

## Sunday - 02/02

- Groundhog Day**
- 8:00 - St. John's Lutheran Church Trip
  - 8:30 - Calvary United Methodist & Christ Lutheran Church Trip
  - 10:00 - Virtual Catholic Mass, RC1
  - 10:15 - First Presbyterian Church Trip
  - 1:00 - ISU Women's Basketball vs. Missouri State Trip, CEFCU Arena
  - 3:00 - Vespers: Minister Walter Jones, Bloomington Worship Center, RC3
  - 7:00 - At Home Entertainment, Ch 88



## Monday - 02/03

- 9:00 - Flexible Fitness, RC2&3
- 9:30 - Flexible Fitness, Ch88
- 10:00 - Bean Bags, SC
- 10:00 - \*Cardio Drumming, WC
- 10:45 - Entertainment Committee, RC1
- 11:00 - \*Body Balance, WC
- 11:30 - AL Chair Exercise, AL3FSR
- 1:00 - Blood Pressure Checks, A2FSR
- 1:00 - Mahjong, CR
- 1:30 - Academy of Seniors, Courts at Risk: Judging in Perilous Times presented by Bob Bradley, Ch 88
- 1:30 - AL Arts & Crafts, A L3 FAR
- 1:45 - Sundae Monday, Landing
- 2:00 - Billiards with Chloe, AL2FEL
- 2:00 - Current Events, RC3
- 2:30 - Sundae Monday, AL Bistro
- 3:00 - Bingo, RC1&2
- 3:00 - Chair Yoga, WC
- 3:30 - Chair Chi, Ch 88

**\*Note:**

When scheduling time in the Wellness Center, please adhere to your assigned time.

## Tuesday - 02/04

- 9:00 - Sit, Stand & Move!, RC2&3
- 9:30 - Sit and Fit, Ch 88
- 10:00 - AL Short Story, AL Theater: "The Selfish" by Roald Dahl
- 11:30 - AL Chair Exercise, AL3FSR
- 12:45 - Bridge Club, RC2
- 1:00 - Bunco Buddies, RC3
- 1:00 - Hands in Motion, Ch 88
- 1:00 - Hands in Motion, WC
- 2:00 - Advanced Cardio, WC
- 2:30 - AL Birthday Party, AL Bistro
- 2:45 - Line Dancing, AC
- 3:00 - Social Hour, CR
- 7:00 - Community Players Singers - "Love Makes the World Go Round", SC

Call or email for an appointment.  
 Tuesday & Thursday  
 9:00 a.m. - 4:30 p.m.  
 Wednesday  
 9:00 a.m. - 3:00 p.m.

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## Wednesday - 02/05

- Library Home Delivery**
- 9:00 - Flexible Fitness, RC2&3
  - 9:30 - AL Bean Bags, AL3FSR
  - 9:30 - Flexible Fitness, Ch 88
  - 10:00 - Coffee, RC1&2: RESCHEDULED "An Introduction to Parklands Foundation" presented by Shannon Fulton
  - 10:30 - AL Reminisce, AL3FSR
  - 11:00 - \*Advanced Balance, WC
  - 11:15 - Olive Garden Italian Kitchen Lunch Outing Trip
  - 11:30 - AL Chair Exercise, AL3FSR
  - 1:00 - AL Let's Sing, AL Theater
  - 1:00 - Open Art Studio, AC
  - 1:00 - TED Talks, RC1: "Why daylight is the secret to great sleep" by Christine Blum
  - 1:00 - \*Body Balance, WC
  - 1:00 - Chair Yoga, Ch 88
  - 1:30 - Courts at Risk: Judging in Perilous Times presented by Bob Bradley, Ch 88
  - 2:00 - Bible Study with Dave Eaton, RC2
  - 2:00 - Rummikub Tile Game, CR
  - 3:00 - A L Bingo, AL3FSR
  - 3:00 - PingPong with Chloe & Soie, A2FWL

