Lakeland Senior Living Activities Calendar

February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
- BIRTHDAYS - Gordon Bennett 2/6 Sharon Bangs 2/10 Mark Wiebe 2/10		"ZONE 3" (am shift) ROOMS - #115 - #131 "ZONE 5 (noc shift) ROOMS - #1 - #8 WILL BE THE ZONES PARTICIPATING IN THE FIRE DRILL THIS MONTH	**1** **11:00** Exercise: Hula Hoops Bend and Stretch **2:00** Game Time: Qwirkle - Upstairs Activity Room **6:00** Reading with Liesl - Upstairs Fireside	**2** Groundhog Day **11:00** Exercise: Standing Strength and Balance **1:00** Trip to Goodwill - White City **1:30** Nickel Bingo	**3** **9:30** Dollar Tree - White City **11:00** Exercise: Circuit Workout **1:45** "Qwirkle" Upstairs Fireside **6:00** Friday Night Bingo with Patty	**4** **10:30** Saturday Morning Walkabout (Weather Permitting) **11:15** Resident Run Exercise Open - Activity Room **2:00** Open Game Time - Activity Room
5 **12:30** Fun Facts **1:30** Nickel Bingo **3:00** Sunday Service with Tim Arensmeier	**6** **10:15** Monday Morning Walkabouit - (Weather Permitting) **10:45** Lunch Outing: Wild River - Medford **1:30** Nickel Bingo	**7** **11:00** Exercise: Fun With Weights **3:00** John Jackson Jr., Bugs-r-Us - Oregon Trail - Upstairs Fireside **6:00** Tuesday Night Poker - Upstairs Fireside	**8** **9:30** Shopping - Walmart **11:00** Exercise: Hula Hoops Bend and Stretch **1:00** Shopping - Walmart **2:00** Yahtzee - Upstairs Activity Room **6:00** Reading with Liesl - Upstairs Fireside	**9** **10:15** Walk Around The Block -(weather permitting) **11:00** Exercise: Standing Strength and Balance **1:30** Nickel Bingo - Upstairs Activity Room	**10** **11:00** Exercise: Circuit Workout **1:00** Trip To Medford "Hobby Lobby" **6:00** Friday Night Bingo with Patty	**11** **10:30** Saturday Morning Walkabout (Weather Permitting) **11:15** Resident Run Exercise Open - Activity Room **2:00** Open Game Time - Activity Room
12 **12:30** Fun Facts **1:30** Nickel Bingo **3:00** Sunday Service with Tim Arensmeier	**13** **11:00** Exercise: True North Yoga Plus and Breathe **1:30** Nickel Bingo **3:15** Resident Council - Upstairs Activity Room	**14** Valentine's Day **11:00** Exercise: Fun With Weights **1:30** Let's Play Pool! - Upstairs Activity Room **6:00** Valentine's Day Dance - Dining Room	**15** **9:30** Shopping - Walmart **11:00** Exercise: Hula Hoops Bend and Stretch **1:00** Shopping - Walmart **6:00** Reading with Liesl - Upstairs Fireside	**16** **11:00** Exercise: Standing Strength and Balance **1:30** Nickel Bingo **3:00** Musical Guest: B. Wishes - Dining Room	**17** **10:45** Lunch Out: Debby's Diner - Medford **2:00** "Qwirkle" - Upstairs Fireside **6:00** Friday Night Bingo with Patty	**18** **10:30** Saturday Morning Walkabout (Weather Permitting) **11:15** Resident Run Exercise Open - Activity Room **2:00** Open Game Time - Activity Room

Lakeland Senior Living Activities Calendar

February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 **12:30** Fun Facts **1:30** Nickel Bingo **3:00** Sunday Service with Tim Arensmeier	**20** Presidents' Day **10:30** Morning Morning Walkabout (Weather Permitting) **11:00** Exercise: True North Yoga Plus and Breathe **1:30** Nickel Bingo	**21** **11:00** Exercise: Fun With Weights **2:00** Celebrate Mardi Gras and Strawberry Banana Smoothies - Dining Room **6:00** Tuesday Night Poker - Upstairs Fireside	**22** **9:30** Shopping - Walmart **11:00** Exercise: Hula Hoops Bend and Stretch **1:00** Shopping - Walmart **2:30** Dicey Horse Races - Dining Room Downs! **6:00** Reading with Liesl - Upstairs Fireside	**23** **10:15** Walk to Eagle Point Library **11:00** Exercise: Standing Strength and Balance **1:30** Nickel Bingo - Upstairs Activity Room **4:00** Dinner Out: China Hut - Medford	**24** **11:00** Exercise: Circuit Workout **2:30** Armchair Travel - "Israel" and Popcorn - Upstairs Activity Room **6:00** Friday Night Bingo with Patty	**25** **10:30** Saturday Morning Walkabout (Weather Permitting) **11:15** Resident Run Exercise Open - Activity Room **1:30** Karaoke - with Bob and Co **2:00** Open Game Time - Activity Room
26 **12:30** Fun Facts **1:30** Nickel Bingo **3:00** Sunday Service with Tim Arensmeier	**27** **10:15** Monday Morning Walkabout (Weather Permitting) **11:00** Exercise: True North Yoga Plus and Breathe **1:30** Nickel Bingo	**28** **11:00** Exercise: Fun With Weights **1:45** Tuesday Movie Matinee (To Be Announced) and Popcorn - Upstairs Activity Room **6:00** Tuesday Night Poker - Upstairs Fireside	PLEASE BE ADVISED THAT ACTIVITIES AND OUTINGS ON THIS CALENDAR ARE SUBJECT TO CHANGE			