






Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>All Programs are subject to change with out notice to meet the needs of our community Residents</p>			<b>BLACK HISTORY MONTH</b>			
<p>1</p> <p>9:30 Exercise</p> <p>3:00 Bible Study With Paige</p> 	<p>2</p> <p><b>National Ground Hog Day</b></p> <p>9:30- Coffee and Conversation (L)</p> <p>10:30- Exercise (AL)</p> <p><b>1:30-3:30- Movie Monday (AR)</b></p>	<p>3</p> <p>9:30 Nail Painting (AR)</p> <p>10:30 Exercise (AL)</p> <p>1:15 Craft Club (AR)</p> <p>2:30-Bingo(AR)</p>	<p>4</p> <p>Thank Your Mailman Day</p> <p>9:30-Coffee and Fun Facts (L)</p> <p>10:30 Exercise (AL)</p> <p><b>1:00- Pet Visits With JCAS (AL)</b></p> <p><b>3:00- Hymn Singing and Prayer Group (ar)</b></p>	<p>5</p> <p>National Weatherperson's Day</p> <p>9:30- Coffee and Funny News Bloopers (L)</p> <p>10:30 Exercise (AL)</p> <p>2:30- Bingo (AR)</p>	<p>6</p> <p><b>Olympics Start</b></p> <p>9:30- Euchre Club (L)</p> <p>10:30- Exercise (AL)</p> <p>2:00- Communion</p> <p>3:00- Happy Hour and Game (L)</p>	<p>7</p> <p><b>Send a Card to a Friend Day</b></p> <p>8</p> <p><b>9:00- Make Valentine's Day Cards with Madison (L)</b></p> <p>10:00 Exercise (AL)</p>
<p>8</p> <p><b>Super Bowl!</b></p> <p>9:30 Exercise with Kirsten (AL)</p> <p>1:00 Corn hole (L)</p> <p><b>3:00- Bible Study with Paige(AR)</b></p> <p>Super bowl NBC @ 6:00</p>	<p>9</p> <p>9:30 Coffee and Game (L)</p> <p>10:30 Exercise (AL)</p> <p><b>1:30-3:30 Galentine's Party (AR)</b></p>	<p>10</p> <p>9:30 Nail Painting (AR)</p> <p>10:30 Exercise (AL)</p> <p>2:00 Bingo!! (AR)</p> 	<p>11</p> <p><b>National Guitar Day</b></p> <p>9:30- Name That Sound (L)</p> <p>10:00- Book Mobile (L)</p> <p>10:30- Exercise (AL)</p> <p>2:30- 3:30 Tech Talk: Informational Tutorials (AR)</p>	<p>12</p> <p>9:30 <b>Fit and Factual: Valentines Edition (AR)</b></p> <p>10:30 Exercise (AR)</p> <p><b>2:00 Paint and Sip (AL)</b></p>	<p>13</p> <p>9:30 Euchre Club (L)</p> <p>10:30 Exercise (AL)</p> <p>2:00 Communion</p> <p><b>3:00-Bingo!! (AR)</b></p>	<p>14</p> <p><b>Valentine's Day!</b></p> <p>9:00- Coffee and Donuts (L)</p> <p>10:00- Hearts in Motion: Get steps in and find the hearts!</p>
<p>15</p>  <p>9:30 Exercise with Bri (AL)</p> <p>3:00 Bible Study With Paige (AR)</p>	<p>16</p> <p><b>President's Day</b></p>  <p>9:30-Coffee and News (L)</p> <p>10:30 Exercise</p> <p><b>1:30-3:30 Author presentation: Hidden in Plain Sight: The Underground Railroad." (AL)</b></p>	<p>17</p> <p><b>Mardi Gras</b></p> <p>9:30 Nail Painting (AR)</p> <p>10:30 Exercise (AL)</p> <p>1:30 Paczkis &amp; Game (L)</p> <p>2:30 Bingo (AR)</p>	<p>18</p> <p>9:00 Indoor Walking Club</p> <p>10:30 Exercise (AL)</p> <p><b>1:30-2:30 Travelogue (AR)</b></p> <p>3:00 Hymn Singing and Prayer Group (AR)</p>	<p>19</p> <p>9:30 Candy Lovers Dice Game (L)</p> <p>10:30 Exercise (AL)</p> <p>2:30 Bingo (AR)</p>	<p>20</p> <p>9:30 Euchre Club (L)</p> <p>10:30 Exercise (AL)</p> <p>2:00 Communion</p> <p><b>2:30- Bingo: Motown Edition! (L)</b></p>	<p>21</p> <p><b>Library Lover's Month</b></p> <p>9:00- Grab a book and read! The library is full of amazing books to explore! (LIB)</p> <p>1:00- Uno in the Lobby!</p>
<p>22</p> <p>9:30 Exercise with Ashley (AL)</p> <p>3:00- Bible Study With Paige (AR)</p>	<p>23</p> <p>9:00- Coffee and Chat (L)</p> <p>10:30- Exercise (AL)</p> <p>1:30-3:30 Movie Monday (AR)</p>	<p>24</p> <p>9:30 Exercise (AL)</p> <p>10:30 Lunch at Culver's</p> <p>2:30 Bingo (AR)</p>	<p>25</p> <p>9:00- Indoor Walking Club</p> <p>10:30- Exercise (AR)</p> <p><b>1:00- New to the Manor: Kevin Krieger performs at 1 PM! (L)</b></p>	<p>26</p> <p><b>Pistachio Day</b></p> <p>9:30- Pistachio Muffins and Game (L)</p> <p>10:30 Exercise (AL)</p> <p><b>1:15 Pistachio Flower Craft (AR)</b></p> <p>2:30- Bingo (AR)</p>	<p>27</p> <p>9:30 Euchre Club (L)</p> <p>10:30 Exercise (AL)</p> <p>2:00 Communion</p> <p><b>3:00 Birthday Celebration! Meet in the Lobby! (L)</b></p>	<p>28</p> <p><b>Library Lover's Month</b></p> <p>9:15 Walking Club with Rosalyn!</p> <p>1:00- Uno in the Lobby!</p>

# February

## Manor

### February Highlights!

**Feb 2nd:** Movie Monday! Enjoy fresh popcorn and movie in the activity room!

**Feb 4th:** Pet visits with JCAS at 1 PM in the Activity Lounge

**Feb 8th:** Super Bowl! Bean Bag Toss at 1 PM. Join us for the Game at 6 PM!

**Feb 9th:** Ladies' Galentine's Day Party in the activity room.

**Feb 11th:** Tech Talk: Tutorials in the activity room

**Feb 12th:** Paint and Sip in the Activity Lounge

**Feb 16th:** Open Discussion with author Linda Haas at 1:30 in the Activity Lounge

**Feb 18th:** Travelogue! Where to next?

**Feb 20th:** DJ bingo– Motown Edition!

**Feb 25th:** Welcome Kevin Krieger! Performing at 1 PM in the lobby. Join us as we welcome him for the first time!

**Feb 27th:** February Birthday Celebrations! Come join us in the lobby to celebrate our February birthdays with cake!!

### Ongoing Activities

#### Daily Exercise

**Tuesdays:** Painting nails in the activity room

**Tuesdays and Thursdays:** Bingo at 2:30 in the activity room

**Every other Wednesday:** Hymn singing and prayer group in the activity room

**Fridays:** Game and happy hour in the lobby at 3 PM

We're thrilled to announce the winners of our chili cook-off! Deb won first place, with Ashley, our activity director, in second, and Michelle, our manor manager, in third! Family and friends are always welcome to join our activities. For questions or suggestions, email Michelle or Madison.

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