

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# February 2020

## The Shores of Lake Phalen Independent & Assisted Living

								
<p>1:30pm Sunday Matinee &amp; Popcorn, MT</p>  <p>Groundhog Day</p>	<p><b>2</b></p> <p>10:00am Let's Lift Weights w/ Keila, Com 10:30am The View on Current Events &amp; Coffee w/ Keila, Com <b>1:30pm Activity Sign Up &amp; Meet &amp; Greet w/ Intrepid w/ Keila &amp; Maria, Com</b> 2:30pm Horse Racing w/ Keila &amp; Suzie, Com</p>	<p><b>3</b></p> <p><b>Vital Clinic 8:30am - 10</b> 10:00am Limber Legs w/ Keila, Com 10:30am Coffee w/ Keila 10:45am Reminiscing &amp; Pictures for the Soul w/ Keila <b>1:30pm Walmart, FE</b></p>	<p><b>4</b></p> <p>10:00am Upper body Moves w/ Keila, Com 10:45am Cards &amp; Conversation w/ Keila Com 1:00pm Office Work w/ Marcia, Com 1:30pm Pianist (Mason), CB 1:30pm Pretty Fingers w/ Keila, Com 3:00pm Candy Bingo, Com</p>	<p><b>5</b></p> <p>10:00am Move &amp; Groove w/ Keila, Com 10:30am Coffee w/ Keila, Com 10:30am Bible Study, Com 10:45am Reading Chicken Soup for the Golden Soul w/ Keila, Com 2:00pm Rosary, Com 3:00pm Community Worship, Com</p>	<p><b>6</b></p> <p>10:00am Let's Lift Weights. w/Keila Com <b>11:00am Axel's Lunch Outing w/ Keila, FE</b> 3:00pm Happy Hour w/ Keila, Com</p>	<p><b>7</b></p> <p>10:00am Morning Stretch w/ Suzie, Com 10:30am Table Games w/ Suzie, Com 1:30pm Saturday Matinee &amp; Popcorn, MT</p>	<p><b>1</b></p> <p>10:00am Morning Stretch w/ Suzie, Com 10:30am Table Games w/ Suzie, Com 1:30pm Saturday Matinee &amp; Popcorn, MT</p>	
<p>1:30pm Sunday Matinee &amp; Popcorn MT</p> 	<p><b>9</b></p> <p>10:00am Let's Lift Weights w/ Keila, Com 10:30am Cool Down, w/ Keila 10:45am Dear Abbey w/ Keila, Com 2:00pm Birthday Party w/Amy &amp; Mark, DR <b>3:45pm Sunshine Club w/ Keila, Com</b></p>	<p><b>10</b></p> <p>10:00am Let's Lift Weights w/ Keila, Com 10:30am Cool Down, w/ Keila 10:45am Dear Abbey w/ Keila, Com 2:00pm Birthday Party w/Amy &amp; Mark, DR <b>3:45pm Sunshine Club w/ Keila, Com</b></p>	<p><b>11</b></p> <p>10:00am Limber Legs w/ Keila, Com 10:30am Coffee Crew w/ Keila 10:45am Reminiscing &amp; Pictures for the Soul w/ Keila <b>1:30pm Dollar Tree, FE</b></p>	<p><b>12</b></p> <p>10:00am Upper body Moves w/ Keila, Com <b>10:30am Coffee w/ Vets, CR</b> 10:45am Cards &amp; Conversation w/ Keila, Com 1:00pm Office Work w/ Marcia, Com 1:30pm Wii Bowling w/ Keila, Com <b>3:00pm Toiletry Bingo, Com</b></p>	<p><b>13</b></p> <p>10:00am Move &amp; Groove w/ Keila, Com 10:30am Coffee w/ Keila, Com 10:45am Seven (Cards)w/ Keila, Com 2:00pm Rosary, Com 3:00pm Community Worship, Com</p>	<p><b>14</b></p> <p><b>Happy Valentine's Day</b> 10:00am Lets Lift Weights w/Keila, FR  <b>2:00pm Valentine Happy Hour w/Spencer, Com</b> Valentine's Day</p>	<p><b>8</b></p> <p>10:00am Morning Stretch w/ Suzie, Com 10:30am Table Games w/ Suzie, Com 1:30pm Saturday Matinee &amp; Popcorn, MT</p>	<p><b>15</b></p> <p>10:00am Morning Stretch w/ Suzie, Com 10:30am Table Games w/ Suzie, Com 1:30pm Saturday Matinee &amp; Popcorn, MT</p>
