


# Commons Activity Calendar

# FEBRUARY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 9:30 Chair Exercise w/Val (CH) 10:00 Trivia (C1) <b>11:00 Chair Massage w/Ericka in C145 (sign up for 15 minute time slot at front desk)</b> 1:30 Bingo (BW) <b>2:00 "If My Dr. Only Knew" Discussion (WL)</b> 2:30 Great Courses "Great Tours—Ireland and Northern Ireland" (CH) 4:00 Happy Times (MP)	<b>2</b> 8:00 Gentle Stretch w/Lizz (FC) 9:30 Chair Mix w/Lizz (CH) 11:00 Balance w/Lizz (991) 11:30 Open Gym w/Lizz (FC) 1:00 Bridge (MP) <b>2:00 Chapel Movie "Breakfast at Tiffany's"</b> 7:00 Heart2Heart Group (C1)	<b>3</b> 9:30 Chair Exercise w/Jennie (CH) 10:00 Crossword Puzzle (C1) <b>1:00 Winter Carnival Snow Sculptures Bus Tour at State Fair Grounds (sign up at front desk)</b> 1:30 Bingo (BW) <b>3:00 Informational Friday "Living Volcanoes"(CH)</b>	<b>4</b> 11:00 Sing-A-Long (CH) 1:00 Hand & Foot Card Game (L)
<b>5</b> 2:00 Coffee Social Hour (D) 2:00 Hand & Foot Card Game & Resident Choice Games (C1)	<b>6</b> 9:30 Chair Exercise w/Beda (CH) 10:00 Wheel of Fortune (C1) 1:30 Bingo (BW) <b>3:00 Arm Chair Travel to Portugal (CH)</b>	<b>7</b> 8:00 Gentle Stretch w/Lizz (FC) 9:30 Chair Mix w/Lizz (CH) 11:00 Balance w/Lizz (991) 11:30 Open Gym w/Lizz (FC) <b>2:30 High Water Band Concert (CH)</b>	<b>8</b> 9:30 Chair Exercise (CH) 10:00 Trivia (C1) <b>11:00 Chair Massage w/Ericka in C145 (sign up for 15 minute time slot at front desk)</b> 1:30 Bingo (BW) <b>2:00 "If My Dr. Only Knew" Discussion (WL)</b> 2:30 Great Courses "Great Tours—Ireland and Northern Ireland" (CH) 4:00 Happy Times (MP)	<b>9</b> 8:00 Gentle Stretch w/Lizz (FC) 9:30 Chair Mix w/Lizz (CH) 11:00 Balance w/Lizz (991) 11:30 Open Gym w/Lizz (FC) 1:00 Bridge (MP) <b>2:30 Cailyn Johnson Concert (CH)</b> 7:00 Heart2Heart Group (C1)	<b>10</b> 9:30 Chair Exercise w/Jennie (CH) 10:00 Crossword Puzzle (C1) 1:30 Bingo (BW) <b>3:00 Informational Friday "Top Secret Rosies" (CH)</b>	<b>11</b> 11:00 Sing-A-Long (CH) 1:00 Hand & Foot Card Game (L)
<b>12</b> 2:00 Coffee Social Hour (D) 2:00 Hand & Foot Card Game & Resident Choice Games (C1)	<b>13</b> 9:30 Chair Exercise w/Beda (CH) 10:00 Wheel of Fortune (C1) 1:30 Bingo (BW) <b>3:00 Arm Chair Travel to Paris (CH)</b>	<b>14</b> 8:00 Gentle Stretch w/Lizz (FC) 9:30 Chair Mix w/Lizz (CH) 11:00 Balance w/Lizz (991) 11:30 Open Gym w/Lizz (FC) <b>1:30 Cookie Social (D)</b> <b>2:30 Debbie &amp; Dean Concert (CH)</b> 	<b>15</b> 9:30 Chair Exercise w/Beda (CH) 10:00 Trivia (C1) <b>11:00 Chair Massage w/Ericka in C145 (sign up for 15 minute time slot at front desk)</b> <b>1:00 Gideon the Comfort