

livfun

Mackenzie Place - Fort Collins

FEBRUARY 2020 · FITNESS FRENZY

Build a Beautiful Bouquet

Flower arranging is a fun way to explore your creative side, while also adding a bit of nature's beauty to your indoor surroundings.

The most interesting arrangements have flowers in a variety of shapes, textures and stem lengths. If you're using blooms in one color or that are similar in color, mixing flower types and sizes is key. For a multicolored bouquet, focus on just two to three kinds of flowers.

Almost anything can be a vase for your flowers — a glass container, a ceramic pitcher, or a vintage tin. Ideally, the finished bouquet should be taller and a bit wider than the vase to create balance.

Before adding flowers to the vase, cut about an inch off the stems. This will help them absorb water better and stay fresher longer. As you place each flower, remove any leaves that fall below the water line to help the water stay clean.

Arrange flowers in the vase from largest to smallest. If using branches or heavy greenery, place them first so they can help prop up the flowers. Continue with sturdy, large blooms followed by the showiest flowers. Finish your bouquet by tucking in delicate sprigs and blossoms.



Join our Flower Arranging Class, with Cathy from D'EE Angelic Rose Florist on Wednesday, Feb. 5, at 4 p.m., in the AK.

Winging It

They're a snack staple on game day. Spicy, sauce-coated buffalo wings first landed on menus more than 50 years ago.

As the name suggests, the dish originated in Buffalo, N.Y. Most accounts say it was invented in 1964 by Teresa Bellissimo, who co-owned a local restaurant with her husband. After cutting some chicken wings into two pieces, she deep-fried them, slathered on hot sauce, and plated them with celery sticks and blue cheese salad dressing on the side. The finger food was a hit, so Bellissimo added it to their menu.

For years, the zesty, orange-sauced wings were a regional food found only in New York, but eventually media coverage drummed up nationwide interest in the dish, and then major restaurant chains began selling chicken wings. At the same time, TVs tuned to sporting events became popular at many eateries, and a shareable plate of hot wings paired with cold beverages was a satisfying combination for hungry sports fans.



Super Bowl LIV will be shown in the Theater on Feb. 2.



GET FIT FOR PHILANTHROPY

What is the Fitness Frenzy?

A month-long campaign to motivate you to stay active and fit while raising money for community nonprofit programs and the One Eighty Foundation.

The Fitness Frenzy encourages everyone to team up for fitness.

Grab your friends, your staff, your vendors, even the UPS driver to join in our efforts to raise money for the One Eighty Foundation. Raising money to improve the lives of children and families is the mission of the foundation, which was founded by Leisure Care CEO Dan Madsen.

Anyone can participate in the Fitness Frenzy.

All we need from you is a commitment to stay fit. Get all of the materials from your community and then set your physical and pledge goals. Whether it is walking, dancing, Wii Sports, sitting aerobics or team activities, track your active minutes per day. Then ask your family and friends to pledge money for your physical activity. It's a fun way to be active and pay it forward to others. But, most of all, it's just plain FUN!

How much fun? In 2019, our employees and residents were active for 3,719,184 minutes and raised an impressive \$46,720! The goal for the campaign this year is \$65,000, approximately \$1,250 per Leisure Care community.

How do I get involved? Sign up or find out more at the front desk and visit our event website and start collecting pledges today:

ONEEIGHTYFOUNDATION.EJOINME.ORG/2020FITNESSFRENZY!

Take Me Out to the Ball Game!

Rockies game, anyone? It's the great American pastime and Mackenzie Place takes two trips a year to Coors Field in Denver. Grab some lunch at Mountain Ranch Bar & Grill, or just a quick hot dog and fries on the breezeway. Either way, you can catch every heart pounding moment of the game. For 2020, we will be going on April 8 and Aug. 5, to the 1 p.m. game. Sign up two weeks prior to the event at the Front Desk.



Guys at the game



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IN FULL BLOOM

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Love Around the World

Valentine's Day is celebrated across the globe, and many countries have unique holiday traditions.

