

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Calendar Events subject to change.

ORDERS FOR ON LINE SHOPPING TO Spencer BY WEDNESDAY Morning

4

11:30 Church Services (FT)
with Randy Stewart
1:00 Exercise Video (FT)
3:00 Sunday Matinee Movie

5

8:00 Water Walking
9:00 Water Aerobics (P)
9:30 15 minute TED Talk (FT)
10:00 Devotions with Jeff
10:00 Quilting 101 (109)
11:00 Creative Arts (S1)
1:00 Cards - Bridge (109)
1:00 Personal Fitness (W)
2:00 Piano in the Grand Lounge
2:00 Active Chair Class (W)
4:00 BRAVO Program - Chapel
7:00 Sioux Empire Brass
Rehearsal

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QUICK TRIPS as time allows
8:00 Water Walking
9:00 Water Aerobics
9:30 Blood Pressure Clinic (S1)
10:00 Tough Guy Tuesday
10:30 Bible Study- Pastor
McCarty (S1)
11:00 Open Pool
11:30 Gospel Hour (Chapel)
1:00 Shopping: Walgreens/
Walmart/Lewis 1:00 Card
Games (S2) 7:00
Barbershop Chorus Rehearsal
(FT)

7

8:00 Water Walking
8:45 Water Aerobics
10:00 Women Warriors
Workout
10:00 Crafts with Mary
11:00 Know Your Gym
12:00 Workout (W)
1:00 Shopping: Mall
1:00 Personal Fitness Class
1:00 Cards - Bridge (109)
1:00 Working in the
Woodshop
2:00 Active Chair (W)

8

QUICK TRIPS as time allows
7:00 Good Morning Fitness
8:00 Water Walking
9:00 Water Aerobics
10:00 Devotions (C)
10:00 Quilting 101 (109)
11:00 Bingo (S1)
1:00 Parkinson's Class
2:00 Active Chair (W)
1:00- 2:30 Shopping: Hy-vee
3:00 Piano in the Grand
Lounge
3:00 Active Chair (ML)
6:00 Thursday Night Dinner
with Nikolas James

9

8:00 Water Walking
9:00 Hockey Fitness Game
9:30 Coffee & Coloring (L)
10:00 Meditation & Relaxation
(C)
1:00 Wii Games (S3)
11:00 Fitness Focus
Friday(W)
2:00 Piano in the Grand
Lounge
4:00 Social Hour (LC)

10

10:00 Exercise Video (FT)
3:00 Saturday Matinee Movie

11

11:30 Church Services (FT)
Pastor Randy Stewart
1:00 Exercise Video
3:00 Sunday Matinee Movie
(FT)

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8:00 Water Walking
9:00 Water Aerobics
9:30 15 minute TED Talk (FT)
10:00 Quilting 101 (109)
10:00 Devotions with Jeff
11:00 Creative Arts (S1) (Floral)
12:00 Workout
1:00 Cards - Bridge (109)
1:00 Personal Fitness Class
2:00 Active Chair Class
3:00 Active Chair (ML)
3:00 Piano in Grand Lounge
4:00 BRAVO
7:00 Sioux Empire Brass
Rehearsal

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QUICK TRIPS as time allows
7:00 Good Morning Fitness
8:00 Water Walking
9:00 Water Aerobics
9:30 Blood Pressure (S1)
10:00 Tough Guy Tuesday
10:30 Bible Study with Pastor
11:30 Gospel Hour (FT)
1:00 Shopping:Walgreens
1:00 Card Games (S2)
1:00 Parkinson's Class
2:00 Active Chair
7:00 Valentine Social: Dessert
and Entertainment by Apostles
Jazz Duo

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8:00 Water Walking
9:00 Water Aerobics
10:00 Women Warriors
Workout
11:00 Know your gym
1:00 AL Shopping : Walmart
1:00 Cards - Bridge (109)
1:00 Personal Fitness
2:00 Open House
TBD Piano in the Grand
Lounge

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QUICK TRIPS as time allows
7:00 Good Morning Fitness
8:00 Water Walking
8:45 Water Aerobics
10:00 Devotions
10:00 Quilting 101 (109)
11:00 Open Pool
1:00 Parkinson's Class
1:00-2:30 Shopping: HyVee
2:00 Active Chair Class
3:00 Piano Grand Lounge
6:00 Thursday Night Dinner
by Nikolas James

