*IL Activities for the Week of*

Feb. 14th-20th 2022

*Schedule is subject to change at any time*

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

Mon. Feb. 14th

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-Library

1:30 PM Valentine’s Day Party-Great Rm

6:00 PM Card Playing-Library

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

Tues. Feb. 15th

9:00 AM Morning Music-TV Ch. 718

9:30 AM \*Grocery Shopping-Walmart

9:30 AM Cardio, Weights & Bands-LGR

10:15 AM Yoga-LGR

11:00 AM Chair Exercise-LGR

11:30 AM Gentle Stretching-LGR

2:00 PM \*Dryer Vent Snowman Craft-Rec Rm

3:30 PM Chair Exercises-TV Ch. 718

Wed. Feb 16th

9:00 AM Chair Exercises-TV Ch. 718

10:30 AM Pool Stretching-Pool

11:00 AM Water Volleyball-Pool

1:00 PM Tutorial: Online Groceries-Rec. Rm

1:30 PM Movie “Love Finds You in Valentine”-GCC & TV Ch. 718

2:00 PM Senior Nutrition-Library

4:30 PM \*IL Dinner-GCC

****Thur. Feb. 17th

9:30 AM Cardio, Weights & Bands-LGR

10:00 AM Hospice 101-Rec Rm

10:15 AM Yoga-LGR

11:00 AM Chair Exercises-LGR

11:30 AM \*Chatty Chicks-trip to Maddie Cakes

1:00 PM Scrabble-2nd floor lounge SV

2:30 PM Diabetes Support Group-Library

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. 18th

9:00 AM Chair Exercises-TV Ch. 718

10:30 AM Pool Cardio-Pool

11:00 AM Water Volleyball-Pool

1:30 PM \* Bus Trip-Juniata Brewing, Huntingdon, Pa

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

6:00 PM Card Playing-Library

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



Sat. Feb. 19th

10:00 AM Table Tennis-LGR

10:00 AM Chicks w/Sticks-Great Room

1:00 PM New Computer/Keyboard Intro-Cyber Lounge

3:00 PM Card Playing-Library

Sun. Feb. 20th

10:30 AM Church Services-Chapel

2:00 PM 3 Four One Concert-GCC

3:00 PM Card Playing-Library

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

