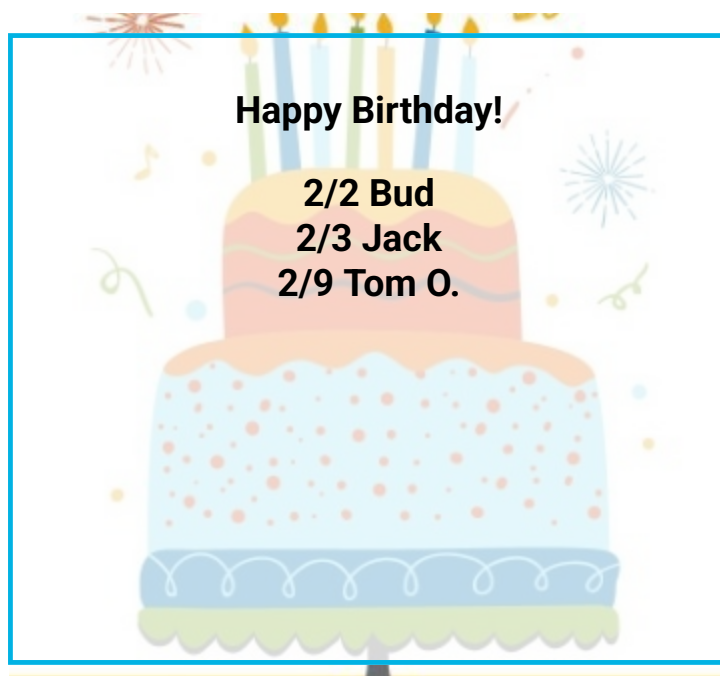


DRUMLIN RESERVE

a capri community

107 E. Reynolds Street
Cottage Grove, WI 53527



Bookmobile Library
Friday, February 7th, 14th, 21st & 28th.
from 2:15-4:15pm.

The Bookmobile will be parked in front of
Drumlin Residence.

During the cold weather, any books on hold not
picked up by 4:15 p.m. will be brought into IL
and left on the counter by the office.

Any questions, please ask Laura in the Office.
608/839-6116

enjoy life

THIS MONTH'S FEATURED PROGRAMS

Exploring the New



ADVENTURE

HeartStrings
Date: Wednesday, February 19th
Time: 1:30-2:30 p.m.
Location: Blue Grotto Dining Room
RSVP to April at 608-8396-6506
or aharding@capricommunities.com

Positive, Meaningful, Relationships and Service



COMMUNITY

Sweet Heart BINGO
Date: Thursday, February 13th
Time: Check-in at 3:30 p.m.
Play starts at 3:45 p.m.
Location: Assisted Living Coffee Bar
RSVP by 2/11 to April at 608-839-6506
or aharding@capricommunities.com

Self-Improvement and Discovery



LEARNING

Lunch and Learn
Mindful Choices for Better Health
Speaker: Dr. Audrey, PhD in Naturopathy and
certified Master Herbalist
Date: Tuesday, February 11th
Time: Noon-1 p.m.
RSVP by February 7th to April
at 902-973-0457 or
aharding@capricommunities.com

Pursuit of Overall Personal Wellness



HEALTH & WELLNESS

Check back next month!

COME WITH
QUESTIONS!



DRUMLIN
RESERVE
a capri community

LUNCH AND LEARN

Mindful Choices for Better Health

FEBRUARY 11 • 12 - 1 PM

Join us for a free educational lunch with
Dr. Audrey Ross, a leading expert in Holistic
and Natural Medicine with over 35 years of
experience. Learn practical tips to enhance
your health and well-being.



Dr. Audrey, a PhD in
Naturopathy and certified
Master Herbalist, has
worked extensively
with traditional medical
doctors, providing
successful nutritional
consultations for their
patients. Dr. Audrey's
goal is to empower
individuals with the
knowledge to make
informed health decisions
on supplementation, diet,
label reading, and more.

FEATURED TOPICS INCLUDE:

- Decoding nutrition labels
- Understanding supplements
- Supporting memory health
- And more!

107 E REYNOLDS, COTTAGE GROVE
RSVP by February 7 to April at 920-973-0457
or aharding@capricommunities.com

Resident Lunch
Tuesday, February at Noon
Menu:

