

enjoy life

THIS MONTH'S FEATURED PROGRAMS



10995 N. Market Street, Mequon, WI 53092
292-478-1500
tealshores.com

Happy Birthday!

Mary Jo C.	2/2
Marie S.	2/14
Julie C.	2/15
Judy S.	2/24
Miriam M.	2/24
Josephine P.	2/28



Exploring the New



ADVENTURE

Travelogue Series: Destination Dubai, UAE

Join us as we explore a Dish from Dubai with Directory of Culinary; Mike putting on a Cooking Demonstration. Wet your Palette with a NEW dish from Dubai!

Date: Wednesday, February 12th Time: 11:00am
Location: Atrium

Positive, Meaningful, Relationships and Service



COMMUNITY

Capri Adventure Series: Exploring Exoplanets at the Manfred Olson Planetarium

Exploring Exoplanets with the James Webb Space Telescope: Discover how this groundbreaking telescope, the largest and most powerful ever.

Date: Friday, February 14th Time: 10-11am
Location: UWM Planetarium Price: \$5 per person

Self-Improvement and Discovery



LEARNING

Art Throb Painting Demonstration - Highlight a FAMOUS Artist

Join us in a Painting Demonstration by the Lifestyle Enrichment Specialist, as she highlights a famous artist, born in February of one of their paintings.

Date: Thursday, February 13th Time: 2:30pm
Location: Atrium

Pursuit of Overall Personal Wellness



HEALTH & WELLNESS

Fox Therapy Wellness Classes

Join in with a Fox Therapy Rehab Wellness instructor providing Classes throughout the week!

Date: Tuesdays & Thursdays
Time: 10:30 - 11:00 am
Location: Atrium

The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.

-Helen Keller

capri COMMUNITIES

enjoy life

DON'T FORGET TO RSVP!



- Milw. Symphony Orchestra 2/2 @ 2:30p
- Walgreens 20% OFF Items 2/4 @ 1:00p
- Chuck's Place Family Restaurant 2/10 @ 11:30a
- Manford Olson Planetarium 2/14 @ 10:00a
- Milw. Symphony Orchestra 2/16 @ 2:30p
- Prime Minister Restaurant 2/21 @ 11:30a
- Trader Joe's Shopping 2/27 @ 1:00p

JOIN THE CLUB



If you'd like more information or you're interested in joining one of our clubs, please talk with the individuals listed below. Have an idea on a new group to add? Talk with your Lifestyle Enrichment team!

- Gardening Club, Gary K.
- Floral Arrangement Club, Rosemary M. & Margaret P.
- Senior Ambassador Program Rosemary, Bruce, Margaret, and Gary

