Saturday Sunday Monday Wednesday Thursday Tuesday Friday National Wear Red Day 2 For Heart Health V 10:00 Exercise 10:30 Coffee & Conversation February 2024
The Residence at North Ridge 9:15 Seated Exercise *1:00 Hand & Foot Cards-10:00 Joanne Fabrics-10:00 Exercise Must sign up 10:00 Shopping to Walmart-*10:30 Coffee & Conversation *2:00 Creative Coloring Must sign (1:30 Jeopardy Activity Packets Available 2:30 Women's Bible Study *10:30 Coffee & Conversation *6:00 Hand & Foot Cards- 3rd 1:30 Bingo Winter is ½ Over!!! Groundhog Day **4** 10:00 Exercise 10 **8** 9:15 Seated Exercise 10:00 Shopping to Cub-10:30 Coffee Conversation 10:00 Exercise 0:00 Powerback Exercise 10:00 Exercise 10:00 Exercise 12:00 TV Catholic, CH 24 Must sign up 10:00-11:00 Nailcare- Sign up 10:30 Coffee & Conversation 10:00 Shopping to Dollar Tree-*10:30 Coffee & Conversation 10:30 Pokeno 10:30 Communion- 4th FL 1:00 TV Church, CH 24 0:00 Shopping to Target-Must sign up *10:30 Coffee & Conversation 12:00 Chow Mein Dine In-1:30 Valentine Card Craft-*1:00 Monopoly- 3rd FL Must sign up :30 Birthday Party *10:30 Coffee & Conversation *1:00 Hand & Foot Cards-Cost \$7, Must Sign Up Must sign up *6:00 Yahtzee *10:30 Coffee & Conversation Music by Diane Zilverberg 1:30 Bean Bag Toss 1:30 Bingo *6:00 Apples to Apples- 3rd FL 2:30 Women's Advent Study *2:30 Creative Coloring 1:30 Bingo *2:00 Creative Coloring *6:00 Hand & Foot Cards- 3rd Valentine's Crafts Activity Packets Available 2:30 Schwan's- Main Lobby Chinese New Year (Year of the Dragon) 11 Wear PINK 14 Wear PURPLE 15 Wear RED, PINK, or Purple 6 12 Wear Purple, Green & Gold 3 Wear RED or HEARTS *10:30 Coffee & Conversatio 10:30 Coffee Conversation 10:00 Exercise 10:00 Exercise 10:00 Exercise *1:00 Hand & Foot Cards-9:15 Seated Exercise 12:00 TV Catholic, CH 24 10:00 Shopping to Cub-10:00 Shopping to Aldi-10:00 Powerback Exercise 10:00-11:00 Nailcare- Sign up 10:00 Exercise 1:00 TV Church, CH 24 Must sign up 10:30 Coffee & Conversation Must sign up 10:30 Coffee & Conversation *2:00 Creative Coloring 10:00 Bachmans-10:30 Resident Meeting *1:00 Monopoly- 3rd FL 10:30 Pokeno 10:30 Communion- 4th FL 0:45 Lunch Outing to Must sign up Activity Packets Available 1:00 Ambassador Mtg-3rd FL 1:30 Valentine Bowling *5:30 Super Bowl Game (2:00 Valentine's Party Olive Garden- Must Sign Up *10:30 Coffee & Conversation *2:30 Creative Coloring 1-3:00 Voting :30 Mardi Gras Bingo~ 1:30 Bingo- 3rd FL 1:30 Movie Matinee- 4th FL Cookie Day! Beads & Bling! *3:00 Book Club- 3rd FL 2:30 Women's Advent Study *6:00 Hand & Foot Cards- 3rd **18** 10:00 Exercise 19 10:00 Exercise 10:30 Coffee Conversation 10:00 Shopping to Cub-10:00 Exercise 0:00 Powerback Exercise 10:30 Coffee & Conversation 9:15 Seated Exercise *10:30 Coffee Talk: 12:00 TV Catholic, CH 24 Must sign up 10:00 Shopping to Walmart-10:30 Coffee & Conversation *1:00 Hand & Foot Cards-10:00 Exercise Presented by Powerback Rehab 10:30 Pokeno Must sign up 10:30 Communion- 4th FL 1:00 TV Church, CH 24 3rd FL 10:00 Shopping to Goodwill & 10:45 Lunch Outing to 1:30 Toss & Trivia *1:00 Monopoly- 3rd FL 2:00 Coffee with the Mayor *2:00 Creative Coloring 10:00-11:00 Nailcare- Sign up Fresh Thyme- Must sign up Gion Vietnamese Restaurant (Bean Bags) *6:00 Yahtzee 10:30 Coffee & Conversation *10:30 Coffee & Conversation Activity Packets Available - Must sign up *2:30 Creative Coloring 1:30 Bingo 1:30 Bingo 1:30 Scattergories-3rd FL 2:30 Bingo Bucks Auction MAPPY 🦱 2:30 Bingo Bucks Auction 2:30 Women's Bible Study-4th President's. 2:30 Schwan's- Main Lobby *6:00 Apples to Apples- 3rd FI *6:00 Hand & Foot Cards- 3rd 28 AARP Tax Assistance-27 25 26 **Activity Information Line:** 10:30 Coffee Conversation 10:00 Exercise 10:00 Exercise 10:00 Powerback Exercise Sign up required **Dial 4100** 10:00-11:00 Nailcare- Sign up *10:30 Coffee & Conversation 10:00 Exercise 12:00 TV Catholic, CH 24 10:00 Shopping to Cub-1:00 TV Church, CH 24 Must sign up 10:00 Shopping to Dollar Tree-10:30 Communion- 4th FL 10:30 Coffee & Conversation For daily menus, weather, birthdays, trivia 1:30 Leap Frog Races 10:30 Pokeno 1:00 Monopoly- 3rd FL 2:00 Social Hour Luau Must sign up & all other updates. 1:30 Bowling For Leap Day! *6:00 Yahtzee 10:30 Coffee & Conversation Please remember to call the *2:30 Creative Coloring 2:30 Women's Bible Study 1:30 Bingo *6:00 Hand & Foot Cards- 3rd "65-I'm OK Line" by 10AM each morning. *Denotes a resident led activity

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