

FEBRUARY 2018



BE CONNECTED *to a World of Expression*

Did you know?

A study done by the Journal of Psychosomatic Medicine found that creative writing and journaling actually impacted the cells inside the patient's body and improved their immune system.

Park Meadows Senior Living: Independent Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
- Be Connected - Be Expressive - Be Healthy - Be Inspired - Be Involved - Be Social - Be Spiritual	Medical Appointments Tuesday & Thursday Appointment times... 8:30 am - 3:00 pm Appointments must be made at least 24 hours in advance Calendars are subject to change * Sign Up Required			1 8:30 Medical Appt. V* 10:00 Spectra-fit AL DR 10:00 Town Hall IL DR 11:00 Marvelous Minds ILB 12:00 Equip.Orientation WC 12:30 Bridge MPR 1:00 Story Telling; IL Lib 2:00 Adult Craft Club 4:00 Communion	2 Groundhog Day 8:15 Walkin' & Rollin' V* 10:00 Dining Forum 10:00 Spectra-fit AL DR 11:00 Errands V* 1:00 Blackjack w Frances SKL 1:30 Wheel of Fortune AL LR 2:00 Guided Meditation with Oay T 3:30 Happy Hour with John IL DR	3 9:00 Walmart/Target V* 10:00 Spectra-fit AL DR 12:30 Bridge AL Parlor 1:30 Bingo MPR 2:00 Movie Matinee T* 3:30 Resident BYOB & Snacks ILB 3:30 Catholic Mass V*
4 8:45 Church Service V* 10:00 Church Service V* 10:30 Champagne Brunch 10:45 COR Church Service T 1:30 Red Soda Floats Social IL Bistro 3:00 Bingo MPR 4:30 Super bowl Party w/Brandon ILB 5:30 Sing-A-Long with Lenn AL DR 6:45 Movie Matinee T*	5 9:00 Library,Bank V* 10:00 Lakeview Sr Stretch AL DR 10:00 Alpha, Worship w/ Bob Day *T 11:00 Errands *V 1:00 Blackjack with Brad SKL 1:30 Walmart V* 3:30 Resident BYOB & Snacks ILB	6 8:30 Medical Appt. V* 9:00 Mug Morning & News ILB 10:00 Spectra-fit AL DR 11:00 Taco/Margarita 12:00 Name your Bistro ILB 12:30 Bridge MPR 1:30 Speaker "Fall Prevention" ILDR 2:00 Crochet Critters with Frances IL PDR 6:30 Card Making	7 9:00 Errands *V 10:00 Spectra-fit AL DR 11:00 Blood Pressure Check with Interim IL LR 11:00 Price Chopper/ Hyvee *V 12:00 Burgers & Bingo MPR 1:30 HUGs Mat Proj. parlor 1:30 Walmart & Target V* 3:30 Book Club AL Library 7:00 Mex Domino's SKL	8 8:30 Medical Appt. V* 10:00 Spectra-fit AL DR 11:00 Marvelous Minds ILB 12:30 Bridge MPR 1:00 Story Telling; IL Lib 2:30 Creative Coloring SKL 4:00 Communion	9 8:15 Walkin' & Rollin' V* 10:00 Spectra-fit AL DR 11:00 Errands V* 1:00 Blackjack w Frances SKL 1:30 Wheel of Fortune AL LR 2:00 Guided Meditation with Oay T 3:30 Happy Hour IL DR	10 9:00 Walmart/Target V* 10:00 Spectra-fit AL DR 12:30 Bridge AL Parlor 1:30 Bingo MPR 2:00 Movie Matinee T* 3:30 Resident BYOB & Snacks ILB 3:30 Catholic Mass V*
11 8:45 Church Service V* 10:00 Church Service V* 10:30 Champagne Brunch 10:45 COR Church Service T 1:30 Scenic Sunday; 1:30 Red Float Social IL Bistro 3:00 Bingo MPR 4:00 Pot luck /Dinner with Friends ILB 6:45 Movie Matinee T*	12 12:00 Day at the Polls (vote for the name of IL Bistro) ILB 9:00 Library,Bank V* 10:00 Alpha, Worship w/ Bob Day *T 10:00 Lakeview Sr Stretch AL DR 11:00 Errands *V 1:00 Blackjack with Brad SKL 1:30 Walmart V*	13 Mardi Gras 8:30 Medical Appt. V* 9:30 Pancake Breakfast ILB 10:00 Spectra-fit AL DR 11:00 Mardi Gra Lunch Celebration ILD 11:00 Betty Jo the accordionist ILD 2:00 Activities Meeting AL DR 3:00 Revealing of the KING ILB	14 Valentine's Day 9:00 Errands *V 10:00 Spectra-fit AL DR 11:00 J.U.L.I.E.T Red Hat Luncheon* IL DR 11:00 Blood Pressure Check with Interim IL LR 11:00 Price Chopper/ Hyvee *V 1:30 Walmart & Target V* 1:30 HUGs Mat Proj. MPR 2:30 For the Love of Chocolate MPR 7:00 Mex Domino's SKL	15 8:30 Medical Appt. V* 10:00 Spectra-fit AL DR 11:00 Marvelous Minds ILB 12:30 Bridge MPR 1:00 Story Telling; IL Lib 2:00 Lutheran Service ALP 2:00 Cooking w/ Chef Brad MPR 2:30 Creative Coloring SKL	16 Chinese New Year 8:15 Walkin' & Rollin' V* 10:00 Spectra-fit AL DR 11:00 Errands V* 1:00 Blackjack w Frances SKL 1:30 Wheel of Fortune AL LR 2:00 Guided Meditation with Oay T 3:30 Happy Hour with Lenn IL DR 4:00 Chinese New Year Dinner Celebration ILD	17 9:00 Walmart/Target V* 10:00 Spectra-fit AL DR 10:30 Hollywood Casino V* 12:30 Bridge AL Parlor 1:30 Bingo MPR 2:00 Movie Matinee T* 3:30 Catholic Mass V*

