








Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>February 2020</div> 			Dining Hall Mealtimes: <ul style="list-style-type: none"> Breakfast: 7:00-9:00 am Lunch: 11:30-1pm Dinner: 4:45-6:00pm 			9:00 Exercise 1 10:15 Board Games 1:15 Movie (Night at the Museum) 3:00 Music
9:00 Exercise 2 10:15 Board Games 2:00 Church Service 3:00 Gospel Music Superbowl Sunday Ground Hog day 	9:10 Big Moves 3 9:40 Strengthening 10:45 McDonalds 1:30 Bingo 3:00 Nails Feed the Birds Day	9:10 Chair Yoga 4 10:00 Crafters Corner 11:00 Fun & Games 2:30 Cooking Club Stuffed Mushroom Day	9:10 Big Moves 5 9:40 Strengthening 11:00 Fun & Games 1:00 Book Club 3:30 Dogs Visit	9:10 Chair Yoga 6 10:00 MASS 10:30 Bible Study 1:15 KU Natural History Museum (\$7) 3:00 Movie (Bye Bye Birdie)/popcorn Chopsticks day	9:00 Wii Games 7 10:00 Coffee with community 11:00 Fun & Games 3:00 Pen Pals Bubble Gum Day 	9:00 Exercise 8 10:15 Board Games 1:15 Movie (Space Balls) 3:00 Music
9:00 Exercise 9 10:15 Board Games 2:00 Church Service 3:00 Gospel Music Oscar Night Happy B-day Anita! 	9:10 Big Moves 10 9:40 Strengthening 11:00 Fun & Games 1:15 Five Below 3:00 Nails	9:10 Chair Yoga 11 10:00 Crafters Corner 11:00 Fun & Games 2:30 Cooking Club	9:10 Big Moves 12 9:40 Strengthening 11:00 Fun & Games 1:00 Book Club 3:30 Dogs Visit Lincoln's B-Day	9:10 Chair Yoga 13 10:30 Bible Study 1:15 Library (FREE) 3:00 Movie (The Princess Bride)/Popcorn	9:00 Wii Games 14 10:00 Coffee with community 11:00 Fun & Games 3:00 Valentine Bingo ♥Valentine's Day ♥ Happy B-Day Keagan!	9:00 Exercise 15 10:15 Board Games 1:15 Movie (007 The spy who loved me) 3:00 Music
9:00 Exercise 16 10:15 Board Games 2:00 Church Service 3:00 Gospel Music	9:10 Big Moves 17 9:40 Strengthening 10:45 Jazz Louisiana Kitchen 1:30 Bingo 3:00 Nails Presidents Day	9:10 Chair Yoga 18 10:00 Crafters Corner 11:00 Fun & Games 1:15 Resident Council 3:00 Happy Hour National Drink Wine 	9:10 Big Moves 19 9:40 Strengthening 11:00 Fun & Games 1:00 Book Club 3:30 Dogs Visit Chocolate Mint Day	9:10 Chair Yoga 20 10:30 Bible Study 1:15 Nelson Art Museum (FREE) 3:00 Movie (Mouse Hunt)/Popcorn	9:00 Wii Games 21 9:45 Bingo at Senior Center 11:00 Fun & Games 3:00 Pen Pals Washington's B-Day Margarita Day Happy B-Day Patsy!	9:00 Exercise 22 10:15 Board Games 1:15 Movie (Ratatouille) 3:00 Music
9:00 Exercise 23 10:15 Board Games 2:00 Church Service 3:00 Gospel Music 5:00-6:30pm Knepp Gospel Acapella Singing	9:10 Big Moves 24 9:40 Strengthening 11:00 Fun & Games 1:15 Walmart 3:00 Nails 4:00 Wii bowling with salsa, chips, & margaritas Tortilla Chip Day Happy B-day George!	9:10 Chair Yoga 25 10:00 Crafters Corner 11:00 Fun & Games 2:30 Cooking Club 3:30 Mardi Gras Bingo Mardi Gras Celebration 	9:10 Big Moves 26 9:30 Strengthening 11:00 Fun & Games 1:00 Book Club 3:30 Dogs Visit Ash Wed	9:10 Chair Yoga 27 10:30 Bible Study 2:00 Birthday Cake Party 3:00 Movie (Down Periscope)/Popcorn	9:00 Wii Games 28 10:00 Coffee with community Guest Speaker: "How to Avoid Fraud" 11:00 Fun & Games 3:00 Bingo Store Open!	9:00 Exercise 29 10:15 Board Games 1:15 Movie (Avengers) 3:00 Music Leap Day 

Key:

- Held Downstairs
- Held in Activity Room
- Open to public
- Outing
- Held in movie room
- Held in private dining



February 2020: Class Description



Chair Yoga

Chair Yoga class is one of the gentlest forms of yoga available. Students perform gentle stretches, postures and breathing exercises with the aid of a chair. Students can experience the many benefits of yoga without having to get up or down from the floor. Benefits include increased balance, strength, flexibility, range of motion, and stress reduction.

Strengthening

Strengthening class works all muscle groups with a variety of strengthening exercises. This muscle building class tones upper and lower body using resistance like therapy exercise bands, hand weights and your own body weight.

Big Moves

Big moves class is a whole-body fitness class that focuses on putting big effort into every movement, improving balance, coordination and improving endurance.

Crafters Corner

Crafters Corner is for a perfect time to get creative we will explore a variety of different types of art! Join us for the following crafts this month;

- Feb. 4th Heart Wreath
- Feb. 11th Valentine Gnome
- Feb. 18th Terrarium
- Feb. 25th Mardi Gras/ Louisiana symbol Fleur-de-lis wall hanging

Fun and Games

Fun and games is a time to join together to have fun! During this time we will play team games and activities such as “what’s in the box”, Jeopardy, Fact or Crap, and much more! Come play or watch fun and games, either way it will be a blast!

Cooking Club

Cooking Club will teach you how to prepare simple and delicious food! Join us for the following yummy snacks this month;

- Feb 4th Stuffed Mushrooms
- Feb 11th Chocolate Dipped Strawberries
- Feb 25th Mardi Gras Candy Coated Popcorn

Book Club

Join book club to meet other fellow book lovers! We will gather together and as a group decide which book we would like to read from select book summaries. We will then read the book and meet up to discuss chapters read throughout the month.

Wii Games/ Wii Bowling

Wii Games/ Bowling is brand new to Vintage Park at Tonganoxie! Wii is a video game system join us for games such as bowling, tennis, golf, baseball, and much more!