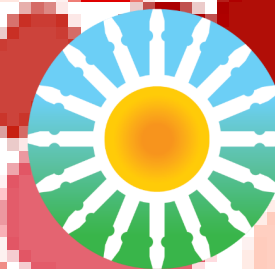


FEBRUARY











2023



OREGON

Living & Rehabilitation Center
811 S 10th St, Oregon, IL 61061

Sun	Mon	Tue	Wed	Thu	Fri	Sat
February Birthdays: MaryAnn Anderson -2/17 David Beaman -2/22 Robert Kain-2/24		Personal shopping is the 2nd Thursday of every month 1:00PM - 4:00PM. * Mail is delivered Monday - Saturday unless a holiday.	1 Chinese New Year  8:00 Weird Facts 9:30 Fitness Club 10:00 Hymns w/ Father George 11:00 Appreciation of Chinese Music 2:00 Paper Lantern Craft 3:30 Chinese New Year Social 4:00 Movie Madness and Popcorn : Mulan	2 Groundhog Day  8:00 Today in the News... 9:30 Scarfercise 10:00 Wii Bowling League 11:00 Groundhog Day Craft 2:00 Bingo Blitz 3:00 Birthday Card Club 3:30 Movin' and Groovin'	3 8:00 Rise and Shine 9:30 Book Club 10:00 Black History Month: Who They Were. 11:00 What's that Song?! 2:00 Ice Cream Social : Sundae Bar 2:30 Yahtzee Game Night 3:30 Chair Exercises 4:00 Hydration Station	4 National Wear Red Day 8:00 2 Truths and 1 Lie 9:30 Morning Stretches 10:00 Coloring in Red 11:00 Guess the Singer 2:00 Bridge Tournament 3:00 Don't Drop the Balloon Game
5 8:00 Sunday Funnies 9:30 Sunday Stretches 10:00 Catholic Mass w/ Father Dave 11:00 Who Sang it? 2:00 God Cares Church Service 3:00 Balloon Hunting 4:00 Hydration Station	6 Pay A Compliment Day 8:00 News Catch up 9:30 Book Club 10:00 Traveling Thank You Parade 11:00 Music and Menus 2:00 Valentine Craft: Heart to Heart 3:30 Dance to the Beat 4:00 Mail Call	7 National Send A Card To A Friend Day 8:00 Good Morning Oregon 9:30 Social Stretches 10:00 Writing to Pen Pals 11:00 Music of Ella Fitzgerald 2:00 Bingo Hour—Two Cards 3:00 Pretty Nails 3:30 Exercise w/ Sherry Zak Morris 4:00 Jigsaw Puzzle Group	8 National Opera Day 8:00 Current Events 9:30 Yoga For You 10:00 Hymns with Father George 11:00 Opera Appreciation Hour 2:00 Karaoke hour 3:30 Musical Dances 4:00 Popcorn and Movie: Greatest Show-	9 National Pizza Day 8:00 Weird News 9:30 Sitting Zumba 10:00 Wii Bowling League 11:00 Music Appreciation - Africa 2:00 Bingo Hour 3:00 Cooking Club: Pizzas 3:30 Dance to the Beat	10 8:00 News and Chat 9:30 Book Club 10:00 Black History Month: Who They Were 11:00 Guess That Tune 2:00 Ice Cream Social: DIY Banana Splits 2:30 Game Night: Poker with chips 3:30 Groovin' to the Beat 4:00 Mail Call	11 Make A New Friend Day 8:00 Current Events 9:30 Yoga For You 10:00 Making Valentine Decorations 11:00 Guess That Tune 2:00 Creative coloring hour 3:00 Story Hour 4:00 Movie Night
