

Sun

Mon

Tue

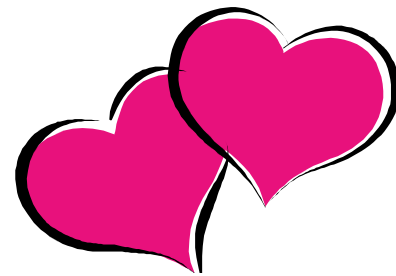
Wed

Thu

Fri

Sat

February 2012



DRY CLEANING

Victoria Cleaners will pick up and drop off at the reception desk each Tuesday and Friday.

You may also recycle your hangers by bringing them to the reception desk.

THE RIDGE CLUB

Mon 7:00 am—5:00 pm
Tues-Fri 7:00 am—6:30 pm
Sat 7:00 am—2:00 pm
Pool Closed 11:45 am
Sun 10:00 am—2:00 pm
Pool Closed All Day

THE BISTRO

Mon-Fri 10:30 am—2:00 pm
Sat 8:00 am—3:00 pm
Closed Sun & Holidays

SPECIALTIES OF THE MONTH

Sandwich: Tuna Melt
Ice Cream: Cherry Nut

1
9:00-5:00 Walnut Ridge Crafters—C
9:30 Stability Ball—AR
10:00 Arthritis Aquatics—P
10:00 Banker's Trust—BK
10:15 Bistro Bingo—B
11:00 Chair Class—T
11:00-1:30 Waterfront Seafood Market
2:00 Cribbage—G
4:00 Happy Hour—W

2 **Groundhog Day**
9:00-5:00 Walnut Ridge Crafters—C
10:00 Project Linus—C
10:00 Sit n' Fit—AR
11:00 Indoor Walking Group
1:00 Strength & Balance—AR
1:30 Wii Golf—T
2:00 Water Aerobics—P
2:30 Dining Services Meeting—B
3:30 Wii Bowling—T
4:00 Writer's Club—W

3
9:00-12:00 Woodard Hearing Clinic—C
9:30 Stability Ball Class—AR
10:00 Arthritis Aquatics—P
10:00 Jordan Creek Shuttle
10:00 Wii Golf—T
11:30-1:00 Super Bowl Tailgate—B
11:00 Chair Class—T
1:30 Movie & Popcorn: Dolphin Tale—T
7:00 Games—G

4
10:00 Hydro Power—P
2:00 Bistro Bingo—B
3:00 Games—G

5 **Super Bowl**
10:00 Catholic Communion—CH
1:30 Church Service—CH
2:30 Miniseries: Band of Brothers—T
5:30 Super Bowl XLVI—T

6
9:00 Hy-Vee Shuttle
9:30 Stability Ball Class—AR
10:00 Hy-Vee Shuttle
10:30 Crossword Puzzles—C
11:00 Chair Class—T
1:00 Medical Shuttle
1:00 Party Bridge—G
2:00 Wii Bowling—T
3:00 Polish Poker—C

7
9:00-1:00 Walnut Ridge Crafters—C
10:00 Resident Meeting
10:00 Sit n' Fit—AR
11:00 Indoor Walking Group
1:00 Strength & Balance—AR
1:45 Fun with Indian Hills Junior High—C
2:00 Low Vision Presentation—T
2:00 Water Aerobics—P
3:00 Armchair Travels: Yellowstone—T
4:00 Book Club—W
7:00 Games—G




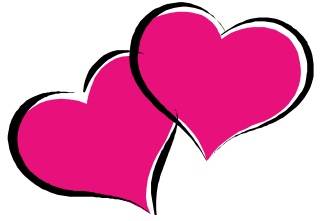
8
9:00-5:00 Walnut Ridge Crafters—C
9:30 Stability Ball—AR
10:00 Arthritis Aquatics—P
10:00 Banker's Trust—BK
10:15 Bistro Bingo—B
10:30-3:00 Prairie Meadows
11:00 Chair Class—T
2:00 Cribbage—G
4:00 BYOB Happy Hour—W

9
9:00-5:00 Walnut Ridge Crafters—C
10:00 Project Linus—C
10:00 Sit n' Fit—AR
11:00 Indoor Walking Group
1:00 Strength & Balance—AR
1:30 Wii Golf—T
2:00 Water Aerobics—P
2:00-3:30 Krispy Kreme Doughnuts (Assisted Living)
3:30 Wii Bowling—T
4:00 Writer's Club—W

