

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
9:30 am – Catholic Church (Chapel) 5 10 am – Coffee and Conversation (Pub) 11 am – Lutheran Church (Chapel) 11:30 am – Chair Exercise (Channel 1-1) 3 pm – Bingo (CR) 6:30 pm – Cards (CR)	10 am – Coffee and Conversation (Pub) 6 10:15 am – Load Bus 10:30 am – Grocery Shopping: Hyvee (Sign up) 11:30 am – Balance and Movement Exercise (FC) 1:30 pm – Crafting w/ Emily (CR) 2:30 pm – Resident Council (CR) 4 pm – Black History Month: The Life and Times of Rosa Parks (Chapel) 6:30 pm – Cards (CR)	10 am – Coffee and Conversation (Pub) 7 10:30 am – Travel through the Holy Land w/ Jerry David (Chapel) 10:45 am – Time Slips Guided Story writing (CR) 11:30 am – Balance and Movement Exercise w/ Jayden (FC) 1:30 pm – Bingo w/ Jayden (CR) 3pm –Travel to w/Nicole (CR) 6:30 pm – Valentines Cookie Decorating Demo w/ Kelsey (CR)	10 am – Chair Yoga Class (FC) 1 10 am – Coffee and Conversation (Pub) 11:30 am – Balance and Movement Exercise Class (FC) 1pm – Knit and Crochet Circle (Lib) 3pm – Docuseries: Ancient X Files (DP) (Chapel) 6:30 pm - Evening Movie: Ma Rainey's Black Bottom (NF) (Chapel)	10 am – Coffee and Conversation (Pub) 2 10 am – Catholic Eucharist (Chapel) 10:45 am – Time Slips Guided Story writing (CR) 11:30 am – Balance and Movement Exercise Class (FC) 1:30 pm – Black History Month presentation w/Jayden (CR) 2:30 pm – Happy Hour w/ Bob Stephen (DR) 6:30 pm – Giant Crossword w/ Dominique (CR) Groundhog Day	National Wear Red Day 3 10 am – Coffee, Conversation and Trivia w/ Nicole (Pub) 10:15am – Sing a long w/ Beth (CR) 10:45 am – Load Bus 11 am – Lunch Bunch: MC's Garage (Sign Up) 11:30 am – Balance and Movement Exercise (FC) 2:30 pm – Afternoon Matinee: Up in the Air (NF) (Chapel) 6:30 pm – Cards (CR)	10 am – Coffee and Conversation (Pub) 4 11:30 am – Balance and Movement Exercise (FC) 2 pm- Yoga w/ Jeff (FC) 3 pm – Historical Drama Series: The Crown (Chapel) 6:30 pm – Cards (CR)
9:30 am – Catholic Church (Chapel) 12 10 am – Coffee and Conversation (Pub) 11 am – Lutheran Church (Chapel) 11:30 am – Chair Exercise (Channel 1-1) 3 pm – Bingo (CR) 4:30 pm – Super Bowl Party (CR) 6:30 pm – Cards (CR)	10 am – Coffee and Conversation (Pub) 13 10:15 am – Load Bus 10:30 am – Grocery Shopping: Hyvee (Sign up) 11:30 am – Balance and Movement Exercise (FC) 1:30 pm – Crafting w/ Emily (CR) 3 pm – Black History Month: The Life and times of Fredrick Douglas (Chapel) 6:30 pm – Cards (CR)	10 am – Coffee and Conversation (Pub) 14 10:15 am – Church Service w/ Chaplain Chris (Chapel) 11:30 am – Balance and Movement Exercise w/ Jayden (FC) 1:15 pm - Bible Study w/ Chaplain Chris (Chapel) 2:00 pm – Bingo w/ Jayden (CR) 4 – 7 pm - Elegant Dinner Valentine's Day	10 am – Chair Yoga Class (FC) 15 10 am – Coffee and Conversation (Pub) 11:30 am – Balance and Movement Exercise Class (FC) 1pm – Knit and Crochet Circle (CR) 3pm – Docuseries: Ancient X Files (DP) (Chapel) 6:30 pm - Evening Movie: Ruby Bridges (DP) (Chapel) 6:30 pm – Load Bus 7 pm – MSU Play: Marisol (Lobby) (Sign up)	10 am – Coffee and Conversation (Pub) 16 10 am – Catholic Eucharist (Chapel) 10:45 am – Time Slips Guided Story writing (CR) 11:30 am – Balance and Movement Exercise Class (FC) 1:30 pm – Tech Time w/ Jayden (Chapel) 2:30 pm – Happy Hour w/ Kurt and Ashe (DR) 6 pm – Care Partner Support Group (Chapel) 6:30 pm – Giant Crossword w/ Dominique (CR)	10 am – Coffee, Conversation and Trivia w/ Nicole (Pub) 17 9:15 am – Load Bus 9:45 am –Brunch Bunch: Ten 20 Tavern (Sing up) 11:30 am – Balance and Movement Exercise (FC) 1:30 – 3:30 pm - Blood Pressure Clinic and Heart Healthy snacks (CR) 3 pm – Afternoon Matinee: A Jazzman's Blues (NF) (Chapel) 6:30 pm – Cards (CR)	10 am – Coffee and Conversation (Pub) 18 11:30 am – Balance and Movement Exercise (FC) 2 pm- Yoga w/ Jeff (FC) 3 pm – Historical Drama Series: The Crown (Chapel) 6:30 pm – Cards (CR)