12 Abraham Lincoln's B-Day 8:00 News and Coffee 9:30 Who They Were: Abraham Lincoln 10:00 Catholic Mass w/ Father Dave 11:00 Sing-a-long 2:00 Hymn singing 3:00 Balloon Hockey 4:00 Hand Massages 	13 World Marriage Day 8:00 News Catch up 9:30 Book Club 10:00 Making Paper Bouquets 11:00 Music and Menus 2:00 Remembering Our Spouses 3:30 Dance to the Beat 4:00 Mail Call	14 Valentine's Day  8:00 This Day in History 9:30 Scarfercise 10:00 Valentine writing 11:00 Music of Aretha Franklin 2:00 Valentine Bingo 3:00 Valentines Day Party 4:00 Mail Call	15 8:00 Weird News 9:30 Sit n Stretch 10:00 Father George 11:00 Oldies But Goodies 2:00 Appreciation of Jazz Music 3:30 Yoga Group 4:00 Assorted Popcorn and Movie Madness - The Notebook	16 8:00 Current Events 9:30 Chair Zumba 10:00 Wii Bowling League 11:00 Black History Month Craft 2:00 Bingoganza 3:30 Movin' to the Music 4:00 Mail Call	17 Random Acts of Kindness Day 8:00 News and Chat 9:30 Book Club 10:00 Black History Month: Who They Were 11:00 Guess That Tune 2:00 Ice Cream Social: Guess the Flavor 2:30 Karaoke: Love Songs 3:30 Stretching to the Beat	18 National Caregiver Day 8:00 Rise and Shine 9:30 Sit n Stretch 10:00 Appreciation Card Writing 11:00 Finish the lyric 2:00 Big Parachute Game 3:00 Movie Trivia Tournament 4:00 Movie Night : Patch Adams
19 8:00 This Day in History 9:30 Sit n Stretch 10:00 Catholic Mass w/ Father Dave 11:00 Who Sang it? 2:00 God Cares Church Service 3:00 Art with Bob Ross 4:00 Hand Massages	20 National Muffin Day 8:00 Current Events 9:30 Book Club 10:00 Mocktail Social w/ Muffins 11:00 Guess That Tune 2:00 Men's Group- Fishing 3:30 Exercise Class w/ Sherry Zak Morris 4:00 Mail Call	21 President's Day  8:00 Rise and Shine 9:30 Fun with Fitness 10:00 Presidents Day Craft 11:00 Music of Michael Jackson 2:00 Double Luck Bingo 3:00 Manicures 3:30 Zumba Club 4:00 Mail Call	22 George Washington's B-Day  8:00 Rise & Shine 9:30 Zumba 10:00 Father George 11:00 Guess the Song 2:00 Making Money 3:30 Movin' and Groovin' 4:00 Popcorn and Movie Madness- Hamilton	23 Mardi Gras Celebration 8:00 Current Events 9:30 Scarfercise 10:00 Wii Bowling League 11:00 Music Appreciation- Black Voices 2:00 Bingo Blitz 3:00 Birthday Celebration /Mardi Gras 3:30 Exercise Group 4:00 Mail Call	24 National Peanut Butter Day 8:00 Current Events 9:30 Book Club 10:00 Black History Month: Who They Were 11:00 Name that Tune 2:00 Cooking Club- PB Brownies 3:30 Chair Yoga 4:00 Puzzle Group	25 National Pancake Day 8:00 Current Events 9:30 Fitness Club 10:00 Jenga w/ Pancakes 11:00 Finish the Lyric 2:00 Big Dice Game 3:00 Relaxing Meditation w/ Music 4:00 Movie Night
26 Tell A Fairy Tale Day  8:00 Rise and Shine 9:30 Morning Exercise 10:00 Catholic Mass w/ Father Dave 11:00 Fairy Tales/Slay the Dragon 2:00 Hymn Sing-Along 3:00 Guess that Fairy Tale 4:00 Disney Movie Magic + Popcorn : Into the Woods 	27 8:00 Occurring Events 9:30 Book Club 10:00 Resident Council 11:00 Who Sang it? 2:00 St. Valentine Scavenger Hunt 3:30 Musical Stretch 4:00 Hydration Station	28 8:00 2 Truths and 1 Lie 9:30 Scarfercise 10:00 Shopping with Tickets 11:00 Music of Whitney Houston 2:00 Bingo Hour 3:00 Painting Nails 3:30 Move to the Beat 4:00 Mail Pass				