Dog Visits the Lodge</b> 1:30 Bingo (BW) 2:30 Great Courses "Great Tours—Ireland and Northern Ireland" (CH) 4:00 Happy Times (MP)	<b>16</b> 8:00 Gentle Stretch w/Lizz (FC) 9:30 Chair Mix w/Lizz (CH) 11:00 Balance w/Lizz (991) 11:30 Open Gym w/Lizz (FC) 1:00 Bridge (MP) <b>2:00 Chapel Movie "Sleepless in Seattle"</b> 7:00 Heart2Heart Group (C1)	<b>17</b> 9:30 Chair Exercise w/Jennie (CH) 10:00 Crossword Puzzle (C1) 1:30 Bingo (BW) <b>3:00 Informational Friday "Niagara Falls" (CH)</b>	<b>18</b> 11:00 Sing-A-Long for today is <b>CANCELED</b> 1:00 Hand & Foot Card Game (L)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>19</b> 2:00 Coffee Social Hour (D) 2:00 Hand & Foot Card Game & Resident Choice Games (C1)	<b>20</b> 9:30 Chair Exercise w/Beda (CH) 10:00 Wheel of Fortune (C1) 1:30 Bingo (BW) <b>3:00 Arm Chair Travel to The Holy Land (CH)</b>  <b>PRESIDENTS DAY NO U.S. MAIL</b>	<b>21</b> 8:00 Gentle Stretch w/Lizz (FC) 9:30 Chair Mix w/Lizz (CH) 11:00 Balance w/Lizz (991) 11:30 Open Gym w/Lizz (FC) <b>11:30 Out to Lunch Bunch at Olive Garden Eagan (sign up at front desk)</b> <b>2:30 North Suburban Choir Concert (CH)</b>	<b>22</b> 9:30 Chair Exercise w/Val (CH) 10:00 Trivia (C1) <b>11:00 Chair Massage w/ Ericka in C145 (sign up for 15 minute time slot at front desk)</b> 1:30 Bingo (BW) 2:30 Great Courses "Great Tours—Ireland and Northern Ireland" (CH) 4:00 Happy Times (MP)  <b>ASH WEDNESDAY</b>	<b>23</b> 8:00 Gentle Stretch w/Lizz (FC) 9:30 Chair Mix w/Lizz (CH) 11:00 Balance w/Lizz (991) 11:30 Open Gym w/Lizz (FC) 1:00 Bridge (WL) <b>2:00 Monthly Birthday Party (MP)</b> <b>2:00 Chapel Movie "Hachi"</b> 7:00 Heart2Heart Group (C1)	<b>24</b> 9:30 Chair Exercise w/Jennie (CH) 10:00 Group Crossword Puzzle (C1) <b>10:00 GriefShare Group Session 1 (CH) (sign up at front desk)</b> 1:30 Bingo (BW) <b>3:00 Informational Friday "The Elephant and the Termite" (CH)</b>	<b>25</b> 11:00 Sing-A-Long (CH) 1:00 Hand & Foot Card Game (L)
<b>26</b> 2:00 Coffee Social Hour (D) 2:00 Hand & Foot Card Game & Resident Choice Games (C1)	<b>27</b> 9:30 Chair Exercise w/Beda (CH) 10:00 Wheel of Fortune (C1) 1:30 Bingo (BW) <b>3:00 Arm Chair Travel to Wild Yellowstone (CH)</b>	<b>28</b> 8:00 Gentle Stretch w/Lizz (FC) 9:30 Chair Mix w/Lizz (CH) 11:00 Balance w/Lizz (991) 11:30 Open Gym w/Lizz (FC) <b>2:30 Jeff Brueske Concert (CH)</b>	<b>ROOM/LOCATION CODES</b> <b>BW = Birchwood Dining Room</b> <b>CH = Chapel</b> <b>C1 = Commons 1st Floor</b> <b>CR = Conference Room</b> <b>D = Deli</b> <b>FC = Fitness Center</b> <b>L = Terrace Library</b> <b>MP = Majestic Pines</b> <b>WL = Wilderness Lounge</b>			