

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2019

White Bear Heights Independent & Assisted Living

<p>10:30 Coffee and Socializing-CL 2:30 Movie Matinee- CR 4:00 Puzzle Club-ACT</p>	<p>10:00 Pampered Hands-MC 10:30 Coffee Hour-CL 11:30 Who am I?-CL 1:30 Centrex-Exercise Class-TG 2:00 Cribbage-CL 2:30 <i>Outing: Bowling Flaherty's Arden Bowl</i> 3:30 Painting-ACT 6:00 Travel to a Different Country with Amanda-CR</p>	<p>10:30 Coffee Hour-CL 10:00 Catholic Communion-MC 11:30 Jeopardy Trivia-CF 1:00 <i>Outing: Omnitheater: National Parks Adventure</i> 1:30 <i>MacPhail Hour-CF</i> 2:15 500-CF 3:00 Ted Talk & Discussion-CR 4:00 Kings in the Corner-CF 6:15 <i>Movie Night-CR</i></p>	<p>10:00 Baking with Kerri-MC 10:30 Coffee Hour-CL 11:30 History Trivia-CF 1:00 <i>Poetry with Diane Jarpenva-MC</i> 1:30 Centrex-Exercise Class-TG 1:45 Canasta-CF 3:00 <i>Entertainment: Vinnie Rose-CF</i> 6:00 Bingo-CF</p>	<p>10:00 Making Valentine's Day Cards-ACT 10:30 Coffee Hour-CL 11:30 Name that Tune-FP 1:30 <i>Outing: Cub/Walgreens</i> 2:30 Resident Ambassadors-LIB 3:30 Hand & Foot-CF 4:30 Fire Side Chat-CF</p>	<p>10:00 Independent Card Games-CF 10:30 Coffee Hour-CL 11:30 Trivia with Kerri-CL 1:30 Centrex-Exercise Class-TG 2:00 Making February Centerpieces-CF 2:00 Cooking with Amanda-MC 3:30 Happy Hour Celebrating Chinese New Year -CF 6:00 <i>Game Night -CF</i></p>	<p>10:30 Coffee and Socializing-CL 2:30 Movie Matinee- CR 4:00 Independent Card Games-CF</p> <p style="text-align: center;">Groundhog Day</p>
<p>10:00 Games with Kerri-CF 10:30 Coffee & Socializing-CL 11:30 Trivia with Kerri-CL 2:30 Movie Matinee- CR 4:00 Scrabble-GR</p>	<p>10:00 Pampered Hands-MC 10:00 Independent Card Games-CL 10:30 Coffee Hour-CL 11:30 What am I?-CL 1:30 Centrex-Exercise Class-TG 2:00 Euchre-CF 3:00 <i>Entertainment: Robert Bozaich-CF</i> 6:00 Gratitude Journals-LIB</p>	<p>8:30 AARP Safe Driving Class-CR 10:00 <i>MacPhail Hour-MC</i> 10:30 Coffee Hour-CL 11:30 Modern Jeopardy Trivia-CF 1:30 <i>MacPhail Hour-CF</i> 3:00 <i>Caregiver Support Group-LIB</i> 3:30 Amateur Hour with Venzel-CF 6:15 <i>Movie Night-CR</i></p>	<p>10:00 <i>MacPhail Music for Life with Joey-MC</i> 10:30 Coffee Hour-CL 11:15 <i>Lunch Outing: The Oasis Café Stillwater</i> 1:30 Centrex-Exercise Class-TG 1:45 Cribbage-CL 2:30 <i>Drumming with Cheri Bunker-MC</i> 2:45 Tea and Scones-CF 3:30 Bridge-CF 6:00 <i>Bingo-CF</i></p>	<p>9:30 <i>Outing: Cub/Walgreens</i> 10:00 Sudoku Puzzles-CF 10:30 Coffee Hour-CL 11:30 Famous Couples-CF 12:00 Lunch Buffet 1:30 Making Treats for the Valentine's Day Social 3:00 Valentine's Day Social 5:00 Valentine's Day Dinner</p> <p style="text-align: center;">Valentine's Day</p>	<p>9:00 <i>Outing: Camp Tanadonna</i> 10:00 Baking with Amanda-MC 10:30 Coffee Hour-CL 1:30 Centrex-Exercise Class-TG 2:00 Manicures with Kim-CF 2:00 Cooking with Amanda-MC 3:30 Happy Hour-CF 3:30 <i>Entertainment: Gary LaRue- CF</i></p>	<p>10:00 – Stretching with Amanda-TG 10:45 Coffee and Socializing-CL 11:30 Trivia with Amanda-FP 2:30 Movie Matinee- CR 4:00 Games with Amanda-CF</p>
