

**Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday**



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

**Location Keys**

2nd floor chapel	CH
Activities Room	AR
Atrium	AT
Dining Room	DR
Meet in Lobby for Bus	BUS
TV Room	TVR

**Resident Birthdays**

Dorothy J.	2/9
Phyllis F.	2/13
Arlene F.	2/13
Arnold K.	2/16
Suzann C.	2/20
John A. M.	2/22
Ellsworth C.	2/23
Carole W.	2/26

- 1**
- 9:15 Morning Warm-Up Exercise AR [AR]
  - 10:00 Larry Turner Entertainment AT [AT]
  - 1:30 Happy Hour DR [DR]
  - 2:00 Bingo AR [AR]
  - 3:15 Bean Bag Baseball AT [AT]
  - 6:45 Movie and Games Night TVR [TVR]

- 2**
- Groundhog Day**
- 9:00 Walmart Trip BUS [BUS]
  - 9:15 Tai Chi AR [AR]
  - 11:00 Bowling AR [AR]
  - 1:45 Mixed Nuts AT [AT]
  - 3:00 Balloon Volleyball AT [AT]
  - 6:30 Rummikub AR [AR]

- 3**
- 9:30 Sacrament Meeting
  - 10:30 LDS Sacrament Meeting CH
  - 1:45 Games with Wendy & Randy AR [AR]
  - 3:00 Sunday Sundaes AR [AR]
  - 4:30 Superbowl Party TVR [TVR]

- 4**
- 9:15 Morning Warm-up Stretching AR
  - 10:30 Release Pain thru Meditation AR [AR]
  - 11:30 Tricky Trivia AT [AT]
  - 1:45 Craft Class-Valentines Cards AR [AR]
  - 3:30 Wii Bowling AR [TVR]
  - 6:30 Spiritual Evening CH

- 5**
- 9:00 Doctor Apptmts BUS [BUS]
  - 9:15 Workout Exercises with Dan AR
  - 10:00 You Be the Judge -Ed Opel TVR [TVR]
  - 11:00 Laurelle's Sing-along Practice CH
  - 2:00 Bingo AR [AR]
  - 3:30 Ambassador Committee Meeting AR [AR]
  - 6:30 Wishes & Dreams Bucket List Party AR [AR]

- 6**
- 9:15 Morning Warm-up Stretching AR
  - 10:30 Craft Class-Family BDay Calendars AR
  - 11:30 TOWN HALL DR [DR]
  - 2:00 Outing- Clark Planetarium BUS [BUS]
  - 4:15 Bean Bag Baseball AT [AT]
  - 6:30 Game Night AR

- 7**
- 9:00 Smiths, Dollar Store, Bank BUS [BUS]
  - 9:15 Morning Warm-up Stretching AR
  - 10:30 Bible Study TVR
  - 1:45 Kennion Jolley music AT [AT]
  - 3:00 Jeopardy AR [AR]
  - 3:30 Balloon Volleyball AT [AT]
  - 6:30 Rummikub AR [AR]

- 8**
- 9:15 Morning Warm-up Stretching AR
  - 10:00 Creative Idea Group - Special Projects AR [AR]
  - 11:00 MedSource Fix It Clinic AR [AR]
  - 1:30 Happy Hour DR [DR]
  - 2:00 Bingo AR [AR]
  - 4:15 Bean Bag Baseball AT [AT]
  - 6:45 Movie and Games Night TVR [TVR]

- 9**
- 9:00 Walmart Trip BUS [BUS]
  - 9:15 Tai Chi AR [AR]
  - 10:30 Manicures AR [AR]
  - 11:00 Sunshade N Rain Music AT [AT]
  - 1:30 Dominoes AR [AR]
  - 2:00 Sharing Memories AR [AR]
  - 3:00 Balloon Volleyball AT [AT]
  - 6:30 Rummikub AR [AR]

- 10**
- 9:30 Priesthood & Relief Society CH
  - 10:30 LDS Sacrament Meeting CH
  - 1:45 Games with Wendy & Randy AR [AR]
  - 3:00 Sunday Sundaes AR [AR]
  - 6:30 Family Night - CARDS & PUZZLES TVR [TVR]

- 11**
- 9:15 Morning Warm-up Stretching AR
  - 10:30 Bible Study TVR [TVR]
  - 11:30 Tricky Trivia AT [AT]
  - 1:45 Craft Class-Jewelry Making AR [AR]
  - 3:30 Wii Bowling AR [TVR]
  - 6:30 Spiritual Evening CH

- 12**
- 9:00 Doctor Apptmts BUS [BUS]
  - 9:15 Workout Exercises with Dan AR
  - 10:00 You Be the Judge -Ed Opel TVR [TVR]
  - 11:00 Hearing Clinic with Jack AR [AR]
  - 2:00 Bingo AR [AR]
  - 3:30 Ambassador Committee Meeting AR [AR]
  - 6:30 Rummikub AR [AR]

- 13**
- 9:15 Morning Warm-up Stretching AR
  - 10:15 Craft Class-Stained Glass Painting AR [AR]
  - 11:00 Wii Bowling Practice AR [AR]
  - 1:30 Outing-Jordan River Temple BUS [BUS]
  - 4:15 Bean Bag Baseball AT [AT]
  - 6:30 Game Night AR