Germany: Heart-shaped gingerbread cookies with romantic messages written in icing are popular valentine gifts among German couples.

South Korea: Women give chocolate to men on Valentine's Day, then the gesture is returned on White Day, March 14, when men are the gift-givers. Single friends get together on Black Day, April 14, and dine on bowls of noodles covered with a black bean sauce.

Mexico: The holiday is known as the Day of Love and Friendship in this country, where friends as well as romantic partners gift each other candy, flowers, balloons and stuffed animals.

South Africa: The expression "wear your heart on your sleeve" is fitting for South African women, who pin the name of their love interest to their shirtsleeve for the day.

Peru: Orchids are the flower of choice for valentines here, since they are native to this South American nation.

Philippines: Hundreds of couples in this Asian country tie the knot in mass wedding ceremonies on Feb. 14.



Make your
"someday"
today.

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TRAVEL BY LEISURE CARE



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For more information,
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TRAVEL BY LEISURE CARE
POWERED BY TWIST TRAVEL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Locations</p> <ul style="list-style-type: none"> Activity Kitchen, AK Ballroom, BR Chapel, CH Den, Den Front Desk, FD Legacy Healthcare (Third Floor), LH Living Room, LR Mason's Restaurant, MR 	<ul style="list-style-type: none"> Memory Care Courtyard, MC Old Grout Pub, OG Pioneer Bistro, PB Pool Courtyard, PC PrimeFit, PF Private Dining Room, PDR The Lodge, Lodge Theater, TH 	<p>Transportation</p> <ul style="list-style-type: none"> Monday, First Monday ONLY at 10 a.m.: Walgreens/Dollar Store Monday, 2 p.m.: Super Target/Library Thursday, 10 a.m.: King Soopers Grocery Thursday, 10:30 a.m.: Safeway Grocery Sunday, 9 a.m.: Various Churches Sunday, 1:30 p.m.: King Soopers Grocery Sunday, 2 p.m.: Safeway Grocery 				<p>10:00 Beginners' Tai Chi, PF 11:15 Balloon Volleyball, BR 12:00 Lunch Outing, FD 1:30 Bingo, .50, OG 3:00 Lecture Series, TH 3:15 Blackjack, OG 7:00 Movie Night, TH</p>
