

SUN	MON	TUE	WED	THUR	FRI	SAT
<i>Independent Living Calendar</i> Art of Living WellSM	ROOM KEY GR - Activity Room (Great Room) STUD - Art Studio BUS - Bus Pick-up Chan 6 - Channel 6 FR - Family Room FC - Fitness Center GL - Game Loft	GR - Great Room IC - Internet Cafe LIB - Library LOB - Lobby LIB - Main Library LOB - Main Lobby Mt V - Mountain View POOL - Pool SUM - Summit Room			10:00 Smith's Shopping Trip (BUS) 10:30 Menu Talk/ Food Forum (IC) 11:15 Aquarobics (POOL) 12:15 Restaurant Trip: Chili's (LOB) 1:00 Wear Red Day 1:00 History with Kids (LIB) 2:00 Color Me Calm (Mt V) 3:00 Balloon Volleyball (SUM) 7:00 Movie Night (Chan 6)	Groundhog Day 11:00 Strength training(Advanced) (FC) 1:00 The District Trip (BUS) 2:00 Bingo is called by Jim Coe (Mt V) 3:00 Scenic Drive (LOB) 3:00 Party Games with Meg (Mt V) 4:00 Walking Club- Inside (LOB) 7:00 Movie: Groundhog Day (Chan 6)
9:00 Church Transportation (LOB) 10:00 LDS Service (SUM) 2:00 Bingo called by Jim (Mt V) 3:00 Farkle (Mt V) 4:00 Superbowl Watch Party () 7:00 BBC Life Series (Chan 6)	9:30 Walmart Trip (LOB) 11:00 Balance Class (FC) 12:00 Monday Outing: Mary Poppins Returns (LOB) 1:30 Chair Stretch & Breath (FC) 2:00 Making a Mess in Mt View (Mt V) 2:00 Live Music (Mt V) 3:00 Social Hour: Live Music by Ron Hadley (LOB) 4:00 Scrabble (GL) 4:00 Book Club (FR) 7:00 Card Games (GL)	11:15 Aquarobics (POOL) 1:30 Stand Strong (FC) 2:00 Bingo (Mt V) 3:00 Social Hour: Jokes with Jonathan (LOB) 4:00 Quilt/Crochet Club (GR) 7:00 Tuesday Tunes: Tom Brousseau (SUM)	10:00 Smith's Shopping Trip (BUS) 11:00 Balance Class (FC) 2:00 Ceramics/Pottery Class (STUD) 2:00 Therapy Animal Visit (GR) 3:00 Social Hour with Roland: Side Effects of Drugs (LOB) 4:00 Bean Bag Baseball (SUM) 7:00 Bridge and Pinochle (GL)	11:00 Strength training(Advanced) (FC) 2:00 Wii Bowling Tournament (GL) 3:00 Social Hour: NEW RESIDENT RECEPTION (LOB) 3:00 Blood Pressure Checks (LIB) 7:00 Periodic Table Day (SUM)	9:15 LDS Temple Trip - Session (LOB) 11:15 Aquarobics (POOL) 12:15 Restaurant Trip: Chinese (LOB) 1:00 History with Kids (LIB) 1:30 Fine Art Class (STUD) 2:00 Color Me Calm (Mt V) 3:00 Social Hour: Music and Mingle with Tyler (LOB) 4:00 Balloon Volleyball (SUM) 7:00 Movie Night (Chan 6)	11:00 Strength training(Advanced) (FC) 1:00 The District Trip (BUS) 2:00 Bingo Called by Bobbie (Mt V) 3:00 Scenic Drive (LOB) 3:00 Party Games with Meg (Mt V) 4:00 Walking Club- Inside (LOB) 7:00 In-Apt. Movie (Chan 6)
9:00 Church Transportation (LOB) 10:00 LDS Service (SUM) 2:00 Bingo Called by Carol S. (Mt V) 3:00 Farkle (Mt V) 7:00 BBC Life Series (Chan 6)	9:30 Walmart Trip (LOB) 11:00 Balance Class (FC) 1:30 Monday Outing: Kohl's & Dollar Tree (BUS) 1:30 Chair Stretch & Breath (FC) 2:00 Making a Mess in Mt View (Mt V) 3:00 Social Hour: Make a Friend Day (LOB) 4:00 Scrabble (GL) 4:00 Book Club (FR) 7:00 Card Games (GL)	11:15 Aquarobics (POOL) 1:30 Stand Strong (FC) 2:00 Bingo (Mt V) 3:00 Social Hour: Technology Assistance (LOB) 4:00 Quilt/Crochet Club (GR) 7:00 Tuesday Tunes: The New Fiddlers (SUM)	10:00 Smith's Shopping Trip (BUS) 11:00 Balance Class (FC) 2:00 Crafting (GR) 3:00 Social Hour: Education on Medicare (LOB) 4:00 Bean Bag Baseball (SUM) 7:00 Talent Show Performance (SUM) 7:00 Bridge and Pinochle (GL)	Valentine's Day 11:00 Strength