- 14**
- Valentine's Day**
- 9:00 Smiths, Dollar Store, Bank BUS [BUS]
  - 9:15 Morning Warm-up Stretching AR
  - 10:00 Blood Pressure Clinic AR [AR]
  - 10:00 Food for Thought AR [AR]
  - 10:30 Bible Study TVR
  - 3:00 VALENTINES DANCE AT [AT]
  - 6:30 Rummikub AR [AR]

- 15**
- 9:15 Morning Warm-up Stretching AR
  - 10:00 Creative Idea Group - Special Projects AR [AR]
  - 1:30 Happy Hour DR [DR]
  - 2:00 Bingo AR [AR]
  - 4:15 Bean Bag Baseball AT [AT]
  - 6:45 Movie and Games Night TVR [TVR]

- 16**
- 9:00 Walmart Trip BUS [BUS]
  - 9:15 Tai Chi AR [AR]
  - 10:00 Hand Massage with Michelle AR [AR]
  - 10:30 Manicures AR [AR]
  - 11:00 Bowling AR [AR]
  - 1:30 Dominoes AR [AR]
  - 2:00 Sharing Memories AR [AR]
  - 3:00 Balloon Volleyball AT [AT]
  - 6:30 Rummikub AR [AR]

- 17**
- 9:30 LDS Sunday School CH
  - 10:30 LDS Sacrament Meeting CH
  - 1:45 Games with Wendy & Randy AR [AR]
  - 2:00 Hilltop Christian Interdenominational Church Service CH [CH]
  - 3:00 Sunday Sundaes AR [AR]
  - 6:30 Family Night - CARDS & PUZZLES TVR [TVR]

- 18**
- Presidents' Day**
- 9:15 Morning Warm-up Stretching AR
  - 10:30 Release Pain thru Meditation AR [AR]
  - 11:30 Tricky Trivia AT [AT]
  - 1:45 Craft Class-Painting AR [AR]
  - 3:30 Wii Bowling AR [TVR]
  - 6:30 Spiritual Evening CH

- 19**
- 9:00 Doctor Apptmts BUS [BUS]
  - 9:15 Workout Exercises with Dan AR
  - 10:00 You Be the Judge -Ed Opel TVR [TVR]
  - 11:00 Laurelle's Sing-along CH [CH]
  - 2:00 Bingo AR [AR]
  - 3:30 Ambassador Committee Meeting AR [AR]
  - 6:30 Rummikub AR [AR]

- 20**
- 9:15 Morning Warm-up Stretching AR
  - 10:15 Craft Class-Crochet with LaRene AR [AR]
  - 11:00 Wii Bowling Practice AR [AR]
  - 2:00 Outing-Living Aquarium BUS [BUS]
  - 3:00 Balloon Volleyball AT [AT]
  - 3:30 Bean Bag Baseball AT [AT]
  - 6:30 Game Night AR

- 21**
- 9:00 Smiths, Dollar Store, Bank BUS [BUS]
  - 9:15 Morning Warm-up Stretching AR
  - 2:00 Foot Clinic AR [AR]
  - 3:00 Jeopardy AR [AR]
  - 3:30 Balloon Volleyball AT [AT]
  - 6:30 Rummikub AR [AR]

- 22**
- 9:15 Morning Warm-up Stretching AR
  - 10:00 Creative Ideas Group AR [AR]
  - 1:30 Happy Hour DR [DR]
  - 2:00 Bingo AR [AR]
  - 3:30 Bean Bag Baseball AT [AT]
  - 6:45 Movie and Games Night TVR [TVR]

- 23**
- 9:00 Walmart Trip BUS [BUS]
  - 9:15 Tai Chi AR [AR]
  - 10:30 Manicures AR [AR]
  - 1:45 Moods and Music AT [AT]
  - 3:00 Memories with Shay AR [AR]
  - 3:30 Balloon Volleyball AT [AT]
  - 6:30 Rummikub AR [AR]

- 24**
- 9:30 Priesthood & Relief Society CH
  - 10:30 LDS Sacrament Meeting CH
  - 1:45 Games with Wendy & Randy AR [AR]
  - 3:00 Sunday Sundaes AR [AR]
  - 6:30 Family Night - CARDS & PUZZLES TVR [TVR]

- 25**
- 9:15 Morning Warm-up Stretching AR
  - 10:30 Bible Study TVR [TVR]
  - 11:30 Tricky Trivia AT [AT]
  - 1:45 Craft Class-Model Making AR [AR]
  - 3:30 Wii Bowling AR [AR]
  - 6:30 Spiritual Evening CH

- 26**
- 9:00 Doctor Apptmts BUS [BUS]
  - 9:15 Workout Exercises with Dan AR
  - 10:00 You Be the Judge -Ed Opel TVR [TVR]
  - 11:00 History & Coins with Jack AR [AR]
  - 2:00 Bingo AR [AR]
  - 3:30 Ambassador Committee Meeting AR [AR]
  - 6:30 Rummikub AR [AR]

- 27**
- 9:15 Morning Warm-up Stretching AR
  - 10:00 MONTHLY SOLSTICE STORE AR
  - 11:45 Outing-Lunch Bunch, Joy Luck BUS [BUS]
  - 1:45 Uno Challenge AR [AR]
  - 3:30 Bean Bag Baseball AT [AT]
  - 6:30 Game Night AR

- 28**
- 9:00 Smiths, Dollar Store, Bank BUS [BUS]
  - 9:15 Morning Warm-up Stretching AR
  - 10:30 Bible Study TVR
  - 2:00 Jeopardy AR [AR]
  - 3:30 Balloon Volleyball AT [AT]
  - 6:30 Rummikub AR [AR]