

Independent Living February 2024

Saturday/Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>ALL Activities are Subject To Change</p>	<p><u>Room Location Code</u> FR- Family Room CH - Chapel - 1st floor HE-Harbor East Living Room N- Neighborhood Dining Room C- Cove Dining Room Ex. Rm-Exercise Room Hosp Ct- Hospitality Court</p>			<p>7:00 Check ups-A-D 1 9:00 Sit & Fit (CH 8.) 9:00 Balance in Action (Ex Rm.) 10:00 The Chosen Season 3-Clean pt.2 (FR) 2:00 Bingo (FR)</p> <p>NO COFFEE SHOP</p>	<p>9:00 Sit & Fit (CH 8.) 2 10:00 Choir 10:00 Plain Ole Bingo (FR) 2:00 Movie: Ground Hog Day (FR) 6:00 Game Night (FR & Cafe)</p>
<p>3 Coloring (FR)</p> <p>4 10:20 First Free Church Service (CH)</p>	<p>5 9:00 Upper Body Mobility with Michelle (Ex. Rm) 10:00 Bible Study (CH) 11:00 Prayer Meeting (CH) 1:30 Resident Council 2:00 Cooking Club: Double Chocolate Goopy Butter Cake (FR)</p>	<p>6 9:00 Sit & Fit (CH 8.) 10:00 BOWLING LEAGUE MEETING (FR) 10:00 Walmart & other Stores 2:00-4:00 Coffee Shop 2:30 WWII- From the Front Lines. Eps 5 (FR) 7:00 Music with Noreen & Michael (CH)</p>	<p>7 9:00 Lower Body Strength with Michelle (Ex RM) 10:00 Chapel (CH) 1:00 A Stitch in Time (FR) 2:00 Bingo (FR)</p>	<p>8 7:00 Check ups-E-I 9:00 Sit & Fit (CH 8.) 9:00 Balance in Action (EX RM) 10:00 The Chosen Season 3-Intensity in Tent City (FR) 2-4:00 Coffee Shop 2:30 Making Valentines Goodie Bags to Sell (FR)</p>	<p>9 <u>Wear the COLOR of the Team you want to WIN the Super Bowl!!!!</u> 9:00 Sit & Fit (CH 8.) 10:00 Choir 9-11:00 Nails 2:00 Tech Time w/Emily, Sign up for time Slot (FR) 6:00 Game Night (FR & Cafe)</p>
<p>10 Bingo 10AM</p> <p>11 10:20 First Free Church Service (CH)</p>	<p>12 9:00 Lower Body Mobility with Michelle (EX RM) 10:00 Bible Study (CH) 11:00 Prayer Meeting (CH) 2:00 Monday Movie: Sleepless in Seattle (FR)</p>	<p>13 9:00 RPLibrary (café) 9:00 Sit & Fit (CH 8.) 10:00 Exercise Video with Emily in FR 10:00 Walmart & other Stores 2:00-4:00 Coffee Shop 2:30 Selling Valentines Goodie Bags (Café)</p>	<p>14 Valentines Day Wear Pink or Red 9:00 Upper Body Strength with Michelle (EX RM) 10:00 Chapel (CH) 1:00 A Stitch in Time (FR) 2:00 Tech Time with Emily, Please sign up for Time Slot (FR)</p>	<p>15 7:00 Check ups-J-Q 9:00 Sit & Fit (CH 8.) 9:00 Balance in Action (EX RM) 10:00 The Chosen Season 3-Ears to Hear (FR) 2:00 National WI Day- Taste of WI while watching "House on the Rock" (FR)</p>	<p>16 9:00 Sit & Fit (CH 8.) 10:00 Choir 10:00 Plain Ole Bingo (FR) 2:00 Sing A Long (CH) 6:00 Game Night (FR & Cafe)</p>
<p>17 1:00 CRAFT with Lori (HE) Coffee Shop 2-4</p> <p>18 10:20 First Free Church Service (CH)</p>	<p>19 9:00 Upper Body Mobility with Michelle (Ex. Rm) 10:00 Bible Study (CH) 11:00 Prayer Meeting 2:00 Monday Movie : Sabrina-1954 (FR) 2:00 Color Street Nails (Chapel Lounge)</p>	<p>20 9:00 Sit & Fit (CH 8) 10:00 Exercise Video with Emily in FR 10:00 Walmart & other Stores 2:00-4:00 Coffee Shop 2:30 WWII-From the Front Lines. Esp 6 (FR) 7:00 Music with Trinadora (CH)</p>	<p>21 9:00 Lower Body Strength with Michelle (Ex RM) 10:00 Chapel (CH) 1:00 A Stitch in Time (FR) 2:30 Safety Discussion with Detective Charles Keen from the Rockford PD (CH)</p>	<p>22 7:00 Check ups-R-Z 9:00 Sit & Fit (CH 8.) 9:00 Balance in Action (EX RM) 10:00 The Chosen Season 3-Sustenance (FR) 2:00 Bingo (FR)</p>	<p>23 9:00 Sit & Fit (CH 8.) 9-11:00 Tech Time with Emily, Sign up for Time Slot (FR) 2:00 Florida in February (CH) 6:00 Game Night (FR & Cafe)</p>
<p>24 Coloring (FR)</p> <p>25 10:20 First Free Church Service (CH)</p>	<p>26 9:00 Lower Body Mobility with Michelle (EX RM) 10:00 Bible Study (CH) 11:00 Prayer Meeting (CH) 2:00 Monday Movie: A Walk to Remember (FR)</p>	<p>27 9:00 Sit & Fit (CH 8.) 10:00 BOWLING! (FR-see schedule) 10:00 Walmart & other Stores 2:00-4:00 Coffee Shop 2:30 Bowling (FR-See Schedule)</p>	<p>28 9:00 Upper Body Strength with Michelle (EX RM) 10:00 Chapel (CH) 1:00 A Stitch in Time (FR) 2:00 February Birthday Party/New Resident Welcome (FR)</p>	<p>29 9:00 Sit & Fit (CH 8.) 9:00 Balance in Action (EX RM) 10:00 Table Games! Bring a friend, Pick a game! Have Fun! (FR) 2-4:00 Coffee Shop 2:30 Winter Jeopardy (FR)</p>	

