

# February 2012 McKendree Independent Living Activities

Sunday

Monday

Tuesday

Wednesday


Thursday

Friday

Saturday



**Water Exercise Schedule:**  
8:00 (M-F) Total Tune Up  
9:00 (M-F) Low Impact  
10:00(M-F) Open Lap Swim



**Transportation:**  
**Suleiman Aziz—x 8288**  
**Lifestyle Coordinator:**  
**Sharon Powell— x8238**  
**Fitness Coordinator:**  
**Terry Studstill —x 8254**



**1**  
**9-1 "Artistic Sweets" Gift & Candy Display-2**  
9:30 Exercise-EdR  
10:30 Worship –LC  
1:00/2:00 \*Grocery shop  
6:00p Canasta-709



**2**  
**7:30 Fellowship B'fast-DR**  
10:30 \*Lunch Trip to Logan's Roadhouse/Hermitage  
1:30 \*Trip to Van Vechten Gallery @Fisk  
3:00 Scrabble-709  
6:00 Hand & Foot-709



**3**  
9:30 Exercise-EdR  
1:30 \*WalMart shopping  
3:00 McKendree Singers-2




**4**  
**2:00 Movie Matinee**




**5**  
9:40 Lorance Class-2  
10:00 Sunday School-C  
10:45 Worship-C (Holy Communion)  
5:00 SuperBowl Party-DR




**6**  
8:30 Exercise-2  
9:30 Coffee & Trivia-CS  
10:30 Devotions-TC  
1:00 Prayer Partners-C  
1:00 Towers Council-201  
**2:00 Towers Talk-DR**




**7**  
**10:00 Women's Health Workshop-2**  
1:30 Lydia Circle-2  
12:15 \*Movie Trip: **Red Tails** @ Providence  
6:30 Bridge-2




**8**  
9:30 Exercise-EdR  
10:30 Worship –LC  
1:00/2:00 \*Grocery shop  
**2:30 "Coffee on Canvas" Painting group-CR**  
6:00p Canasta-709



**9**  
**7:30 Fellowship B'fast-DR**  
10:30 \*Lunch trip to IHOP  
1:30 \*Trip to "Picture This" Gallery/Hermitage FREE  
3:00 Scrabble-709  
**5:30 Dessert Social with Monica and Fish!-DR**  
6:00 Hand & Foot-709




**10**  
9:30 Exercise-EdR  
10:00 Wii Fun Group-2  
1:30 \* Oakwood shopping  
3:00 McKendree Singers-2




**11**  
**10:30 DAR meets-2**  
**2:00 Movie Matinee-2**  
**4-6 pm Valentine Dance!-DR**




**12**  
9:40 Lorance Class-2  
10:00 Sunday School-C  
10:45 Worship-C  
6:30 Hymn Sing-2




**13**  
8:30 Exercise-EdR  
9:30 Coffee & Trivia-CS  
10:30 Devotions-TC  
1:00 Prayer Partners-C



**14**  
**Tax assistance by appt.**  
8:00 Michael Kanak-509  
10:00 \*Hermitage Library  
10:00 Ruth Circle-2  
**2:00 CUPID Bingo-DR**  
**5:00 Valentine Dinner-DR**  
6:30 Bridge-2




**15**  
9:30 Exercise-EdR  
10:30 Worship –LC  
1:00/2:00 \*Grocery shop  
2:00 Wii Fun group-2  
6:00p Canasta-709



**16**  
**7:30 Fellowship B'fast-DR**  
10:30 \*Lunch trip to Harpers Restaurant (meat+3) Includes Trip to Al-Kebulan Bookstore  
3:00 Scrabble-709  
6:00 Hand & Foot-709



**17**  
**9-2 Clothes Closet-320**  
**9-11/2-4 Picture Day!**  
9:30 AARP meets-2  
9:30 Exercise-EdR  
1:30 \* Kohl's Shopping  
3:00 McKendree Singers-2




**18**  
**2:00 Movie Matinee**



**19**  
9:40 Lorance Class-2  
10:00 Sunday School-C  
10:45 Worship-C  
2:00 \*Trip to Nashville Philharmonic Concert (FREE)  
**4:30 Soup Supper Social-2**  
6:30 Piano w/Pauline-2




**20 Presidents' Day**  
8:30 Exercise-EdR  
9:30 Coffee & Trivia-CS  
10:00 So SEWI-CR  
10:30 Devotions-TC  
1:00 Prayer Partners-C  
2:00 Sing w/ Cindy-2




**21 Mardi Gras**  
**Tax assistance by appt.**  
9:00 Dr. Mitzie Slayden-509  
10:00 New Beginnings-2  
1:30 Book Club –2  
6:30 Bridge-2




**22**  
9:30 Exercise-EdR  
10:30 Worship –LC  
1:00/2:00 \*Grocery shop  
6:00p Canasta-709



**23**  
**7:30 Fellowship B'fast-DR**  
11:00 \*Lunch @ Scarletts' Garden Tea Room  
2:00 Birthday Party w/ "Purple Hulls"!-DR  
3:00 Scrabble-709  
6:00 Hand & Foot-709




**24**  
9:30 Exercise-EdR  
10:00 Wii Fun Group-2  
9:30 \*WalMart shopping  
1:30 \*Target shopping  
3:00 McKendree Singers 2





**25**  
**2:00 Movie Matinee**  
**4:30 \*Trip for Supper @ the Gerst Haus**




**26**  
9:40 Lorance Class-2  
10:00 Sunday School-C  
10:45 Worship-C  
6:30 Hymn Sing-2




**27**  
8:30 Exercise-EdR  
9:30 Coffee & Trivia-CS  
10:30 Devotions-TC  
1:00 Prayer Partners-C  
2:30 Wilson Bank Bingo-DR





**28**  
**Tax assistance by appt.**  
10:00 \*Hermitage Library (ride to early vote)  
10:00 Make A Card-CR  
2:00 Wii Fun Group-2  
6:30 Bridge-2

**29**  
9:30 Exercise-EdR  
10:30 Worship –LC  
1:00/2:00 \*Grocery shop  
2:00 LEAP DAY Fun-2  
5:00 Dining w/ the Doctor-DR  
6:00p Canasta-709




**LEGEND**  
\*Must sign up on 2nd Floor\*  
Towers Second Floor –2  
Chapel (Link Bldg.)–LC  
Towers Chapel-TC  
Education Room-EdR  
Manor Dining Room-MDR  
Towers Dining Room –DR  
Coffee Shop-CS  
Craft Room-CR (basement)



**TIME TO VOTE!**  
**Last Day to Register: February 6**  
**Early Voting period: February 15-28**  
**Election Day: March 6**

