

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



2nd Floor  
3rd Floor  
3rd Floor TV Room  
Appointment  
Atrium

Location Keys

2 Bus Trip  
3 Channel 981  
3TV Coffee Nook  
Appt Lobby  
ALZ

BT  
Channel 981  
CN  
L

- Be Adventurous
- Be Challenged
- Be Connected
- Be Inspired
- Be Social
- Be Well

- 9:00 Conversation Ball Toss [L] **1**
- 10:00 Boggle [L]
- 11:00 Exercise [2]
- 1:00 Bingo [3]
- 3:00 Happy Hour: Byron Ady & Katherine [L]
- 6:00 Cookies, Coffee & Conversation [CN]
- 6:30 Documentary Night Movie: I Am Big Bird [3TV]

- 9:00 Dominoes [3] **2**
- 10:00 Coffee Club [3]
- 11:00 Exercise [2]
- 1:00 Cooking Hour: Cupid's Crunch [L]
- 2:00 Manicures [Appt]
- 2:30 Skip Bo [3TV]
- 6:30 Carol Burnett Show [Channel 981]

- 10:00 Coloring Hour [L] **3**
- 11:00 Exercise [2]
- 1:00 Pinochle [3TV]
- 1:00 Scenic Drive [BT]
- 3:30 Superbowl Party [3TV]
- 5:30 Survey Sundays [L]
- 6:00 Cookies, Coffee & Conversation [CN]
- 6:30 Evening Devotions [3]

- 9:00 Bean Bag Baseball [L] **4**
- 10:30 Pete the Piano Man & Paul on the Guitar [L]
- 11:00 Exercise [2]
- 1:00 Painting Class [L]
- 2:00 Making Resident Valentine Bags [2]
- 2:00 Skip-Bo [3TV]
- 3:00 Resident Town Hall Meeting [2]
- 6:30 Agatha Christie Movie Month: Murder on the Orient Express (1974) [3TV]

- Chinese New Year: Year of the Pig **5**
- 9:00 And the Good News Is... [L]
- 10:00 Mimosa's with Marc (Chef's Chat) [L]
- 11:00 Exercise [2]
- 1:00 Activity Suggestion Meeting [L]
- 1:30 Fred Meyer
- 2:00 Craft: Year of the Pig Chinese Lanterns [L]
- 3:00 Crossword [3]
- 4:00 Book Club with Aaron: Battle Hymn of the Tiger Mother [L]
- 6:00 Calming Coloring

- 9:00 Gentle Stretching [2] **6**
- 9:30 Donuts & Discussion [L]
- 10:00 Christian Faith Service [2]
- 10:30 Catholic Communion [3]
- 10:30 Lucky the Therapy Dog Visit [L]
- 11:00 Exercise [2]
- 1:00 Antique Shopping at Antique Alley in Hollywood [BT]
- 3:00 Bingo [3]
- 6:30 Wednesday Night Movie: Loving Vincent [3TV]

- 9:00 Group Chapter Reading: Wuthering Heights (Emily Brontë) [L] **7**
- 10:00 Craft: DIY Valentine's Day Cards [L]
- 11:00 Exercise [2]
- 1:00 New Resident Champagne Social [L]
- 2:00 Gus the Therapy Dog Visit [L]
- 3:00 Arm Chair Travels: Switzerland
- 5:00 Cocktails & Trivia with Annette [L]
- 6:30 Evening Devotions [3]

- 9:00 You Be The Judge [L] **8**
- 10:00 Horse Shoes [L]
- 11:00 Exercise [2]
- 1:00 Bingo [3]
- 3:00 Happy Hour: Chris & Dawn Duo [L]
- 6:00 Cookies, Coffee & Conversation [CN]
- 6:30 Documentary Night Movie: First Position [3TV]

- National Pizza Day **9**
- 9:00 Dominoes [3]
- 10:00 Coffee Club [3]
- 11:00 Exercise [2]
- 1:00 Cooking Hour: Personal Pizzas [L]
- 2:00 Manicures [Appt]
- 2:30 Skip Bo [3TV]
- 6:30 Carol Burnett Show [Channel 981]

