

February

1720 4th Street, White Bear Lake MN

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Phone: 651-426-2048 Email: tvmanager @lanel.com						1 10:00 AM 
2 SUPERBOWL SUNDAY  POTLUCK!	3 Soup Bar 12-2 	4 Fitness room: Walk and talk 2-4 PM	5 30 Minute  STRETCH 1:30 – 2:00 Bible Study 6:30 PM	6 Candle light Yoga 1-3 	7 8:00 – 11:00 Community Room 	8 10:00 AM 
9  BINGO 1:00-3:00	10 Fitness room: Walk and talk 2-4 PM	11 Coffee and Pie 11-12 	12 30 Minute  STRETCH 1:30 – 2:00	13 <i>Game night in the clubhouse</i> 6:00-8:00 	14 Bake Valentine treats 4-6 PM	15 10:00 AM 
16	17 Resident Council 5:00 PM 	18 Blood Pressure check 10-1 PM Fitness room: Walk and talk 2-4 PM	19 30 Minute  STRETCH 1:30 – 2:00 Bible Study 6:30 PM	20 Movie and popcorn in the clubhouse 2:00 - 4:00 	21  Cooking with Residents 6:30	22 10:00 AM 
23	24 Candle light Yoga 1-3	25 Coloring for all Ages 2:00-3:00 	26 30 Minute  STRETCH 1:30 -2:00	27 Chili Pot Luck 3-6 PM	28 Fitness room: Walk and talk 2-4 PM	29 10:00 AM 