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# 2024

# FEBRUARY

## THE VILLAGE OF BEDFORD WALK

JES I PRIME SENIOR LIVING

<p><b>4</b></p> <p>3:00 p.m. Afternoon Movie: <i>Some Like It Hot</i></p>	<p><b>5</b></p> <p>Hair Stylist Available by Appt</p> <p>8:15 a.m. Water Aerobics</p> <p>8:45 a.m. Water Aerobics</p> <p>8:45 a.m. Chair Yoga</p> <p>10:00 a.m. Chair Yoga</p> <p>12:30 p.m. Hand &amp; Foot <b>RL</b></p> <p>1:30 p.m. Musical Movie Monday (MMM): <i>Mama Mia - Wear your boas and bellbottoms!</i></p> <p>3:00 p.m. BINGO <b>RL</b></p> <p>4:00 p.m. Writing Class</p>	<p><b>6</b></p> <p>9:00 a.m. Meditation &amp; Relaxation Class</p> <p>10:00 a.m. Crafts Class</p> <p>12:30 p.m. Euchre <b>RL</b></p> <p>12:30 p.m. Brain Games: Tongue Twisters</p> <p>2:00 p.m. Line Dancing Class with CeCe</p> <p>3:00 p.m. Fiber Arts</p> <p>3:00 p.m. Guessing Games: The Hot Seat</p>	<p><b>7</b></p> <p>10:00 a.m. Fitness Class with Kelly P</p> <p>10:30 a.m. Resident Council Meeting</p> <p>12:30 p.m. Bridge <b>RL</b></p> <p>1:00 p.m. Weekly Shopping Trip:</p> <div style="border: 1px solid black; padding: 2px; display: inline-block; text-align: center;"> <p>UPSCALE RESALE</p> </div> <p>3:00 p.m. BINGO</p> <p>4:00 p.m. Social Hour:</p> <p style="text-align: center;">♥ POT LUCK-Y IN LOVE! ♥</p> <p style="text-align: center;">+ birthday celebration</p>	<p><b>8</b></p> <p style="text-align: center;"><b>HAPPY BIRTHDAY</b> <i>Delbert Avery!</i></p> <p>8:45 a.m. Chair Yoga</p> <p>10:00 a.m. Chair Yoga</p> <p>12:30 p.m. Euchre &amp; Dominoes <b>RL</b></p> <p>12:30 p.m. Pick Up Games - Cards/Board Games</p> <p>1:30 p.m. Color by Number: Relax &amp; Unwind</p> <p>2:00 p.m. Intro to Gym Equipment: How-To Instructions</p> <p>3:00 p.m. Resolution Meeting</p>	<p><b>9</b></p> <p>Nail Care Available by Appt</p> <p>8:15 a.m. Strength &amp; Stretching Class</p> <p>8:45 a.m. Water Aerobics</p> <p>9:00 a.m. Coffee Chat &amp; Donuts</p> <p>9:15 a.m. Water Aerobics</p> <p>9:30 a.m. Bedford Big Hearts Meeting</p> <p>10:00 a.m. Tai Chi</p> <p>11:00 a.m. Day Trip: Planetarium &amp; Lunch at Pappo's</p> <p>12:30 p.m. Hand &amp; Foot <b>RL</b></p> <p>4:30 p.m. Music with John Jones: Fun Time with Karaoke &amp; Tunes!</p>	<p><b>10</b></p> <p>Dog Grooming Available by Appt</p> <p>10:00 a.m. BINGO</p> <p>10:00 a.m. Swap Shop - Volunteers Needed</p> <p>12:30 p.m. Resident Games: 3 Words</p> <p>3:00 p.m. Worship Service</p>
<p><b>11</b></p> <p style="text-align: center;"><b>HAPPY BIRTHDAY</b> <i>Merv Bettis!</i></p> <p>1:00 p.m. Old Hymns - Listen or sing along!</p> <p>5:00 p.m. "Soup"er Bowl Party <b>RL</b></p> <p style="font-size: 10px;">Bring a soup or side to share (sign up in the mailroom)</p>	<p><b>12</b></p> <p>Hair Stylist Available by Appt</p> <p>8:15 a.m. Water Aerobics</p> <p>8:45 a.m. Water Aerobics</p> <p>8:45 a.m. Chair Yoga</p> <p>10:00 a.m. Chair Yoga</p> <p>12:30 p.m. Hand &amp; Foot <b>RL</b></p> <p>1:30 p.m. MMM: <i>A Star Is Born</i></p> <p>3:00 p.m. BINGO <b>RL</b></p>	<p><b>13</b></p> <p>10:00 a.m. Crafts Class</p> <p>11:30 a.m. Lunch Time Mardi Gras Costume Contest!</p> <p>12:30 p.m. Euchre <b>RL</b></p> <p>12:30 p.m. Brain Games: All Things Romance</p> <p>2:00 p.m. Line Dancing Class with CeCe</p> <p>3:00 p.m. Trivia Tuesday: Presidential Love</p> <p>3:00 p.m. Fiber Arts</p> <p>4:00 p.m. BUNCO *Bring a sweet treat to share!