9:30 am – Catholic Church (Chapel) 19 10 am – Coffee and Conversation (Pub) 11 am – Lutheran Church (Chapel) 11:30 am – Chair Exercise (Channel 1-1) 3 pm – Bingo (CR) 6:30 pm – Cards (CR)	10 am – Coffee and Conversation (Pub) 20 10:15 am – Load Bus 10:30 am – Grocery Shopping: Hyvee (Sign up) 11:30 am – Balance and Movement Exercise (FC) 1:30 pm – Crafting w/ Emily (CR) 3 pm – Learning Series: Presidents Day Trivia Fun (CR) 6:30 pm – Paint and Sip Class w/ Joy (CR) Presidents' Day	10 am – Coffee and Conversation (Pub) 21 10:30 am – Travel through the Holy Land w/ Jerry David (Chapel) 10:45 am – Time Slips Guided Story writing (CR) 11:30 am – Balance and Movement Exercise w/ Jayden (FC) 1:30 pm – Bingo w/ Jayden (CR) 3 pm – Mardi Gras Fun Trivia and Tasting (CR) 6:30 pm – Jeopardy w/ Julia (Chapel) Mardi Gras	10 am – Chair Yoga Class (FC) 22 10 am – Coffee and Conversation (Pub) 11:30 am – Balance and Movement Exercise Class (FC) 1pm – Knit and Crochet Circle (CR) 3pm – Docuseries: Ancient X Files (DP) (Chapel) 6:30 pm - Evening Movie: A Wrinkle in Time (DP) (Chapel) 7 pm – Ash Wednesday Service (Lutheran) (CR) Ash Wednesday	10 am – Coffee and Conversation (Pub) 23 10 am – Catholic Eucharist (Chapel) 10:45 am – Time Slips Guided Story writing (CR) 11:30 am – Balance and Movement Exercise Class (FC) 1:30 pm – Black History Month: The Life and Times of Langston Hughes (Chapel) 2:30 pm – Happy Hour w/ Melissa Schulz (DR) 6:30 pm – Giant Crossword w/ Dominique (CR)	10 am – Coffee, Conversation and Trivia w/ Nicole (Pub) 24 11:30 am – Balance and Movement Exercise (FC) 2:30 pm – Afternoon Matinee: A Stoning in Fulham County (NF) (Chapel) 6:30 pm – Cards (CR)	10 am – Coffee and Conversation (Pub) 25 11:30 am – Balance and Movement Exercise (FC) 2 pm- Yoga w/ Jeff (FC) 3 pm – Historical Drama Series: The Crown (Chapel) 6:30 pm – Cards (CR)
9:30 am – Catholic Church (Chapel) 26 10 am – Coffee and Conversation (Pub) 11 am – Lutheran Church (Chapel) 11:30 am – Chair Exercise (Channel 1-1) 3 pm – Bingo (CR) 6:30 pm – Cards (CR)	10 am – Coffee and Conversation (Pub) 27 10:15 am – Load Bus 10:30 am – Grocery Shopping: Target (Sign up) 11:30 am – Balance and Movement Exercise (FC) 1:30 pm – Crafting w/ Emily (CR) 3 pm – What it's Worth Antique Rd Show w/ Doug L. (CR) 6:30 pm – Cards (CR)	10 am – Coffee and Conversation (Pub) 28 10:15 am – Church Service w/ Chaplain Chris (Chapel) 10:45 am – Time Slips Guided Story writing (CR) 11:30 am – Balance and Movement Exercise w/ Jayden (FC) 1:15 pm - Bible Study w/ Chaplain Chris (Chapel) 1:30 pm – Bingo w/ Jayden (CR) 2:30 pm – February Birthday Party w/ Allen Carlson (DR) 6:30 pm – Men's Night w/ Jayden (CR)	 <h1 style="color: #c0392b; font-family: cursive;">February 2023</h1> <h2 style="font-weight: bold;">The Pillars of Mankato Active Living Calendar</h2>			

CR – Community Room, FC – Fitness Center, DR – Dining Room,