

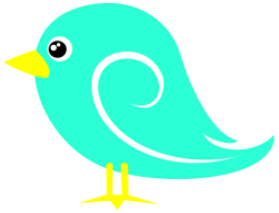

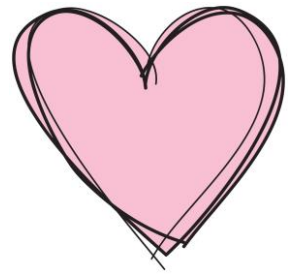


February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>WELLNESS INVENTORY</p> <ul style="list-style-type: none"> •Physical •Social •Emotional •Spiritual •Intellectual •Vocational <p>"Whole Person Wellness" Color Key Match the color of the Activity or Programming to the Wellness Dimension!</p>	<p>1 10:00 Monday Morning Fitness Class (Buffalo Room) 10:30 Bible Study (Buffalo Rm) 1:00 Scrabble Group (Library) 2:30 Arts & Crafts Class Making Valentines Cards (Buffalo Room) 3:30 Catholic Communion (Assisted Living Conference Room) 6:30 Glacier Stamp Club (Billiards Room)</p>	<p>2 Groundhog Day <i>Stop by the Recreation Office for a Groundhog Day treat!</i> 10:00 Arthritis Foundation Video Exercise (Buffalo Rm) 10:30 Visit from Kid Kare Daycare Group (Buffalo Room) 1:00 Writing Group (2C day room) 1:00 Strength, Balance & Fitness with Julie (Buffalo Rm) 1:30-2:30 Personal Trainer Individualized Sessions 1:30 Wii Bowling (Café) 2:00 Bridge Group (Library) 2:30 "Sew & Tell" Fiber Arts (Billiards Room) 3:30 Tai Chi Class with David</p>	<p>3 9:00-11:00 Computer Help Sessions with Ron 10:00 Senior Fitness with Kris Riley (Buffalo Room) 2:00 February Birthday Celebration (Buffalo Room)</p>  <p>3:00-4:30 Cribbage (Billiards) 6:00 Wednesday Night Trivia (Buffalo Room)</p>	<p>4 10:00 Senior Yoga with Jane Adams (Buffalo Rm) 1:30 BINGO (Buffalo Room) 3:00 Strength, Balance & Fitness with Julie (Buffalo Room) 3:00 Updates and Questions with Carla (Buffalo Room)</p> <p>Free FVCC Lecture: Wilderness Speaker Series "Wilderness Fire Management and Specific Challenges on the Flathead National Forest in 2015" <i>Bus Departs at 6:15pm (Sign up at the Front Desk)</i></p>	<p>5 10:00 Friday Morning Fitness (Buffalo Room) 10:30 Brain Fitness Sessions (Buffalo Room) 1:30 Wii Bowling (Buffalo Rm) 2:00 Watercolor Art Class (Billiards Room)</p> <p>Dress Up Day! Ladies are welcome to join the fun! Wear your favorite dress or skirt.</p>	<p>6 10:00 Senior Yoga (Video Class, Buffalo Rm) 1:00 DIY Project: Homemade Bird Feeders (Billiards Room) 7:00 Sons of Norway (Buffalo Room) February is National Bird-Feeders Month!</p> 
<p>7 8:30-12:00 *Church Bus* 1:00 Christian Worship Service (Buffalo Room) 4:00 Super Bowl 50 Tailgate Party (Buffalo Room)</p> 	<p>8 Chinese New Year 10:00 Monday Morning Fitness Class (Buffalo Rm) 10:30 Bible Study (Buffalo Rm) 1:00 Scrabble Group (Library) 2:00 Chinese New Year Social (Patio Room & Main Lobby) 3:30 Catholic Communion (Assisted Living Conference Room)</p> <p>Chinese New Year themed Dinner Menu in the Claremont and Café</p>	<p>9 Mardi Gras 10:00 Arthritis Foundation Video Exercise (Buffalo Rm) 1:00 Writing Group (2C day room) 1:00 Strength, Balance & Fitness with Julie (Buffalo Rm) 1:30-2:30 Personal Trainer Individualized Sessions 1:30 Wii Bowling (Buffalo