

February 2026

Hillcrest Highlands Sutherland Apartments



KEY

A=Atrium
 B=Bus
 BT=Bravo Theater
 CR=Cameron's Restaurant
 CR3=Club Room 3rd
 CS2=Creation Station 2nd
 DL=Drummond's Lounge
 DR=Drummond's Restaurant
 ES=Exercise Studio
 FG=Fitness Gym
 HH=Highlands Hall
 HP3=Highview Pub 3rd
 SAR=St. Andrew's Room

Pub Hours

Sun. Closed
 Mon. 2:30p.m.-4:30p.m.
 Tues. 2:30p.m.-4:00p.m.
 Wed. Closed
 Thu. 4:00p.m.-6:30p.m.
 Fri. 4:00p.m.-6:30p.m.
 Sat. 3:30p.m.-6:00p.m.

Happy Birthday!

Mike P. - 1st
 Ron D. - 9th
 Ron B. - 25th

National Days

2- Groundhog Day
 14- Valentine's Day
 16- Presidents Day
 18- Ash Wednesday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
9:30 Gentle Movement Exercise - Resident-Led (HS1) 9:45 Catholic Communion Service (ES) 1:00 Bridge Card Game - Resident-Led (DL) 1:00 Canasta Card Game - Resident-Led (DL) 2:00 Movie (BT)	1 8:30 YMCA Aqua- Register in Life Loop (B) 9:15 Prayer Circle (ES) 9:30 Hand Weights w/Lindsey (ES) 10:30 Fun Trivia (BT) 10:30 Vital & Balance Clinic w/Jacey (FG) 1:00 Bible Study (CS2) 1:00 Pitch Card Game - 3rd Floor (CR3) 2:30 Beverages in Highview Pub 2:30 Pokeno Game - Like Bingo (HP3) 3:30 Bowling on the Big Screen (BT) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Shoot Pool (CR3)	2 9:30 Exercise Bands w/Chris (ES) 10:00 Mah Jongg (CR3) 10:30 Hy-Vee Shopping-Register (B) 1:00 Blackjack Card Game - Bring Dimes (HH) 2:00 Learn Line Dancing (ES) 2:30 Beverages in the Highview Pub (HP3) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Play Darts (SAR)	3 8:30 YMCA Yoga-Register in Life Loop (B) 9:00 Men's Coffee Talk - Firemen Visit (CS2) 9:30 Tai Chi for Balance (ES) 10:30 Bridge Card Game - Resident-Led (DL) 11:00 Rosary & Communion w/Norm (ES) 1:00 Bingo Bonanza (HH) 2:00 Heart Book Folding w/Becky & Ken (HS1) 3:30 Walking Club-Meet in the Atrium (AT) 6:30 Game Night (CS2)	4 9:30 Cardio Drumming w/ Music-Lindsey (ES) 10:00 Mah Jongg (CR3) 10:30 Baking for Birthdays (HS1) 1:00 Dominoes - Resident-Led (DL) 3:00 Celebrate Birthdays (HH) 4:00 Beverages in the Highview Pub (HP3) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Play Golf (SAR)	5 8:30 YMCA Yoga-Register In Life Loop (B) 9:30 Men's Breakfast at Billy's Cafe-Register (B) 9:30 YOGA-w/Lindsey (ES) 10:00 Ladies Coffee & Laughs (HH) 11:00 Life Loop Class (BT) 1:00 LCR Dice Game (HH) 1:00 Pitch Card Game - 3rd Floor (CR3) 2:00 Movie & Popcorn (BT) 4:00 Beverages in Highview Pub (HP3) 4:00 Resident Rosary Prayer (ES) 6:30 Shoot Pool (CR3)	6 9:30 Chair Yoga-Resident Led (HS1) 1:30 Pokeno Game (Like Bingo) - Resident-Led (HH) 2:30 Bridge Card Game - Resident-Led (HS1) 2:30 Scrabble Board Game - Resident-Led (DL) 3:30 Beverages in the Pub (HP3) 6:00 Movie	7
9:30 Gentle Movement Exercise - Resident-Led (HS1) 9:45 Catholic Communion Service (ES) 1:00 Bridge Card Game - Resident-Led (DL) 1:00 Canasta Card Game - Resident-Led (DL) 2:00 Movie (BT)	8 8:30 YMCA Aqua- Register in Life Loop (B) 9:15 Prayer Circle (ES) 9:30 CONFESSION w/Father Vince-Sutherland Conference Rm. 9:30 Hand Weights w/Lindsey (ES) 10:30 Catholic Mass w/ Father Vince (ES) 1:00 Bible Study (CS2) 1:00 Pitch Card Game - 3rd Floor (CR3) 1:30 Jacey Discussion: Hot Topic (BT) 2:30 Beverages in Highview Pub 2:30 Pokeno Game - Like Bingo (HP3) 3:30 Bowling on the Big Screen (BT) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Shoot Pool (CR3)	9 9:30 Exercise Bands w/Chris (ES) 10:00 Mah Jongg (CR3) 10:30 Walmart Shopping-Register (B) 1:00 Blackjack Card Game - Bring Dimes (HH) 1:00 Monthly Book Club (DL) 2:30 Beverages in the Highview Pub (HP3) 3:00 Winter Craft-Blot Painting w/Karien (CS2) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Play Darts (SAR)	10 8:30 YMCA Yoga-Register in Life Loop (B) 9:00 Men's Coffee Talk - Firemen Visit (CS2) 9:30 Tai Chi for Balance (ES) 10:30 Bridge Card Game - Resident-Led (DL) 11:00 Rosary & Communion w/Norm (ES) 1:00 Bingo Bonanza (HH) 2:00 Bible Study w/Pastor Quandt (BT) 3:30 Larry w/Muzica Entertainment (HH) 6:30 Game Night (CS2)	11 9:30 Cardio Drumming w/ Music-Lindsey (ES) 10:00 Mah Jongg (CR3) 1:00 Dominoes - Resident-Led (DL) 1:00 Lifelong Learning (Mike Talk): The Evolution of Rock & Roll (BT) 11:00 Life Loop Training on Devices (BT) 4:00 Pub will be Closed due to the Steak Dinner Event (HP3) 4:00 Resident Rosary Prayer (ES) 4:30 Fine Dining-Steak Dinner (DR) 6:30 Let's Play Golf (SAR)	12 AD Crazy Fun Hair Day for Fri. 13th 8:30 YMCA Yoga-Register In Life Loop (B) 9:30 YOGA-w/Lindsey (ES) 10:00 Ladies Coffee & Laughs (HH) 11:00 Life Loop Training on Devices (BT) 1:00 LCR Dice Game (HH) 1:00 Pitch Card Game - 3rd Floor (CR3) 2:00 Movie & Popcorn (BT) 4:00 Beverages in Highview Pub-Steve W. Entertainment (HP3) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Shoot Pool (CR3)	13 9:30 Chair Yoga-Resident Led (HS1) 1:30 Pokeno Game (Like Bingo) - Resident-Led (HH) 2:30 Bridge Card Game - Resident-Led (HS1) 2:30 Scrabble Board Game - Resident-Led (DL) 3:30 Beverages in the Pub (HP3) 6:00 Movie 6:30 Shuffleboard (SAR)	14

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