

# February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1</p> <p>Doctor Visits - 9a **</p> <p>Bible Study- 11a</p> <p>Vitality in Motion 11a</p> <p>Exercise w/ Barb 1p</p> <p>Activity Council 2:15p</p>	<p>2</p> <p>Walmart/ Walgreens Shopping Trip- 9a **</p> <p>Dominos 1p</p>	<p>3</p> <p>Errand Day **</p> <p>Tai Chi-10a</p> <p>Artful Expressions 2p</p>	<p>4</p> <p>Rummikub- 1:00p</p> <p>Dinner Meal-5pm</p> <p>Movie Matinee- 6:30p</p>
<p>5</p> <p>Brunch- 12p</p> <p>Movie Matinee- 2:30p</p>	<p>6</p> <p>Dierbergs/ Walgreens Shopping Trip- 9a **</p> <p>Knitting Club- 11a</p> <p>Monday Club 1p</p> <p>Rosary 3p</p>	<p>7</p> <p>Body Align- 9:30a</p> <p>Vitality in Motion-11</p> <p>Rummikub- 1:00</p> <p>Bingo -7p</p>	<p>8</p> <p>Doctor Visits - 9a **</p> <p>Bible Study- 11a</p> <p>Exercise w/ Barb 1p</p> <p>Dining Council-12 p</p>	<p>9</p> <p>Target/ Walgreens Shopping Trip- 9a **</p> <p>Black History Talk 11:00</p> <p>Dominos 1p</p>	<p>10</p> <p>Current Events 9:00</p> <p>**Outing-Holocaust Museum</p> <p>Tai Chi-10a</p>	<p>11</p> <p>Rummikub- 1:00p</p> <p>Dinner Meal-5p</p> <p>Movie Matinee- 6:30p</p>
<p>12</p> <p>Brunch- 12p</p> <p>Movie Matinee- 2:30p</p> <p>Open House 2p</p> <p>Super Bowl 5:30p</p>	<p>13</p> <p>Schnucks/ Walgreens Shopping Trip- 9a **</p> <p>Knitting Club- 11a</p> <p>Monday Club 1p</p> <p>Rosary 3p</p>	<p>14</p> <p>Body Align- 9:30a</p> <p>Vitality in Motion-11</p> <p>Rummikub- 1:00</p> <p>Bingo -7p</p>	<p>15</p> <p>Doctor Visits - 9a **</p> <p>Bible Study- 11a</p> <p>Exercise w/ Barb 1p</p> <p>Mind Benders -2:15p</p>	<p>16</p> <p>Walmart/ Walgreens Shopping Trip- 9a **</p> <p>Dominos 1p</p>	<p>17</p> <p>Errand Day **</p> <p>Tai Chi-10a</p> <p>Artful Expressions 2p</p>	<p>18</p> <p>Rummikub- 1:00p</p> <p>Dinner Meal-5p</p> <p>Movie Matinee- 6:30p</p>
<p>19</p> <p>Brunch- 12p</p> <p>Movie Matinee- 2:30</p>	<p>20</p> <p>Dierbergs/ Walgreens Shopping Trip- 9a **</p> <p>Knitting Club- 11a</p> <p>Monday Club 1p</p> <p>Rosary 3p</p> <p>Movie 6:15</p>	<p>21</p> <p>Body Align- 9:30a</p> <p>Vitality in Motion-11</p> <p>Rummikub- 1:00</p> <p>Bingo -7p</p>	<p>22</p> <p>Doctor Visits - 9a **</p> <p>Bible Study- 11a</p> <p>Exercise w/ Barb 1p</p>	<p>23</p> <p>Target/ Walgreens Shopping Trip- 9a **</p> <p>Dominos 1p</p>	<p>24</p> <p>Current Events- 9a</p> <p>**Outing-Laumeier Sculpture Park</p> <p>Tai Chi - 10 a</p>	<p>25</p> <p>Rummikub- 1:00p</p> <p>Dinner Meal-5p</p> <p>Movie Matinee- 6:30p</p>
<p>26</p> <p>Brunch 12p</p> <p>Movie Matinee- 2:30p</p>	<p>27</p> <p>Schnucks/ Walgreens Shopping Trip- 9a **</p> <p>Knitting Club- 11a</p> <p>Monday Club 1p</p> <p>Rosary 3p</p>	<p>28</p> <p>Body Align- 9:30a</p> <p>Vitality in Motion-11</p> <p>Rummikub- 1:00</p> <p>Bingo -7p</p>		<p>** = sign up in book</p>	<p>Tai chi 10</p> <p>Monday Club</p> <p>Open House</p> <p>Superbowl</p>	

# February 2023

Birthdays:	Residents:	Vickie Johnston	2/18
		Anna Ramroth	2/19
		Thomas Ruoff	2/23
	Team:	Ruth DePew	2/18

Outings: Sign up in book

<i>Friday, 2/10/23</i>	<i>Holocaust Museum</i>
<i>Friday, 2/24/23</i>	<i>Laumeier Sculpture Park</i>

***New Time for Friday Tai Chi class: 10:00 am***

***New Activity: Tuesdays, at 11:00 am      Vitality in Motion - Dance and yoga***  
***Thursday, February 9, 11 am      Black History Talk - Pastor Ivan James***

*Your apartment will be much warmer if you keep your front door closed. That way you are not losing heat to the hallways.*

*Please, do not put tape of any kind on the doors or woodwork, as it peels off the finish when removed.*

***Movies on Saturdays at 6:30 pm and Sundays at 2:30 pm.***

Please remember to break down boxes prior to placement in the recycle bins/dumpster. That allows for space for all of our recycling materials.

Aluminum, metal, paper, glass and cardboard can all be recycled.

Styrofoam, plastic bags and other plastic packing materials are not recyclable, and should be placed in the trash.

Breakfast served from 7:00 – 9:30 am in the dining room

Dinner Service starts at 5:00 pm