training(Advanced) (FC) 12:00 Formal Valentine's Lunch (Upscale Dining) 2:00 Valentine's Day Matinee (Summit Room) 7:00 Valentine's Bingo Night! (Mt V)	9:15 LDS Temple Trip - Sealings (LOB) 10:30 Menu Talk/ Food Forum (IC) 11:15 Aquarobics (POOL) 12:15 Restaurant Trip (LOB) 1:00 History with Kids (LIB) 1:30 Fine Art Class (STUD) 2:00 Color Me Calm (Mt V) 3:00 Social Hour: Music and Mingle (LOB) 4:00 Balloon Volleyball (SUM) 7:00 Movie Night (Chan 6)	11:00 Strength training(Advanced) (FC) 1:00 The District Trip (BUS) 2:00 Bingo called by the DeLongs (Mt V) 3:00 Scenic Drive (LOB) 3:00 Party Games with Meg (Mt V) 4:00 Walking Club- Inside (LOB) 7:00 In-Apt. Movie (Chan 6)
9:00 Church Transportation (LOB) 10:00 LDS Service (SUM) 2:00 Bingo Called by Doug C. (Mt V) 3:00 Farkle (Mt V) 7:00 BBC Life Series (Chan 6)	Presidents' Day 9:00 President's Day Outing: Hill Air Force Base (BUS) 9:30 Walmart Trip - Cancelled (LOB) 11:00 Balance Class (FC) 1:30 Chair Stretch & Breath (FC) 2:00 Making a Mess in Mt View (Mt V) 3:00 Social Hour: President's Day (LOB) 4:00 Scrabble (GL) 4:00 Book Club (FR) 7:00 Card Games (GL)	11:15 Aquarobics (POOL) 1:30 Stand Strong (FC) 2:00 Bingo (Mt V) 3:00 Social Hour: Jokes with Jonathan (LOB) 4:00 Quilt/Crochet Club (GR) 7:00 Tuesday Tunes: Dave Fairbanks (SUM)	10:00 Smith's Shopping Trip (BUS) 11:00 Balance Class (FC) 2:00 Ceramics/Pottery Class (STUD) 3:00 Social Hour: Educational Hour on Avoiding Heart Attacks (LOB) 4:00 Bean Bag Baseball (SUM) 7:00 Bridge and Pinochle (GL)	11:00 Strength training(Advanced) (FC) 11:00 Grief and Loss Therapy (FR) 2:00 Wii Bowling Tournament (GL) 3:00 Social Hour: Birthday Celebration (LOB) 7:00 Education Night: (SUM)	11:15 Aquarobics (POOL) 12:15 Restaurant Trip (LOB) 1:00 History with Kids (LIB) 1:30 Fine Art Class (STUD) 2:00 Color Me Calm (Mt V) 3:00 Social Hour: Music and Mingle (LOB) 4:00 Balloon Volleyball (SUM) 7:00 Movie Night (Chan 6)	11:00 Strength training(Advanced) (FC) 1:00 The District Trip (BUS) 2:00 Bingo (Mt V) 3:00 Scenic Drive (LOB) 3:00 Party Games with Meg (Mt V) 4:00 Walking Club- Inside (LOB) 6:15 Kensington Theater: The Crucible (BUS) 7:00 In-Apt. Movie (Chan 6)
9:00 Church Transportation (LOB) 10:00 LDS Service (SUM) 2:00 Bingo called by Doug (Mt V) 3:00 Farkle (Mt V) 7:00 BBC Life Series (Chan 6)	9:30 Walmart Trip (LOB) 11:00 Balance Class (FC) 1:25 Monday Outing: South Towne Mall (BUS) 1:30 Chair Stretch & Breath (FC) 2:00 Making a Mess in Mt View (Mt V) 3:00 Social Hour: Chocolate Covered Nut Day (LOB) 4:00 Scrabble (GL) 4:00 Book Club (FR) 7:00 Card Games (GL)	11:15 Aquarobics (POOL) 1:30 Stand Strong (FC) 2:00 Bingo (Mt V) 3:00 Social Hour: Technology Assistance (LOB) 4:00 Quilt/Crochet Club (GR) 7:00 Tuesday Tunes: Mixed Nuts (SUM)	10:00 Smith's Shopping Trip (BUS) 10:15 Exercise Video (SUM) 11:00 Balance Class - Cancelled for Staff Training (FC) 1:30 Eye Exams by Dr. Meek 3:00 Social Hour with Fatima: Laughter, the Best Medicine (LOB) 4:00 Bean Bag Baseball (SUM) 7:00 Bridge and Pinochle (GL)	9:00 D.I. Giveaway (LOB) 11:00 Strength training(Advanced) (FC) 2:00 Wii Bowling Tournament (GL) 3:00 TOWN HALL MEETING (SUM) 4:00 Activity Planning (SUM) 7:00 Poker Night (SUM)		

February 2019

Bold activities: Transportation activities, CAPITALIZED: Special events