</p>	<p style="text-align: center;"><i>Happy Valentine's Day!</i></p> <p><b>14</b></p> <p>8:45 a.m. Zumba Gold Cardio Class</p> <p>10:00 a.m. Fitness Class with Kelly P</p> <p>11:00 a.m. Bedford Big Hearts: Carnations Fundraiser (Volunteers needed)</p> <p>12:30 p.m. Bridge <b>RL</b></p> <p>1:00 p.m. Weekly Shopping Trip:</p> <div style="text-align: center;"> </div> <p>3:00 p.m. BINGO</p> <p>4:00 p.m. Romantic Movie &amp; Chocolates: <i>The Notebook</i></p>	<p><b>15</b></p> <p style="text-align: center;"><b>HAPPY BIRTHDAY</b> <i>Neil Raymond!</i></p> <p>8:45 a.m. Chair Yoga</p> <p>10:00 a.m. Chair Yoga</p> <p>12:30 p.m. Euchre &amp; Dominoes <b>RL</b></p> <p>12:30 p.m. Pick Up Games - Cards/Board Games</p> <p>1:30 p.m. Color by Number: Relax &amp; Unwind</p> <p>4:00 p.m. Wine Club</p> <p>5:00 p.m. Dinner Club:</p> <div style="text-align: center;"> </div>	<p><b>16</b></p> <p>8:15 a.m. Strength &amp; Stretching Class</p> <p>8:45 a.m. Water Aerobics</p> <p>9:00 a.m. Coffee Chat &amp; Donuts</p> <p>9:15 a.m. Water Aerobics</p> <p>10:00 a.m. Tai Chi</p> <p>12:00 p.m. Day Trip: Dillard's Outlet in Jefferson City &amp; Central Dairy</p> <p>12:30 p.m. Hand &amp; Foot <b>RL</b></p>	<p><b>17</b></p> <p>10:00 a.m. BINGO</p> <p>12:30 p.m. Resident Games: D-Ice Breakers</p>
<p><b>18</b></p> <p>3:00 p.m. Afternoon Movie: <i>The Butler</i></p>	<p style="text-align: center;"><b>President's Day</b></p> <p style="text-align: center;"></p> <p><b>19</b></p> <p>Hair Stylist Available by Appt</p> <p>8:15 a.m. Water Aerobics</p> <p>8:45 a.m. Water Aerobics</p> <p>8:45 a.m. Chair Yoga</p> <p>10:00 a.m. Chair Yoga</p> <p>12:30 p.m. Hand &amp; Foot <b>RL</b></p> <p>1:30 p.m. Musical Movie Monday: <i>Hamilton: One Shot to Broadway</i></p> <p>3:00 p.m. BINGO <b>RL</b></p> <p>4:00 p.m. Writing Class</p>	<p><b>20</b></p> <p>9:00 a.m. Meditation &amp; Relaxation Class</p> <p>10:00 a.m. Crafts Class</p> <p>12:30 p.m. Euchre <b>RL</b></p> <p>12:30 p.m. Brain Games: Fun with Numbers</p> <p>2:00 p.m. Introductory Fun Fitness Classes: Walk Fit, Body Grove, Zumba Gold, Line Dancing</p> <p>3:00 p.m. Fiber Arts</p> <p>3:00 p.m. Guessing Games: Pictionary</p>	<p><b>21</b></p> <p>10:00 a.m. Fitness Class with Kelly P</p> <p>12:30 p.m. Bridge <b>RL</b></p> <p>1:00 p.m. Weekly Shopping Trip:</p> <div style="text-align: center;"> </div> <p>3:00 p.m. BINGO</p> <p>4:00 p.m. Social Hour: Taco Bar &amp; Margaritas!</p>	<p><b>22</b></p> <p>8:45 a.m. Chair Yoga</p> <p>10:00 a.m. Chair Yoga</p> <p>12:30 p.m. Euchre &amp; Dominoes <b>RL</b></p> <p>12:30 p.m. Pick Up Games - Cards/Board Games</p> <p>1:30 p.m. Color by Number: Relax &amp; Unwind</p> <p>6:00 p.m. Evening Trip: <i>Hairspray (the Musical)</i> at Jesse Auditorium</p>	<p><b>23</b></p> <p>8:15 a.m. Strength &amp; Stretching Class</p> <p>8:45 a.m. Water Aerobics</p> <p>9:00 a.m. Coffee Chat &amp; Donuts</p> <p>9:00 a.m. Men's Breakfast Out</p> <p>9:15 a.m. Water Aerobics</p> <p>10:00 a.m. Tai Chi</p> <p>12:30 p.m. Hand &amp; Foot <b>RL</b></p> <p>3:00 p.m. Movie &amp; Popcorn: <i>Queen Bee</i></p>	<p><b>24</b></p> <p>10:00 a.m. BINGO</p> <p>12:30 p.m. Resident Games: Name 3 Things</p> <p>3:00 p.m. Worship Service</p>