## Thursday - 02/06

- 9:00 - Morning Walk, AL Bistro
- 9:00 - Chair Dance, Ch 88
- 9:15 - Morning Walk, SC
- 10:00 - Coffee with Carolyn, AL Bistro
- 10:00 - Short Story, RC3: "A Jury of Her Peers" by Susan Glaspell
- 10:00 - \*Cardio Drumming, WC
- 11:30 - AL Chair Exercise, AL3FSR
- 12:30 - Low Vision Support Group, RMR
- 1:00 - AL Blood Pressure Checks, AL3FSR
- 1:00 - Hands in Motion, WC
- 2:00 - Silver Chords Rehearsal, RC3
- 3:00 - Open Euchre with Leah, AC
- 3:00 - Social Hour, CR
- 3:00 - Shadow Boxing, Ch 88

## Friday - 02/07

- \$ Due for "Alias Grace" in the Life Enrichment Office  
National Wear Red Day
- 9:00 - Sit, Stand & Move!, RC2&3
  - 9:00 - Sit and Fit, Ch 88
  - 10:00 - Soup-er Bowl Tasting, SC
  - 10:00 - Bible Study, AL3FWL
  - 10:00 - NO COFFEE
  - 11:00 - \*Advanced Balance, WC
  - 11:30 - AL Chair Exercise, AL3FSR
  - 1:45 - Wear Red for Heart Health Group Photo, SC
  - 2:00 - Bridge, A L3 FAR
  - 2:00 - Bingo, RC1&2
  - 7:00 - Movie & Popcorn, RC1&2



## Saturday - 02/08

- 9:00 - Chair Dance, Ch 88
- 10:00 - Arts & Crafts, AC: "Hearts and Flowers"
- 1:00 - Open Art Studio Time, AC
- 2:00 - Bingo, AL3FSR
- 6:45 - Illinois Symphony Orchestra Romantic Reflections, ISU Center for the Performing Arts
- 7:00 - At Home Entertainment, Ch88
- 7:00 - Movie & Popcorn, RC1&2

**Movie & Popcorn / At Home Entertainment**  
**SUNDAY, Feb. 2, 7:00 p.m., Ch 88**  
 "John Williams & Steven Spielberg Orchestra Live - Complete Live Concert" (2021) Run Time: 1h 48m  
**FRIDAY, Feb. 7, 7:00 p.m., RC1&2:**  
 "Carry-On" (2024, PG-13) Run Time: 1h 59m, Action, Crime, Thriller, Mystery  
**SATURDAY, Feb. 8, 7:00p.m.**  
 Ch 88: "The World of Calm: Episode 1, The Coral City" (2020, TV-G) Run Time: 22m, Documentary  
 RC1&2: "A Funny Thing Happened on the Way to the Forum" (1966, TV-PG) Run Time: 1h 39m Comedy, Musical  
**SUNDAY, Feb. 9, 7:00 p.m., Ch 88**  
 "Waiting for God" (1990, Season 2, Episodes 5 & 6)" (2021) Run Time: 23m per episode

AC	Arts and Crafts
CR	Club Room
FFP	Foundation Fountain Park
FGW	Foundation Garden Walk
RC	Resident Center
RMR	Resident Meeting Room
SC	Social Center
WC	Wellness Center
AL	Assisted Living
2FEL	2nd Floor East Lounge
2FWL	2nd Floor West Lounge
2FSR	2nd Floor Sunroom
DR	Dining Room
3FAR	3rd Floor Art Room
3FCR	3rd Floor Card Room
3FSR	3rd Floor Sunroom
3FEL	3rd Floor East Lounge
3FWL	3rd Floor West Lounge
MPR	Health Center Multi-Purpose Room

### Bargain Boutique Hours

Tuesday: 10:00 a.m. - 12:00 p.m.  
 Wednesday: 1:00 p.m. - 3:00 p.m.  
 Saturday: 9:00 a.m. - 12:00 p.m.