



“Do the best you can until you can do better. Then when you know better do better”
-Maya Angelou

Regular weekly activities:

Exercise:
Monday 3PM & Tuesday, Thursday & Friday 9:15AM-DVD

Monday 9:30AM & Wednesday 9:15AM “Get fit” with trainer Rick

Saturday 9:30AM “Senior Exercise” with trainer Justin

Mondays: 10:30AM Blood pressure with Bright Star Care

Wednesday:
12:15PM Wii Bowling Practice

2PM Bible Study with Carol & Mary Ellen

Thursday:
9AM Blood pressure with Great Lakes
10:30AM Knitting/Crochet Circle meets in the library-beginners are welcome

Friday:
9AM Shopping at County Market
1PM Open Bus

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				9:50AM Welcome February morning social/Tea & Cookies 1:30PM Tim Townsend Lincoln Historian-Hickory Lounge 6PM Canasta & Phase 10 (new game) Library	11AM Soujourn Resale/Simply Fair & Nico's Café for Lunch 1:30PM Bingo w/Miranda from the bridge 2:30PM Rummikub & Skip-Bo 6PM Movie & Popcorn Groundhog Day	10:15AM Crossword Fun in the lobby 12:30PM Wii Bowling Practice 1PM Games in The library 2PM Enjoy Some Adult Coloring 6PM Music w/The Troubadour 7:15PM Movie & Popcorn
8AM Donuts & Coffee with Anna 1:15PM Church Service 2:15PM Bingo w/Barb M. 3:15PM Rummikub & Quiddler 5PM Super Bowl Party with Susanna	10:45AM Lunch outing to Mariah & stroll through Boutiques 1:30PM Gospel Country Music w/Junior Stevens 3PM Drum Circle in the activity room 6PM Night Owl Card Games & Snacks Library & Poker on 6 th Floor	10:15AM What's baking with Susanna ☺ 2:30PM Music with Ed Gilbach & some Valentines treats 6PM Singing & Stories with Les Sarge Morgan/Lobby	8AM Reading w/St. Agnes 1 st Graders 10:15AM Strengthen your mind w/Susanna 1PM Intergenerational Legacy Tree project with St. Agnes 3 rd grader 2PM Bible Study w/Mary Ellen 6PM Movie & Popcorn	9:50AM News & Coffee w/Susanna 1PM Gospel sing along with Pat & Susanna 2PM Resident Meeting 6PM Canasta & Phase 10 (new game) Library	11AM Big Lots & Lunch at Steak & Shake 1:30PM Bingo w/Will from Bright Star 2:30PM Rummikub & Skip-Bo 6:30PM Heavenly Harmony in the dining room	10:15AM Crossword Fun in the lobby 12:30PM Wii Bowling Practice 1PM Games in The library 2PM Enjoy Some Adult Coloring 6PM Music with Dennis Darling in the lobby
10AM Church Service in the library 10:30AM Catholic Communion 2PM Bingo with Ida Ruth 3:15PM Quiddler & Rummikub 6PM Movie & Popcorn	11AM Lunch outing to "Osaka" 1:30PM Christie from advanced health will do a presentation on the "Stages of grief" with Q&A 6PM Night Owl Card Games & Snacks Library & Poker on 6 th Floor	10:15AM Front Porch Travel/South Korea 2PM Postponed New Year's Eve Party in the dining room 6PM Guys movie & popcorn <small>Mardi Gras</small>	8AM Reading w/St. Agnes 1 st Graders 10:15AM Front Porch Travel/South Korea-Part 2 1PM Canasta in the Library 2PM Bible Study w/Carol 6PM Movie & Popcorn <small>Valentine's Day</small>	9:50AM News & Coffee w/Susanna 1:30PM Story Teller Cathy Mosley in the Hickory Lounge 3PM Drum Circle in the activity room 3PM Meet for a game of pool on the 3 rd Floor 6PM Canasta & Farkel in the Library	1:30PM Bingo w/Rick from Audibel 2:30PM Hearing Aid check w/Rick from Audibel 2:30PM Rummikub & Skip-Bo 6PM Movie & Popcorn <small>Chinese New Year</small>	10:15AM Crossword Fun in the lobby 12:30PM Wii Bowling Practice 1PM Games in The library 2PM Enjoy Some Adult Coloring 6PM Allan & Eve 7:15PM Movie & Popcorn
1:15PM Church Service 2:15PM Bingo with Nadine B. 3:30PM Games in the Library 6PM Movie & Popcorn	9:30AM Holiday Get Fit w/Trainer Rick 1:30PM Painting w/Evie in the activity room 6PM Night Owl Card Games & Snacks Library & Poker on 6 th Floor <small>Presidents' Day (US)</small>	10AM New Word on the Street game w/Susanna 1:30PM Lincoln Library Bus 4PM-8PM Battles of the Band	8AM Reading w/St. Agnes 1 st Graders 10:15AM Moments to remember , Tea & Cookies w/Susanna 10:30AM Avon Calling 1PM Canasta in the Library 2PM Bible Study w/Mary Ellen 6PM Movie & Popcorn	9:50AM News & Coffee 12PM February Birthday Lunch Bunch 2:30PM Happy Hour with Betty Gregory in the lobby 6PM Canasta & Phase 10 (new game) Library	11AM T.J. Maxx & Red Robin for lunch 1:30PM Bingo w/Kathy from the Villa 2:30PM Rummikub & Skip-Bo	10:15AM Crossword Fun in the lobby 12:30PM Wii Bowling Practice 1PM Games in The library 2PM Enjoy Some Adult Coloring 6PM Movie & Popcorn
10AM Church Service in the library 10:30AM Catholic Communion 2PM Bingo with Norma P. 3:15PM Farkel & Rummikub/ Library 6PM Movie & Popcorn	11AM Lunch outing Lime Street Café 1PM Painting w/Kimberly 6PM Night Owl Card Games & Snacks Library & Poker on 6 th Floor	10AM Morning Social w/Susanna 1:30PM Pinochle Tournament w/Susanna 6PM Music w/Ed Clark in the lobby	8AM Men's Breakfast with Susanna 10:15AM Old Time Sing Along w/Susanna 1PM Canasta in the Library 2PM Bible Study w/Mary Ellen 6PM Movie & Popcorn			

Hickory Glen 1700 W. Washington St. Springfield, IL 62702 Phone: 217-793-0431 www.Hickoryglenaptsil.com
 All activities are subject to change! Please make sure you check our weekly calendar and daily dash ☺