



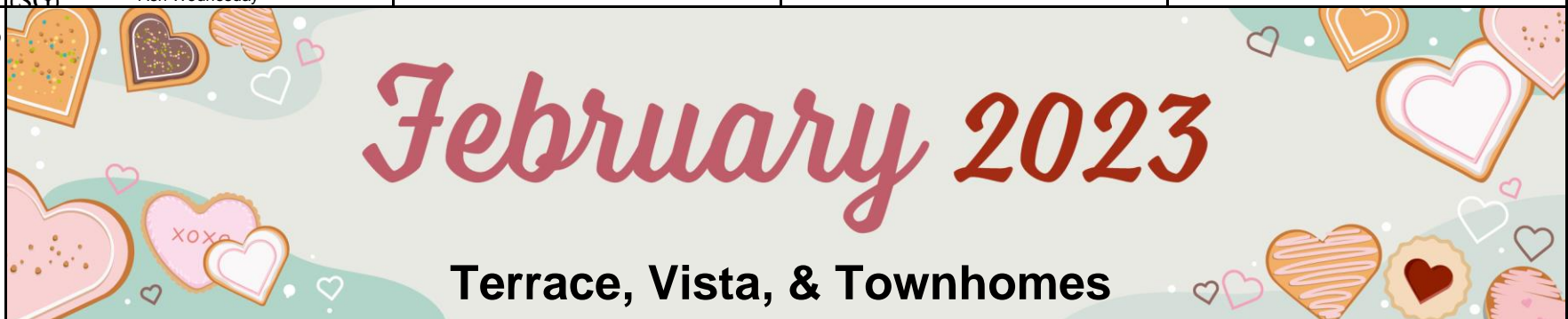


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p>For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. John 3:16</p>			<p>All group activities, clubs, and spiritual care groups are cancelled through February 5th.</p>	<p>Will the groundhog see his shadow?</p> 	 <p>WEAR RED DAY</p>	<p>February Birthdays</p> <p>2/6 Sandy F. 2/15 Jack T. 2/16 Marilyn B. 2/16 Myrna C. 2/16 Colene B. 2/20 Alice H. 2/22 Jo H. 2/22 Martha H. 2/24 Phyllis S. 2/25 Margi T. 2/26 Marylin A. 2/26 Mel S. 2/27 Gerald O. 2/28 James H.</p> <p>Care Center</p> <p>2/6 Daryl B. 2/7 Mary A. 2/12 Ida S. 2/25 Judy L.</p> <p>Location Key</p> <p>ALAN- AL First Floor</p> <p>Mailboxes</p> <p>AR-Aerobics Room CR-Crossroads/Chapel HFG-Holden Family Gathering Room LC-Little Chicago SG-Secret Garden WC-Wellness Center</p> <p>SUR-Sign Up Required *3800</p>	
	<p>5 9:30 EZ Does It Exercise (AR) 10:30 Devotions (CR) 1:00 Water Aerobics (SUR) (WC) 5:15 Movie and Popcorn- <i>The Parent Trap</i> (AL Lounge)</p>	<p>6 9:00 Tai Chi (ALAN) 9:30 Upper Body Exercise (AR) 10:15 Chair Dancing (ALAN) 1:00 Walk N' Roll (WC) 1:30 Music with Jim Magdefrau (HFG)</p>	<p>7 9:30 Stretch (AR) 10:15 Tai Chi (AR) 10:15 Golden Agers (AL Only) (ALAN) 1:00 Circuit Class (WC) 2:30 Bible Study (CR)</p>	<p>8 9:00 Devotions (CR) 9:30 "Easy Does It" Exercise (AR) 10:15 Lower Body (AR) 1:00 Water Aerobics & Open Aquatics (SUR)(WC) 3:00 Football Predictions (LC) 5:30 BINGO – w/ Pastor Justin (HFG)</p>	<p>9 9:30 Standing Strength & Balance (AR) 2:00 Traveling with Pastor Justin (HFG)</p>	<p>4</p>	
<p>10:45 St. Mary's Catholic Communion (CR) 2:00 Worship Service with St. Paul Lutheran (CR) 5:30 Super Bowl LVII Party (ALAN)</p>	<p>12 9:30 EZ Does It Exercise (AR) 10:30 Devotions (CR) 1:00 Water Aerobics (SUR) (WC) 2:15 Crochet Group (Craft Room) 5:15 Movie and Popcorn- <i>The Glenn Miller Story</i> (AL Lounge)</p>	<p>13 9:00 Tai Chi (ALAN) 9:30 Upper Body Exercise (AR) 10:15 Chair Dancing (ALAN) 1:00 Walk N' Roll (WC) 3:00 Minute to Win It: Love Edition (HFG) Everyone Welcome! <small>Valentine's Day</small></p>	<p>14 9:30 Stretch (AR) 10:15 Tai Chi (AR) 10:15 Golden Agers (AL Only) (ALAN) 1:00 Circuit Class (WC) 2:30 Bible Study (CR)</p>	<p>15 9:00 Devotions (CR) 9:30 "Easy Does It" Exercise (AR) 10:15 Lower Body (AR) 1:00 Water Aerobics & Open Aquatics (SUR)(WC) 3:00 Trivia (LC) 5:30 BINGO – w/ Dean (HFG)</p>	<p>16 9:30 Standing Strength & Balance (AR) 10:00 Golden Agers (AL Only) (ALAN) Coffee and Current Events 2-3 Library Friday (LC) 2:00 Traveling with Pastor Justin (HFG)</p>	<p>11</p>	
