



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		February is Heart Healthy Month! Whether you enjoy walking, participating in exercise classes, or using the NuStep, All exercise counts!!	1 9:45 Sit & Be Fit 10:30 Bible Study 1:00 High Blood Pressure Presentation-David Olig 2:00 Library Time 3:30 HandChimes 6:30 Pinochle Party!Signup	2 Groundhog Day! 8:30 TOPS 9:45 Energized Exer. 10:00 Aqua Moves 1:00 West Acres 1:30 Beanbag Horseshoes 3:00 Bingo! 6:30 Progressive Bridge	3 8:30 Rosary 9:45 Men's Club 9:45 Aqua Moves 10:45 Resident Council 10:50 Sit & Be Fit 1:00 Cards 6:30 Poker Party! Signup	4 1:00 Farkle Party! 1:30-3:30 Communiversity "Visions of the End of the World" 4:15 Rosary- Chapel 7:00 Community Club in Soc. Ctr.!!!
5 11:00 Brunch 1:00 Rummykub 1:00 Ballroom Dancing by Don & Joan Miller & Students in Chapel!! 3:00 Scrabble Party! 	6 9:00Donut Day! SocCtr 9:45 Chair Yoga Cls 11:00 Strength Class 1:00 AlternationsLady-signup 1:00 Hornbachers 1:30 Woodcarving Class 3:30 Choir Practice 6:30 Progressive Bridge	7 10:00 Church 11:00 Energized Exer. 1:00 Cards 1:00 Walmart Shopping 1:30 Daylight Stitches 3:00 E Flats Practice-SCT 7:00 Movie Night!	8 9:45 Sit & Be Fit 10:30 Bible Study 1:00 Depot Singers-Chapel 2:00Res.vsStaffBeanbags 2:00 Library Time 3:30 HandChimes 6:30 Pinochle Party!Signup	9 8:30 TOPS 9:45 Energized Exer. 10:00 Aqua Moves 1:30 Beanbag Horseshoes 3:00 Bingo! 6:30 Progressive Bridge	10 8:30 Rosary 9:30 Avon/9:45MensClub 9:45 Aqua Moves 10:50 Sit & Be Fit 11:00Men2Lunch-signup 1:00 Cards 2:00Cake&Coffee-Coffeeshop 6:30 Poker Party! Signup	11 Soc. Ctr. Closed 9-2PM 1:30-3:30 Communiversity "Visions of the End of the World" 4:15 Rosary- Chapel 7:00 Valentine's Party in Soc Ctr! Eflats entertaining!!
12 11:00 Brunch 1:00 Rummykub 3:00 Scrabble Party! 4:00 Love Songs with Kim in Chapel! 	13 9:45 Aqua Moves 9:45 Chair Yoga Cls 11:00 Strength Class 1:00 Hornbachers 1:00 Wii Bowling Party-signup 3:30 Choir Practice 6:30 Progressive Bridge	14 Valentine's Day! 10:00 Church/Communion 11:00 Energized Exer. No Cards 1:00 Valentine's Concert with Inez Rath! Soc Ctr 1:30 Daylight Stitches 3:00 E Flats Practice-SCT	15 9:45 Sit & Be 10:30 Bible Study 1:00 MHD Shopping 2:00 Presentation-SocCtr "Welcome to Beerhead" 2:00 Library Time 3:30 HandChimes 6:30 Pinochle Party!Signup	16 9:45 Energ Exer. 10:00 Aqua Moves 11:00Ladies2Lunch-signup 1:30 Beanbag Horseshoes 3:00 Bingo! 4:20 Happy Hour! SocCtr 6:30 Progressive Bridge 7:00 Pax Christi Mtg-Scilleyl	17 8:30 Rosary 9:45 Men'sClub-Women Invited today! 9:45 Aqua Moves 10:50 Sit & Be Fit 1:00 Cards 6:30 Poker Party! Signup 	18 1:00 Farkle Party! 4:15 Rosary- Chapel
19 11:00 Brunch 1:00 Rummykub 3:00 BINGO in SocCtr! 	20 9:45 Aqua Moves 9:45 Chair Yoga Cls 11:00 Strength Class 1:00 Hornbachers 1:00 Wii Bowling Party-signup 3:30 Choir Practice 6:30 Progressive Bridge	21 10:00 Church/Handchimes 11:00 Energized Exer. 1:00 Cards 1:30 Daylight Stitches 3:00 E Flats Practice-SCT 7:00 Movie Night!	22 Ash Wednesday 9:45 Sit & Be Fit 10:30 Bible Study 1:00 Ash Wednesday Reflection- Socctr 2:00 Library Time 6:30 Pinochle Party!Signup	23 8:30 TOPS Foot Care Appts 9:45 Energized Exer. 10:00 Aqua Moves 1:30 Beanbag Horseshoes 3:00 Bingo! 6:30 Progressive Bridge 7:00 RRV Vets Band-Chapel	24 Favorite TeamDay! 8:30 Rosary 9:30 Avon 9:45 Men's Club 9:45 Aqua Moves 10:50 Sit & Be Fit 1:00 Cards 6:30 Poker Party! Signup	25 1:00 Farkle Party! Scillely room closed 5-9PM 4:15 Rosary- Chapel 7:00 Community Music in Soc Ctr!
26 11:00 Brunch 1:00 Rummykub 1:30 Matinee Movie in the Scillely room! 3:00 Scrabble Party!	27 9:45 Aqua Moves 9:45 Chair Yoga Cls 11:00 Strength Class 1:00 Hornbachers 1:00 Wii Bowling Party-signup 3:30 Choir Practice 6:30 Progressive Bridge	28 10:00 Church 11:00 Energized Exer. 1:00 Cards 1:30 Daylight Stitches 1:30 Matinee Movie! 3:00 E Flats Practice-SCT	29 9:45 Sit & Be Fit 10:30 Bible Study 1:00 February Birthday Party! Music by Glenn Douglas! 2:00 Library Time 6:30 Pinochle Party!Signup	February Resident & Staff Birthdays! 		Massages Therapy: Call 237-4700 to set up an Appointment with Sr. Gertrude For information on Activities please call the Activities Dept. at 237-4700 INFORMATION HOTLINE # 271-7540 LISTS DAILY ACTIVITIES & SOUP OF THE DAY

MASS SCHEDULE: (CHAPEL)
Monday-Fric
9:00 AM
Sunday 10:30 AM

ECUMENICAL SERVICE: (CHAPEL)
Tuesdays at 10:00 AM

CLINIC HOUR: Monday-Friday
12:30-2:00

FOOT CARE: by Sanford Home Health
 Call Jenn 280-4034 for an appointment
 Appoinments held 4th Thursday every month

Beauty & Barber Shop: Monday-Friday
8:00 AM-5:00 PM
Call 271-7516
 for appointments

GROCERY TRIPS:
HORNBACHERS
Monday 1:00 PM

Riverview Convenience Store & Gift Shop
8:30AM-3:00 Monday-Friday
Schwans'
Tuesdays 11:30-12:15

Thrifty Drug
1521 S. Univ. Dr., Fargo, ND 58103
(701)232-8690