

enjoy life

THIS MONTH'S FEATURED PROGRAMS

GRACE COMMONS

a capri community

W195 N9550 Rolling Meadow Circle
Menomonee Falls, WI 53051

Happy Birthday!

7th Carol K
13th Ann R
13th Hildegard S
19th Bob R



Exploring the New



ADVENTURE

Travel To Monaco with Rose

Take an adventure to Monaco, a country in Europe. Learn about culture, food and Grace Kelly

DATE: Tuesday, February 18th

TIME: 3:00pm

AL Multipurpose Room

Positive, Meaningful, Relationships and Service



COMMUNITY

"Gal"entines Paint and Sip

Join us for a guided painting project with Lisa from Canvas Painting Around the Bend. She will show you how to create your masterpiece. All supplies are provided. Grab your gal-pals, family members and have some fun.

Date: Thursday, February 13th

Time: 6:00-7:30pm

Tap Room

Sign up at the Front Desk \$30

Self-Improvement and Discovery



LEARNING

Speaking Series with Jim Gauger

Jim will talk about Milwaukee and how it has changed throughout the years and his experiences of working as a Milwaukee Detective

DATE: Tuesday, February 11th

TIME: 3:00PM

AL Multipurpose Room

Pursuit of Overall Personal Wellness



HEALTH & WELLNESS

Fox Therapy Exercise Mobility and Movement

Amy from Fox Therapy is adding NEW EXERCISE CLASSES for AL

Tuesday 1:45

Wednesday 10:45

AL Multipurpose Room

DON'T FORGET TO RSVP!



Shopping Trips

Paint & Sip

Lunch Bunch-Pizza Ranch

JOIN THE CLUB




If you're interested in joining one of our clubs, please talk with Kelly or Rose for more information.