Supportive Care: Cove, Harbor East, Neighborhood

February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 7:00 Check Ups A-D 10:00 Balance in Action (HE) 2:00 Card Games (HE)	2 10:00 Exercise with Kristi (HE) 2:00 Movie: Groundhog Day in the Family Room	3 Cookies & Coffee
4 10:00 First Free Service, Chn. 8	5 10:00 Bible Study (CH) 11:00 Prayer Meeting (CH) 2:00 Winter Scattergories (HE)	6 9:00 Pet Visits 10:00 Exercise with Michelle (HE) 2-4:00 Coffee Shop 2:30 Bingo (HE) 7:00 Music with Noreen & Michael (CH)	7 10:00 Chapel 1:00 Nails (RNO) 2:30 Make Heart Shaped Sun Catchers (HE)	8 7:00 Check Ups E-I 10:00 Balance in Action (HE) 2-4:00 Coffee Shop 2:00 Bible Study with Pastor Steve (HE)	9 Wear the COLORS of the team you think will win the SUPER BOWL! 10:00 Exercise with Kristi (HE) 2:30 Cooking Club- Salted Caramel Stuffed Double Chocolate Cookies (HE)	10 Cookies & Coffee
11 10:00 First Free Service, Chn. 8	12 10:00 Bible Study (CH) 11:00 Prayer Meeting (CH) 2:00 Face Down (HE)	13 9:00 RPLibrary 10:00 Exercise with Michelle (HE) 2-4:00 Coffee Shop 2:30 Bingo (HE)	14 Valentines Day Wear Red or Pink! 10:00 Chapel 1:00 Nails (RNO) 2:30 Travelogue- Switzerland's Amazing Train Rides (HE)	15 7:00 Check ups J-Q 10:00 Balance in Action (HE) 2:00 Taste of Wisconsin for National WI Day- with video of "House on the Rock" (FR)	16 10:00 Exercise with Kristi (HE) 2:00 Sing A Long (CH)	17 Cookies & Coffee 2-4:00 Coffee Shop open!
18 10:00 First Free Service, Chn. 8	19 10:00 Bible Study (CH) 11:00 Prayer Meeting (CH) 2:00 Go Fish (HE)	20 9:00 Pet Visits 10:00 Exercise with Michelle (HE) 2-4:00 Coffee Shop 2:30 Bingo (HE) 7:00 Music with Trinidadora (CH)	21 10:00 Chapel 1:00 Nails (RNO) 2:30 Safety Discussion with Detective Keen from Rockford PD (CH)	23 7:00 Check ups R-Z 10:00 Balance in Action (HE) 2:30 Resident Council (HE)	23 10:00 Exercise with Kristi (HE) 2:00 Florida in February (CH)	24 Cookies & Coffee
25 10:00 First Free Service, Chn. 8	26 10:00 Bible Study (CH) 11:00 Prayer Meeting (CH) 2:00 Uno (HE)	27 10:00 Exercise with Michelle (HE) 2-4:00 Coffee Shop 2:30 Bingo (HE)	28 10:00 Chapel 2:30 February Birthday Party! (HE)	29 10:00 Balance in Action (HE) 2-4:00 Coffee Shop 2:30 Travelogue: Switzerland's Amazing Train Rides (HE)	Room Location Code FR- Family Room CH - Chapel - 1 st floor HE-Harbor East Living Room N- Neighborhood Dining Room C- Cove Dining Room Ex. Rm-Exercise Room Hosp Ct- Hospitality Court ALL Activities are Subject To Change	

