

FEBRUARY

VALLEY HEIGHTS ACTIVITY CALENDAR

2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	SUPER BOWL SUNDAY February 5, 2012 Kick Off scheduled for 3:30 PM Watch the exciting match up for Super Bowl XLVI on Sunday, February 5 in the comfort of the TV Lounge. Refreshments will be provided by Valley Heights.		1 10:00 am DVD Lecture 10:00 am Shopping 11:00 am Food Committee 11:30 am Lunch outing: <i>Cowboy Corner Cafe</i> 12:30 pm Crafts Class 1:00 pm Bridge 7:30 pm Movie POPCORN DAY!	2 9:00 am Exercise 9:30 am Exercise 11:00 am Blood pressure 12:00 pm Lunch in 1:30 pm BINGO 7:30 pm Casino Night 7:30 pm Bible Study	3 9:00 am Exercise 9:30 am Exercise 10:00 am DVD Series 10:30 am SC Co. Bank 1:00 pm Shopping 3:30 pm Social hour 3:30 pm Richard Stauff 7:30 pm Movie	4 12:00 pm <i>BevMo</i> 12:00 pm Food, Fun & BINGO 1:00 pm Movie 7:30 pm Movie
	5 9:30 am - 12:30 pm Church Transportation 1:00 pm Scenic Drive: <i>Aptos</i> 1:00 pm Movie 3:30 pm Super Bowl 7:30 pm Movie	6 9:00 am <i>Tai Chi</i> 10:00 am Shopping 11:00 am DVD Lecture 1:30 pm BINGO 2:30 pm Coffee break 7:30 pm Movie	7 9-12 pm Santa Cruz 9:00 am Exercise 9:30 am Exercise 1:30 pm BINGO 3:30 pm Social hour 3:30 pm Carol Thorson 7:30 pm Movie	8 10:00 am DVD Lecture 10:00 am Shopping 12:00 pm Welcome Lunch 12:30 pm Crafts Class 1:00 pm Bridge 7:30 pm Movie POPCORN DAY!	9 9:00 am Exercise 9:30 am Exercise 11:00 am Blood pressure 12:00 pm Lunch in 1:00 pm Podiatrist Visit 1:30 pm BINGO 7:30 pm Poker Night 7:30 pm Bible Study	10 9:00 am Exercise 9:30 am Exercise 10:00 am DVD Series 1:00 pm Shopping 3:30 pm Social hour 3:30 pm Fenton Murray 7:30 pm Movie
12 9:30 am - 12:30 pm Church Transportation 1:00 pm Trader Joe's 1:00 pm Movie 7:30 pm Movie	13 9:00 am <i>Tai Chi</i> 10:00 am Shopping 11:00 am DVD Lecture 1:30 pm BINGO 2:30 pm Coffee break 7:30 pm Movie	14 9-12 pm Santa Cruz 9:00 am Exercise 9:30 am Exercise 1:30 pm BINGO 3:30 pm Social hour 3:30 pm Young At Heart 7:30 pm Movie VALENTINE'S DAY THEME NIGHT	15 10:00 am DVD Lecture 10:00 am Shopping 11:00 am Resident Council 12:30 pm Crafts Class 1:00 pm Bridge 7:30 pm Movie POPCORN DAY!	16 9:00 am Exercise 9:30 am Exercise 11:00 am Blood pressure 12:00 pm Lunch in 1:30 pm BINGO 7:30 pm Casino Night 7:30 pm Bible Study	17 9:00 am Exercise 9:30 am Exercise 10:00 am DVD Series 10:30 am SC Co. Bank 1:00 pm Shopping 3:30 pm Social hour 3:30 pm David Field 7:30 pm Movie	18 11:00 am <i>Red Lobster (Salinas)</i> 1:00 pm Ice Cream Social 1:00 pm Movie 7:30 pm Movie
19 9:30 am - 12:30 pm Church Transportation 1:15 pm MidCounty Performance 1:00 pm Movie 7:30 pm Movie	20 9:00 am <i>Tai Chi</i> 10:00 am Shopping 11:00 am DVD Lecture 1:30 pm BINGO 2:30 pm Coffee break 7:30 pm Movie PRESIDENT'S DAY FEDERAL HOLIDAY	21 9-12 pm Santa Cruz 9:00 am Exercise 9:30 am Exercise 1:30 pm BINGO 3:30 pm Social hour 3:30 pm Tapateers 7:30 pm Movie	22 10:00 am DVD Lecture 10:00 am Shopping 12:30 pm Crafts Class 1:00 pm Bridge 7:30 pm Movie POPCORN DAY!	23 9:00 am Exercise 9:30 am Exercise 11:00 am Blood pressure 12:00 pm Lunch in 1:30 pm BINGO 7:30 pm Poker Night 7:30 pm Bible Study	24 9:00 am Exercise 9:30 am Exercise 10:00 am DVD Series 10:30 am SC Co. Bank 12:00 pm Men's Lunch 1:00 pm Shopping 3:30 pm Social hour 3:30 pm Silvertones 7:30 pm Movie	25 11:00 am Lunch at <i>Gilbert's</i> 1:00 pm Ice Cream Social 1:00 pm Movie 7:30 pm Movie
26 9:30 am - 12:30 pm Church Transportation 1:00 pm Gizdich 1:00 pm Movie 3:00 pm Day Family Academy Award Show 7:30 pm Movie	27 9:00 am <i>Tai Chi</i> 10:00 am Shopping 11:00 am DVD Lecture 1:30 pm BINGO 2:30 pm Coffee break 7:30 pm Movie	28 9-12 pm Santa Cruz 9:00 am Exercise 9:30 am Exercise 1:30 pm BINGO 3:30 pm Social hour 3:30 pm Danceland 7:30 pm Movie	29 10:00 am DVD Lecture 10:00 am Shopping 12:00 pm Ladies Luncheon 12:30 pm Crafts Class 1:00 pm Bridge 7:30 pm Movie POPCORN DAY!	 Watch the Academy Awards Show live on Sunday, February 26, in the TV Lounge at 4:00 PM.		Note: Activities and events subject to change. Please read flyers and bulletins for details.

Enjoy a Wednesday Lunch outing to Cowboy Corner Cafe, located at on Main Street in Watsonville. Sign up sheet is in the binder at the Front Desk. Remember to bring your money and appetite on Wednesday, February 1!

Celebrate Valentine's Day on Tues., Feb. 14 at Valley Heights. Enjoy Social Hour at 3:30 PM with Johnny Fabulous (of Young At Heart) at the piano, followed by a delicious Theme Night dinner.

"I don't understand why Cupid was chosen to represent Valentine's Day. When I think about romance, the last thing on my mind is a short, chubby toddler coming at me with a weapon."
 ~Author Unknown

Happy Birthday Wishes
 Dorothy Skillicorn 02/06
 Nancy Sambrailo 02/07
 Joe Castro 02/15
 John Odom 02/17
 Peggy Jacobs 02/20
 Marilyn Sauer 02/22
 Maxine Warns 02/26

HAPPY ANNIVERSARY!
Emily and Koso Takemoto
Feb. 21, 1943

Presidents Day is observed on Monday, February 20. All federal offices and banks will be closed this day.

"ADVENTURE IS WORTHWHILE IN ITSELF"
 - AMELIA EARHART