

**SUNDAY****MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****SATURDAY**

<p>1 2pm- Needlework- L 5:45pm- Cozy Cinema Time!- T</p>	<p>2 10am- Trivia- CR 10:30am- Rosary Prayer w/ Michael- PD 1pm- Mahjongg- PD 1:30pm- Bingo w/ Alexa &amp; Reighan- B 2:45pm- Bean Bag Baseball- B 5:45pm- Cozy Cinema Time- T</p>	<p>3 10am- Exercise w/ Betty- B 10:30am- Trader Joe's Trip- BT 1pm- Pinochle/ Bridge- CR 1:30pm- Smiths Trip- BT 1:30pm- The Store by Residents Open- Front Lobby 3pm- Happy Hour &amp; Music w/ John Palmore- DR 5:45pm- Cozy Cinema Time!-T</p>	<p>4 10am- Seated Balloon Volleyball- B 1:30pm- Bingo w/ Alexa- B 2pm- Walmart Trip- BT 2pm- Mahjongg- PD 2:45pm- Bean Bag Baseball- B 5:45pm- Cozy Cinema Time!-T (Rated A)- PD</p>	<p>5 10am- Exercise w/ Betty- B 11am- Communion w/ Michael- PD 1pm- Craft Your Keys: Decorate Your Keychain- B 1pm- Bible Study- T 3pm- Happy Hour &amp; Music w/ Terri &amp; Haley Bond- DR 5:45pm- Cozy Cinema Time!- T</p>	<p>6 10am- Trivia- CR 10:30am- South Valleys Library Trip- BT 11am-1pm- Tech Table w/ Spencer Horne- DR 11am- Line Dancing Class w/ Lauren &amp; Alexa- B 1pm- Pinochle/ Bridge- CR 1:30pm- Stroll Around Virginia Lake (Weather Permitting)- BT 2pm- The Store by Residents Open- Front Lobby 5:45pm- Cozy Cinema Time!- T</p>	<p>7 9:30am- Japanese Walking- T 10am- Needlework- L 10am- Body &amp; Balance w/ Vicki- T 1:30pm- Bingo- B 2:30pm- Rummikub- CR 5:45pm- Cue the Popcorn!-T</p>
<p>8 2pm- Needlework- L 5:45pm- Cozy Cinema Time!- T</p>	<p>9 10am- Trivia- CR 10:30am- Rosary Prayer w/ Michael- PD 11am-Dorie w/ Sparrow Boutiques- DR 1pm- Mahjongg- PD 1:30pm- Bingo w/ Reighan- B 2:45pm- Bean Bag Baseball- B 5:45pm- Cozy Cinema Time- T</p>	<p>10 10am- Exercise w/ Betty- B 10:30am-Costco Trip- BT 1pm- Pinochle/ Bridge- CR 1:30pm- Peppermill Casino Trip- BT 1:30pm- Valentine Soda Floats- B 3pm- Happy Hour &amp; Music w/ Jim Davidson- DR 5:45pm- Cozy Cinema Time!-T</p>	<p>11 10am-Let's Get Moving: Workout Class w/ Choice Home Health- G 11:30am- Lunch Action Station w/ Chef Joe- DR 1:30pm- Bingo w/ Alexa- B 2pm- Walmart Trip- BT 2pm- Mahjongg- PD 2:45pm- Bean Bag Baseball- B 5:45pm- Cozy Cinema Time!-T 7pm- Comedy Club Night (Rated B)- PD</p>	<p>12 10am- Exercise w/ Betty- B 11am- Communion w/ Michael- PD 1pm- Ask An Expert: Let's Talk About Living Well w/ Amy's Eden Senior Care- B 1pm- Bible Study- T 2-4pm- Music w/ Jacques &amp; Vince- DR 3pm- Happy Hour-DR 5:45pm- Cozy Cinema Time!- T</p>	<p>13 10am- Trivia- CR 10:30am- Smiths Trip- BT 11am- Line Dancing Class w/ Lauren &amp; Alexa- B 11am- Chips &amp; Dip Duel- PD 1pm- Pinochle/ Bridge- CR 1:30pm- Decorate with Love Cookies- B 1:30pm- The 1701 Group: Thrift &amp; Gift Trip (Thrift Store)- BT 5:45pm- Cozy Cinema Time!- T</p>	<p>14 9:30am- Japanese Walking- T 10am- Needlework- L 10am- Body &amp; Balance w/ Vicki- T 1:30pm- Bingo- B 2:30pm- Rummikub- CR 5:45pm- Cue the Popcorn!-T</p>
<p>15 11am- Sunday Brunch- DR 2pm- Needlework- L 5:45pm- Cozy Cinema Time!- T</p>	<p>16 10am- Trivia- CR 10:30am- Rosary Prayer w/ Michael- PD 1pm- Mahjongg- PD 1:30pm- Bingo w/ Reighan- B 2:45pm- Bean Bag Baseball- B 5:45pm- Cozy Cinema Time- T</p>	<p>17 10am- Exercise w/ Betty- B 10:30am- Savers Trip- BT 1pm- Pinochle/ Bridge- CR 1:30pm-Smiths Trip- BT 1:30pm- Falling in Love with Being Heart Healthy w/ Comprehensive Home Health Solutions- DR 1:30pm- The Store by Residents Open- Front Lobby 3pm- Happy Hour &amp; Music w/ Jim Beuhler- DR 5:45pm- Cozy Cinema Time!-T</p>	<p>18 10am- Flower Hour: Floral Arrangements- 1<sup>st</sup> Floor 1:30pm- Bingo w/ Alexa- B 2pm- Walmart Trip- BT 2pm- Mahjongg- PD 2:45pm- Bean Bag Baseball- B 5:45pm- Cozy Cinema Time!-T 7pm- Comedy Club Night (Rated A)- PD</p>	<p>19 10am- Exercise w/ Betty- B 11am- Communion w/ Michael-PD 1pm- Bible Study- T 1pm- Clay Art Workshop- B 3pm- Happy Hour &amp; Music w/ John Rand-DR 5:45pm- Cozy Cinema Time!- T</p>	<p>20 8am- Rise &amp; Shine Muffin Bar w/ The Leadership Crew- Front Lobby 10am- Trivia- CR 10:30am- Hobby Lobby Trip- BT 11am- Line Dancing Class w/ Lauren &amp; Alexa- B 11am-1pm- Tech Table w/ Spencer Horne- DR 1pm- Pinochle/ Bridge- CR 1:30pm- In N Out Trip- BT 2pm- The Store by Residents Open- Front Lobby 2pm- Seated Balloon Volleyball- B 5:45pm- Cozy Cinema Time!- T</p>	<p>21 9:30am- Japanese Walking- T 10am- Needlework- L 10am- Body &amp; Balance w/ Vicki- T 10:45am- Native American Flute Playing w/ Joey &amp; Reighan- DR 1:30pm- Bingo- B 2:30pm- Rummikub- CR 5:45pm- Cue the Popcorn!-T</p>
<p>22 2pm- Needlework- L 5:45pm- Cozy Cinema Time!- T</p>	<p>23 10am- Trivia- CR 10:30am- Rosary Prayer w/ Michael- PD 1pm-Mahjongg- PD 1:30pm- Bingo w/ Reighan- B 2:45pm- Bean Bag Baseball- B 5:45pm- Cozy Cinema Time- T 6:30pm- Music w/ Northern Nevada Bluegrass Association- DR</p>	<p>24 10am- Exercise w/ Betty- B 10:30am- South Valleys Library Trip- BT 1pm- Pinochle/ Bridge- CR 1:30pm- Smiths Trip-BT 2-4pm- Music w/ Jacques &amp; Vince- DR 3pm- Happy Hour- DR 5:45pm- Cozy Cinema Time!-T</p>	<p>25 10am- 11:30am-Pathways to Health: Health Fair- T &amp; B 1:30pm- Bingo w/ Alexa- B 2pm- Walmart Trip- BT 2pm- Mahjongg- PD 2:30pm- Monthly Dining Meeting w/ Residents- DR 3pm- Bean Bag Baseball- B 5:45pm- Cozy Cinema Time!-T 7pm- Comedy Club Night (Rated C)- PD</p>	<p>26 10am- Exercise w/ Betty- B 11am- Communion w/ Michael-PD 1pm- Bible Study- T 3pm- Happy Hour &amp; Music w/ Ira Shore-DR 5:45pm- Cozy Cinema Time!- T</p>	<p>27 10am- Trivia- CR 10:30am- Sasquatch Restaurant Trip- BT 11am- Line Dancing Class w/ Lauren &amp; Alexa- B 1pm- Pinochle/ Bridge- CR 1:30pm- Cyan Dog Park Trip- BT 2pm- Seated Balloon Volleyball- B 5:45pm- Cozy Cinema Time!- T</p>	<p>28 9:30am- Japanese Walking- T 10am- Needlework- L 10am- Body &amp; Balance w/ Vicki- T 1:30pm- Bingo- B 2:30pm- Rummikub- CR 5:45pm- Cue the Popcorn!-T</p>