<p><b>25</b></p> <p>2:00 p.m. Carrie Conklin Children's Piano Performance</p> <p>3:00 p.m. Afternoon Movie: <i>The Pursuit of Happyness</i></p>	<p><b>26</b></p> <p>Hair Stylist Available by Appt</p> <p>8:15 a.m. Water Aerobics</p> <p>8:45 a.m. Chair Yoga</p> <p>10:00 a.m. Chair Yoga</p> <p>12:30 p.m. Hand &amp; Foot <b>RL</b></p> <p>1:30 p.m. MMM: <i>Jesus Christ Superstar</i></p> <p>3:00 p.m. BINGO <b>RL</b></p> <p>4:00 p.m. Book Club</p>	<p><b>27</b></p> <p>10:00 a.m. Crafts Class</p> <p>12:30 p.m. Euchre <b>RL</b></p> <p>12:30 p.m. Brain Games: Riddles</p> <p>2:00 p.m. Line Dancing Class with CeCe</p> <p>3:00 p.m. Trivia Tuesday</p> <p>3:00 p.m. Fiber Arts</p> <p>4:00 p.m. BUNCO</p>	<p><b>28</b></p> <p>8:45 a.m. Zumba Gold Cardio Class</p> <p>10:00 a.m. Fitness Class with Kelly P</p> <p>12:30 p.m. Bridge <b>RL</b></p> <p>1:00 p.m. Weekly Shopping Trip:</p> <div style="text-align: center;"> </div> <p>3:00 p.m. All Residents Meeting</p> <p>3:00 p.m. Guest Speaker John Wampler: <i>The Upside of Adversity</i></p>	<p><b>29</b></p> <p>Massage Therapist Available by Appt</p> <p>8:45 a.m. Chair Yoga</p> <p>10:00 a.m. Chair Yoga</p> <p>12:30 p.m. Euchre &amp; Dominoes <b>RL</b></p> <p>12:30 p.m. Pick Up Games - Cards/Board Games</p> <p>1:30 p.m. Color by Number: Relax &amp; Unwind</p> <p>5:00 p.m. Dinner Club: Longhorn Steakhouse</p>	<p><b>Legend:</b></p> <p><b>RL</b> = Resident Led Event</p> <p> = Trash Day</p> <p> = Recycle Day</p>
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