

FEBRUARY 2024



Boulder Ponds AL/IL Activity

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>CR - Cyphers Community Room, 1st floor</p> <p>WC - Dimensions Wellness Center, 2nd floor</p> <p>L - Lobby, 1st floor</p> <p>B - Mill Street Bistro, 1st floor</p> <p>PL - Wooden Rail Pub & Lounge, 2nd floor</p>				<p>1</p> <p>B 8:00 Coffee Social PL 8:30 Daily Delights 10:00 Chair yoga in the pub!</p> <p>PL 1:00 Spark challenge- Arm & Leg workout!</p> <p>PL 3:30 Happy Hour! PL 4:00 Toni's Nails 5:30 Legacy Crafts</p>	<p>2 Groundhog Day</p> <p>B 8:00 Coffee Social PL 8:30 Daily Delights L 10:00 Chair Yoga in the pub!</p> <p>10:00 Grief Group! 1:00 Spark challenge the really big show!</p> <p>2:00 Bingo! PL 3:15 Movie Matinee- popcorn & snacks!</p> <p>PL 5:30 Resident Social (BYOB)</p>	<p>3</p> <p>B 8:00 Coffee Social PL 8:30 Daily Delights WC 1:00 Open Gym PL 3:00 Farkle PL 5:00 Pub Games PL 6:00 Cards & Puzzles</p>
<p>4</p> <p>B 8:00 Coffee Social PL 8:30 Daily Delights PL 3:00 Pub Games PL 6:00 Cards & Puzzles</p>	<p>5</p> <p>B 8:00 Coffee Social PL 8:30 Daily Delights CR 10:30 Trivia time in the pub!</p> <p>11:00 Brunch at Sweet Paris café!</p> <p>2:00 Chair yoga in the pub!</p> <p>CR 3:00 February blanket making! PL 6:00 Card games in the pub</p>	<p>6</p> <p>B 8:00 Coffee Social PL 8:30 Daily Delights CR 10:00 Church Service 10:00 Cribbage group!</p> <p>B 11:00 Bible Study 1:00 Spark challenge- Arm & leg workout!</p> <p>PL 3:30 Happy Hour! PL 4:00 Toni's Nails</p>	<p>7</p> <p>B 8:00 Coffee Social PL 8:30 Daily Delights PL 10:00 Chair Yoga 12:30 Cooking with CC in the pub! lets make muffins!</p> <p>CR 2:00 Bingo! PL 6:00 Farkle</p>	<p>8</p> <p>B 8:00 Coffee Social PL 8:30 Daily Delights 10:00 Chair yoga in the pub!</p> <p>1:00 Spark challenge!-Arm & leg workout!</p> <p>PL 3:30 Happy Hour! PL 4:00 Toni's Nails 5:30 Legacy Crafts</p>	<p>9</p> <p>B 8:00 Coffee Social PL 8:30 Daily Delights L 10:00 Chair yoga in the pub!</p> <p>10:00 Grief Group! 1:00 Spark challenge the really big show!</p> <p>2:00 Bingo PL 3:15 Movie Matinee- popcorn & snacks!</p> <p>PL 5:30 Resident Social (BYOB)</p>	<p>10 Chinese New Year</p> <p>B 8:00 Coffee Social PL 8:30 Daily Delights WC 1:00 Open Gym PL 3:00 Farkle PL 5:00 Pub Games PL 6:00 Cards & Puzzles</p>
<p>11</p> <p>B 8:00 Coffee Social PL 8:30 Daily Delights WC 1:00 Open Gym PL 3:00 Pub Games PL 6:00 Cards & Puzzles</p>	<p>12</p> <p>B 8:00 Coffee Social PL 8:30 Daily Delights CR 10:30 Trivia time in the pub!</p> <p>1:00 Chair yoga in the pub!</p> <p>CR 3:00 Sip & Paint- Valentines Day Card Making In The Pub!</p> <p>PL 6:00 Game Show Network In The Pub!</p>	<p>13</p> <p>B 8:00 Coffee Social PL 8:30 Daily Delights CR 10:00 Church Service 10:00 Cribbage group!</p> <p>B 11:00 Bible Study 12:30 Chair Yoga! 1:00 Spark challenge- Counting steps workout!</p> <p>PL 3:30 Happy Hour with live music from Vinny Rose! PL 4:00 Toni's Nails</p>	<p>14 Valentine's Day</p> <p>B 8:00 Coffee Social PL 8:30 Daily Delights PL 10:00 Chair Yoga 12:30 Cooking with CC in the pub! valentines day treats</p> <p>CR 2:00 Bingo! 3:30 Valentines day Happy hour!- Champagne & Desserts.</p> <p>PL 6:00 Farkle</p>	<p>15</p> <p>B 8:00 Coffee Social PL 8:30 Daily Delights 10:00 Chair yoga in the pub!</p> <p>1:00 Spark challenge- Arm & leg workout!</p> <p>CR 2:00 Bracelet making with Colette in the pub!</p> <p>PL 3:30 Happy Hour! PL 4:00 Toni's Nails 5:30 Legacy Crafts</p>	<p>16</p> <p>B 8:00 Coffee Social PL 8:30 Daily Delights 10:00 Chair Yoga In The Pub!</p> <p>10:00 Grief Group! 1:00 Spark challenge the really big show!</p> <p>2:00 Bingo! 3:15 Movie Matinee- Pop Corn & Snacks</p> <p>PL 5:30 Resident Social (BYOB)</p>	<p>17</p> <p>B 8:00 Coffee Social PL 8:30 Daily Delights WC 1:00 Open Gym PL 3:00 Farkle PL 5:00 Pub Games PL 6:00 Cards & Puzzles</p>