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8:00 Water Walking
8:45 Hockey Fitness Game
9:30 Creative Arts - Card
Making (S1)
10:00 Meditation & Relaxation
(Chapel)
11:00 Bingo & Beverages (S1)
11:00 Fitness Focus Friday
1:00 Personal Fitness Class
2:00 Grand Patriots Erin
Bultje (FT)
3:00 Piano in the Grand
Lounge
4:00 Social Hour (LC)

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10:00 Pedal the World (FT)
3:00 Saturday Matinee Movie
(FT)

18

11:30 Church Services (FT)
with Pastor Randy Stewart
1:00 Exercise Video (FT)
3:00 Sunday Matinee Movie

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8:00 Water Walking
8:30 Water Aerobics
9:30 15 minute TED Talk (FT)
10:00 Quilting 101 (109)
10:00 Devotions with Jeff
11:00 Creative Arts
1:00 Personal Fitness Class
1:00 Cards - Bridge (109)
2:00 Active Chair
3:00 Active Chair (ML)
4:00 BRAVO (C)
4:00 Protective Stepping
7:00 Sioux Empire Brass
Rehearsal

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QUICK TRIPS as time allows
7:00 Good Morning Fitness
8:00 Water Walking
9:00 Water Aerobics
9:30 Blood Pressure Clinic
10:00 Tough Guy Tuesday
10:30 Bible Study - Pastor
McCarty (S1)
11:00 Open Pool
11:30 Gospel Hour (C)
1:00 Shopping: Mall
1:00 Parkinson's Class
1:00 Card Games (S2)
2:00 Active Chair
7:00 Barbershop Chorus
Rehearsal

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8:00 Water Walking
8:45 Water Aerobics
10:00 Woman Warriors
Workout
10:30 Sanford Series on
Vascular Disease
11:00 Know Your Gym
1:00 Cards - Bridge (109)
1:00 Personal Fitness Class
1:30 Working in the
Woodshop
2:00 Active Chair Class
3:00 Piano in the Grand
Lounge
4:00 Protective Stepping

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QUICK TRIPS as Time allows
7:00 Good Morning Fitness
8:00 Water Walking
8:45 Water Aerobics
10:00 Quilting 101 (109)
10:00 Devotions
11:00 Open Pool
11:00 Bingo & Beverages
1:00 Parkinson's Class
1:00-2:30 Shopping: Hy-Vee
2:00 Active Chair Class
6:00 Thursday Night Dinner
Music by Bill Withtoeft

23

8:00 Water Walking
8:45 Hockey Fitness Game
9:30 Coffee & Coloring (L)
10:30 Meditation & Relaxation
(Chapel)
11:00 Fitness Focus Friday
1:00 Personal Fitness Class
2:30 Piano in Grand Lounge
4:00 Social Hour Music by
Sandra Harmon (FT)

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10:00 Exercise Videos
3:00 Saturday Matinee Movie
(FT)

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11:30 Church Services (FT)
with Pastor Randy Stewart
1:00 Exercise Video
3:00 Sunday Matinee Movie

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8:00 Water Walking
8:45 Water Aerobics
10:00 Devotions
10:00 Quilting 101 (109)
10:30 15 minute TED Talk (FT)
1:00 Cards - Bridge (S3)
1:00 Personal Fitness Class
1:30 Creative Arts - Cricut with
Mary (S1)
2:00 Active Chair
3:00 Piano in the Grand Lounge
4:00 BRAVO (B)
4:00 Protective Stepping
7:00 Sioux Empire Brass
Rehearsal

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QUICK TRIPS as time allows
7:00 Good Morning Fitness
8:00 Water Walking
8:45 Water Aerobics
9:30 Blood Pressure Clinic (S1)
10:00 Tough Guy Tuesday
10:30 Bible Study - Pastor
McCarty
11:00 Open Pool
11:30 Gospel Hour (FT)
1:00 Ind. Shopping
1:00 Parkinson's Class
2:00 Active Chair Class
7:00 Barbershop Chorus
Rehearsal

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8:00 Water Walking
8:45 Water Aerobics
10:00 Piano in the Grand
Lounge
10:30 Coffee Clutch
11:00 AL Shopping: Hobby
Lobby
1:00 Cards - Bridge (S3)
1:00 Personal Fitness Class
2:00 Active Chair Class
2:00-4:30 Grand Falls Casino
Outing
4:00 Protective Stepping

A BRIEF DESCRIPTION OF EVENTS: *BRAVO- THIS PROGRAM IS DESIGNED TO EMBRACE AN ALL-INCLUSIVE RANGE OF MUSICAL EXPERIENCES. *15 MINUTE TED Talks: A non profit organization that promotes topics on Technology, Entertainment, & Design. These videos are meant to inspire, teach and provoke new ideas.