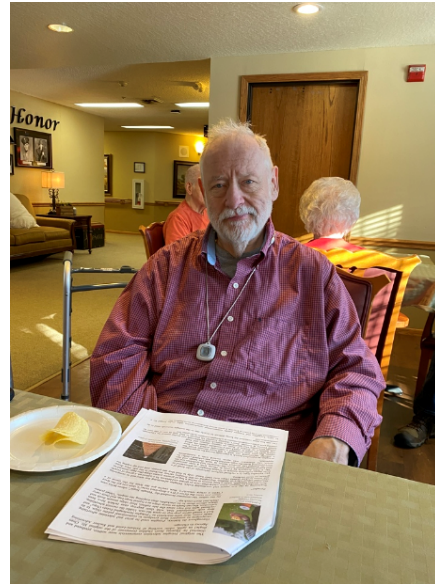


HAPPY NINGS.



Love



Hello February!

"We want true love to be a perfect picture full of perfect smiles, and sunlit plazas, but the more I learn about love, the more ordinary the picture I see, sometimes out of focus, sometimes awkward or in the wrong light. Because true love still takes pictures on dark and cloudy days, when you can't see the sunset, but you know in your heart it's still there"

Happy Birthday!

Betty Kious (2nd)

Bette Dirksen (7th)

Don Matus (13th)

Ruth Calhoun (14th)

The Month of Love

We are so excited to turn the page to February! Our theme days for the month are the Superbowl, President's Day, and of course Valentine's Day! We also added a few more days that we will be celebrating, Groundhog Day and National Iowa Day. Our festivities will definitely keep us busy!

Our musicians this month are Stan Dudley, Maurice Jules, and Neil Hewitt! We are looking forward to having them perform for us. Other special events include two Target trips, an outing to the Des Moines Art Center, and our monthly Birthday Party!

Also on the calendar, we have some new activities lined up! On Valentines Day, we will be making Valentine cards for everyone with personalized mail boxes! For Presidents Day, we will be playing Presidents Trivia and Presidents themed games. Lastly, we will be trying some new taste tests, travel videos for a virtual getaway, and a guided relaxation.

February

Sunday

Monday

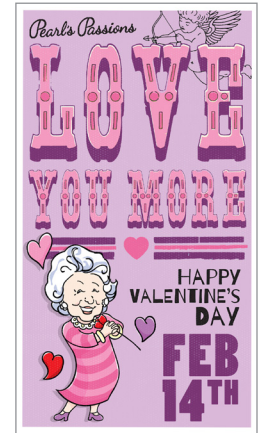
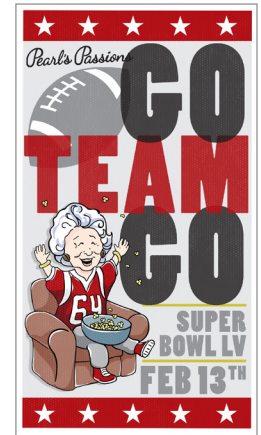
Tuesday