Health Center - 2nd Floor

February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:00 Bingo 2:30 Tic Tac Toe Trivia (2nd)	2 Morning Nails 2:30 Valentine's Card Writing (3rd)	3 10:00 Lounge Movie 2:00 Bingo
4 10:00 First Free Service, Chn. 8 2:00 Hangman	5 10:00 Exercise (2nd) 11:00 Room Reads 2:30 Jeopardy (2nd)	6 10:00 Chapel 10:30 Lounge Activity 2:30 Q-Tip Mini Heart Craft (3rd) 7:00 Music with Noreen & Michael (CH)	7 10:00 Exercise (3rd) 10:00 Lounge Activity 2:30 Bible Study with Pastor Steve (3rd)	8 10:00 Bingo 2:30 Valentine's Roll & Cover (3rd)	9 Morning Nails 1:00 Room Reads 2:30 20 Questions (3rd)	10 10:00 Lounge Movie 2:00 Bingo
11 10:00 First Free Service, Chn. 8 2:00 Name that Tune- Love Songs	12 10:00 Exercise (2nd) 11:00 Lounge Reading 2:30 Music with Kory (2nd)	13 10:00 Chapel 10:30 Lounge Activity 2:30 Valentine's Scattegories (2nd)	14 10:00 Exercise (3rd) 10:00 Lounge Activity 11:00 Pet Visits 2:30 Make your own Pizza (2nd)	15 10:00 Bingo 2:30 Pass the Ace (3rd)	16 Morning Nails 1:00 Room Reads 2:30 Where in the World (3rd)	17 10:00 Lounge Movie 2:00 Bingo 2-4:00 Coffee Shop Open
18 10:00 First Free Service, Chn. 8 2:00 Uno	19 10:00 Exercise (2nd) 11:00 Room Reads 2:30 Tenzi (2nd)	20 10:00 Chapel 10:30 Lounge Activity 2:30 Minute to win it (2nd)	21 10:00 Exercise (3rd) 10:00 Lounge Activity 2:30 Spelling Bee (3rd)	22 10:00 Bingo 2:30 Resident Council (3rd)	23 Morning Nails 1:00 Room Reads 2:30 Go Fish (3rd)	24 10:00 Lounge Movie 2:00 Bingo
25 10:00 First Free Service, Chn. 8 2:00 Bunco	26 10:00 Exercise (2nd) 11:00 Lounge Reading 2:30 Ready, Steady, Roll (2nd)	27 10:00 Chapel 10:30 Lounge Activity 2:30 Universal Yums (2nd)	28 10:00 Exercise (3rd) 10:00 Lounge Activity 11:00 Pet Visits 2:00 February Birthday Party	29 10:00 Bingo 2:30 Movie & Cupid Floats (2nd)	Room Location Code FR- Family Room CH - Chapel - 1 st floor HE-Harbor East Living Room N- Neighborhood Dining Room C- Cove Dining Room Ex. Rm-Exercise Room Hosp Ct- Hospitality Court ALL Activities are Subject To Change	

