

# GRACE COMMONS

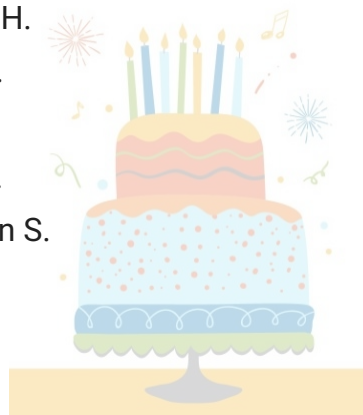
a  community

W195N9550 Rolling Meadow Circle  
Menomonee Falls, WI 53051

(262) 292-9600

## Happy Birthday!

2nd Sandy H.  
4th Carla P.  
5th Neil T.  
5th Patti N.  
23rd Marian S.



## DON'T FORGET TO RSVP!



Shopping  
Wacky Women's Club  
IL Lunch Bunch-Maggiano's  
Swimming  
ENJOY LIFE-Planetarium  
Craft's  
Men's Breakfast

## JOIN THE CLUB



If you are interested in joining one of our clubs, please talk with Kelly for more information.

Book Club  
Garden Club  
Walking Club

# enjoy life

## THIS MONTH'S FEATURED PROGRAMS

### Exploring the New



ADVENTURE

### ENJOY LIFE -Exploring Exoplanets at the Manfred Olsen Planetarium

Discover how this groundbreaking telescope, the largest and most powerful ever built, expands our view of the universe and advances the search for fascinating new worlds beyond our solar system

**Date:** Friday, February 14th

**Time:** 9:00am **Lobby**

Sign-up in the enjoy life binder.

### 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**

### Self-Improvement and Discovery



LEARNING

### TED TALK

### 6 Secrets to Learn ANYTHING Faster

Neuroscientist will teach us how to learn faster and more effectively.

6 critical ingredients: attention, alertness, sleep, repetition, breaks, and mistakes

**Date:** Thursday, February 27th

**Time:** 10:30am

**Family Room**

### Pursuit of Overall Personal Wellness



HEALTH & WELLNESS

### Cooking with Wally

Join wally as he demonstrates how to prepare a delicious and health corn chowder. Bring your appetite.