<p>10:30 Sunday Family Brunch, MR 2</p> <p>10:30 Live Church Services with Timberline, TH</p> <p>1:00 National Honor Society Interviews, PB</p> <p>2:00 Dealer's Choice Poker, OG</p> <p>3:00 Lecture Series, TH</p> <p>4:15 Super Bowl LIV, TH</p> <p>7:00 Movie Night, TH</p>	<p>9:15 Strengthen & Move, BR 3</p> <p>10:00 Aqua Fitness, PF</p> <p>10:00 Mexican Train Dominoes, PB</p> <p>10:30 Bible Study, AK</p> <p>11:15 BLOOD PRESSURE CHECKS, LR</p> <p>11:15 Balloon Volleyball, BR</p> <p>1:30 Just for Fun Bingo, OG</p> <p>3:00 Yoga Class, BR</p> <p>3:20 Texas Hold 'Em, AK</p> <p>7:00 Movie Night, TH</p>	<p>9:15 Stretch & Balance, BR 4</p> <p>10:00 Meditation, TH</p> <p>10:00 Visual Impairment Group Discussion, PB</p> <p>11:00 TED Talk Tuesday, TH</p> <p>1:00 Brain HQ, OG</p> <p>3:00 Ladies' Afternoon Tea, MR</p> <p>3:00 Men's Coffee, OG</p> <p>4:00 Line Dancing, PF</p> <p>4:30 Furry Friend: Cubby, LR</p> <p>7:00 Movie Night, TH</p>				<p>9:15 Strengthen & Move, BR 5</p> <p>9:30 Excursion: Longmont Museum, FD</p> <p>10:00 Aqua Fitness, PF</p> <p>11:00 BALANCE & POSTURE CHECKS, LR</p> <p>12:30 Scott Jensen, LR</p> <p>1:30 Bingo, .25, OG</p> <p>2:00 Euchre: Resident Led, OG</p> <p>4:00 CLASS: Flower Arranging, AK</p> <p>7:00 Movie Night, TH</p>
<p>9</p> <p>10:30 Sunday Family Brunch, MR</p> <p>10:30 Live Church Services with Timberline, TH</p> <p>2:00 Dealer's Choice Poker, OG</p> <p>3:00 Lecture Series, TH</p> <p>7:00 Movie Night, TH</p>	<p>10</p> <p>9:15 Strengthen & Move, BR</p> <p>10:00 Aqua Fitness, PF</p> <p>10:00 Mexican Train Dominoes, PB</p> <p>10:30 Bible Study, AK</p> <p>11:15 BLOOD PRESSURE CHECKS, LR</p> <p>11:15 Balloon Volleyball, BR</p> <p>1:00 Beginners' Watercolor Class, AK</p> <p>1:30 Just for Fun Bingo, OG</p> <p>3:00 Yoga Class, BR</p> <p>3:20 Texas Hold 'Em, AK</p> <p>7:00 Movie Night, TH</p>	<p>11</p> <p>9:15 Stretch & Balance, BR</p> <p>10:00 Meditation, TH</p> <p>10:30 Archery with Erica, FD</p> <p>11:00 TED Talk Tuesday, TH</p> <p>12:30 Piano with Marc Friedland, LR</p> <p>1:00 Shopping: Quilters Dream, FD</p> <p>1:00 Brain HQ, OG</p> <p>3:00 Men's Coffee, OG</p> <p>3:00 Ladies' Afternoon Tea, MR</p> <p>4:00 Line Dancing, PF</p> <p>7:00 Movie Night, TH</p>	<p>12</p> <p>9:15 Strengthen & Move, BR</p> <p>10:00 Aqua Fitness, PF</p> <p>10:30 Excursion: Brunch & a Movie, LR</p> <p>11:00 BALANCE & POSTURE CHECKS, LR</p> <p>1:30 Bingo, .25, OG</p> <p>2:00 Euchre: Resident Led, OG</p> <p>3:00 Flower Arrangement, AK</p> <p>4:00 Wine & Cheese Social, OG</p> <p>7:00 Movie Night, TH</p>	<p>13</p> <p>9:15 Stretch & Balance, BR</p> <p>11:00 Book Club, PB</p> <p>11:00 Catholic Communion Service, CH</p> <p>12:30 Thursday Matinee, TH</p> <p>1:00 Contract Bridge, PB</p> <p>1:00 Meditation, AK</p> <p>2:00 Hearts, OG</p> <p>2:30 Ping-Pong, BR</p> <p>3:00 Variety Show, LR</p> <p>4:00 Line Dancing, PF</p> <p>7:00 Movie Night, TH</p>	<p>14</p> <p>VALENTINE'S DAY</p> <p>9:15 Strengthen & Move, BR</p> <p>10:00 Aqua Fitness, PF</p> <p>10:00 Technology Help, PB</p> <p>10:30 Knitting & Crochet, Den</p> <p>2:00 Skip-Bo, PB</p> <p>4:30 Happy Hour: Teague Betchel, BR</p> <p>7:00 Movie Night, TH</p>	<p>15</p> <p>10:00 Beginners' Tai Chi, PF 11:15 Balloon Volleyball, BR 12:00 Lunch Outing, FD 1:30 Bingo, .50, OG 3:00 Lecture Series, TH 3:15 Blackjack, OG 7:00 Movie Night, TH</p>