Health Center - 3rd Floor

February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:00 Chapel 10:30 Room Reads 2:30 Tic Tac Toe Trivia (2nd)	2 Morning Nails 1:00 Room Reads 2:30 Valentine's Card Writing (3rd)	3 10:00 Bingo 3:00 Lounge Movie
4 10:00 First Free Service, Chn. 8 3:30 Hangman	5 10:00 Exercise (2nd) 10:00 Variety Visits 2:30 Jeopardy (2nd)	6 10:00 Bingo 2:30 Q-Tip Mini Heart Craft (3rd) 7:00 Music with Noreen & Michael (CH)	7 10:00 Exercise (3rd) 2:30 Bible Study with Pastor Steve (3rd)	8 10:00 Chapel 10:30 Lounge Reading 2:30 Valentine's Roll & Cover (3rd)	9 Morning Nails 1:00 Room Reads 2:30 20 Questions (3rd)	10 10:00 Bingo 3:00 Lounge Movie
11 10:00 First Free Service, Chn. 8 3:30 Name that Tune-Love Songs	12 10:00 Exercise (2nd) 10:00 Variety Visits 2:30 Music with Kory (2nd)	13 10:00 Bingo 2:30 Valentine's Scattagories (2nd)	14 10:00 Exercise (3rd) 10:30 Pet Visits 2:30 Make your own Pizza (2nd)	15 10:00 Chapel 10:30 Room Reads 2:30 Pass the Ace (3rd)	16 Morning Nails 1:00 Room Reads 2:30 Where in the World (3rd)	17 10:00 Bingo 3:00 Lounge Movie 2-4:00 Coffee Shop Open
18 10:00 First Free Service, Chn. 8 3:30 Uno	19 10:00 Exercise (2nd) 10:00 Variety Visits 2:30 Tenzi (2nd)	20 10:00 Bingo 2:30 Minute to win it (2nd)	21 10:00 Exercise (3rd) 2:30 Spelling Bee (3rd)	22 10:00 Chapel 10:30 Lounge Reading 2:30 Resident Council (3rd)	23 Morning Nails 1:00 Room Reads 2:30 Go Fish (3rd)	24 10:00 Bingo 3:00 Lounge Movie
25 10:00 First Free Service, Chn. 8 3:30 Bunco	26 10:00 Exercise (2nd) 10:00 Variety Visits 2:30. Ready, Steady Roll (2nd)	27 10:00 Bingo 2:30 Universal Yums (3rd)	28 10:00 Exercise (3rd) 10:30 Pet Visits 3:00 February Birth-day Party	29 10:00 Chapel 10:30 Room Reads 2:30 Movie & Cupid Floats (2nd)	Room Location Code FR- Family Room CH - Chapel - 1 st floor HE-Harbor East Living Room N- Neighborhood Dining Room C- Cove Dining Room Ex. Rm-Exercise Room Hosp Ct- Hospitality Court	
						ALL Activities are Subject To Change