Rm) 2:00 Mardi Gras Social (Patio Room and Main Lobby) 2:00 Bridge Group (Library) 2:30 "Sew & Tell" Fiber Arts (Billiards Room) 3:30 Tai Chi Class with David</p>	<p>10 8:00-11:00 Toe Nail Clinic (Beauty Salon) 10:00 Senior Fitness with Kris Riley (Buffalo Room) 1:00 Ash Wednesday Worship Service (Buffalo Room) 3:00-4:30 Cribbage (Billiards) 6:00 Wednesday Night Trivia (Buffalo Room)</p>	<p>11 10:00 Senior Yoga with Jane Adams (Café) 1:30 BINGO (Café) 3:00 Strength, Balance & Fitness with Julie (Buffalo Room) 6:30 Chocolate & Wine Pairing Party (Buffalo Room)</p> <p><i>*Please note that Senior Yoga and BINGO are in the Café.</i></p> <p>Name Tag Day</p>	<p>12 10:00 Friday Morning Fitness (Buffalo Room) 10:30 Brain Fitness Sessions (Buffalo Room) 1:30 Wii Bowling (Buffalo Rm) 2:30 Fresh Flower Arranging (Buffalo Room)</p> <p>Valentine Delivery Day! Employees and Residents will be awarded prizes for the most festive Valentine's Day Attire!</p>	<p>13 10:00 Senior Yoga (Video Class, Buffalo Rm) 1:00 MS Support Group (Billiards Room) 1:00 Valentines Day Celebration (Buffalo Room)</p> 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>14 8:30-12:00 *Church Bus* 1:00 Christian Worship Service (Buffalo Room) 2:30 Buffalo Theater Now Playing "His Girl Friday" 1940 Classic Romance/Comedy</p> 	<p>15 10:00 Monday Morning Fitness Class (Buffalo Rm) 10:30 Bible Study (Buffalo Rm) 1:00 De-Stress & Relax Coloring Party & Tea (Buffalo Room) 1:00 Scrabble Group (Library) 3:00 Alzheimer's Support Group (Billiards Room) 3:30 Catholic Communion (Assisted Living Conference Room) Free FVCC Lecture: "The Religious Beliefs of America's Founding Fathers" Bus Departs at 6:15pm</p>	<p>16 10:00 Arthritis Foundation Video Exercise (Buffalo Rm) 1:00 Writing Group (2C day room) 1:00 Strength, Balance & Fitness with Julie (Buffalo Rm) 1:30-2:30 Personal Trainer Individualized Sessions 1:30 Wii Bowling (Buffalo Rm) 2:00 Bridge Group (Library) 2:30 "Sew & Tell" Fiber Arts (Billiards Room) 3:30 Tai Chi Class with David 5:00 Adventurous Eaters Club (Claremont Private Dining Rm) (Sign up at the Front Desk)</p>	<p>17 9:00-11:00 Computer Help Sessions with Ron 10:00 Senior Fitness with Kris Riley (Buffalo Room) 1:30 Arm Chair Travels With JoAnn Hornby (Buffalo Room)  3:00-4:30 Cribbage (Billiards) 6:00 Wednesday Night Trivia (Buffalo Room)</p>	<p>18 10:00 Senior Yoga with Jane Adams (Buffalo Rm) 1:30 BINGO (Buffalo Room) 3:00 Strength, Balance & Fitness with Julie (Buffalo Room) 4:00 Out to Dinner at "Moose's Saloon" (Sign up at the Front Desk) Name Tag Day</p>	<p>19 10:00 Friday Morning Fitness (Buffalo Room) 10:30 Brain Fitness Sessions (Buffalo Room) 1:30 Wii Bowling (Buffalo Rm) 2:00 Watercolor Art Class (Billiards Room)</p>	<p>20 10:00 Senior Yoga (Video Class, Buffalo Rm) 1:00 - 3:00 Jam Sessions with Hank & Dorothy (Buffalo Room)</p>