<p>16</p> <p>10:30 Sunday Family Brunch, MR</p> <p>10:30 Live Church Services with Timberline, TH</p> <p>2:00 Dealer's Choice Poker, OG</p> <p>3:00 Lecture Series, TH</p> <p>7:00 Movie Night, TH</p>	<p>17</p> <p>PRESIDENTS DAY</p> <p>9:15 Strengthen & Move, BR</p> <p>10:00 Aqua Fitness, PF</p> <p>10:00 Mexican Train Dominoes, PB</p> <p>10:30 Bible Study, AK</p> <p>11:15 BLOOD PRESSURE CHECKS, LR</p> <p>11:15 Balloon Volleyball, BR</p> <p>1:30 Just for Fun Bingo, OG</p> <p>3:00 Yoga Class, BR</p> <p>3:20 Texas Hold 'Em, AK</p> <p>7:00 Movie Night, TH</p>	<p>18</p> <p>9:15 Stretch & Balance, BR</p> <p>10:00 Meditation, TH</p> <p>10:00 Visual Impairment Group Discussion, PB</p> <p>11:00 TED talk LIVE: Losel Dolls, Trademarks of Tibet, TH</p> <p>12:00 Steve Ambrose Piano, LR</p> <p>1:00 Brain HQ, OG</p> <p>3:00 Men's Coffee, OG</p> <p>3:00 Ladies' Afternoon Tea, AK</p> <p>4:00 Line Dancing, PF</p> <p>7:00 Movie Night, TH</p>	<p>19</p> <p>9:15 Strengthen & Move, BR</p> <p>10:00 Aqua Fitness, PF</p> <p>10:00 Jewelry Making with Kristina, AK</p> <p>11:00 BALANCE & POSTURE CHECKS, LR</p> <p>1:30 Bingo, .25, OG</p> <p>2:00 Euchre: Resident Led, OG</p> <p>2:00 Scenic Drive, LR</p> <p>4:00 New Neighbor Reception, LR</p> <p>7:00 Movie Night, TH</p>	<p>20</p> <p>9:00 COMPLIMENTARY HEARING SCREENINGS, AK</p> <p>9:15 Stretch & Balance, BR</p> <p>11:00 Book Club, PB</p> <p>11:00 Silent Auction, LR</p> <p>11:30 Tim McLemore Piano Performance, LR</p> <p>12:30 Thursday Matinee, TH</p> <p>1:00 Meditation, AK</p> <p>1:00 Contract Bridge, PB</p> <p>2:00 Hearts, OG</p> <p>2:30 Ping-Pong, BR</p> <p>4:00 Line Dancing, PF</p> <p>7:00 Movie Night, TH</p>	<p>21</p> <p>9:15 Strengthen & Move, BR</p> <p>10:00 Aqua Fitness, PF</p> <p>10:00 Bowling with Troy, FD</p> <p>10:30 Knitting & Crochet, Den</p> <p>11:30 Birthday Celebration, BR</p> <p>1:00 "Ask a Nurse!," PB</p> <p>2:00 Skip-Bo, PB</p> <p>4:30 Happy Hour: Jay Hodge, BR</p> <p>7:00 Movie Night, TH</p>	<p>22</p> <p>10:00 Beginners' Tai Chi, PF 11:15 Balloon Volleyball, BR 11:30 Excursion: CSU Basketball Game, LR</p> <p>1:30 Bingo, .50, OG</p> <p>3:00 Lecture Series, TH</p> <p>3:15 Blackjack, OG</p> <p>7:00 Movie Night, TH</p>