Wednesday

Thursday

Friday

Saturday



<p>10a Coffee Talk 1p Cards 2p UNO 4p Church Service</p>	<p>9:30a Read the Paper & Weights Exercise 10:15a Wheel of Fortune 1p Name That Tune 2p Ring Toss 3:30p Rosary with Kathy 6p Puzzles</p>	<p>9:30a Read the Paper & Group Exercise 10:30a Bible Study 1p Giant Connect 4 2:30p Sing Along & Snack 6p Cards</p>	<p><u>Groundhog Day</u> 9:30a Read the Paper & Stretching 10:15a Wii Bowling 1p Neil Hewitt Music 2p Groundhog Day Craft 6p UNO</p>	<p>9:30a Read the Paper & Balloon & Noodle 10:30a Chaplain visit 1p General Store 2p Puzzle 3:30 Walking Club 6p Adult Coloring</p>	<p><u>National Wear Red Day</u> 9:30a Read the Paper & Relaxation & Breathing 10:15a Bingo 1p Bickford Bakers 3p Happy Hour 6p Drawing</p>	<p>10a Chair Yoga 1p King's Corner 6p Movie Night:</p>
<p>10a Coffee Talk 1p Cards 2p UNO 4p Church Service</p>	<p>9:30a Read the Paper & Weights Exercise 10:15a Wheel of Fortune 1p Name That Tune 2p Ring Toss 3:30p Rosary with Kathy 6p Puzzles</p>	<p><u>National Iowa Day</u> 9:30a Read the Paper & Group Exercise 10:30a Bible Study 1p Sing Along & Snack 2p Iowa History 3p Travel to Africa Video 6p Adult Coloring</p>	<p>9:30a Read the Paper & Stretching 10:15a Giant Crosswords 1p Stan Dudley Piano 3p Walking Club 6p Dice</p>	<p>9:30a Read the Paper & Balloon & Noodle 10:30a Chaplain visit 1p Taste Test Cheese & Crackers 3p Manicures 6p King's Corner</p>	<p>9:30a Read the Paper & Relaxation & Breathing 10:15a Bingo 1p Target Shopping Trip 3p Happy Hour 6p Movie Night</p>	<p>10a Exercise Video 1p Board Game 6p Lawrence Welk</p>
<p>SUPERBOWL 9:30a Newspaper & Exercise 10:30a Superbowl Trivia 1p Superbowl Craft 2p Superbowl Party 4p Church Service 6:30p Watch the Superbowl</p>	<p>VALENTINE'S DAY 9:30a Exercise 10:15a Valentine's Trivia 1p Valentine's Day Craft 2:30p Valentine's Day Party 3:30p Rosary with Kathy 6p Walking Club</p>	<p>9:30a Read the Paper & Group Exercise 10a Virtual Museum Tour 1p Bickford Bakers 2:30p Men's Club 6p Cards</p>	<p>9:30a Read the Paper & Stretching 10:15a Trivia 1p Balloon Volleyball 2p Travel to Europe Video 3:30p Movie & Snackmix 6p UNO</p>	<p>9:30a Read the Paper & Balloon & Noodle 10:30a Chaplain visit 1p Would You Rather 2p Maurice Jules Music 6p Adult Coloring</p>	<p>9:30a Read the Paper & Relaxation & Breathing 10:15a Bingo 1p Visit the Des Moines Art Center 3p Happy Hour 6p Drawing</p>	<p>10a Chair Yoga 1p King's Corner 6p Movie Night:</p>
<p>10a Coffee Talk 1p Cards 2p UNO 4p Church Service</p>	<p>PRESIDENT'S DAY 9:30a Weights Exercise 10:15a Virtual 9/11 Memorial Tour 1p Presidents Trivia 2p Presidents Day Games 3:30p Rosary with Kathy 6p Puzzles</p>	<p><u>National Margarita Day</u> 9:30a Read the Paper & Group Exercise 10:30a Bible Study 1p Giant Connect 4 2p Margaritas 3p Mini Golf 6p Adult Coloring</p>	<p>9:30a Read the Paper & Stretching 10:15a Giant Crosswords 1p Guided Relaxation 2p Buckingham Foote Duo 6p Walking Club</p>	<p>9:30a Read the Paper & Balloon & Noodle 10:30a Chaplain visit 1p Resident Council 2:30 February Birthday Party 6p King's Corner</p>	<p>9:30a Read the Paper & Relaxation & Breathing 10:15a Bingo 1p Taste Test Oreos 3p Happy Hour 6p Movie Night</p>	<p>9:30a Current Events & Exercise 10:30a Watercolor & Tunes 1p Walking Club 2p Scrabble 3:30p Giant Connect 4 6p Lawrence Welk</p>
<p>10a Coffee Talk 1p Cards 2p Checkers 4p Church Service</p>	<p>9:30a Read the Paper & Weights Exercise 10:15a Trivia 1p Target Trip 3:30p Rosary with Kathy 6p Walking Club</p>					