listen to Music	11 9:30 Current Events 10:00 Scenic Drive 10:30 Stories of the Hat 1:30 Name that Loving Couple 2:30 Balloon Toss 3:30 Singo A-Long 6:30 Farm Book Reminisce	12 9:30 Current Events 10:15 Senior Fitness 10:45 Timeslips 1:00 Sorting 1:30 Cooking Club 2:30 Group Walk 6:00 Book on CD 6:30 Watercolor Painting	13 9:30 Current Events 10:00 Music 10:30 Humor 1:00 Sorting 1:30 Beanbag Toss 2:30 Reminisce Mag 3:30 Outburst 6:00 Bingo	14 9:30 Current Events 10:15 Senior Fitness 1:00 Sorting 1:30 Timeslips 2:30 What's in the Bag? 3:30 Who am I? 6:00 Group Games	15 9:30 Current Events 10:00 Seashell Jellyfish Craft 1:00 Sorting 1:30 Travelogue 3:30 Football Toss 6:00 Picture Books	16 9:30 Current Events 10:00 Hand Massages 10:30 Making a List 1:30 Bean Bag Toss 2:30 Reminiscing 3:30 Sing A-Long 3 6:00 Drawer Detective 6:30 Movie Night
17 9:30 Current Events 10:00 Balloon Swat 10:30 Puzzles and Ponders 1:30 Bingo 2:30 Skillset Work 3:30 Picture Books 6:00 Musical Instruments 6:30 Listen to Music	18 9:30 Current Events 10:00 Painting 1:00 Sorting 2:30 Horseshoes 3:30 Sing-Along Hymns 6:00 Name that Sound 6:30 Listen to Music	19 9:30 Current Events 10:15 Senior Fitness 10:45 Timeslips 1:00 Sorting 1:30 Cooking Club 2:30 Group Walk 6:00 Book on CD 6:30 Watercolor Painting	20 9:30 Current Events 10:00 Ball Toss 10:30 Chick Categories 1:00 Sorting 2:30 Reminisce Mag Articles 6:00 Bingo 6:30 Reminiscing	21 9:30 Pet Therapy LSL 10:15 Senior Fitness 1:00 Sorting 2:00 Entertainment 6:00 Group Crossword Puzzle	22 9:30 Current Events 10:00 Cosmic Sun Catcher Craft 1:00 Sorting 1:30 Travelogue 2:30 Random Trivia 3:30 Bowling 6:00 Picture Books	23 9:30 Current Events 10:00 Hand Massages 10:30 Coloring Pages 1:30 Musical Instruments 2:30 Reminisce Cards 3:30 Sing A-Long Hymns 6:00 Jigsaw Puzzles 6:30 Movie Night
24 9:30 Current Events 10:00 Football Toss 10:30 Nail Care 1:30 Bingo 2:30 Skillset Work 3:30 Group Walk 6:00 Puzzles and Ponders 6:30 Listen to Music	25 9:30 Current Events 10:00 Scenic Drive 1:00 Sorting 2:30 Football Toss 3:30 Sing-Along 1 6:00 Name that Sound 6:30 Listen to Music	26 9:30 Current Events 10:15 Senior Fitness 10:45 Timeslips 1:00 Sorting 1:30 Cooking Club 2:30 Group Walk 6:00 Book on CD 6:30 Watercolor Painting	27 9:30 Current Events 10:00 Basil Categories 10:30 What Am I? 1:00 Sorting 2:30 Reminisce Mag Articles 3:30 Outburst 6:00 Bingo	28 9:30 Current Events 10:15 Senior Fitness 1:00 Sorting 1:30 Timeslips 2:30 What's in the Bag? 3:30 Group Walk 6:00 Group Games	