

February 2026

Hillcrest Highlands Sutherland Apartments



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

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.-4:0p.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

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<div>9:30 Gentle Movement Exercise - Resident-Led (HS1)</div> <div>9:45 Catholic Communion Service (ES)</div> <div>1:00 Bridge Card Game - Resident-Led (DL)</div> <div>1:00 Canasta Card Game - Resident-Led (DL)</div> <div>2:00 Movie (BT)</div> <div>4:00 Let's Play Darts (SAR)</div> <div>15</div>	<div>8:30 YMCA Aqua-Register in Life Loop (B)</div> <div>9:15 Prayer Circle (ES)</div> <div>9:30 Hand Weights w/Lindsey (ES)</div> <div>10:00 Art Project w/Paula C.-Register (CS2)</div> <div>10:30 Fun Trivia (BT)</div> <div>1:00 Bible Study (CS2)</div> <div>1:00 Pitch Card Game - 3rd Floor (CR3)</div> <div>2:30 Beverages in Highview Pub</div> <div>2:30 Pokeno Game - Like Bingo (HP3)</div> <div>3:30 Bowling on the Big Screen (BT)</div> <div>4:00 Resident Rosary Prayer (ES)</div> <div>6:30 Let's Shoot Pool (CR3)</div> <div>16</div>	<div>9:30 Exercise Bands w/Chris (ES)</div> <div>10:00 Mah Jongg (CR3)</div> <div>10:30 Hy-Vee Shopping (B)</div> <div>11:00 Christian Service-w/Pastor Mary (CS2)</div> <div>1:00 Blackjack Card Game - Bring Dimes (HH)</div> <div>2:30 Beverages in the Highview Pub (HP3)</div> <div>4:00 Resident Rosary Prayer (ES)</div> <div>6:30 Let's Play Darts (SAR)</div> <div>17</div>	<div>8:30 YMCA Yoga-Register in Life Loop (B)</div> <div>9:00 Men's Coffee Talk - Firemen Visit (CS2)</div> <div>9:30 Tai Chi for Balance (ES)</div> <div>10:30 Bridge Card Game - Resident-Led (DL)</div> <div>10:30 Equipment Training w/Innovate (FG)</div> <div>11:00 Rosary & Communion w/Norm (ES)</div> <div>1:00 Bingo Bonanza (HH)</div> <div>2:00 Craft: Chinese New Year Paper Lanterns (HS1)</div> <div>3:30 Walking Club-Meet in the Atrium</div> <div>6:30 Game Night (CS2)</div> <div>18</div>	<div>9:30 Cardio Drumming w/ Music-Lindsey (ES)</div> <div>10:00 Mah Jongg (CR3)</div> <div>11:00 Poarch Chiropractic-Test Your Knowledge w/Sydni & Kolbe (BT)</div> <div>1:00 Dominoes - Resident-Led (DL)</div> <div>1:00 Make Dessert for Fire Dept. (CS2)</div> <div>4:00 Beverages in the Highview Pub (HP3)</div> <div>4:00 Resident Rosary Prayer (ES)</div> <div>6:30 Let's Play Golf (SAR)</div> <div>19</div>	<div>8:30 YMCA Yoga-Register In Life Loop (B)</div> <div>9:30 Balloon Volleyball-3rd Fridays (ES)</div> <div>10:00 Ladies Coffee & Laughs (HH)</div> <div>11:00 Lifeloop 101 Class (HH)</div> <div>11:30 Basil's Restaurant-Register (B)</div> <div>1:00 LCR Dice Game (HH)</div> <div>1:00 Pitch Card Game - 3rd Floor (CR3)</div> <div>2:00 Movie & Popcorn (BT)</div> <div>4:00 Beverages in Highview Pub (HP3)</div> <div>4:00 Resident Rosary Prayer (ES)</div> <div>6:30 Let's Shoot Pool (CR3)</div> <div>20</div>	<div>9:30 Chair Yoga-Resident Led (HS1)</div> <div>1:30 Pokeno Game (Like Bingo) - Resident-Led (HH)</div> <div>2:30 Bridge Card Game - Resident-Led (HS1)</div> <div>2:30 Scrabble Board Game - Resident-Led (DL)</div> <div>3:30 Beverages in the Pub (HP3)</div> <div>6:00 Movie</div> <div>6:30 Shuffleboard (SAR)</div> <div>21</div>
