




| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|---|---|--|
|  | | | 1 9:00 Strong Bones-A 9:30 Bible Study w/ Pastor Dennis-BB 2:00 Church-A 3:30 Knitting-BB* | 2 10:00 Bible Study w/ Pastor Mumm-CL 2:00 <i>Heartland Series-T</i> 3:00 Jeopardy-3CA <small>Groundhog Day</small> | 3 9:30 Chair Yoga-A 11:00 Bingo-CL <u>1:00 Bridge-BB*</u> 2:00 Pastor Visits w/ Linda-Bistro 3:00 Movie Comm. Meeting-T | 4 10:00 Bingo-CL* Black History Crossword Puzzle-Libraries |
| 5 DIY Valentine's Day Picture Frame Craft- Supplies and directions found in the Craft Room (1 st come 1 st serve) | 6 9:30 Strong Bones-A 11:00 Bingo-2CA 3:00 Michael Gruber Music-A 4:00 BYOB Happy Hour-BB/CL | 7 10:00 Men @ Ten-CL 10:00 Knitting-AS* 12-4pm Absentee Voting-A 1:00 Euchre-CL* 3:00 Movie: <i>Selma-T</i> | 8 9:00 Strong Bones-A 9:30 Bible Study w/ Pastor Dennis-BB 2:00 Church-A 3:00 Jeopardy-3CA 3:30 Knitting-BB* | 9 10:00 Bible Study w/ Pastor Mumm-CL 1:30 Bunco-BB* 2:00 <i>Heartland Series-T</i> 3:00 Sing-Along-CR* | 10 9:30 Chair Yoga-A No Bingo today! <u>1:00 Bridge-BB*</u> 2:00 Pastor Visits w/ Linda-Bistro | 11 10:00 Bingo-CL* Be My Valentine Word Search-Libraries |
| 12 Make a card or small treat for a neighbor/friend and be their "Secret Valentine" on Tuesday! | 13 10:00 Catholic Mass-A 11:00 Bingo-2CA 1:00 Shari Sarazin-A 3:00 Pet Visit w/ Merlin & Oz-BB 4:00 BYOB Happy Hour-BB/CL | 14 10:00 Knitting-AS* 1:00 Valentine's Day Jeopardy w/ Cocktail-A 1:00 Euchre-CL* 3:00 Movie: <i>The Titanic-T</i> <small>Valentine's Day</small> | 15 9:00 Strong Bones-A 9:30 Bible Study w/ Pastor Dennis-BB 2:00 Church-A 3:30 Knitting-BB* | 16 10:00 Bible Study w/ Pastor Mumm-CL 1:00 Jeopardy-3CA 2:00 Tea @ Two-A 3:00 <i>Heartland Series-T</i> | 17 9:30 Chair Yoga-A 11:00 Bingo-CL <u>1:00 Bridge-BB*</u> 2:00 Pastor Visits w/ Linda-Bistro | 18 10:00 Bingo-CL* Presidents' Day Search and Solve Puzzle-Libraries |
| 19 Take N Make: Peanut Butter Energy Bites- Delivered on Monday the 20 th between 3-5pm | 20 9:30 Strong Bones-A 11:00 Bingo-2CA 3:00 Pet Visit w/ Merlin & Oz-BB 4:00 BYOB Happy Hour-BB/CL <small>Presidents' Day</small> | 21 10:00 Knitting-AS* 1:00 Euchre-CL* 3:00 Movie w/ popcorn served: <i>The Sentinel-T</i> <small>Mardi Gras</small> | 22 9:00 Strong Bones-A 9:30 Bible Study w/ Pastor Dennis-BB 11:00 Geography Game-A 2:00 Church-A 3:30 Knitting-BB* <small>Ash Wednesday</small> | 23 10:00 Bible Study w/ Pastor Mumm-CL 1:00 Painting w/ Mallorie-AS 2:00 <i>Heartland Series w/ popcorn-T</i> 3:00 Jeopardy-3CA | 24 9:30 Chair Yoga-A 11:00 Bingo-CL <u>1:00 Bridge-BB*</u> 2:00 Pastor Visits w/ Linda-Bistro | 25 10:00 Bingo-CL* Mardi Gras Secret Message Puzzle-Libraries |
| 26 *Mallorie will be on vacation from Feb. 27 th - March 7 th . Please reach out to Lucy @ 12713 if you need anything during this time* | 27 (Mallorie off) 9:30 Strong Bones-A 11:00 Bingo-2CA 3:00 Pet Visit w/ Merlin & Oz-BB 4:00 BYOB Happy Hour-BB/CL | 28 (Mallorie off) 10:00 Knitting-AS* 1:00 Euchre-CL* 2:00 Hospice Presentation-A 3:00 Movie: <i>Harriet-T</i> |   <h1>FEBRUARY 2023</h1> <p>AL/IL/SL Activity Calendar</p> | | | |

Please turn over for additional information & location keys for programs →

STRONG BONES EXERCISE/CHAIR YOGA IN AUDITORIUM OR VIA ZOOM:

- No Sign-up required! Please wear your mask the entire time of the program.
- Chairs must stay where they are; Please do not move them!

· How to access Strong Bones via zoom:

- Download Zoom to your electronic device of choice and create an account (if you have not already)
 - Join our Zoom meeting by entering in the meeting ID: 79785075740
 - Please, note that it will ask for a password. The password is **eaglecrest**
- Activities will start at the designated time. Please be sure you are connected before the activity begins.

INDEPENDENTLY LED GROUPS (IN HOUSE TELEPHONE CONTACT):

- Men at Ten – Bob B. 12308
- Knitting Club – Kathy G. 12200
- Tea at Two – Marile B. 12308
- Bible Study with Pastor Mumm – Wyonne R. 12018
 - Bunco – Mary G. 12105
- Welcome to La Crosse! Newcomers Group – Shirley D. 15005
 - Euchre-Jim P. 12302
- Facebook: Friends of Eagle Crest South-Dan M. 14000
- Sing-Along – Darlene L. 12010
- Bridge—Barb Quillin 12109

All underlined activities indicate that a sign-up is required!

ACTIVITY LOCATIONS:

- AS: Art Studio (ECS 2, 1st floor)
- A: Auditorium (ECS 1, 2nd floor)
 - B: Bistro (ECS 1, 1st floor)
- BB: Blarney Bar (ECS 1, 1st floor)
- CL: Club Lounge (ECS 2, 1st floor)
- CR: Community Room (ECS 2, 1st floor)
 - T: Theater (ECS 1, 2nd floor)
 - L: Library (ECS 1, 2nd floor)
 - AL: Assisted Living
- 2CA: Assisted Living 2nd Floor Common Area
- 3CA: Assisted Living 3rd Floor Common Area

Please call Mallorie Trautsch, Life Enrichment Coordinator, at (608)791-2737 or #12737 if you have any questions or concerns.

Thank You!

