







Allerton Cove Calendar



February 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				9:30am iN2L Sit and Be Fit 10:30am Men's Group Lunch Music with Erik and Jules 2:00pm Rummikub	<u>Groundhog Day</u> 2 9:30am Stretch and Flex 10:30am Spa Hour 2:45 Memory Chi	9:30am Morning Chair Exercise 10:30am Pet Visits w/ MuMu 10:30am Memories and Melodies with Elisa
9:30am St. Margaret Mary Catholic Mass Live Stream/Communion 10:30am Music with Jazzy Jon	9:30am Stretch and Flex 10:30am Rosa Parks Reminisce on iN2L	9:30am Move with Sarah! 10:00am Outdoor Strolls 11:15am Episcopal	9:30am Morning Chair Exercise 10:30am Our Daily Bread with Stacy	9:30am iN2L Sit and Be Fit 10:30am Joyful Memory 2:00pm Rummikub 3:30pm BINGO	 9:30am Stretch and Flex 10:30am 3:30pm Mardi Gras Party	<u>Lunar New Year</u> 10 9:30am Morning Chair Exercise 10:30am Memories and Melodies with Elisa Marie
9:30am St. Margaret Mary Catholic Mass Live Stream/Communion 10:30am Music with	9:30am Stretch and Flex 10:30am Ballroom Dancers 2:00pm Best Friends	 9:30am Move with Sarah! 9:45am iN2L Scenic Drive 10:00am Outdoor	<u>Ash Wednesday</u> 14 9:30am Morning Chair Exercise 10:30am Devotions and Hymns	9:30am iN2L Sit and Be Fit 10:30am Men's Group 2:00pm Rummikub 3:30pm BINGO	9:30am Stretch and Flex 10:30am Jackie Robinson Sports Trivia/Reminisce on	9:30am Morning Chair Exercise 10:30am Music with Mike and Erik 2:00pm Rummikub 3:30pm Music with
9:30am St. Margaret Mary Catholic Mass Live Stream/Communion 10:30am Music with	<u>Presidents' Day</u> 19 9:30am Stretch and Flex 10:30am Janie's Variety Show	9:30am Move with Sarah! 10:00am Catholic Mass- IL 10:00am Outdoor	9:30am Morning Chair Exercise 10:30am Devotions with	9:30am iN2L Sit and Be Fit 10:30am Emily Ukulele Show 2:00pm Rummikub 3:30pm BINGO	9:30am Stretch and Flex 10:30am Entertainment with Nora and Andree	9:30am Morning Chair Exercise 10:30am Music with Mike and Erik 2:00pm Rummikub 3:30pm More than Jazz
9:30am St. Margaret Mary Catholic Mass Live Stream/Communion 10:30am Music with Robert	9:30am Stretch and Flex 10:30am Ballroom Dancers 2:00pm Best Friends	9:30am Move with Sarah! 10:30am Crafts with Jackie 11:15am Episcopal	<u>LUNCH OUTING</u> 9:30am Morning Chair Exercise 10:30am Devotions with	9:30am iN2L Sit and Be Fit 10:00am Outdoor Strolls 2:00pm Rummikub 3:30pm BINGO	Activities are subject to change based on resident preferences and circumstances. You will be notified of any changes.	