- 10:00 Coloring Hour [L] **10**
- 11:00 Exercise [2]
- 1:00 Pinochle [3TV]
- 1:30 Scenic Drive [BT]
- 3:30 Name 5 [L]
- 5:30 Survey Sundays [L]
- 6:00 Cookies, Coffee & Conversation [CN]
- 6:30 Evening Devotions [3]

- 9:00 Bean Bag Baseball [L] **11**
- 10:30 Pete the Piano Man & Paul on the Guitar [L]
- 11:00 Exercise [2]
- 1:00 Painting Class [L]
- 3:00 Skip-Bo [3TV]
- 3:30 Aromatherapy [L]
- 6:30 Agatha Christie Movie Month: Death on the Nile [3TV]

- 9:00 Crafting with St. Ignatius 5th Graders [L] **12**
- 10:30 And the Good News Is... [L]
- 11:00 Exercise [2]
- 1:00 Balloon Volleyball [L]
- 1:00 Trader Joes [BT]
- 2:00 1st Floor Block Party [L]
- 3:00 Afternoon Music with Barbara Cecil [L]
- 3:00 Crossword [3]
- 4:00 Book Club with Aaron: Battle Hymn of the Tiger Mother [L]
- 6:00 Calming Coloring

- 9:00 Gentle Stretching [2] **13**
- 9:30 Donuts & Discussion [L]
- 10:00 Mimosas with Marc (Chef's Chat) [L]
- 10:30 Catholic Communion [3]
- 10:30 Lucky the Therapy Dog Visit [L]
- 11:00 Exercise [2]
- 1:00 Historical Tour of the Aurora Colony \$ [BT]
- 3:00 Bingo [3]
- 6:30 Wednesday Night Movie: Maudie [3TV]

- MC Adventist Footcare by Appt. \$\$ **14**
- Valentine's Day
- 9:00 Group Chapter Reading: Wuthering Heights (Emily Brontë) [L]
- 10:00 Spelling Bee [L]
- 11:00 Exercise [2]
- 12:15 Decorating Heart Cookies with Atkinson 1st Graders [L]
- 1:00 Make Your Own Valentine Bouquet [L]
- 2:00 Gus the Therapy Dog Visit [L]
- 3:00 Valentine's Day Party with Pete & Paul [L]
- 5:00 Cocktails & Trivia with Annette [L]
- 6:30 Evening Devotions [3]
- 6:30 Valentine's Day Movie: 50 First Dates

- 9:00 Conversation Ball Toss [L] **15**
- 10:00 Boggle [L]
- 10:00 Origami with Yuki [ALZ]
- 11:00 Exercise [2]
- 1:00 Bingo [3]
- 3:00 Birthday Happy Hour: Matthew Casey [L]
- 6:00 Cookies, Coffee & Conversation [CN]
- 6:30 Documentary Night Movie: Joseph Campbell and the Power of Myth [3TV]

- 9:00 Dominoes [3] **16**
- 10:00 Coffee Club with Drew [3]
- 11:00 Exercise with Drew [2]
- 2:30 Skip Bo [3TV]
- 6:30 Carol Burnett Show [Channel 981]

- 10:00 Coloring Hour [L] **17**
- 11:00 NO EXERCISE TODAY [2]
- 1:00 Pinochle [3TV]
- 3:00 Skip bo [3TV]
- 5:30 Survey Sundays [L]
- 6:00 Cookies, Coffee & Conversation [CN]
- 6:30 Evening Devotions [3]

- 9:00 Bean Bag Baseball [L] **18**
- 10:30 Pete the Piano Man & Paul on the Guitar [L]
- 11:00 Exercise [2]
- 1:00 Painting Class [L]
- 3:00 Skip-Bo [3TV]
- 6:30 Agatha Christie Movie Month: Poirot- Murder in Mesopotamia [3TV]