Please sign up in the office by
Thursday, February.
Fee is \$12.00 per person.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Drumlin Residences Independent Living 107 E. Reynolds Street, Cottage Grove, WI 53527 (608) 839-6116	Location Keys Assisted Living AL Community Room CR Independent Living IL Memory Care MC Private Dining Room PDR	Program Key Bold -enjoy life Special Feature Programs <u>Underline</u> -Program Requires Sign-Up \$-Cost for Program		7:00 Retired Roosters Coffee [CR] 9:00 Retired Chicks Coffee [CR]
Groundhog Day Happy Birthday Bud! 2 7:00 Retired Roosters Coffee [CR] 9:00 Retired Chicks Coffee [CR]	Happy Birthday Jack! 3 7:00 Retired Roosters Coffee [CR] 9:00 Retired Chicks Coffee [CR] 1:00 Dominoes [CR]	4 7:00 Retired Roosters Coffee [CR] 9:00 Retired Chicks Coffee [CR] 9:00 Sue's Foot Care \$ [PDR] 10:30 Exercise Class with Samantha, Physical Therapist with Fox Rehabilitation [CR] 1:00 Euchre [CR]	5 7:00 Retired Roosters Coffee [CR] 9:00 Retired Chicks Coffee [CR] 10:30 Chair Yoga with Amy \$ [CR] 1:00 Euchre [CR] 5:00 Crochet & Knitting Group [CR]	6 7:00 Retired Roosters Coffee [CR] 9:00 Retired Chicks Coffee [CR] 10:30 Strength-Weights Optional (Video) [CR] 1:00 Cards [CR]	National Wear Red Day! 7 Help raise awareness about women's cardiovascular health. 7:00 Retired Roosters Coffee [CR] 9:00 Retired Chicks Coffee [CR] 2:15 Bookmobile Library (2:15-4:15 pm) [IL]	8 7:00 Retired Roosters Coffee [CR] 9:00 Retired Chicks Coffee [CR]
Happy Birthday Dawn! 9 Happy Birthday Tom O.! 7:00 Retired Roosters Coffee [CR] 9:00 Retired Chicks Coffee [CR]	10 7:00 Retired Roosters Coffee [CR] 9:00 Retired Chicks Coffee [CR] 1:00 Dominoes [CR] 3:15 "Speech Therapy & Brain Health" by Allie, FOX Rehabilitation Speech Therapist [AL]	11 7:00 Retired Roosters Coffee [CR] 9:00 Retired Chicks Coffee [CR] 10:30 Exercise Class with Samantha, Physical Therapist with Fox Rehabilitation [CR] 12:00 Lunch & Learn Mindful Choices for Better Health. Speaker: Dr Audrey, PhD in Naturopathy and certified Master Herbalist [CR] 1:00 Euchre [CR]	12 7:00 Retired Roosters Coffee [CR] 9:00 Retired Chicks Coffee [CR] 10:30 Chair Yoga with Amy \$ [CR] 1:00 Euchre [CR] 5:00 Crochet & Knitting Group [CR]	13 7:00 Retired Roosters Coffee [CR] 9:00 Retired Chicks Coffee [CR] 10:30 Strength-Weights Optional (Video) [CR] 1:00 Cards [CR] 3:30 Sweetheart BINGO [IL] 6:00 Badger Talks From Wood to Watercraft: Dugout Canoes of Wisconsin [CR]	Valentine's Day 14 7:00 Retired Roosters Coffee [CR] 9:00 Retired Chicks Coffee [CR] 2:15 Bookmobile Library (2:15-4:15 pm) [IL]	15 7:00 Retired Roosters Coffee [CR] 9:00 Retired Chicks Coffee [CR] 9:30 Private Party [CR]
7:00 Retired Roosters Coffee [CR] 9:00 Retired Chicks Coffee [CR]	16 Presidents' Day 17 7:00 Retired Roosters Coffee [CR] 9:00 Retired Chicks Coffee [CR] 1:00 Dominoes [CR]	18 7:00 Retired Roosters Coffee [CR] 9:00 Retired Chicks Coffee [CR] 10:30 Exercise Class with Samantha, Physical Therapist with Fox Rehabilitation [CR] 1:00 Euchre [CR]	19 7:00 Retired Roosters Coffee [CR] 9:00 Retired Chicks Coffee [CR] 10:30 Chair Yoga with Amy \$ [CR] 1:00 Euchre [CR] 1:30 HeartStrings [MC] 4:00 BINGO (F) [CR] 5:00 Crochet & Knitting Group [CR]	20 7:00 Retired Roosters Coffee [CR] 9:00 Retired Chicks Coffee [CR] 10:30 Strength-Weights Optional (Video) [CR] 1:00 Cards [CR]	21 7:00 Retired Roosters Coffee [CR] 9:00 Retired Chicks Coffee [CR] 2:15 Bookmobile Library (2:15-4:15 pm) [IL]	22 7:00 Retired Roosters Coffee [CR] 9:00 Retired Chicks Coffee [CR]
7:00 Retired Roosters Coffee [CR] 9:00 Retired Chicks Coffee [CR]	23 7:00 Retired Roosters Coffee [CR] 9:00 Retired Chicks Coffee [CR] 1:00 Dominoes [CR] 7:00 VFW Band [CR]	24 7:00 Retired Roosters Coffee [CR] 9:00 Retired Chicks Coffee [CR] 10:30 Exercise Class with Samantha, Physical Therapist with Fox Rehabilitation [CR] 1:00 Euchre [CR]	25 7:00 Retired Roosters Coffee [CR] 9:00 Retired Chicks Coffee [CR] 10:30 Chair Yoga with Amy \$ [CR] 1:00 Euchre [CR] 5:00 Crochet & Knitting Group [CR]	26 7:00 Retired Roosters Coffee [CR] 9:00 Retired Chicks Coffee [CR] 10:30 Strength-Weights Optional (Video) [CR] 11:45 Private Party-Chamber Meeting [CR] 1:00 Cards [CR]	27 7:00 Retired Roosters Coffee [CR] 9:00 Retired Chicks Coffee [CR] 2:15 Bookmobile Library (2:15-4:15 pm) [IL]	28 7:00 Retired Roosters Coffee [CR] 9:00 Retired Chicks Coffee [CR]