Book Club
Garden Club

Walking Club
Flower Club

ASSISTED LIVING

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|--|--|--|
|  | | W195 N9550 Rolling Meadow Circle Menomonee Falls, WI 53051 (262) 252-9600 | | Location Keys AL Multipurpose Room ALM AL Theater ALT Dining Room D Family Room FR Great Room G Lobby L Multipurpose Room M Tap Room TR Wellness Suite W | \$\$ - Extra payment due at sign-up <u>Underline</u> - Requires sign-up Bold - enjoy life Featured Program | 10:00 Walking/Wheeling Club [L] 1 2:00 Theme BINGO-\$ [G] 3:30 Pretty Nails [G] |
| Groundhog Day 2 10:30 Puzzle Time [ALM] 2:00 AL Movie- 2:15 Card Game-Garbage [G] | 3 8:30 Daily Chronicles/Stretch & Flex [G] 9:30 Exercise [W] 10:30 Board Games [L] 10:30 <u>Metro Market</u> [L] 2:00 BINGO-\$ 3:00 Catholic Church Service [G] 3:30 Scrabble [L] | 4 8:30 AL Exercise-Stretch/Flex [G] 9:00 Daily Chronicles [G] 9:30 Book Reading Club [G] 10:30 <u>AL Lunch Bunch-Pizza Ranch-\$</u> [L] 10:30 Rummikub 1:30 Table Bowling [G] 1:45 Fox Exercise-Mobility and Movement [ALM] 3:00 Flash Card Social [ALM] 4:00 Happy Hour-BYOB [TR] | 5 8:30 AL Exercise-Stretch/Flex [ALM] 9:00 Daily Chronicles [G] 9:30 Trivia with Rose [G] 10:15 Fox Exercise-Mobility and Movement [ALM] 10:30 Card Game-Garbage [L] 1:00 Grace Bible Study [FR] 1:00 Vote [M] 2:00 Horse Race-\$ [G] 3:30 <u>Dollar Tree/Hobby Lobby</u> [L] 5:00 Tap Room-Spin to Win Happy Hour Drink Specials-\$ [TR] | 6 8:30 AL Exercise-Stretch & Flex [G] 9:30 Exercise + [ALM] 10:00 BINGO 2:00 Make Valentine Cards [ALM] 3:30 Documentary-Shirley Temple [ALT] 3:30 Pretty Nails [ALM] | 7 9:00 Orange Shoe Exercise [W] 10:00 Board Games [L] 1:15 Rosary [FR] 2:00 AL Movie- [ALT] | 8 10:00 Walking/Wheeling Club [L] 2:00 Theme BINGO-\$ [G] 3:30 Pretty Nails [G] |
| Super Bowl Sunday 9 10:30 Puzzle Time [ALM] 2:00 AL Movie- 2:15 Trivia Pursuit [G] | 10 8:30 Daily Chronicles/Stretch & Flex [G] 9:30 Exercise [W] 10:30 <u>Aldi</u> [L] 10:30 Board Games [L] 2:00 BINGO-\$ 2:00 <u>Bake Sale</u> [L] 3:30 Scrabble [L] | 11 8:30 AL Exercise-Stretch/Flex [G] 9:00 Daily Chronicles [G] 9:30 1st Floor Movie [G] 10:30 Rummikub 1:30 Ball Toss [G] 1:45 Fox Exercise-Mobility and Movement [ALM] 3:00 Speaker-Jim Gauger: Milwaukee [ALM] 4:00 Happy Hour-BYOB [TR] | 12 8:30 AL Exercise-Stretch/Flex [ALM] 9:00 Daily Chronicles [G] 9:30 Sing-A-Long [G] 10:15 Fox Exercise-Mobility and Movement [ALM] 10:30 Card Game-Garbage [L] 10:30 Grace Church Service [W] 1:00 AL Meeting [G] 2:00 Horse Race-\$ [G] 3:30 <u>Kohl's/Target</u> [L] | 13 8:30 AL Exercise-Stretch & Flex [G] 9:30 Exercise + [ALM] 10:00 BINGO 2:00 Valentine Party 3:30 Cribbage [L] 3:30 Documentary-Shirley Temple [G] 6:00 <u>"Gal"entines Paint & Sip-\$</u> [TR] | 14 Valentine's Day 9:00 Orange Shoe Exercise [W] 9:30 Communion Church Service [W] 10:00 Board Games [L] 1:15 Rosary [FR] 2:00 AL Movie- [ALT] | 15 10:00 Walking/Wheeling Club [L] 2:00 Theme BINGO-\$ [G] 3:30 Pretty Nails [G] |
| 10:30 Puzzle Time [ALM] 16 2:00 AL Movie- 2:15 Card Game-Garbage [G] | 17 Presidents' Day 8:30 Daily Chronicles/Stretch & Flex [G] 9:30 Exercise [W] 10:30 Board Games [L] 10:30 <u>Piggly Wiggly</u> [L] 10:30 <u>Piggly Wiggly</u> [L] 2:00 BINGO-\$ 3:30 Scrabble [L] | 18 8:30 AL Exercise-Stretch/Flex [G] 9:00 Daily Chronicles [G] 9:30 Book Reading Club [G] 10:30 Rummikub 1:30 Table Bowling [G] 1:45 Fox Exercise-Mobility and Movement [ALM] 3:00 Adventure:Monaco [ALM] 4:00 Happy Hour-BYOB [TR] | 19 8:30 AL Exercise-Stretch/Flex [ALM] 9:00 Daily Chronicles [G] 9:30 Trivia with Rose [G] 10:15 Fox Exercise-Mobility and Movement [ALM] 10:30 Card Game-Garbage [L] 1:00 Grace Bible Study [FR] 2:00 Horse Race-\$ [G] 3:30 <u>Metro Market</u> [L] | 20 8:30 AL Exercise-Stretch & Flex [G] 9:30 Exercise + [ALM] 10:00 BINGO 10:30 Elder Education [FR] 2:00 Baking with Rose 3:30 Pretty Nails [ALM] 5:00 Tap Room-Trivia Night [TR] | 21 9:00 Orange Shoe Exercise [W] 10:00 Board Games [L] 10:00 History Club With Tim [FR] 1:15 Rosary [FR] 2:00 AL Movie- [ALT] | 22 10:00 Walking/Wheeling Club [L] 2:00 Theme BINGO-\$ [G] 3:30 Pretty Nails [G] |
| 10:30 Puzzle Time [ALM] 23 2:00 AL Movie- 2:15 Trivia Pursuit [G] | 24 8:30 Daily Chronicles/Stretch & Flex [G] 9:30 Exercise [W] 10:30 Board Games [L] 10:30 <u>Walmart</u> [L] 2:00 BINGO-\$ 3:30 Scrabble [L] | 25 8:30 AL Exercise-Stretch/Flex [G] 9:00 Daily Chronicles [G] 9:30 1st Floor Movie [G] 10:30 Rummikub 1:30 Ball Toss [G] 1:45 Fox Exercise-Mobility and Movement [ALM] | 26 8:30 AL Exercise-Stretch/Flex [ALM] 9:00 Daily Chronicles [G] 9:30 Sing-A-Long [G] 10:15 Fox Exercise-Mobility and Movement [ALM] 10:30 Card Game-Garbage [L] 2:00 Horse Race-\$ [G] 3:30 <u>Aldi</u> [L] | 27 8:30 AL Exercise-Stretch & Flex [G] 9:30 Exercise + [ALM] 10:00 BINGO 2:00 Entertainment-Downtown Harris [D] 3:30 Cribbage [L] 3:30 Sensory Painting [ALM] | 28 9:00 Orange Shoe Exercise [W] 9:30 Communion Church Service [W] 10:00 Board Games [L] 10:30 Men's club-Pizza & Movie [ALM] 1:15 Rosary [FR] 2:00 AL Movie- [ALT] | |