<p>23</p> <p>10:30 Sunday Family Brunch, MR</p> <p>10:30 Live Church Services with Timberline, TH</p> <p>2:00 Dealer's Choice Poker, OG</p> <p>3:00 Lecture Series, TH</p> <p>7:00 Movie Night, TH</p>	<p>24</p> <p>9:15 Strengthen & Move, BR</p> <p>10:00 Aqua Fitness, PF</p> <p>10:00 Mexican Train Dominoes, PB</p> <p>10:30 Bible Study, AK</p> <p>11:15 BLOOD PRESSURE CHECKS, LR</p> <p>11:15 Balloon Volleyball, BR</p> <p>2:00 Town Hall Meeting, MR</p> <p>3:00 Yoga Class, PF</p> <p>3:20 Texas Hold 'Em, AK</p> <p>7:00 Movie Night, TH</p>	<p>25</p> <p>9:15 Stretch & Balance, BR</p> <p>10:00 Meditation, TH</p> <p>11:00 TED Talk Tuesday, TH</p> <p>12:30 Afternoon Music with Keilani, LR</p> <p>1:00 Shopping: Trader Joe's & Whole Foods, FD</p> <p>1:00 Brain HQ, OG</p> <p>3:00 Men's Coffee, OG</p> <p>3:00 Ladies' Afternoon Tea, MR</p> <p>4:00 Line Dancing, PF</p> <p>5:00 Mackenzie Special, MR</p> <p>7:00 Movie Night, TH</p>	<p>26</p> <p>ASH WEDNESDAY</p> <p>9:15 Strengthen & Move, BR</p> <p>10:00 Aqua Fitness, PF</p> <p>10:00 Excursion: Wings Over the Rockies Museum, LR</p> <p>11:00 BALANCE & POSTURE CHECKS, LR</p> <p>1:30 Kendra Singalong, Den</p> <p>1:30 Bingo, .25, OG</p> <p>2:00 Euchre: Resident Led, OG</p> <p>3:00 Flower Arrangement, AK</p> <p>4:00 Off the Clock with John, OG</p> <p>7:00 Movie Night, TH</p>	<p>27</p> <p>9:15 Stretch & Balance, BR</p> <p>11:00 Book Club, PB</p> <p>11:00 Catholic Communion Service, CH</p> <p>11:00 Mackenzie Place Health Fair</p> <p>12:30 Thursday Matinee, TH</p> <p>1:00 Contract Bridge, PB</p> <p>1:00 Meditation, AK</p> <p>2:00 Hearts, OG</p> <p>2:30 Ping-Pong, BR</p> <p>4:00 Line Dancing, PF</p> <p>4:00 Symphony, TH</p> <p>7:00 Movie Night, TH</p>	<p>28</p> <p>9:15 Strengthen & Move, BR</p> <p>10:00 Water Volleyball, PF</p> <p>10:00 Technology Help, PB</p> <p>10:30 Knitting & Crochet, Den</p> <p>2:00 Skip-Bo, PB</p> <p>4:30 Happy Hour: Elizabeth Bond, BR</p> <p>7:00 Movie Night, TH</p>	<p>29</p> <p>10:00 Beginners' Tai Chi, PF 11:15 Balloon Volleyball, BR 1:30 Bingo, .50, OG 3:00 Lecture Series, TH 3:15 Blackjack, OG 7:00 Movie Night, TH</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="width: 20%;"> <p>Birthday Shirley Dandy, 28th</p> </div> <div style="width: 30%; border: 1px solid black; padding: 5px;"> <p>opal key</p> <ul style="list-style-type: none"> ● Physical ● Social ● Experiential ● Emotional & Spiritual ● Creative & Artistic ● Therapeutic ● Sensory </div> <div style="width: 20%; font-size: small;"> <p>8:00 ● News in Education 1</p> <p>9:00 ● Liszt Stretch</p> <p>10:00 ● Stencil Craft</p> <p>11:00 ● Paddleball</p> <p>1:00 ● Manicure</p> <p>2:00 ● Word Search</p> <p>3:00 ● Setting the Table</p> <p>4:00 ● Cards</p> <p>6:00 ● Movie Time</p> </div> </div>						