<p>21 8:30-12:00 *Church Bus* 1:00 Christian Worship Service (Buffalo Room) 2:30 Buffalo Theater Now Playing "The Walk" 2015 Drama</p>	<p>22 10:00 Monday Morning Fitness Class (Buffalo Rm) 10:30 Bible Study (Buffalo Rm) 1:00 Scrabble Group (Library) 3:00 "Bicycle Journey's" Cycling through France Fitness Class with Hannah (Buffalo Room) Try this new begginer friendly "Pedal at your own pace" class 3:30 Catholic Communion (Assisted Living Conference Room)</p>	<p>23 10:00 Arthritis Foundation Video Exercise (Buffalo Rm) 1:00 Writing Group (2C day room) 1:00 Strength, Balance & Fitness with Julie (Buffalo Rm) 1:30-2:30 Personal Trainer Individualized Sessions 1:30 Wii Bowling (Buffalo Rm) 2:00 Bridge Group (Library) 2:30 "Sew & Tell" Fiber Arts 3:30 Tai Chi Class with David</p>	<p>24 8:00-11:00 Toe Nail Clinic 10:00 Senior Fitness with Kris Riley (Buffalo Room) 1:00 Tour of the Retreat (Bus departs at 12:45) 3:00 Resident Association Meeting (Buffalo Room) 3:00-4:30 Cribbage (Billiards) 3:30 Tai Chi Class with David (Buffalo Room) 6:00 Wednesday Night Trivia (Buffalo Room)</p>	<p>25 10:00 Senior Yoga with Jane Adams (Buffalo Rm) 1:30 BINGO (Buffalo Room) 3:00 Strength, Balance & Fitness with Julie (Buffalo Room) Free FVCC Lecture: "Race, Religion and Gender in Early American Politics" Bus Departs at 6:15pm (Sign up at the Front Desk) Name Tag Day</p>	<p>26 10:00 Friday Morning Fitness (Buffalo Room) 10:30 Brain Fitness Sessions (Buffalo Room) 1:30 Wii Bowling (Café) 4:30 Dinner and a Movie "Monkey Business" (Buffalo Room) (Sign up at the Front Desk)</p>	<p>27 10:00 Senior Yoga (Video Class, Buffalo Rm) 1:00 Chocolate and Cherries Social (Patio Room & Main Lobby) February is National Cherry Month! </p>
<p>28 8:30-12:00 *Church Bus* 1:00 Christian Worship Service (Buffalo Room) 2:30 Buffalo Theater Now Playing "August Rush" 2007 Family Drama</p>	<p>29 10:00 Monday Morning Fitness Class (Buffalo Rm) 10:30 Bible Study (Buffalo Rm) 1:00 Scrabble Group (Library) 3:00 Coffee Hour with Carla 2nd Floor D Wing Residents (Day Room 2C) 3:30 Catholic Communion (Assisted Living Conference Room) Leap Year Day!</p>	<p>Happy Birthday! Harry Cheff 2nd Bev Reynolds 3rd Lou Abel 5th Jean Moore 9th Pat Cheff 13th Joanna Bitney 16th</p>	<p>Happy Birthday! Glenn Mueller 18th Ella Andersen 24th Cliff Kratcher 24th Sam Reynolds 26th George Thompson 27th John Martello 28th</p>	<p>Curio Cabinet Theme: "Decorative Plates" <i>We're looking for plates and platters of all kinds. Help us fill the cabinet with this month's theme!</i> <i>Drop off your items at the Recreation Office.</i></p>	<p>Shopping Shuttle Mon 1:00pm-3:00pm (Northside Bus- Wal Mart) 3rd Mon 1:00pm-3:00pm (Evergreen) Wed 9:45am-11:30am (Eastside-downtown) Fri 1:00pm-3:00pm (Westside-downtown)</p>	<p>Medical Shuttle Mon, Wed & Fri 8:30am-12:00pm Tue & Thurs 8:30am-4:00pm Special Errands Every Friday from 1-3pm. Please submit requests at least one day prior.</p>