For Questions or Suggestions, please call the Front Desk at 612-431-2430. Feel free to leave suggestions in the Suggestion Box by Mailboxes. Calendar is Subject to Change! See Channel 49 for Daily Updates.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>18</p> <p>B 8:00 Coffee Social PL 8:30 Daily Delights PL 3:00 Pub Games PL 6:00 Cards & Puzzles</p>	<p>19 Presidents' Day</p> <p>B 8:00 Coffee Social PL 8:30 Daily Delights CR 10:30 Trivia time in the pub! 11:00 Chair Yoga- Stretch Before Lunch! 12:30 Grocery shopping at Cub Foods! CR 2:00 Resident Council CR 3:00 Sip & paint- Book Mark Making!</p>	<p>20</p> <p>B 8:00 Coffee Social PL 8:30 Daily Delights CR 10:00 Church Service 10:00 Cribbage group! B 11:00 Bible Study 1:00 Spark challenge- Counting steps workout! PL 3:30 Happy Hour! PL 4:00 Toni's Nails</p>	<p>21</p> <p>B 8:00 Coffee Social PL 8:30 Daily Delights PL 10:00 Chair Yoga CR 2:00 Bingo! 3:00 Late lunch at Olive Garden! PL 6:00 Farkle</p>	<p>22</p> <p>B 8:00 Coffee Social PL 8:30 Daily Delights 10:00 Chair yoga in the pub! 1:00 Spark challenge- Arm & leg workout! PL 3:30 Happy Hour Bar trivia! PL 4:00 Toni's Nails 5:30 card games in the pub!</p>	<p>23</p> <p>B 8:00 Coffee Social PL 8:30 Daily Delights 10:00 Grief Group! L 10:30 Chair yoga in the pub! 1:00 Spark challenge the really big show! CR 1:30 Chef Chat 2:30 Lakeview Hospital Signs Of Stroke Presentation PL 5:30 Resident Social</p>	<p>24</p> <p>B 8:00 Coffee Social PL 8:30 Daily Delights WC 1:00 Open Gym PL 3:00 Farkle PL 5:00 Pub Games PL 6:00 Cards & Puzzles</p>
<p>25</p> <p>B 8:00 Coffee Social PL 8:30 Daily Delights WC 1:00 Open Gym PL 3:00 Pub Games PL 6:00 Cards & Puzzles</p>	<p>26</p> <p>B 8:00 Coffee Social PL 8:30 Daily Delights CR 10:30 Trivia time in the pub! 1:00 Chair yoga in the pub! 2:30 Target shopping spree! CR 3:00 Sip & paint- Bird Houses1 PL 6:00 Games</p>	<p>27</p> <p>B 8:00 Coffee Social PL 8:30 Daily Delights CR 10:00 Church Service 10:00 Cribbage group! B 11:00 Bible Study 1:00 Spark challenge- Counting steps workout! PL 3:30 Happy Hour! PL 4:00 Toni's Nails 5:30 Assisted Living Family Council</p>	<p>28</p> <p>B 8:00 Coffee Social PL 8:30 Daily Delights PL 10:00 Chair Yoga 12:30 Cooking with CC in the pub! CR 2:00 Bingo! 5:30 Legacy Suites Family Council PL 6:00 Farkle</p>	<p>29</p> <p>B 8:00 Coffee Social PL 8:30 Daily Delights 10:00 Chair yoga in the pub! 1:00 Spark challenge- Arm & leg workout! PL 3:30 Happy Hour! PL 4:00 Toni's Nails 5:30 Card Games In The Pub</p>		

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