

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



February



Feb 1

Feb 2

Feb 3

8:30am - Fitness w/ Lauren GR
8:30am - 4:00pm - Swim w/Buddy - P
10:00am - Pool/Billiards - G
1:30pm - Bingo GR

Feb 4

8:30am-Balance & Stretch-GR
9:00 am - 1:00 pm - Dr Appt - B
9:45 am - Aqua Aerobics P
11:00am - 4:00pm - Swim w/Buddy P
NATIONAL HOMEMADE SOUP DAY!
11:30am - GR
6:30pm - Game Night - GR

Feb 5

8:30am-Flexible Fitness GR
8:30am - 4:00pm - Swim w/Buddy - P
9:00 am - Grocery Shopping - B
1:30pm-Bible Study w/Debra- GR

Feb 6

8:30 am - Stamina/Strength/Stretch - GR
9:00 am - 1:00 pm - Dr Appt - B
9:45am-10:45am - Aqua Aerobics - P
11:00am - 4:00pm - Swim w/Buddy - P

Feb 7

8:30 am - 4:00pm - Swim w/Buddy - P
10:00am - Turning Stone - B
11:00am-Kunkel Ambulance - GR
Blood Pressure/Sugar Checks
1:30pm Table Tennis - GR



GO RED!!

Feb 8



Feb 9



Feb 10

8:30am - Fitness w/ Lauren GR
8:30am - 4:00pm - Swim w/Buddy - P
10:00am - Pool/Billiards - G
1:30pm - Bingo GR
3:00pm- Book Club - GR
"Demon Copperhead"

Feb 11

8:30am-Balance & Stretch-GR
9:00 am - 1:00 pm - Dr Appt - B
9:45 am - Aqua Aerobics P
11:00am - 4:00pm - Swim w/Buddy P
1:30pm - Joe's Show Of Love - GR
6:30pm - Game Night - GR

Feb 12

8:30am-Flexible Fitness GR
8:30am - 4:00pm - Swim w/Buddy - P
9:00 am - Grocery Shopping - B
**SCHUYLER COMMONS HOSTING
RED CROSS BLOOD DRIVE**
11:00am-4:00pm
1:30pm-Bible Study w/Debra- CR

Feb 13

8:30 am - Stamina/Strength/Stretch - GR
9:00 am - 1:00 pm - Dr Appt - B
9:45am - Aqua Aerobics - P
10:00 am - BOSCOV's - B
1:30pm - Mahjong - L

Feb 14

8:30 am - 2:00pm - Swim w/Buddy - P
HAPPY VALENTINE'S DAY!
Movie: Lady & The Tramp Screening
with lunch!
12:00pm - GR



Feb 15

Feb 16

Feb 17

8:30am - Fitness w/ Lauren GR
8:30am - 4:00pm - Swim w/Buddy-P
10:00am - Pool/Billiards - G
10:30am - DIY Cheese Gyoza - GR
1:30pm - Bingo GR
3:00pm - Needles Niche -Bldg. 3

Feb 18

8:30am-Balance & Stretch-GR
9:00 am - 1:00 pm - Dr Appt - B
9:45 am - Aqua Aerobics P
11:00am - 4:00pm - Swim w/Buddy P
6:30pm - Game Night - GR

Feb 19

8:30am-Flexible Fitness GR
9:00 am - Grocery Shopping - B
11:00am - The Pines w/Nikki - GR
Nikki will be here talking about the Pines & will be doing a Wine & Choc pairing tasting!
1:30pm-Bible Study w/Debra - GR

Feb 20

8:30 am - Stamina/Strength/Stretch - GR
9:00 am - 1:00 pm - Dr Appt - B
9:45am - Aqua Aerobics - P
1:30pm - Mahjong - L

Feb 21

8:30 am - 2:00pm - Swim w/Buddy - P
11:00am - Lunch Bunch - B
Olive Garden
11:00am-The Neighborhood Center
Round Table Talk
1:30pm Table Tennis - GR

Feb 22

Feb 23



Feb 24

8:30am - Fitness w/ Lauren GR
8:30am - 4:00pm - Swim w/Buddy-P
10:00am - Pool/Billiards - G
1:30pm - Bingo GR

Feb 25

8:30am-Balance & Stretch-GR
9:00 am - 1:00 pm - Dr Appt - B
9:45 am - Aqua Aerobics P
11:00am - 4:00pm - Swim w/Buddy P
1:00pm - National Nutritional Day! - GR
Discussion with Anita on nutritional foods & a light nutritious snack!
6:30pm - Game Night - GR

Feb 26

8:30am-Flexible Fitness GR
8:30am - 4:00pm - Swim w/Buddy - P
9:00 am - Grocery Shopping - B
1:30pm-Bible Study w/Debra- GR

Feb 27

8:30 am - Stamina/Strength/Stretch - GR
9:00 am - 1:00 pm - Dr Appt - B
9:45am - Aqua Aerobics - P
1:30pm - Mahjong - L

Feb 28

8:30 am - 2:00pm - Swim w/Buddy - P
1:30pm Table Tennis - GR



LOCATION KEY

B = Bus
BP = Back Patio
CR = Craft Room
FC = Fitness Center
G = Game Room
GR = Great Room
L = Library
P = Pool
T = Theater

♦Healthy♦
♦Playful♦

Allure Life

♦Social♦
♦Creative♦
♦Centered♦

♦Mindful♦
♦Inquisitive♦

OFFICE HOURS

Monday - Friday
Saturday
Sunday

8:30 am - 4:30 pm
By Appointment
CLOSED