February 2025

Sending Love

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>TEAL SHORES a capri community</p> <p>10995 N Market Street Mequon, Wisconsin 53092 2624781566</p>		<p>Location Keys</p> <p>1st Floor Fireside FS1 3rd Floor Cinema 3 CR Art Room AR Atrium A Bus Trip BT Club Room C Community Room CR</p>		<p>Program Key</p> <p>Bold-enjoy life Special Feature Programs <u>Underline</u>-Program Requires Sign-Up \$-Cost for Program</p>		<p>9:00 Silver Sneakers Walking Club 10:45 Dance Aerobics Video Class [A] 2:00 BINGO! for Quarters [A] 3:30 Fireside Chat Club [FS1] 6:30 Let's Go to the Movies! [3 CR]</p>	1
<p>Groundhog Day 2</p> <p>9:00 Silver Sneakers Walking Club 10:15 Lumen Christi Catholic Church Communion [3 CR] 1:00 🚗 Rummikub Club [A] 2:30 Movie Matinee Resident Choice [3 CR] 2:30 🚗 Vivaldi's The Four Season - Milwaukee Symphony Orchestra (tickets @ \$55.00) [BT] 3:30 Social Club [FS1] 6:30 Game Night [CR]</p>	<p>3</p> <p>9:00 Silver Sneakers Walking Club 10:00 Current Events w/Malia [FS1] 10:45 Sit & Be Fit Exercise [A] 1:00 🚗 Bridge Club [C] 2:30 Well-Grounded - Groundhog Day [A] 3:30 Monday "Mimosas & Margaritas" - Happy Hour [A] 6:00 🚗 Game Night! [CR]</p>	<p>4</p> <p>9:00 Silver Sneakers Walking Club 10:00 Morning Social - Join Us for Coffee, Tea and Hot Cocoa [FS1] 10:30 FOX Therapy Exercise Class [A] 11:15 Prayer & Reflection [FS1] 12:30 🚗 Walgreens 20% Off Items Shopping Trip [BT] 1:00 🚗 Rummikub Club [C] 2:00 Catholic Mass with Father Block [CR] 3:30 Teal Shore's Chorale Serenade Practice [A] 6:00 Let's Go to the Movies! [3 CR]</p>	<p>5</p> <p>9:00 Silver Sneakers Walking Club 10:00 Interfaith Ozaukee County Charitable Partnership Meet - n-Greet [A] 10:30 FOX Therapy Exercise Class [CR] Brighton Hospice Chaplain Brian - Spiritual Wellness Tour Talks [FS1] 1:30 BINGO! for Quarters [A] 3:30 'WINE' down Wednesday - Happy Hour [A] 6:00 🚗 Game Night! [CR]</p>	<p>6</p> <p>9:00 Silver Sneakers Walking Club 10:00 Morning Social - Join Us for Coffee, Tea and Hot Cocoa [FS1] 10:45 Qi Gong Tai Chi and Yoga Video Class [A] 11:15 Prayer & Reflection [FS1] 1:00 🚗 Rummikub Club [A] 2:30 Cranium Crunches [FS1] 3:30 Remembering Zsa Zsa [A] 6:30 🎵 Let's Go to the Movies! [3 CR]</p>	<p>7</p> <p>9:00 Silver Sneakers Walking Club 10:00 Heart Health Month Education Talk with Michelle [A] 10:45 Chair Aerobic Video Class [CR] 11:30 🚗 Floral Arrangement Club [AR] 1:00 🚗 Flower Donation - Come get free flowers to take to your room [A] 1:15 Shabbat Reflection with Moshe Rapoport [FS1] 2:30 Who, What, Where [A] 3:30 'Fun Friday' - Happy Hour [A] 6:00 🚗 Game Night! [CR]</p>	<p>9:00 Silver Sneakers Walking Club 10:45 Dance Aerobics Video Class [A] 2:00 BINGO! for Quarters [A] 3:30 Fireside Chat Club [FS1] 6:30 Let's Go to the Movies! [3 CR]</p>	8