<p>8:00 ● Super Bowl Sunday & Coffee 2</p> <p>9:00 ● Doris Day Stretch</p> <p>9:30 ● Hymns</p> <p>10:30 ● Sunday Church Service</p> <p>11:00 ● Drawing</p> <p>1:00 ● Bingo</p> <p>2:00 ● Blueberry Sense</p> <p>3:00 ● Napkin Folding</p> <p>4:00 ● Super Bowl LIV</p> <p>6:00 ● Movie Time</p>	<p>8:00 ● Tea & Piano 3</p> <p>9:00 ● Meditation</p> <p>10:00 ● Walk: 2nd Floor Common Area</p> <p>11:00 ● Games with Alexa</p> <p>1:00 ● February Crossword</p> <p>2:00 ● Bakers Bunch</p> <p>3:00 ● Music with Mo</p> <p>4:00 ● Button Sort</p> <p>6:00 ● Movie Time</p>	<p>8:00 ● Nat King Cole Trivia & Coffee 4</p> <p>9:00 ● Nat King Cole Stretch</p> <p>10:00 ● Coffee Filter Flowers</p> <p>11:00 ● Football</p> <p>1:30 ● Outing: Zetta Marie's Patisserie</p> <p>3:00 ● Picture Puzzles</p> <p>4:00 ● Furry Friend Visit: Cubby</p> <p>6:00 ● Movie Time</p>	<p>8:00 ● Coffee & National Geographic 5</p> <p>9:00 ● Glenn Miller Stretch</p> <p>10:00 ● Marble Art</p> <p>11:00 ● Volleyball</p> <p>1:30 ● Movie: "Grumpy Old Men" & Popcorn</p> <p>3:30 ● Scrapbook Mitten Match</p> <p>4:00 ● Legacy Exercise</p>	<p>8:00 ● Political Update 6</p> <p>9:00 ● Hawaiian Stretch</p> <p>10:00 ● Jar Mosaic Part 1</p> <p>10:30 ● Memory Cafe</p> <p>1:00 ● Paddleball</p> <p>2:15 ● Workout with Elaine *</p> <p>3:00 ● Suncatchers Craft</p> <p>4:00 ● Music Bingo</p> <p>6:00 ● Movie Time PF</p>	<p>8:00 ● International News 7</p> <p>9:00 ● Connie Francis Stretch</p> <p>10:00 ● Melted Heart Canvas</p> <p>11:00 ● Yoga</p> <p>1:30 ● Scenic Drive: Bee Lake</p> <p>2:00 ● Napkin Folding</p> <p>3:00 ● Ireland Word Search</p> <p>4:00 ● Happy Hour Reminisce</p> <p>6:00 ● Movie Time: "Desk Set"</p>	<p>8:00 ● Dramatic News 8</p> <p>9:00 ● Richard Wagner Stretch</p> <p>10:00 ● Stencil Craft</p> <p>11:00 ● Paddleball</p> <p>1:00 ● Manicure</p> <p>2:00 ● Rice Search</p> <p>3:00 ● Setting the Table</p> <p>4:00 ● Cards</p> <p>6:00 ● Movie Time</p>
<p>9:00 ● Judy Garland Stretch 9</p> <p>9:30 ● Hymns</p> <p>10:30 ● Watercolor with Katie</p> <p>10:30 ● Sunday Church Service</p> <p>1:00 ● Poetry Reading</p> <p>2:00 ● Sensory Bag</p> <p>3:00 ● Napkin Folding</p> <p>4:00 ● Bingo</p> <p>6:00 ● Movie Time</p>	<p>8:00 ● Tea & Gardening 10</p> <p>9:00 ● Meditation</p> <p>10:00 ● Walk: Pool</p> <p>11:00 ● Games with Alexa</p> <p>1:00 ● Baking Crossword</p> <p>2:00 ● Bakers Bunch</p> <p>3:00 ● High Hopes Singers</p> <p>4:00 ● Suit Sort</p> <p>6:00 ● Movie Time</p>	