<p>10:00 Blood Pressure Clinic with Megan 10:30 Coffee and Socializing-CL 2:30 Movie Matinee- CR 4:00 Puzzle Club-ACT</p>	<p>10:00 Pampered Hands-MC 10:30 Coffee Hour-CL 11:30 Who am I?-CL 1:30 Centrex-Exercise Class-TG 2:00 Cribbage-CL 3:00 <i>Entertainment: Philip Kitze-CF</i> 6:00 Knitting and Crocheting group-LIB</p> <p style="text-align: center;">Presidents' Day (US)</p>	<p>10:00 <i>Living Roots Art-MC</i> 10:30 Coffee Hour-CL 10:30 Catholic Communion-LIB 11:30 More Jeopardy Trivia-CF 1:30 <i>Resident Council-CL</i> 2:30 500-CF 3:00 Book Club-LIB 3:30 Bridge-CF 6:15 <i>Movie Night-CR</i></p>	<p>10:00 Baking with Kerri-MC 10:30 Coffee Hour-CL 11:15 <i>Lunch Outing: Kaffe Stugga- Harris, MN</i> 1:30 Centrex-Exercise Class-TG 1:45 Canasta-CF 3:00 Cultural Food Party-Italy 6:00 Bingo-CF</p>	<p>10:00 Brain Teasers-CF 10:30 Coffee Hour-CL 11:30 Name that Tune-FP 1:30 <i>Outing: Cub/Walgreens</i> 2:30 Making Decorations for the Dance- ACT 3:30 Hand & Foot-CF 4:30 Resident Ambassadors-LIB</p>	<p>10:00 <i>Outing: Minnesota History Center</i> 10:00 <i>Music with My from Music Sense-MC</i> 10:30 Coffee Hour-CL 1:30 Centrex-Exercise Class-TG 2:00 Cooking with Amanda-MC 3:30 Happy Hour-CF 6:00 Scrapbooking with Amanda-ACT</p>	<p>10:00 – Stretching with Amanda-TG 10:45 Coffee and Socializing-CL 11:30 Trivia with Amanda-FP 2:30 Movie Matinee- CR 4:00 Games with Amanda-CF</p>
<p>10:00 Bible Study/Devotions with Amanda-LIB 11:00 – Meditation & Breathing w/Amanda-TG 2:30 Movie Matinee- CR 4:00 Scrabble-GR</p>	<p>10:00 Baking with Kerri-MC 10:30 Coffee Hour-CL 11:30 What am I?-CL 1:30 Centrex-Exercise Class-TG 1:45 <i>Outing: Movie at the Imagine Theater</i> 2:30 Cribbage-CL 3:30 Welcome to the Community Patry-CL 6:00 Men's Group-PR</p>	<p>10:00 <i>Music with My from Music Sense-MC</i> 10:30 Coffee Hour-CL 11:30 Random Trivia-CF 1:30 Dominoes-CF 2:15 500-CF 3:00 Ted Talk & Discussion-CR 4:00 Kings in the Corner-CF 6:15 <i>Movie Night-CR</i></p>	<p>10:00 <i>MacPhail Music for Life with Joey-MC</i> 10:30 Coffee Hour-CL 11:30 The Grimm Brothers Fairy Tales Trivia-CF 1:30 Centrex-Exercise Class-TG 1:45 Euchre-CF 2:45 Tea and Scones-CF 4:00 Bingo-CF 6:00 Ladies' Night-PR</p>	<p>9:30 <i>Outing: Cub/Walgreens</i> 10:00 Sudoku Puzzles-CF 10:30 Coffee Hour-CL 11:30 Name that Tune-FP 1:30 <i>Singing Cowgirl- MC</i> 2:00 Parkinson Support Group-PR 5:00 Senior Prom/Dance with Music by: Stone Arch Jazz Band</p>	<p>Room Key: 1st floor- CF=Café DR= Dining Room ML= Main Lobby CL= Club Lounge LIB= Library PD= Private Dining Room FP=First Floor Porch 2nd floor-GR= Game Room PR= Party Room 3rd floor-ACT= Activity Room Lower Level-CR= Community Room TG= Therapy Gym MC= Memory Care</p>	<p>10:00 – Stretching with Amanda-TG 10:45 Coffee and Socializing-CL 11:30 Trivia with Amanda-FP 2:30 Movie Matinee- CR 4:00 Games with Amanda-CF</p>