<p>9</p> <p>9:00 Silver Sneakers Walking Club 10:15 Lumen Christi Catholic Church Communion [3 CR] 1:00 🚗 Rummikub Club [A] 2:30 Movie Matinee Resident Choice [3 CR] 3:30 Social Club [FS1] 6:30 Game Night [CR]</p>	<p>10</p> <p>9:00 Silver Sneakers Walking Club 10:00 Current Events w/Malia [FS1] 10:45 Sit & Be Fit Exercise [A] 11:30 🚗 Chuck's Place Family Restaurant Lunch Outing [BT] 1:00 🚗 Bridge Club [C] 2:30 Traveling the Underground Railroad - Black History Month [A] 3:30 Monday "Mimosas & Margaritas" - Happy Hour [A] 6:00 🚗 Game Night! [CR]</p>	<p>11</p> <p>9:00 Silver Sneakers Walking Club 10:00 Morning Social - Join Us for Coffee, Tea and Hot Cocoa [FS1] 10:30 FOX Therapy Exercise Class [A] 11:15 Prayer & Reflection [FS1] 1:00 🚗 Rummikub Club [C] 2:30 Movies & Stars - Star of the Month: Mia Farrow [A] 3:30 Teal Shore's Chorale Serenade Practice [A] 6:00 Let's Go to the Movies! [3 CR]</p>	<p>12</p> <p>9:00 Silver Sneakers Walking Club 10:00 Current Events w/Malia [A] 10:30 FOX Therapy Exercise Class [A] Travelogue Series: Destination Dubai, UAE Cooking Demo by Mike W. [A] 1:30 BINGO! for Quarters [A] 3:30 'WINE' down Wednesday - Happy Hour [A] 6:00 🚗 Game Night! [CR]</p>	<p>13</p> <p>9:00 Silver Sneakers Walking Club 10:00 Morning Social - Join Us for Coffee, Tea and Hot Cocoa [FS1] 10:45 Qi Gong Tai Chi and Yoga Video Class [A] 11:15 Prayer & Reflection [FS1] 1:00 🚗 Rummikub Club [A] 2:00 🚗 Art Demo: Painting Monet with Music [A] 3:30 🎵 Burt Bacharach Documentary [A] 6:30 🎵 Let's Go to the Movies! [3 CR]</p>	<p>Valentine's Day 14</p> <p>9:00 Silver Sneakers Walking Club 10:00 🚗 Capri Enjoy Life Adventure Series - The Manfred Olson Planetarium [BT] 10:00 Current Events w/Malia [FS1] 10:45 Chair Aerobic Video Class [CR] 11:30 🚗 Floral Arrangement Club [AR] 12:00 Sweetheart's Luncheon with Entertainment featuring Rick - n- Dave [A] 1:00 🚗 Flower Donation - Come get free flowers to take to your room [A] 1:00 Shabbat Reflection with Dr. Salama [FS1] 2:30 🎵 Name that Heartbreak Song [A] 3:30 'Fun Friday' - Happy Hour [A] 6:00 🚗 Game Night! [CR]</p>	<p>9:00 Silver Sneakers Walking Club 10:45 Dance Aerobics Video Class [A] 2:00 BINGO! for Quarters [A] 3:30 Fireside Chat Club [FS1] 6:30 Let's Go to the Movies! [3 CR]</p>	15
<p>16</p> <p>9:00 Silver Sneakers Walking Club 10:15 Lumen Christi Catholic Church Communion [3 CR] 1:00 🚗 Rummikub Club [A] 2:30 🚗 Milwaukee Symphony Orchestra - Casablanca [BT] 2:30 Movie Matinee Resident Choice [3 CR] 3:30 Social Club [FS1] 6:30 Game Night [CR]</p>	<p>Presidents' Day 17</p> <p>9:00 Silver Sneakers Walking Club 10:00 Current Events w/Malia [FS1] 10:45 Sit & Be Fit Exercise [A] 1:00 🚗 Bridge Club [C] 2:30 History to "Hail to the Chief!" [A] 3:30 Monday "Mimosas & Margaritas" - Happy Hour [A] 6:00 🚗 Game Night! [CR]</p>	<p>18</p> <p>9:00 Silver Sneakers Walking Club 10:00 Morning Social - Join Us for Coffee, Tea and Hot Cocoa [FS1] 10:30 FOX Therapy Exercise Class [A] 11:15 Prayer & Reflection [FS1] 1:00 🚗 Rummikub Club [C] 2:00 Catholic Mass with Father Block [CR] 3:30 Teal Shore's Chorale Serenade Practice [A] 6:00 Let's Go to the