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 8:45 Church Service V* 10:00 Church Service V* 10:30 Champagne Brunch 10:45 COR Church Service T 1:00 Scenic Sunday; 2:30 Red Float Social IL Bistro 3:00 Bingo MPR 4:00 Pot luck /Dinner with Friends ILB 5:30 Sing-A-Long with Lenn AL DR 6:45 Movie Matinee T*	19 Presidents' Day 9:00 Library,Bank V* 10:00 Alpha, Worship w/ Bob Day *T 10:00 Lakeview Sr Stretch AL DR 11:00 Errands *V 1:00 BlackJack with Brad SKL 1:30 Walmart V*	20 8:30 Medical Appt. V* 9:00 Mug Morning & News ILB 10:00 Spectra-fit AL DR 11:00 Marvelous Minds ILB 2:00 Crochet Critters with Frances IL PDR 3:30 Bingo MPR	21 9:00 Errands *V 10:00 Spectra-fit AL DR 11:00 Blood Pressure Check with Interim IL LR 11:00 Price Chopper/ Hyvee *V 12:00 Burgers & Bingo MPR 1:30 Walmart & Target V* 1:30 HUGs Mat Proj. MPR 3:30 Roaming HH; Pinstrips *V 7:00 Mex Domino's SKL	22 8:30 Medical Appt. V* 10:00 Spectra-fit AL DR 11:00 Marvelous Minds ILB 12:30 Bridge MPR 1:00 Story Telling; IL Lib 2:00 Adult Craft Club 2:30 Creative Coloring SKL 4:00 Communion T	23 8:15 Walkin' & Rollin' V* 9:45 Silverlink Service V* 10:00 Spectra-fit AL DR 11:00 Errands V* 1:00 BlackJack w Frances SKL 1:30 Wheel of Fortune AL LR 2:00 Guided Meditation with Oay T 3:30 HH with Ken IL DR 4:00 Dinner in Red (wear red)	24 9:00 Walmart/Target V* 10:00 Spectra-fit AL DR 12:30 Bridge AL Parlor 1:00 Intergenerational Art show 2:00 Hula Hoop and light show ILD 2:40 Oay and the Thai girls perform 3:00 Fashion Expression furs and more Show
25 8:45 Church Service V* 10:00 Church Service V* 10:30 Champagne Brunch 10:45 COR Church Service T 1:00 Scenic Sunday; 1:30 Red Float Social IL Bistro 3:00 Bingo MPR 4:00 Pot luck /Dinner with Friends ILB 6:45 Movie Matinee T*	26 9:00 Library,Bank V* 10:00 Alpha, Worship w/ Bob Day *T 10:00 Lakeview Sr Stretch AL DR 11:00 Errands *V 1:00 BlackJack with Brad SKL 1:30 Walmart V* 2:00 Revealing the name of IL Bistro Party	27 1:30 Marvelous Minds ILB 8:30 Medical Appt. V* 9:00 Mug Morning & News ILB 10:00 Spectra-fit AL DR 11:00 Tacos/Margarita Lunch 2:00 Crochet Critters with Frances IL PDR	28 9:00 Errands *V 10:00 Town Hall 10:00 Spectra-fit AL DR 11:00 R.O.M.E.O Lunch (red tie)*PDR 11:00 Blood Pressure Check IL LR 11:00 Price Chopper/ Hyvee *V 1:30 Walmart & Target V* 1:30 HUGs Mat Proj. MPR 2:00 Adult Craft Club 7:00 Mex Domino's SKL			