## February Happenings

- 2/4 at 10am- Seated Balloon Volleyball- B
- 2/5 at 1pm- Craft Your Keys: Decorate Your Keychain- B
- 2/9 at 11am- Dorie w/ Sparrow Boutique- DR
- 2/10 at 1:30pm- Valentine Soda Floats- B
- 2/11 at 10am- Let's Get Moving: Workout Class w/ Choice Home Health- G
- 2/12 at 1pm- Ask An Expert: Let's Talk About Living Well w/ Amy's Eden Senior Health- B
- 2/13 at 11am- Chips & Dip Duel- PD
- 2/13 at 1:30pm- Decorate with Love: Cookies- B
- 2/17 at 1:30pm- Falling in Love with Being Heart Healthy w/ Comprehensive Home Health Solutions- DR
- 2/18 at 10am- Flower Hour: Floral Arrangements- 1<sup>st</sup> Floor
- 2/19 at 1pm- Clay Art Workshop- B
- 2/20 at 8am- Rise & Muffin Bar w/ The Leadership Crew- Front Lobby
- 2/20 at 2pm- Seated Balloon Volleyball- B
- 2/21 at 11am- Native American Flute Playing w/ Joey & Reighan- DR
- 2/25 from 10am-11:30am- Pathways to Health: Health Fair- T & B
- 2/27 at 2pm- Seated Balloon Volleyball- B

## February Birthdays

2/2- Joyce F. | 2/5- Annette H. | 2/11- Harvey S. | 2/16- Helen C. | 2/21- Roy D. | 2/22- Jolynne S. | 2/24- Ted W.

## Mountain Lakes Estates Managers

Executive Director- Lauren Turbett | Business Director- Donna Monroy |  
Marketing Director- Heather Wolf | Activities Director- Alexa Gross |  
Maintenance Director- Josh Burnah | Dining Director- Joe Leberski