10
9:30 Stability Ball Class—AR
10:00 Arthritis Aquatics—P
10:00 Valley West Shuttle
10:00 Wii Golf—T
11:00 Chair Class—T
1:30 Movie & Popcorn: The Music Man—T
7:00 Entertainment by The Fat Cat—T
7:00 Games—G

11
10:00 Hydro Power—P
10:00 Bible Study—C
2:00 Bistro Bingo—B
3:00 Games—G

ROOM KEY: Aerobics Room—AR, AL Lounge (2nd Floor)—AL, Bistro—B, Bank—BK, Craft Room—C, Chapel—CH, Game Room—G, Glenn Miller Restaurant—GM, Library—L, Swimming Pool—P, Ridge Club—RC, Theater—T, Walnut Club—W *Events in colored, bold font REQUIRE SIGN-UP in the Outing Book which can be found outside the Craft Room on second floor.*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>12 Lincoln's Birthday</p> <p>10:00 Catholic Communion—CH</p> <p>1:30 Church Service—CH</p> <p>2:30 Miniseries: Band of Brothers—T</p>	<p>13</p> <p>9:00 Hy-Vee Shuttle</p> <p>9:30 Stability Ball Class—AR</p> <p>10:00 Hy-Vee Shuttle</p> <p>11:00 Chair Class—T</p> <p>10:30 Scrabble—C</p> <p>1:00 Medical Shuttle</p> <p>1:00 Party Bridge—G</p> <p>1:30 BINGO—C</p> <p>2:00 Wii Bowling—T</p> <p>3:00 Polish Poker—C</p>	<p>14 Valentine's Day</p> <p>9:00-1:00 Walnut Ridge Crafters—C</p> <p>10:00 Wii Bowling—T</p> <p>10:00 Sit n' Fit—AR</p> <p>11:00 Indoor Walking Group</p> <p>11:30-1:00 Valentine's Day Lunch Buffet—GM</p> <p>1:00 Strength & Balance—AR</p> <p>1:45 Fun with Indian Hills Junior High—C</p> <p>2:00 Water Aerobics—P</p> <p>3:00 Armchair Travels: Yosemite—T</p> <p>4:00 Schwan's Truck—Lobby</p> <p>7:00 Games—G</p>	<p>15</p> <p>9:00-5:00 Walnut Ridge Crafters—C</p> <p>9:30 Stability Ball—AR</p> <p>10:00 Arthritis Aquatics—P</p> <p>10:00 Banker's Trust—BK</p> <p>10:15 Bistro Bingo—B</p> <p>10:30-2:00 Riverwalk Café & Des Moines Botanical Center</p> <p>11:00 Chair Class—T</p> <p>2:00 Cribbage—G</p>	<p>16</p> <p>9:00-5:00 Walnut Ridge Crafters—C</p> <p>10:00 Project Linus—C</p> <p>10:00 Sit n' Fit—AR</p> <p>11:00 Indoor Walking Group</p> <p>1:00 Strength & Balance—AR</p> <p>11:00 Birthday Luncheon—GM</p> <p>1:30 Wii Golf—T</p> <p>2:00 Water Aerobics—P</p> <p>3:30 Wii Bowling—T</p>	<p>17</p> <p>9:00 PEO Social—W</p> <p>9:30 Stability Ball Class—AR</p> <p>10:00 Arthritis Aquatics—P</p> <p>10:00 Jordan Creek Shuttle</p> <p>10:00 Wii Golf—T</p> <p>11:00 Chair Class—T</p> <p>1:30 Movie & Popcorn: All the President's Men—T</p> <p>7:00 Games—G</p>	<p>18</p> <p>10:00 Hydro Power—P</p> <p>2:00 Bistro Bingo—B</p> <p>3:00 Games—G</p>
<p>19</p> <p>10:00 Catholic Communion—CH</p> <p>1:30 Church Service—CH</p> <p>2:00 Multiple Sclerosis Support Group—C</p> <p>2:30 Miniseries: Band of Brothers—T</p>	<p>20 President's Day</p> <p>9:00 Hy-Vee Shuttle</p> <p>9:30 Stability Ball Class—AR</p> <p>10:00 Hy-Vee Shuttle</p> <p>10:00 Read to Me—GM</p> <p>10:30 Crossword Puzzles—C</p> <p>11:00 Chair Class—T</p> <p>1:00 Medical Shuttle</p> <p>1:00 Party Bridge—G</p> <p>2:00 Wii Bowling—T</p> <p>2:30 Care