

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# FEBRUARY 2024

## Metcalfe Woods Community Calendar

								
<p>9:00 Exercise CH 3 <b>4</b> 10:00 Bingo – 3rd fl AL 10:30 Chapel Services–CH 3 1:30 Chess - CR 7:00 Movie</p>	<p>9:00 Exercise CH 3 <b>5</b> 10:00 Shake it, Move it, Lift it <b>1:00 – Shopping Trip</b> 7:00 Movie – Ch 3</p>	<p>9:00 – Exercise CH 3 <b>6</b> 10:00 Prayer Group - Chapel 10:00 Line Dancing – TH 10:00 Bingo – AL 3<sup>rd</sup> fl <b>1:00 – Shopping Trip</b> 3:30 Games with Karen – 3<sup>rd</sup> fl AL 7:00 Movie - Ch 3</p>	<p>9:00 – Exercise CH 3 <b>7</b> 10:00 Shake it, move it, lift it - Gym <b>2:30 Chapel Services - Chapel</b> 7:00 Movie – CH 3</p>	<p>9:00 – Exercise CH 3 <b>8</b> <b>9:30 – Shopping Trip</b> <b>10:30 Bible Study w Harriet – Chapel</b> <b>1:00 – Shopping Trip</b> 1:30 Knit/Crochet – CR <b>2:00 Live Entertainment with Precious Gems - TH</b> 7:00 Movie – CH 3</p>	<p>9:00 – Exercise CH 3 <b>9</b> 10:00 - Shake it Move it Lift it– Gym 11:00 Eucharistic Services – Chapel 7:00 – Movie – CH 3</p>	<p>9:00 Exercise – CH 3 <b>10</b> 10:00 - Shake it Move it Lift it– Gym <b>2:00 Beginner Chair Yoga w Liz - Gym</b> 2:00 Ladies Shuffleboard – Game Room 7:00 Movie – CH 3</p> <p style="text-align: right;"><small>Chinese New Year (Year of the Dragon)</small></p>		
<p>9:00 Exercise CH 3 <b>11</b> 10:00 Bingo – 3rd fl AL 10:30 Chapel Services–CH 3 1:30 Chess - CR 7:00 Movie</p>	<p>9:00 – Exercise CH 3 <b>12</b> 10:00 - Shake it Move it Lift it– Gym <b>1:00 Shopping Trip</b> <b>2:00 Current Events with Gary- TH</b> <b>3:00 Spiritual Life Committee – Tice Dining Room</b> 7:00 – Movie – CH 3</p>	<p>9:00 – Exercise CH 3 <b>13</b> 10:00 Prayer Group - Chapel 10:00 Line Dancing – TH 10:00 Bingo – AL 3<sup>rd</sup> fl <b>11:00 Mardi Gras Parade</b> <b>2:00 Resident Council</b> 3:30 Games with Karen – 3<sup>rd</sup> fl AL 7:00 Movie – CH 3</p> <p style="text-align: center;"><small>Mardi Gras</small></p>	<p>9:00 – Exercise CH 3 <b>14</b> <b>9:30 – Shopping Trip</b> 10:00 Shake it, move it, lift it – Gym <b>10:00 Art History with Dave – AL 3<sup>rd</sup> fl</b> <b>12:00 Luncheon at Applebys</b> <b>2:30 Chapel Services - Chapel</b> 7:00 Movie – CH 3</p> <p style="text-align: center;"><small>Valentine's Day</small></p>	<p>9:00 – Exercise CH 3 <b>15</b> <b>9:30 – Shopping Trip</b> <b>10:00 Catholic Mass By S.T. Sutton – Chapel</b> <b>10:30 Bible Study w Harriet – Chapel</b> 11:00 AL Food Committee AL 2 dining room <b>1:00 – Shopping Trip</b> Movie Ch 3</p>	<p>9:00 – Exercise CH 3 <b>16</b> 10:00 - Shake it Move it Lift it– Gym 11:00 Eucharistic Services – Chapel 7:00 – Movie – CH 3</p>	<p>9:00 Exercise – CH 3 <b>17</b> 10:00 - Shake it Move it Lift it– Gym <b>11:30 Luncheon – Yetters Diner</b> <b>2:00 Sy and Sheila Mendel - TH</b> 2:00 Ladies Shuffleboard –</p>		