<p>8:00 ● Alaska Trivia & Coffee 11</p> <p>9:00 ● Dinah Shore Stretch</p> <p>10:00 ● Heart Button Art</p> <p>11:00 ● Football</p> <p>2:30 ● Birthday Celebration</p> <p>3:00 ● Jigsaw Puzzles</p> <p>4:00 ● Hand Massage</p> <p>6:00 ● Movie Time</p>	<p>8:00 ● Coffee & Glamour 12</p> <p>9:00 ● Chely Wright Stretch</p> <p>10:30 ● Eldergrow</p> <p>11:00 ● Volleyball</p> <p>1:30 ● Movie & Popcorn: "Valentine's Day"</p> <p>3:30 ● M&M Match</p> <p>4:00 ● Legacy Exercise</p>	<p>8:00 ● Makeup Update 13</p> <p>9:00 ● Celtic Stretch</p> <p>10:00 ● Glitter Heart Painting</p> <p>11:00 ● Paddleball</p> <p>1:00 ● Bingo</p> <p>2:00 ● Bakers Bunch: Valentine's Cookies</p> <p>3:00 ● Flower Arrangement</p> <p>4:00 ● Valentine's Cookie Decorating</p> <p>6:00 ● Movie Time</p>	<p>VALENTINE'S DAY 14</p> <p>8:00 ● Valentine's Day Trivia</p> <p>9:00 ● Classic Love Songs Stretch</p> <p>10:00 ● "OWL Be Your Valentine" Craft</p> <p>11:00 ● Piano with Kathryn</p> <p>1:30 ● Scenic Drive: Cobb Lake</p> <p>3:00 ● Valentine's Day Party</p> <p>4:00 ● Happy Hour Reminisce</p> <p>6:00 ● Movie: "Pitch Perfect"</p>	<p>8:00 ● News in Music 15</p> <p>9:00 ● George Gershwin Stretch</p> <p>10:00 ● Stencil Craft</p> <p>11:00 ● Paddleball</p> <p>1:00 ● Manicure</p> <p>2:00 ● Jewelry Making</p> <p>3:00 ● Setting the Table</p> <p>4:00 ● Cards</p> <p>6:00 ● Movie Time</p>
<p>9:00 ● Roy Orbison Stretch 16</p> <p>9:30 ● Hymns</p> <p>10:30 ● Sunday Church Service</p> <p>11:00 ● Drawing</p> <p>1:00 ● Poetry Reading</p> <p>2:00 ● Strawberry Sense</p> <p>3:00 ● Napkin Folding</p> <p>4:00 ● Bingo</p> <p>6:00 ● Movie Time</p>	<p>PRESIDENTS DAY 17</p> <p>8:00 ● Tea & Presidents Day Trivia</p> <p>9:00 ● Meditation</p> <p>10:00 ● Presidents Day Craft</p> <p>11:00 ● Games with Alexa</p> <p>1:00 ● Walk: Pool</p> <p>2:00 ● ASSISTED LIVING TOWN HALL</p> <p>3:00 ● Bakers Bunch</p> <p>4:00 ● Presidential Crossword</p> <p>6:00 ● Movie Time</p>	<p>8:00 ● '60s Trivia & Coffee 18</p> <p>9:00 ● Frankie Valli & the Four Seasons Stretch</p> <p>10:00 ● Pipe Cleaner Flowers</p> <p>11:00 ● Steve Ambrose</p> <p>11:30 ● Football</p> <p>1:30 ● Outing: Kilwin's</p> <p>3:00 ● Picture Puzzles</p> <p>4:00 ● Hand Massage</p> <p>6:00 ● Movie Time</p>	<p>8:00 ● Coffee & Sports Illustrated 19</p> <p>9:00 ● Simon & Garfunkel Stretch</p> <p>10:00 ● Yarn Monsters</p> <p>11:00 ● Volleyball</p> <p>1:30 ● Movie: "House Sitter" & Popcorn</p> <p>3:30 ● Sayings & Proverbs</p> <p>4:00 ● Legacy Exercise</p>	<p>8:00 ● Royal Update 20</p> <p>9:00 ● French Guitar Stretch</p> <p>10:00 ● Jar Mosaic Part 2</p> <p>10:30 ● Memory