<p>10:45 St. Mary's Catholic Communion (CR) 2:00 Worship Service with St. Paul Methodist (CR)</p>	<p>19 9:30 EZ Does It Exercise (AR) 10:30 Devotions (CR) 1:00 Water Aerobics (SUR) (WC) 2:00 Golden Agers (AL Only) Nails (SG) 5:15 Movie and Popcorn- <i>Meet Me in St. Louis</i> (AL Lounge) <small>Presidents' Day</small></p>	<p>20 9:00 Tai Chi (ALAN) 9:30 Upper Body Exercise (AR) 10:15 Chair Dancing (ALAN) 1:00 Walk N' Roll (WC) 2:00 Treasured Music & Birthday Treats (HFG) <small>Mardi Gras</small></p>	<p>21 9:00 Catholic Mass (CR) 9:30 Stretch (AR) 10:15 Tai Chi (AR) 10:15 Golden Agers (AL Only) Card Games (ALAN) 11-1 Weights and BP Checks (ALAN)(SUR) 1:00 Circuit Class (WC) 2:30 Ash Wednesday Service (CR) 4:00 Raiders on the Ridge (SUR) (SG) <small>Ash Wednesday</small></p>	<p>22 9:00 Devotions (CR) 9:30 "Easy Does It" Exercise (AR) 10:15 Lower Body (AR) 11:00 Lunch Bunch- Lucky 6 Lanes (Marengo Bowling Alley) 1:00 Water Aerobics & Open Aquatics (SUR)(WC) 5:30 BINGO – w/ Dean (HFG)</p>	<p>23 9:30 Standing Strength & Balance (AR) 10:00 Golden Agers (AL Only) (ALAN) Coffee and Current Events 1:00 Life Talk: Transportation (HFG) 2:00 Traveling with Pastor Justin (HFG)</p>	<p>18</p>	
<p>10:45 St. Mary's Catholic Communion (CR) 2:00 Worship Service with First Presbyterian Church (CR)</p>	<p>26 9:30 EZ Does It Exercise (AR) 10:30 Devotions (CR) 1:00 Water Aerobics (SUR) (WC) 2:00 Golden Agers (AL Only) Nails (SG) 2:15 Crochet Group (Craft Room) 5:15 Movie and Popcorn- <i>To Kill a Mockingbird</i> (AL Lounge)</p>	<p>27 9:00 Tai Chi (ALAN) 9:30 Upper Body Exercise (AR) 10:15 Chair Dancing (ALAN) 1:00 Walk N' Roll (WC) 1:30 Music with Dave Wertz (HFG) 3:00 Craft (ALAN)</p>	 <p>February 2023 Terrace, Vista, & Townhomes</p>			<p>24</p>	<p>25</p>

All activities are subject to change. Monday night movie options are subject to change based on availability. Please see the TV channel for any updates or changes. Thank you!