Quest Support Group—ALPD</p> <p>2:30 Cherry Pie Social—B</p> <p>3:00 Polish Poker—C</p>	<p>21 Shrove Tuesday Mardi Gras</p> <p>9:00-1:00 Walnut Ridge Crafters—C</p> <p>10:00 Wii Bowling—T</p> <p>10:00 Sit n' Fit—AR</p> <p>11:00 Indoor Walking Group</p> <p>1:00 Strength & Balance—AR</p> <p>2:00 Water Aerobics—P</p> <p>5:00 Mardi Gras Supper—GM</p> <p>7:00 Games—G</p>	<p>22 Ash Wednesday All Day: Podiatry Clinic—C</p> <p>9:30 Stability Ball—AR</p> <p>10:00 Arthritis Aquatics—P</p> <p>10:00 Banker's Trust—BK</p> <p>10:15 Bistro Bingo—B</p> <p>11:00 Chair Class—T</p> <p>11:00 Catholic Prayer Service—CH</p> <p>1:30-3:00 Mystery Trip!</p> <p>2:00 Cribbage—G</p> <p>4:00 BYOB Happy Hour—W</p>	<p>23</p> <p>9:00-5:00 Walnut Ridge Crafters—C</p> <p>10:00 Project Linus—C</p> <p>10:00 Sit n' Fit—AR</p> <p>11:00 Indoor Walking Group</p> <p>1:00 Strength & Balance—AR</p> <p>1:30 Wii Golf—T</p> <p>2:00 Water Aerobics—P</p> <p>3:30 Wii Bowling—T</p> <p>4:00 Writer's Club—W</p>	<p>24</p> <p>9:00 Men's Club—W</p> <p>9:30 Stability Ball Class—AR</p> <p>10:00 Arthritis Aquatics—P</p> <p>10:00 Valley West Shuttle</p> <p>10:00 Wii Golf—T</p> <p>11:00 Chair Class—T</p> <p>1:30 Movie & Popcorn: The Kite Runner—T</p> <p>7:00 Games—G</p>	<p>25</p> <p>10:00 Hydro Power—P</p> <p>10:00 Bible Study—C</p> <p>2:00 Bistro Bingo—B</p> <p>3:00 Games—G</p>
<p>26</p> <p>10:00 Catholic Communion—CH</p> <p>1:30 Church Service—CH</p> <p>2:30 Miniseries: Band of Brothers—T</p>	<p>27</p> <p>9:00 Hy-Vee Shuttle</p> <p>9:30 Stability Ball Class—AR</p> <p>10:00 Hy-Vee Shuttle</p> <p>10:30 Scrabble—C</p> <p>11:00 Chair Class—T</p> <p>1:00 Medical Shuttle</p> <p>1:00 Party Bridge—G</p> <p>2:00 Wii Bowling—T</p> <p>2:30 Women's Grief Support Group—CH</p> <p>3:00 Polish Poker—C</p>	<p>28</p> <p>9:00-1:00 Walnut Ridge Crafters—C</p> <p>10:00 Wii Bowling—T</p> <p>10:00 Sit n' Fit—AR</p> <p>11:00 Indoor Walking Group</p> <p>11:00-1:30 Biaggi's (Assisted Living)</p> <p>1:00 Strength & Balance—AR</p> <p>1:45 Fun with Indian Hills Junior High—C</p> <p>2:00 Water Aerobics—P</p> <p>3:00 Armchair Travels: Denali—T</p> <p>4:00 Schwan's Truck—Lobby</p> <p>7:00 Games—G</p> <p>7:00 Sacred Heart Sax & Brass Band—T</p>	<p>29 Leap Year</p> <p>9:00-5:00 Walnut Ridge Crafters—C</p> <p>9:00-11:00 Gateway Market</p> <p>9:30 Stability Ball—AR</p> <p>10:00 Arthritis Aquatics—P</p> <p>10:00 Banker's Trust—BK</p> <p>10:15 Bistro Bingo—B</p> <p>11:00 Chair Class—T</p> <p>1:00-4:00 Leap Year Spa Day</p> <p>2:00 Cribbage—G</p> <p>4:00 Happy Hour—W</p>	<p>February 2012</p>    		

ROOM KEY: Aerobics Room—AR, AL Lounge (2nd Floor)—AL, Bistro—B, Bank—BK, Craft Room—C, Chapel—CH, Game Room—G, Glenn Miller Restaurant—GM, Library—L, Swimming Pool—P, Ridge Club—RC, Theater—T, Walnut Club—W ***Events in colored, bold font REQUIRE SIGN-UP in the Outing Book which can be found outside the Craft Room on second floor.***