Movies! [3 CR]</p>	<p>19</p> <p>9:00 Silver Sneakers Walking Club 10:00 Resident Council Town Hall Meeting [A] 11:00 Chair Aerobics [A] 11:00 FOX Therapy Exercise Class [A] 1:30 BINGO! for Quarters [A] 3:30 'WINE' down Wednesday - Happy Hour [A] 6:00 🚗 Game Night! [CR]</p>	<p>20</p> <p>9:00 Silver Sneakers Walking Club 10:00 Senior Photos with Touching Hearts at Home - Professional Pictures 10:45 Qi Gong Tai Chi and Yoga Video Class [A] 11:15 Prayer & Reflection [FS1] 1:00 🚗 Rummikub Club [A] 2:30 🎵 Monthly Birthday Celebration Karaoke LOVE Songs [A] 4:00 Jumbo Crossword Puzzle [FS1] 6:30 🎵 Let's Go to the Movies! [3 CR]</p>	<p>21</p> <p>9:00 Silver Sneakers Walking Club 10:00 Current Events w/Malia [FS1] 10:45 Chair Aerobic Video Class [CR] 11:30 🚗 Floral Arrangement Club [AR] 11:30 Prime Minister Restaurant Lunch Outing [BT] 1:00 🚗 Flower Donation - Come get free flowers to take to your room [A] 1:15 Shabbat Reflection with Moshe Rapoport [FS1] 2:30 February Trivia [A] 3:30 'Fun Friday' - Happy Hour [A] 6:00 🚗 Game Night! [CR]</p>	<p>9:00 Silver Sneakers Walking Club 10:45 Dance Aerobics Video Class [A] 2:00 BINGO! for Quarters [A] 3:30 Fireside Chat Club [FS1] 6:30 Let's Go to the Movies! [3 CR]</p>	22
<p>23</p> <p>9:00 Silver Sneakers Walking Club 10:15 Lumen Christi Catholic Church Communion [3 CR] 1:00 🚗 Rummikub Club [A] 2:30 Movie Matinee Resident Choice [3 CR] 3:30 Social Club [FS1] 6:30 Game Night [CR]</p>	<p>24</p> <p>9:00 Silver Sneakers Walking Club 10:00 Current Events w/Malia [FS1] 10:45 Sit & Be Fit Exercise [A] 11:30 🚗 Samurai - Lunch Outing [BT] 1:00 🚗 Bridge Club [C] 2:30 Jeopardy Trivia [A] 3:30 Monday "Mimosas & Margaritas" - Happy Hour [A] 6:00 🚗 Game Night! [CR]</p>	<p>25</p> <p>9:00 Silver Sneakers Walking Club 10:00 Morning Social - Join Us for Coffee, Tea and Hot Cocoa [FS1] 10:30 FOX Therapy Exercise Class [A] 11:15 Prayer & Reflection [FS1] 1:00 🚗 Rummikub Club [C] 1:30 Cranium Crunches [FS1] 3:00 Chili Cookoff!!! Partnership with Interfaith Ozaukee Co. [A] 6:00 Let's Go to the Movies! [3 CR]</p>	<p>26</p> <p>9:00 Silver Sneakers Walking Club 10:00 Current Events w/Malia [A] 10:30 FOX Therapy Exercise Class [A] 1:30 BINGO! for Quarters [A] 3:30 'WINE' down Wednesday - Happy Hour [A] 6:00 🚗 Game Night! [CR]</p>	<p>27</p> <p>9:00 Silver Sneakers Walking Club 10:00 Morning Social - Join Us for Coffee, Tea and Hot Cocoa [FS1] 10:45 Qi Gong Tai Chi and Yoga Video Class [A] 11:15 Prayer & Reflection [FS1] 1:00 🚗 Rummikub Club [A] 2:00 Jumbo Crossword Puzzle [FS1] 3:30 Charades [FS1] 6:30 🎵 Let's Go to the Movies! [3 CR]</p>	<p>28</p> <p>9:00 Silver Sneakers Walking Club 10:00 Current Events w/Malia [FS1] 10:45 Chair Aerobic Video Class [CR] 11:30 🚗 Floral Arrangement Club [AR] 1:00 🚗 Flower Donation - Come get free flowers to take to your room [A] 1:00 Shabbat Reflection with Dr. Salama [FS1] 2:00 Movie Matinee with Popcorn [A] 3:30 'Fun Friday' - Happy Hour [A] 6:00 🚗 Game Night! [CR]</p>		