**Date:** Wednesday, February 12th

**Time:** 2:00pm

**Family Room**

Sign-up in the enjoy life binder.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Location Keys</b> Dining Room D Family Room FR Great Room G Lobby L Multipurpose Room M Tap Room TR Wellness Suite W		<b>Program Key</b> <b>Bold</b> -enjoy life Special Feature Programs <u>Underline</u> -Program Requires Sign-Up \$-Cost for Program		10:00 Walking Club [L] 1:00 Dominos [M] 1:00 Movie- 1:30 Rummicube [TR]
<b>Groundhog Day</b> 1:00 Movie- 2:00 Dominos [M] 6:00 Wacky Womens Club [FR]	8:30 Exercise [W] 9:00 Exercise [W] 9:30 Exercise [W] 10:30 <u>Metro Market</u> [L] 1:00 BINGO-\$ [TR] 3:00 Catholic Church Service [G]	9:00 Coffee Club [TR] 10:30 Horse Races-\$ [TR] 1:00 Fox Exercise-Balance For Better Movement [W] 1:00 Hand & Foot Card Game [TR] 1:00 Movie- 2:00 Cribbage [TR] 4:00 Happy Hour-BYOB [TR]	9:00 Fox Exercise [W] 9:30 Fox Exercise [W] 10:30 Book Club [FR] 1:00 Grace Bible Study [FR] 1:00 Vote [M] 3:30 <u>Dollar Tree/Hobby Lobby</u> [L] 5:00 Tap Room-Spin to Win Happy Hour Drink Specials-\$ [TR]	9:00 Coffee Club [TR] 10:30 <u>Pamper Yourself</u> [FR] 1:00 IL Resident Meeting [TR] 1:00 Movie- 2:00 Sheepshead-\$ [FR]	8:30 Orange Shoes Exercise [W] 9:00 Orange Shoe Exercise [W] 10:00 Friday Adventure 1:15 Rosary [FR] 2:00 Cribbage [TR] 2:00 Hand & Foot Card Game [TR]	10:00 Walking Club [L] 1:00 Dominos [M] 1:00 Movie- 1:30 Rummicube [TR]
<b>Super Bowl Sunday</b> 1:00 Movie- 2:00 Dominos [M]	8:30 Exercise [W] 9:00 Exercise [W] 9:30 Exercise [W] 10:30 <u>Aldi</u> [L] 1:00 BINGO-\$ [TR] 2:00 <u>Bake Sale</u> [L] 2:30 Fox Therapy Screening [W]	9:00 Coffee Club [TR] 9:30 Swimming Pool [L] 1:00 Fox Exercise-Balance For Better Movement [W] 1:00 Hand & Foot Card Game [TR] 1:00 Movie- 1:30 Hot Chocolate Social [TR] 2:00 Cribbage [TR] 4:00 Happy Hour-BYOB [TR]	9:00 Fox Exercise [W] 9:30 Fox Exercise [W] 10:30 Grace Church Service [W] 2:00 <u>Cooking with Wally</u> [FR] 3:30 <u>Kohl's/Target</u> [L]	9:00 Coffee Club [TR] 10:45 <u>IL Lunch Bunch-Maggiano's</u> [L] 1:00 Movie- 1:30 Wii Bowling [TR] 2:00 Sheepshead-\$ [FR] 6:00 <u>"Gal"entines Paint &amp; Sip</u> -\$ [TR]	<b>Valentine's Day</b> 8:30 Orange Shoes Exercise [W] 9:00 <u>ENJOY LIFE: Manfred Olson Planetarium</u> \$ [L] 9:00 Orange Shoe Exercise [W] 9:30 Communion Church Service [W] 10:00 Friday Adventure 1:15 Rosary [FR] 2:00 Cribbage [TR] 2:00 Hand & Foot Card Game [TR]	10:00 Walking Club [L] 1:00 Dominos [M] 1:00 Movie- 1:30 Rummicube [TR]
1:00 Movie- 2:00 Dominos [M] 6:00 Wacky Womens Club [FR]	<b>Presidents' Day</b> 8:30 Exercise [W] 9:00 Exercise [W] 9:30 Exercise [W] 10:30 <u>Piggly Wiggly</u> [L] 1:00 BINGO-\$ [TR]	9:00 Coffee Club [TR] 10:30 Horse Races-\$ [L] 11:30 <u>Chili Cook Off-Fundraiser</u> \$ [TR] 1:00 Fox Exercise-Balance For Better Movement [W] 1:00 Hand & Foot Card Game [TR] 1:00 Movie- 2:00 Cribbage [TR] 4:00 Happy Hour-BYOB [TR]	9:00 Fox Exercise [W] 9:30 Fox Exercise [W] 10:30 <u>Men's club-Pizza &amp; Movie</u> 1:00 Grace Bible Study [FR] 2:00 America Says Game with Kelly [TR] 3:30 <u>Metro Market</u> [L]	9:00 Coffee Club [TR] 10:30 Elder Education [FR] 1:00 Movie- 1:30 Wii Bowling [TR] 2:00 Sheepshead-\$ [FR] 5:00 Tap Room-Trivia Night [TR]	8:30 Orange Shoes Exercise [W] 9:00 Orange Shoe Exercise [W] 10:00 History Club With Tim [FR] 1:15 Rosary [FR] 2:00 Cribbage [TR] 2:00 Hand & Foot Card Game [TR]	10:00 Walking Club [L] 1:00 Dominos [M] 1:00 Movie- 1:30 Rummicube [TR]
1:00 Movie- 2:00 Dominos [M]	8:30 Exercise [W] 9:00 Exercise [W] 9:30 Exercise [W] 10:30 <u>Walmart</u> [L] 1:00 BINGO-\$ [TR]	8:30 <u>Men's Breakfast Club</u> [D] 9:00 Coffee Club [TR] 9:30 Swimming Pool [L] 1:00 Fox Exercise-Balance For Better Movement [W] 1:00 Hand & Foot Card Game [TR] 1:00 Movie- 2:00 Cribbage [TR] 3:00 Happy Hour-Happy Birthday [TR]	9:00 Fox Exercise [W] 9:30 Fox Exercise [W] 10:30 <u>Crafts</u> -\$ [M] 2:00 Food Forum Meeting [TR] 3:30 <u>Aldi</u> [L]	9:00 Coffee Club [TR] 10:00 Blood Pressure Checks [W] 10:30 TED Talk-6 Secrets To Learn ANYTHING Faster [FR] 1:00 Movie- 2:00 Entertainment-Downtown Harris [D] 2:00 Sheepshead-\$ [FR]	8:30 Orange Shoes Exercise [W] 9:00 Orange Shoe Exercise [W] 9:30 Communion Church Service [W] 10:00 Friday Adventure 1:15 Rosary [FR] 2:00 Cribbage [TR] 2:00 Hand & Foot Card Game [TR]	