

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			10:00 Bingo 1 1:45 FITGO 2:30 Church Services - Apostolic Christian 6:00 Bingo	10:00 Edible 2 Groundhogs & Spring or Snow? 1:15 St. Mary's Catholic School Week Jr. High Students & Cards 2:15 Bunko <small>Groundhog Day</small>	9:30 Catholic Mass 3 - SVC 10:00 Coffee Hour & Praise 1:00 Field Trip - Ice Skating @ Pekin's Veteran Memorial Arena 6:00 Pokeno	10:00 Bingo 4 1:45 Pick a Flower Exercises 2:15 Songs of the Heart Saturday
9:30 Christian Union ch 5 10:00 Grace Alive ch 5 10:00 Willow Hill UMC - SVC 1:45 Sit n' Fit 2:15 Full Snow Moon - Moon Phase Cookies & Moon Gardening Trivia	10:00 Freight Train 6 Mike ♪ 1:45 7 th Inning Stretches for Babe Ruth Day 2:00 MGS 6 th Graders & Kings in the Corner 6:00 Maple Syrup Day Taste Tests & Fun Facts	<i>Art Without Boundaries</i> 7 10:00 Let's Get Cooking - on the Prairie w/ Jen 1:45 Sit n' Fit 2:15 Tech Tuesday - Oculus Adventures 6:00 Sue's Movie Night	10:00 Bingo 8 1:45 FITGO 2:30 Church Services - Christian Union 6:00 Bingo	10:00 Making Valentine's 9 1:45 Drum Circle 2:15 Movie & Popcorn "Ticket to Paradise" 2:30 Manicures	10:00 Coffee Hour & Praise 10 1:00 Canvas Creations	10:00 Bingo 11 1:45 Pick a Flower Exercises 2:15 Ken Hahn ♪
9:30 Christian Union ch 5 10:00 Grace Alive ch 5 10:00 Willow Hill UMC - SVC 1:45 Sit n' Fit 2:15 Superbowl LVII Party 5:30 Superbowl - FOX	10:00 "It's the Cat's Meow" Day - Feed the Kitty 1:45 Chair Volleyball 2:15 Clay Craft - Conversation Hearts 6:00 Steve Hargis - SVC ♪	10:00 Valentine's Family Feud 14 1:45 Sit n' Fit 2:15 Love is in the Air Trivia 6:00 Positive Notes ♪ <small>Valentine's Day</small>	10:00 Bingo 15 1:45 FITGO 2:30 Church Services - S V Chaplain 6:00 Bingo	10:00 "We Double Dog Dare Ya" Day 16 1:45 Drum Circle 2:15 Pokeno	10:00 Coffee Hour & Praise 17 1:45 Sit n' Fit 2:15 Price is Right 6:00 Uno	10:00 Bingo 18 1:45 Pick a Flower Exercises 2:15 Mardi Gras Masks & Party Decorations
9:30 Christian Union ch 5 10:00 Grace Alive ch 5 10:00 Willow Hill UMC - SVC 1:45 Sit n' Fit 2:15 Daytona 500 - History of Auto Racing & Get Your Motors Running Races!	10:00 Baby's Day Out 20 <i>Children of residents' families and staff welcome</i> 1:45 Chair Volleyball 2:15 Presidents Trivia 6:00 Presidents of the US Card Game <small>Presidents' Day</small>	10:00 Resident Council to AL 21 1:00 Spouse Drive 1:45 Sit n' Fit 2:15 Mardi Gras w/ Dave & Daughter ♪ 6:00 Roll a Bead Game <small>Mardi Gras</small>	10:00 Ash Wed. Service 22 10:00 Bingo 1:45 FITGO 2:30 Church Services - Minister needed 6:00 Bingo <small>Ash Wednesday</small>	10:00 Girl Scout Cookie Day - visiting Savannah 23 1:45 Drum Circle 2:15 Nat'l Tile Day - Marbled Art Tiles	10:00 Coffee Hour & Praise 24 1:00 Field Trip - Bowling at Washington's Plaza Lanes 6:00 Phase 10	10:00 Bingo 25 1:45 Pick a Flower Exercises 2:15 Quiet Day - Fishbowl & ASL
9:30 Christian Union ch 5 10:00 Grace Alive ch 5 10:00 Willow Hill UMC - SVC 1:45 Sit n' Fit 2:15 Friend Forever Day - We're Not Really Strangers Card Game	10:00 SnackPacks 27 1:45 Chair Volleyball 2:15 Polar Bear Day - DIY Polar Bear Melt & Pour Soap 3:00 The Polar Bear Dice Game	<i>Art Without Boundaries</i> 28 10:00 Judy Ernst ♪ 1:45 Sit n' Fit 2:15 Card Sharks 6:00 Sue's Movie Night	<h1>February 2023</h1> <h2>Health Center Activities Calendar</h2>			