<div>9:30 Gentle Movement Exercise - Resident-Led (HS1)</div> <div>9:45 Catholic Communion Service (ES)</div> <div>1:00 Bridge Card Game - Resident-Led (DL)</div> <div>1:00 Canasta Card Game - Resident-Led (DL)</div> <div>2:00 Movie (BT)</div> <div>4:00 Shuffleboard - Resident-Led (SAR)</div> <div>22</div>	<div>8:30 YMCA Aqua-Register in Life Loop (B)</div> <div>9:00 PODIATRIST- By Appointment (CS2)</div> <div>9:15 Prayer Circle (ES)</div> <div>9:30 Hand Weights w/Lindsey (ES)</div> <div>10:30 Catholic Mass w/ Father Vince (ES)</div> <div>10:30 Fun Trivia (BT)</div> <div>1:00 Bible Study (BT)</div> <div>1:00 Pitch Card Game - 3rd Floor (CR3)</div> <div>2:30 Beverages in Highview Pub</div> <div>2:30 Pokeno Game - Like Bingo (HP3)</div> <div>3:30 Bowling on the Big Screen (BT)</div> <div>4:00 Resident Rosary Prayer (ES)</div> <div>6:30 Let's Shoot Pool (CR3)</div> <div>23</div>	<div>9:30 Exercise Bands w/Chris (ES)</div> <div>10:00 Mah Jongg (CR3)</div> <div>10:30 Walmart Shopping (B)</div> <div>1:00 Blackjack Card Game - Bring Dimes (HH)</div> <div>2:30 Beverages in the Highview Pub (HP3)</div> <div>4:00 Resident Rosary Prayer (ES)</div> <div>6:30 Let's Play Darts (SAR)</div> <div>24</div>	<div>8:30 YMCA Yoga-Register in Life Loop (B)</div> <div>9:00 Men's Coffee Talk - Firemen Visit (CS2)</div> <div>9:30 Tai Chi for Balance (ES)</div> <div>10:00 Community Meeting (HH)</div> <div>10:30 Bridge Card Game - Resident-Led (DL)</div> <div>11:00 Rosary & Communion w/Norm (ES)</div> <div>1:00 Bingo Bonanza (HH)</div> <div>2:00 Bible Study w/Pastor Quandt (HH)</div> <div>3:30 Learn Line Dancing (ES)</div> <div>6:30 Game Night (CS2)</div> <div>25</div>	<div>9:30 Cardio Drumming w/ Music-Lindsey (ES)</div> <div>10:00 Mah Jongg (CR3)</div> <div>1:00 Bunco (HH)</div> <div>1:00 Dominoes - Resident-Led (DL)</div> <div>1:00 War Horse Casino-Register (B)</div> <div>3:30 Shuffleboard & Soda (SAR)</div> <div>4:00 Beverages in the Highview Pub (HP3)</div> <div>4:00 Resident Rosary Prayer (ES)</div> <div>6:30 Let's Play Golf-Resident Led (SAR)</div> <div>26</div>	<div>8:30 YMCA Yoga-Register In Life Loop (B)</div> <div>9:30 YOGA-w/Lindsey (ES)</div> <div>10:00 Ladies Coffee & Laughs (HH)</div> <div>11:00 Life Loop Training on Devices (HH)</div> <div>1:00 LCR Dice Game (HH)</div> <div>1:00 Pitch Card Game - 3rd Floor (CR3)</div> <div>2:00 BY REQUEST: Music w/ Lindsey & Mike (HH)</div> <div>2:00 Movie & Popcorn (BT)</div> <div>4:00 Beverages in Highview Pub (HP3)</div> <div>4:00 Resident Rosary Prayer (ES)</div> <div>6:30 Let's Play Golf-Resident Led (SAR)</div> <div>27</div>	<div>9:30 Chair Yoga-Resident Led (HS1)</div> <div>1:30 Pokeno Game (Like Bingo) - Resident-Led (HH)</div> <div>2:30 Bridge Card Game - Resident-Led (HS1)</div> <div>2:30 Scrabble Board Game - Resident-Led (DL)</div> <div>3:30 Beverages in the Pub (HP3)</div> <div>6:00 Movie</div> <div>28</div>

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