- 9:00 And the Good News Is... [L] **19**
- 10:00 Fred Meyer
- 11:00 Exercise [2]
- 1:00 2nd Floor Block Party [2]
- 1:00 Card Making [2]
- 2:00 Ball Toss [L]
- 3:00 Crossword [3]
- 4:00 Book Club with Aaron: Battle Hymn of the Tiger Mother [L]
- 6:00 Calming Coloring

- 9:00 Gentle Stretching [2] **20**
- 9:30 Donuts & Discussion [L]
- 10:00 Tour of The Historic Belmont Firehouse (FREE) [BT]
- 10:30 Catholic Communion [3]
- 10:30 Lucky the Therapy Dog Visit [L]
- 11:00 NO EXERCISE TODAY [2]
- 1:00 Collage Class [L]
- 2:00 Bingo [3]
- 6:30 Wednesday Night Movie: Damsel [3TV]

- 9:00 Group Chapter Reading: Wuthering Heights (Emily Brontë) [L] **21**
- 10:00 Jeopardy [L]
- 11:00 Exercise [2]
- 1:00 Craft: Earring Holders [L]
- 2:00 Gus the Therapy Dog Visit [L]
- 3:00 Arm Chair Travels: England
- 5:00 Cocktails & Trivia with Annette [L]
- 6:30 Evening Devotions [3]

- 9:00 You Be The Judge [L] **22**
- 10:00 Horse Shoes [L]
- 11:00 Exercise [2]
- 1:00 Bingo [3]
- 3:00 Joint Happy Hour: Mario Carboni [L]
- 6:00 Cookies, Coffee & Conversation [CN]
- 6:30 Documentary Night Movie: Ansel Adams & the American Experience [3TV]

- 9:00 Dominoes [3] **23**
- 10:00 Coffee Club [3]
- 11:00 Exercise [2]
- 1:00 Cooking Hour: Pineapple Upside Down Cupcakes [L]
- 2:00 Manicures [Appt]
- 2:30 Skip Bo [3TV]
- 6:30 Carol Burnett Show [Channel 981]

- 10:00 Coloring Hour [L] **24**
- 11:00 Exercise [2]
- 1:00 Pinochle [3TV]
- 1:30 Scenic Drive [BT]
- 3:30 Name 5 [L]
- 5:00 Oscar Party [3TV]
- 5:30 Survey Sundays [L]
- 6:00 Cookies, Coffee & Conversation [CN]
- 6:30 Evening Devotions [3]

- 9:00 Bean Bag Baseball [L] **25**
- 10:30 Pete the Piano Man & Paul on the Guitar [L]
- 11:00 Exercise [2]
- 1:00 Painting Class [L]
- 3:00 Aromatherapy [L]
- 3:00 Skip-Bo [3TV]
- 6:30 Agatha Christie Movie Month: Evil Under the Sun [3TV]

- 9:00 And the Good News Is... [L] **26**
- 10:00 Safeway [BT]
- 10:15 Able Hearing (Help with Hearing Aids) [2]
- 11:00 Exercise [2]
- 1:00 Balloon Volleyball [L]
- 2:00 3rd Floor Block Party [3]
- 3:00 Crossword [3]
- 4:00 Book Club with Aaron: Battle Hymn of the Tiger Mother [L]
- 6:00 Calming Coloring

- 9:00 Gentle Stretching [2] **27**
- 9:30 Donuts & Discussion [L]
- 10:30 Catholic Communion [3]
- 10:30 Lucky the Therapy Dog Visit [L]
- 11:00 Exercise [2]
- 11:30 Lunch Out: Gustav's (German Food) \$\$ [BT]
- 3:00 Bingo [3]
- 4:00 Bingo Bucks Store [3]
- 6:30 Wednesday Night Movie: Suburbicon [3TV]

- 9:00 Group Chapter Reading: Wuthering Heights (Emily Brontë) [L] **28**
- 10:00 Jeopardy [L]
- 11:00 Exercise [2]
- 1:00 Craft: Felt Flowers [L]
- 2:00 Gus the Therapy Dog Visit [L]
- 3:00 TED Talk [2]
- 5:00 Cocktails & Trivia with Annette [L]
- 6:30 Evening Devotions [3]



Happy Valentines Day!