*IL Activities for the Week of*

Feb. 21st -27th 2022

*Schedule is subject to change at any time*

You must sign-up for any Activity with an \*

Mon. Feb. 21st

8:00 AM Smokey & Bandit Visiting-all day

9:00 AM Chair Exercises-TV Ch. 718

9:00 AM Coffee, Tea, Hot Choc.-Rec. Rm.

10:30 AM Pool Cardio -Pool

11:00 AM Water Volleyball-Pool

1:00 PM Bible Study-LGR

2:00 PM \*Cognitive Fitness-Library

3:00 PM Bingo-Cafe

6:00 PM Card Playing-Library

7:00 PM Billiards-3rd floor SV Billiard’s Rm.

Tues. Feb. 22nd

9:00 AM Patriotic Music-TV Ch. 718

9:30 AM \*Grocery Shopping-Giant Eagle

9:30 AM Cardio, Weights & Bands-LGR

10:15 AM Yoga-LGR

11:00 AM Chair Exercise-LGR

11:30 AM Gentle Stretching-LGR

2:22 PM \*Twosday Party-Great Rm.

3:30 PM Chair Exercises-TV Ch. 718

Wed. Feb. 23rd

9:00 AM Chair Exercises-TV Ch. 718

9:00 AM \*Wake Up Wednesday-Rec. Rm.-$2

9:30 AM Shoe Fly Altoona-LGR

10:30 AM Pool Stretching-Pool

11:00 AM Water Volleyball-Pool

1:00 PM Cybersecurity Presentation-GCC

2:00 PM Senior Nutrition-Library

3:00 PM Grief Support Group-Library

6:00 PM Movie on TV Ch. 718 “Letters to Juliet”

****Thur. Feb. 24th

9:30 AM Cardio, Weights & Bands-LGR

10:15 AM Yoga-LGR

11:00 AM Chair Exercises-LGR

1:00 PM Scrabble-2nd floor lounge SV

1:00 PM \*Men’s Snack & Yak-Rec Rm-$2

2:00 PM Alzheimer’s Support Group-EACC

*(Thurs 2/24 con’t:)*

3:30 PM Chair Exercises-TV Ch. 718

3:30 PM Choir Practice-Chapel

6:30 PM Pinochle-Café

7:00 PM Billiards-3rd floor SV Billiards Rm

Fri. Feb. 25th

8:30 AM \*Massages by Ashley-massage Rm.

9:00 AM Chair Exercises-TV Ch. 718

10:00 AM \*Leprechaun Wooden Hat Craft-Rec.Rm.

10:30 AM Pool Cardio-Pool

11:00 AM Water Volleyball-Pool

2:00 PM Circle of Friends-Rec. Rm.

**4:00 PM \*Terrace Hour-Cafe

6:00 PM Card Playing-Library

7:00 PM Billiards -3rd floor SV Billiard’s Rm.



Sat. Feb. 26th

10:00 AM Table Tennis-LGR

10:00 AM Chicks w/Sticks-Great Room

1-1:30 PM Applications & Programs-Cyberlounge

1:30-2 PM Applications & Programs-Cyberlounge

2:00 PM Tour of Virginia Safari-TV Ch. 718

3:00 PM Card Playing-Library

Sun. Feb. 27th

10:30 AM Church Services-Chapel

3:00 PM Card Playing-Library

*\*\*See TV Ch. 718 for upcoming events\*\**

