

Sunday

## Assisted Living Calendar



Monday

### Location Key

**WP** – Willows Place **VSR** – Van Sickle Room  
**JC** – Johns Chapel  
**RGP** – Rose Garden Patio  
**ML**–Main Lobby **SL** – Swingley Lounge  
**AR** – Activity Room 2<sup>nd</sup> Floor C Wing  
**PR** – Pool Room

Tuesday

Wednesday

Thursday

Friday

Saturday

# February

1

10:00 a.m. Chapel-JC

2

8:45 a.m. Sit & Be Fit-VSR  
9:30 a.m. Healthy Hands-VSR  
10:00 a.m. Morning Showdown Games with Lisa-AR  
1:00 p.m. Movie Matinee-AR  
2:00 p.m. Cardio Drumming -VSR  
3:45 p.m. Trivia with Lisa-AR

3

8:45 a.m. Strong Stability & Balance - VSR  
10:00 a.m. Nails with Lisa- AR  
2:00 p.m. Bingo -VSR  
3:45 p.m. Trivia with Lisa -AR  
6:00 p.m. Card Games -AR  
7:00 p.m. Chicken Soup for the Soul-AR

4

8:00 a.m. Billiards - PR  
8:45 a.m. Strong Stability & Balance -VSR  
9:30 a.m. Healthy Hands - VSR  
10:30 a.m. Lunch at Occello's-ML  
3:45 p.m. Trivia with Lisa-AR

5

8:45 a.m. Strong Stability & Balance - VSR  
9:30 a.m. Moments of Music-ML  
10:00 a.m. Morning Showdown Games with Lisa-AR  
1:30 p.m. Crafty Creations-VSR  
3:45 p.m. Trivia with Lisa-AR

6

8:45 a.m. Strong Stability & Balance - VSR  
9:30 a.m. Healthy Hands - VSR  
10:00 a.m. Nails with Lisa- AR  
2:00 p.m. Bingo -VSR  
3:45 p.m. Trivia with Lisa-AR

7

9:30 a.m. Valentine Card Making-AR  
12:00 p.m. Moments of Music with Margaret-ML  
1:00 p.m. Reminisce-AR

8

10:00 a.m. Chapel-JC

9

8:45 a.m. Sit & Be Fit-VS  
9:30 a.m. Healthy Hands-VSR  
10:00 a.m. Morning Showdown Games with Lisa-AR  
1:00 p.m. Movie Matinee-AR  
2:00 p.m. Cardio Drumming -VSR  
3:45 p.m. Trivia with Lisa-AR

10

8:45 a.m. Strong Stability & Balance - VSR  
10:00 a.m. Nails with Lisa- AR  
10:30 a.m. Chapel -JC  
2:00 p.m. Bingo-VSR  
3:45 p.m. Trivia with Lisa-AR  
4:00 p.m. Happy Hour-ML  
6:00 p.m. Candy Dice Game-AR  
7:00 p.m. Lemonade Chats-VSR

11

8:00 a.m. Billiards - PR  
8:45 a.m. Sit & Be Fit- VSR  
9:30 a.m. Healthy Hands - VSR  
2:00 p.m. Cardio Drumming-VSR  
3:45 p.m. Trivia with Lisa-AR

12

8:45 a.m. Strong Stability & Balance- VSR  
9:30 a.m. Moments of Music-ML  
10:00 a.m. Morning Showdown Games with Lisa-AR  
2:00 p.m. Valentine Bingo-VSR  
3:45 p.m. Trivia with Lisa-AR

13

8:45 a.m. Strong Stability & Balance - VSR  
9:30 a.m. Healthy Hands - VSR  
1:30 p.m. Valentine's Party-VSR  
3:45 p.m. Trivia with Lisa-AR

14

9:30 a.m. Cookie Decorating-AR  
12:00 p.m. Moments of Music with Margaret-ML  
1:00 p.m. Reminisce-AR

15

10:00 a.m. Chapel-JC

16

8:45 a.m. Sit & Be Fit-VSR  
9:30 a.m. Healthy Hands-VSR  
2:00 p.m. Cardio Drumming -VSR  
1:00 p.m. Movie Matinee-AR  
3:45 p.m. Trivia with Lisa-AR

17

8:45 a.m. Strong Stability & Balance - VSR  
10:00 a.m. Nails with Lisa- AR  
10:30 a.m. Chapel -JC  
10:30 a.m. Delicious Discussions - VSR  
2:00 p.m. Bingo-VSR  
3:45 p.m. Trivia with Lisa-AR  
6:00 p.m. Mardi Gras Game-VSR  
7:00 p.m. Mardi Gra Parade -AR

18

8:00 a.m. Billiards - PR  
8:45 a.m. Strong Stability & Balance - VSR  
9:30 a.m. Healthy Hands - VSR  
10:30 a.m. Casino Trip-ML  
3:45 p.m. Trivia with Lisa-AR

19

8:45 a.m. Strong Stability & Balance- VSR  
9:30 a.m. Moments of Music-ML  
10:00 a.m. Morning Showdown Games with Lisa-AR  
1:00 a.m. Ed Palweski-ML  
1:30 p.m. Cookies from Countries-VSR  
3:45 p.m. Trivia with Lisa-AR

20

8:45 a.m. Strong Stability & Balance - VSR  
9:30 a.m. Healthy Hands - VSR  
10:00 a.m. Nails with Lisa- AR  
2:00 p.m. Rockford Symphony Orchestra Performance - VSR  
3:45 p.m. Trivia with Lisa-AR

21

9:30 a.m. Mug & Mingle-AR  
12:00 p.m. Moments of Music with Margaret-ML  
1:00 p.m. Reminisce -AR

22

10:00 a.m. Chapel-JC

23

8:45 a.m. Strong Stability & Balance - VSR  
10:00 a.m. Morning Showdown Games with Lisa-AR  
1:00 p.m. Movie Matinee-AR  
2:00 p.m. Cardio Drumming -VSR  
3:45 p.m. Trivia with Lisa-AR

24

8:45 a.m. Strong Stability & Balance - VSR  
10:00 a.m. Nails with Lisa- AR  
10:30 a.m. Chapel -JC  
2:00 p.m. Bingo -VSR  
3:45 p.m. Trivia with Lisa-AR  
4:00 p.m. Happy Hour-ML  
6:00 p.m. Aromatherapy -AL  
7:00 p.m. Tea Time with Hedy -AR

25

8:00 a.m. Billiards - PR  
8:45 a.m. Strong Stability & Balance - VSR  
9:30 a.m. Healthy Hands - VSR  
12:30 p.m. Rockford Rescue Mission Trip-ML  
3:45 p.m. Trivia with Lisa-ML

26

8:45 a.m. Strong Stability & Balance- VSR  
9:30 a.m. Moments of Music-ML  
10:00 a.m. Resident Council Meeting-WP  
1:30 p.m. Hot Cocoa Bar-VSR  
3:45 p.m. Trivia with Lisa-AR

27

8:45 a.m. Strong Stability & Balance - VSR  
9:30 a.m. Healthy Hands - VSR  
10:00 a.m. Nails with Lisa- AR  
2:00 p.m. Bingo -VSR  
3:45 p.m. Trivia with Lisa-AR

28

9:30 a.m. Mug & Mingle-AR  
12:00 p.m. Moments of Music with Margaret-ML  
1:00 p.m. Reminisce-AR