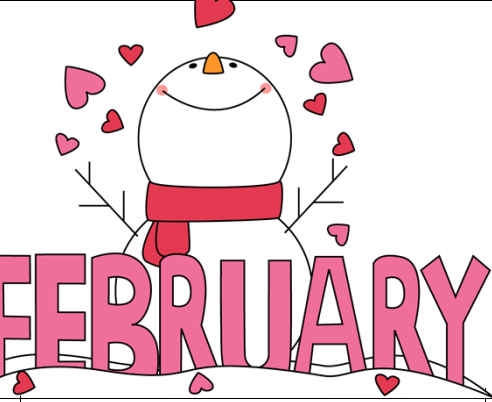


Sun Mon Tue Wed Thu Fri Sat

Wellness Center
Lots of Choices for Exercise!
Game Night, LIB
Thursdays, 6 pm
1st National Bank
Fridays: 8:30—10:30 am



1
10:00 Bus to O.W.L.S.
Paddling While Impaired
10:00 Writers' Group
2:30 Memory Games, GR
5:00 LaVone Newell
4:45 Bus to G. W. Carver celebration, MU Great Hall

2 **GROUNDHOG DAY** **3**
10:30 N Walmart & Fareway
10:30 Friday Chat with Amber Piatt, Great Backyard Bird Count
3:45 Bus to ISU Wind Ensemble, MET

4
1:30 Bus to ACTORS, *Holmes & Watson*
1:30 Bus to Talk at Christian Petersen Museum
2:00 Hymn Sing, AL

5
10:00 Fareway

6
9:30 Coffee, Atrium J 1-3
1:30 Hearing Aid Maintenance

7
10:00 BP Clinic
10:00 Book Club, AL
10:30 ALDI's & Hy-Vee
10:45 Bus to DMACC Bistro
1:00 Blue Zones, Episode 4, WC

8
1:00 Alzheimers' Group, Conference Room

6:45 Bus to Flute Program, MET

9
10:30 N Walmart & Fareway
10:30 Friday Chat with Artist Clark Colby
1:00 Wii Bowling, WC

10
12:15 Bus to MBB vs TCU

5:15 Bus to WBB vs Oklahoma



11 Super Bowl Sunday
1:00 Bus to Orchid Fest, Reiman Gardens
2:00 Hymn Sing, AL

12
10:00 Fareway

2:00 NC Stitchers, GR

13 Mardi Gras
9:30 Coffee, Atrium K 1-3

6:30 Bus to Women & Politics lecture, Memorial Union

14 Valentine's Day
Ash Wednesday
10:00 BP Clinic
10:30 ALDI's & Hy-Vee

2:00 Speed Friending, GR
5:45 Bus to WBB vs K. State

15
10:00 Writers' Group
11:00 Alzheimer's Monthly Education Series, GR
3:30-5 Senior Variety Show Social, Northminster Presbyterian, Bus if interest
5:00 LaVone Newell

16
10:30 N Walmart & Fareway
10:30 Friday Chat with Beth Waage, Symbols of Iowa

17
10:15 Bus to MBB vs Texas Tech

6:30 Bus to Town & Gown Musicales, St. John's Episcopal Church

18
2:00 Hymn Sing, AL

19 Presidents' Day
No Mail
10:00 Fareway

6:30 Mixed Bridge, Fdrs' Rm

20
9:30 Coffee, Atrium K 1-3

21
10:00 BP Clinic
10:30 ALDI's & Hy-Vee

6:45 ISU Jazz Band, MET

22 National Chili Day

23
9:30 Residents' Council
10:30 N Walmart & Fareway
1:00 Wii Bowling, WC

24
12:15 Bus to MBB vs W. Virginia

5:15 Bus to WBB vs BYU

25
12:45 Bus to The Statesmen, MET

2:00 Hymn Sing, AL

26
10:00 Fareway

2:45 Bus to Memory Café, Northminster Presbyterian

27
9:30 Coffee, Parkway 1

28
10:00 BP Clinic
10:30 ALDI's & Hy-Vee

6:15 Bus to MBB vs Oklahoma

29 Leap Day!


Here comes March!
