

**Sunday****Monday****Tuesday****Wednesday****Thursday****Friday****Saturday**

# Assisted Living Calendar



## 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

# 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