

KEYSTONE PLACE at Four Mile Cove
 1701 Four Mile Cove
 Cape Coral, FL 33990
 239-677-3969



February Independent Living Calendar

Key
 Mainsail—Mainsail Theater on 2nd floor
 Sky Lounge—The outside lounge on the 3rd floor
 Shipyard—Shipyard Game room on 3rd floor
 Yoga/Gym—1st Floor
 Shore LEC Court yard—Court Yard on the Assisted Living through the Life Enrichment Center
 Shores LEC—Life Enrichment Center on the Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10 am Donut Dip and Aqua Club (pool deck) 1 pm Women Billiards Club (Shipyard) 7 pm Sunset Dog walk (Pelican pub Meet-up) 7 pm Bingo (Dining Room)
2 8:15 am Catholic Services (Mainsail) 11 am Men Billiard Club (Shipyard) Superbowl PARTY!!!	3 **Medical Appointments 10:30 Shop Publix* Sign Up 10:30 am Line Dancing 1:00 B.A.S.S. Exercise Program with Missy (Yoga Studio) 7:00 Sunset Dog walk (Pelican pub Meet-up)	4 10 am Strength Training with Kelly (Gym) 11:30 am Speaker—Jamie Thompson with Abby Services - CBD 2:30 pm Aqua-Fit with Philly (Pool Deck) 7 pm Game Night (Shipyard)	5 **Medical Appointments 10 am Shuffleboard (Shore LEC Court yard) 10:30 am Morning Movie (Mainsail) 1 pm Wii Games (Shipyard) 4 pm Happy Hour—Marylyn and Patrick Nolan 7 pm Sunset Dog walk (Pelican pub Meet-up)	6 **National Frozen Yogurt Day** 10:30 am Activity Planning Meeting/Bistro—Help create your Calendar 1 pm Painting with Rita (Shores LEC) 2:30 pm Aqua-Fit with Philly (pool deck) 7 pm Bingo (Dining Room)	7 **National Wear Red Day** 1 pm Aerobic Dance Class with Missy (Gym)	8 **National Fly a Kite Day** 10 am Donut Dip and Aqua Club (pool deck) Trip Broadway Palms Grumpy Old Men \$59 per ticket 1 pm Women Billiards Club (Shipyard) 3 pm Dale Arvay on the Piano 7 pm Sunset Dog walk (Pelican pub Meet-up) 7 pm Bingo (Dining Room)
9 8:15 am Catholic Services (Mainsail) 11 am Men Billiard Club (Shipyard) 2 pm Games (Shipyard) 2:30 pm Lee County Community Band 7 pm Sun Set Cheers (Pool Deck)	10 **Medical Appointments **National Umbrella Day** 10:30 Shop Publix* Sign Up 10:30 am Line Dancing 1:00 B.A.S.S. Exercise Program with Missy (Yoga Studio) 7:00 Sunset Dog walk (Pelican pub Meet-up)	11 **National Peppermint Day** 10 am Strength Training with Kelly (Gym) 11:30 am Speaker (Dining Room) 2:30 pm Aqua-Fit with Philly (Pool Deck) 7 pm Movie—From Slavery to Freedom (Free) 7 pm Game Night (Shipyard)	12 **Medical Appointments **National Pink Ladies Day** 10 am Shuffleboard (Shore LEC Court yard) 10:30 am Morning Movie (Mainsail) 1 pm Wii Games (Shipyard) 5:30—8:30 pm Happy Hour—Valentine’s Day Dance– 50’s Prom 7 pm Sunset Dog walk (Pelican pub Meet-up)	13 10:30 am—Book Club (Bistro) 11:30 am Food planning 1 pm Painting with Rita (Shores LEC) 2:30 pm Aqua-Fit with Philly (pool deck) 7 pm Bingo (Dining Room)	14 **Valentine’s Day** 1 pm Aerobic Dance Class with Missy (Gym)	15 10 am Donut Dip and Aqua Club (pool deck) 1 pm Women Billiards Club (Shipyard) 5:00 pm Trip Everblades Game 7 pm Sunset Dog walk (Pelican pub Meet-up) 7 pm Bingo (Dining Room)
16 **National Do A Grouch a Favor Day** 8:15 am Catholic Services (Mainsail) 11 am Men Billiard Club (Shipyard) 2 pm Games (Shipyard) 7 pm Sun Set Cheers (Pool Deck)	17 **Medical Appointments **National Random Act of Kindness Day** 10:30 Shop Publix* Sign Up 10:30 am Line Dancing 1:00 B.A.S.S. Exercise Program with Missy (Yoga Studio) 7:00 Sunset Dog walk (Pelican pub Meet-up)	18 10 am Strength Training with Kelly (gym) 2:30 pm Aqua-Fit with Philly (Pool Deck) 7 pm Game Night (Shipyard)	19 **Medical Appointments 10 am Shuffleboard (Shore LEC Court yard) 10:30 am Morning Movie (Mainsail) 1 pm Wii Games (Shipyard) 4 pm Happy Hour —Birthday Party, Garard Show—Out of Hands, Juggling and Illusion Show 7 pm Sunset Dog walk (Pelican pub Meet-up)	20 **National Cherry Pie Day** 10:30 am Resident Meeting 1 pm Painting with Rita (Shores LEC) 2:30 pm Aqua-Fit with Philly (pool deck) 7 pm Bingo (Dining Room)	21 TRIP DAY- Lunch Date—Residents Vote 1 pm Aerobic Dance Class with Missy (Gym)	22 **National Cook A Sweet Potato Day** 10 am Donut Dip and Aqua Club (pool deck) 1 pm Women Billiards Club (Shipyard) 3 pm Dale Arvay on the Piano 7 pm Sunset Dog walk (Pelican pub Meet-up) 7 pm Bingo (Dining Room)
23 8:15 am Catholic Services (Mainsail) 11 am Men Billiard Club (Shipyard) 2 pm Games (Shipyard) 7 pm Sun Set Cheers (Pool Deck)	24 **Medical Appointments 10:30 Shop Publix* Sign Up 10:30 am Line Dancing 1:00 B.A.S.S. Exercise Program with Missy (Yoga Studio) 7:00 Sunset Dog walk (Pelican pub Meet-up)	25 10 am Strength Training with Kelly (gym) 11:30 am Speaker (Dining Room) 2:30 pm Aqua-Fit with Philly (Pool Deck) 7 pm Game Night (Shipyard)	26 **Medical Appointments 10 am Shuffleboard (Shore LEC Court yard) 10 am St. Patrick’s Day Painting (Shore LEC) 10:30 am Morning Movie (Mainsail) 1 pm Wii Games (Shipyard) 4 pm Happy Hour Al Garvis 7 pm Sunset Dog walk (Pelican pub Meet-up)	27 **National Chili Day** 1 pm Painting with Rita (Shores LEC) 2:30 pm Aqua-Fit with Philly (pool deck) 7 pm Bingo (Dining Room)	28 TRIP DAY -Twin vs Red Socks Baseball Game 1 pm Aerobic Dance Class with Missy (Gym)	29 10 am Donut Dip and Aqua Club (pool deck) 1 pm Women Billiards Club (Shipyard) 7 pm Sunset Dog walk (Pelican pub Meet-up) 7 pm Bingo (Dining Room)