<p>1:30pm Sunday Matinee &amp; Popcorn, MT</p>  <p>Presidents' Day (US)</p>	<p><b>16</b></p> <p>10:00am Let's Lift Weights w/ Keila 10:30am Cool Down, w/ Keila 10:45am Celebrities' Hot Off the Press w/ Keila <b>1:30pm Ice Castle w/ Keila, FE</b></p>	<p><b>17</b></p> <p>10:00am Let's Lift Weights w/ Keila 10:30am Cool Down, w/ Keila 10:45am Celebrities' Hot Off the Press w/ Keila <b>1:30pm Ice Castle w/ Keila, FE</b></p>	<p><b>18</b></p> <p>10:00am Limber Legs w/ Keila, Com 10:30am Coffee Crew w/ Keila 10:45am Reminiscing &amp; Pictures for the Soul w/ Keila <b>1:30pm Aldi's, FE</b></p>	<p><b>19</b></p> <p>10:00am Upper body Moves w/ Keila, Com 10:30am Coffee w/ Keila, Com 10:45am Cards &amp; Conversation w/ Keila, Com, Com 1:00pm Office Work w/ Marcia Com 1:30pm Pretty Fingers w/ Keila, Com 3:00pm Candy Bingo, Com</p>	<p><b>20</b></p> <p>10:00am Move &amp; Groove, Com 10:30am Coffee w/ Keila Com 10:30am Bible Study, Com 10:45am Reading Chicken Soup for the Golden Soul/w Keila, Com 2:00pm Rosary, Com 3:00pm Community Worship, Com</p>	<p><b>21</b></p> <p>10:00am Let's Lift Weights w/Keila Com 10:30am Coffee w/ Keila, Com 11:00am Mind Stretching w/ Keila, FE 1:30pm Fun Times w/ Keila, Com 3:00pm Happy Hour w/ Keila, Com</p>	<p><b>16</b></p> <p>1:30pm Sunday Matinee &amp; Popcorn, MT</p>	<p><b>22</b></p> <p>10:00am Morning Stretch w/ Suzie, Com 10:30am Table Games w/ Suzie, Com 1:30pm Saturday Matinee &amp; Popcorn, MT</p>
<p>1:30pm Sunday Matinee &amp; Popcorn, MT</p>  <p>Mardi Gras</p>	<p><b>23</b></p> <p>10:00am Let's Lift Weights w/ Keila 10:30am Cool Down, w/ Keila 10:45am Have fun with the Zodiac w/ Keila <b>2:00pm Chef's Corner w/ Keila, Com</b></p>	<p><b>24</b></p> <p>10:00am Let's Lift Weights w/ Keila 10:30am Cool Down, w/ Keila 10:45am Have fun with the Zodiac w/ Keila <b>2:00pm Chef's Corner w/ Keila, Com</b></p>	<p><b>25</b></p> <p>10:00am Limber Legs w/ Keila, Com 10:30am Coffee Crew w/ Keila 10:45am Reminiscing &amp; Pictures for the Soul w/ Keila <b>1:30pm Mardi Gras Photo Booth &amp; Cookies &amp; Creme Com</b> Mardi Gras</p>	<p><b>26</b></p> <p>10:00am Upper body Moves w/ Keila, Com 10:30am Coffee w/Keila, Com 10:45am Cards &amp; Conversation w/ Keila, Com 1:00pm Office Work w/ Marcia, Com 1:30pm Bean Bag Toss w/ Keila, Com <b>3:00pm Quarter Bingo, Com</b> Ash Wednesday</p>	<p><b>27</b></p> <p>10:00am Morning Stretch, Com 10:30am Coffee w/ Keila, Com 10:45am Garbage (Cards), Com 2:00pm Rosary, Com 3:00pm Community Worship, Com</p>	<p><b>28</b></p> <p>10:00am Let's Lift Weights w/Keila Com 10:30am Coffee w/ Keila, Com <b>11:00am Joseph's, Lunch Outing w/ Keila</b> 3:00pm Happy Hour w/Keila, Com</p>	<p><b>23</b></p> <p>1:30pm Sunday Matinee &amp; Popcorn, MT</p>	<p><b>29</b></p> <p>10:00am Morning Stretch w/ Suzie, Com 10:30am Table Games w/ Suzie, Com 1:30pm Saturday Matinee &amp; Popcorn, MT</p>

Activity Key: Community Room-Com/Library-Lib/Fitness Room-FR/Dining Room- DR/Club Room-CR/ Coffee Bistro-CB/ Front Entrance-FE/ **Activities are subject to change**