<p>9:00 Exercise CH 3 <b>18</b> 10:00 Bingo – 3rd fl AL 10:30 Chapel Services–CH 3 1:30 Chess – CR <b>6:30 Metcalfe Dining Room Birthday Party – Metcalfe Dining Room</b> <b>7:00 Live Entertainment Groovin Easy- TH</b> 7:00 Movie</p>	<p>9:00 Exercise CH 3 <b>19</b> 10:00 Shake it, Move it, Lift it 7:00 Movie – Ch 3</p> <p style="text-align: center;"><small>Presidents' Day</small></p>	<p>9:00 – Exercise CH 3 <b>20</b> 10:00 Prayer Group - Chapel 10:00 Line Dancing – TH 10:00 Bingo – AL 3<sup>rd</sup> fl <b>1:00 Shopping Trip</b> 3:30 Games with Karen – 3<sup>rd</sup> fl AL 7:00 Movie - Ch 3</p>	<p>9:00 – Exercise CH 3 <b>21</b> 10:00 Shake it, move it, lift it – Gym <b>10:00 Homeworks : Fall Prevention- TH</b> <b>1:00 Shopping Trip</b> <b>2:30 Chapel Services - Chapel</b> 7:00 Movie – CH 3</p>	<p>9:00 – Exercise CH 3 <b>22</b> <b>9:30 – Shopping Trip</b> <b>10:30 Bible Study w Harriet – Chapel</b> <b>1:00 – Shopping Trip</b> 1:30 Knit/Crochet – CR <b>2:00 Live Entertainment with Francine and Joel - TH</b> 7:00 Movie – CH 3</p>	<p>9:00 – Exercise CH 3 <b>23</b> 10:00 - Shake it Move it Lift it– Gym 11:00 Eucharistic Services – Chapel 7:00 – Movie – CH 3</p>	<p>9:00 Exercise – CH 3 <b>24</b> 10:00 - Shake it Move it Lift it– Gym <b>11:30 Luncheon - Wesselhoff Farm</b> <b>2:00 Beginner Chair Yoga w Liz - Gym</b> 2:00 Ladies Shuffleboard – Game Room 7:00 Movie – CH 3</p>		
<p>9:00 Exercise CH 3 <b>25</b> 10:00 Bingo – 3rd fl AL 10:30 Chapel Services–CH 3 1:30 Chess - CR 7:00 Movie</p>	<p>9:00 Exercise CH 3 <b>26</b> 10:00 Shake it, Move it, Lift it 7:00 Movie – Ch 3</p>	<p>9:00 – Exercise CH 3 <b>27</b> <b>9:30 – Shopping Trip</b> 10:00 Prayer Group - Chapel 10:00 Line Dancing – TH 10:00 Bingo – AL 3<sup>rd</sup> fl <b>1:00 – Shopping Trip</b> 3:30 Games with Karen – 3<sup>rd</sup> fl AL 7:00 Movie - Ch 3</p>	<p>9:00 – Exercise CH 3 <b>28</b> 10:00 Shake it, move it, lift it - Gym <b>2:30 Chapel Services - Chapel</b> 7:00 Movie – CH 3</p>	<p>9:00 – Exercise CH 3 <b>29</b> <b>9:30 – Shopping Trip</b> <b>10:30 Bible Study w Harriet – Chapel</b> <b>1:00 – Shopping Trip</b> 1:30 Knit/Crochet – CR 7:00 Movie – CH 3</p>				

Please contact David VandenHeuvel at ext. 1422 if you have any questions. All activities are subject to change without notice.