Cafe</p> <p>1:00 ● Paddleball</p> <p>2:15 ● Workout with Elaine *</p> <p>3:00 ● Army Man Search</p> <p>4:00 ● Music Bingo</p> <p>6:00 ● Movie Time PF</p>	<p>8:00 ● News in Fishing 21</p> <p>9:00 ● Charlie Parker Stretch</p> <p>10:00 ● Heart Tree</p> <p>11:00 ● Yoga</p> <p>1:30 ● Scenic Drive: Black Hollow Reservoir</p> <p>2:00 ● Napkin Folding</p> <p>3:00 ● Hunting Word Search</p> <p>4:00 ● Happy Hour Reminisce</p> <p>6:00 ● Movie: "The Diamond Queen"</p>	<p>8:00 ● Local News 22</p> <p>9:00 ● Richard Strauss Stretch</p> <p>10:00 ● Stencil Craft</p> <p>11:00 ● Paddleball</p> <p>1:00 ● Manicure</p> <p>2:00 ● Letter Search</p> <p>3:00 ● Setting the Table</p> <p>4:00 ● Cards</p> <p>6:00 ● Movie Time</p>
<p>9:00 ● Andrews Sisters Stretch 23</p> <p>9:30 ● Hymns</p> <p>10:30 ● Watercolor with Katie</p> <p>10:30 ● Sunday Church Service</p> <p>1:00 ● Poetry Reading</p> <p>2:00 ● Sensory Bag</p> <p>3:00 ● Napkin Folding</p> <p>4:00 ● Bingo</p> <p>6:00 ● Movie Time</p>	<p>8:00 ● Tea & Better Homes & Gardens 24</p> <p>9:00 ● Meditation</p> <p>10:00 ● Walk: Pub</p> <p>11:00 ● Games with Alexa</p> <p>1:00 ● River Sports Crossword</p> <p>2:00 ● Bakers Bunch</p> <p>3:00 ● Make Your Own Bowl</p> <p>4:00 ● Sock Sort</p> <p>6:00 ● Movie Time</p>	<p>8:00 ● Movie Trivia & Coffee 25</p> <p>9:00 ● Pattie Page Stretch</p> <p>10:00 ● DIY Clay Heart</p> <p>11:00 ● Football</p> <p>1:30 ● Furry Friend: Wheezy</p> <p>3:00 ● Jigsaw Puzzles</p> <p>4:00 ● Hand Massage</p> <p>6:00 ● Movie Time</p>	<p>ASH WEDNESDAY 26</p> <p>8:00 ● Coffee & Ash Wednesday Trivia</p> <p>9:00 ● Opera Stretch</p> <p>10:00 ● Clay Heart Decorating</p> <p>10:30 ● Eldergrow</p> <p>11:00 ● Volleyball</p> <p>1:30 ● Kendra Singalong</p> <p>2:30 ● Documentary & Popcorn</p> <p>4:00 ● Legacy Exercise</p>	<p>8:00 ● Denver Update 27</p> <p>9:00 ● Blues Stretch</p> <p>10:00 ● Flower Arrangement</p> <p>11:00 ● Paddleball</p> <p>1:00 ● Household Chores</p> <p>2:00 ● Bakers Bunch</p> <p>3:00 ● Folded Paper Hearts</p> <p>4:00 ● Bingo</p> <p>6:00 ● Movie Time</p>	<p>8:00 ● News in Airplanes 28</p> <p>9:00 ● Rat Pack Stretch</p> <p>10:00 ● Bleeding Tissue Paper</p> <p>11:00 ● Singing with Elaine</p> <p>1:30 ● Scenic Drive: Boedecker Lake</p> <p>2:00 ● Napkin Folding</p> <p>3:00 ● Dogs Crossword</p> <p>4:00 ● Happy Hour Reminisce</p> <p>6:00 ● Movie: "Romeo & Juliet"</p>	<p>8:00 ● News in Trade 29</p> <p>9:00 ● Benjamin Britten Stretch</p> <p>10:00 ● Stencil Craft</p> <p>11:00 ● Paddleball</p> <p>1:00 ● Manicure</p> <p>2:00 ● Bowling</p> <p>3:00 ● Setting the Table</p> <p>4:00 ● Cards</p> <p>6:00 ● Movie Time</p>