

Recurring Activities

Audiologist—Audiologist Leigh Ann Tackberry is in the Overflow Room on the 3rd Thursday of the month at 11:00am. She provides otoscopic exams, verifies that your hearing aids are working, changes filters & cleans hearing aids, free of charge. *Sign up with Guest Services.*

Bean Bag Toss—Join other residents who enjoy playing bean bag toss. Every Saturdays. All are welcome! Starts at 1:00pm in the Chapel.

Bible Study—Join on Fridays at 2:00pm in the Private Dining Room. All are welcome!

Bingo—Tuesdays and Fridays at 1:00pm in the Multipurpose Room. Join in on the fun and a chance to win gift cards!

Bingo with Nancy—Volunteer Nancy Bishop calls bingo once a month on a Saturday in the Multipurpose Room. Treats will be served.

Birthday Lunch—During your birthday month, residents are invited to celebrate with a complimentary lunch. Invites are sent out monthly.

Blood Pressures—Cassie Robinson, RN, is available to check your blood pressure on Thursdays from 9:00-9:30am in Resident Services office. Feel free to ask Cassie questions or talk through any concerns.

Chapel—Mondays at 11:00am in the Dick & Pat Nyquist Family Chapel. Join for worship and prayer.

Euchre—Tuesdays at 1:00pm in the Overflow Room. All are welcome.

Happy Hour—Join your neighbors for appetizers and fellowship before dinner.

Line Dancing—Resident Benny Dickison will teach you how to line dance by giving you step by step instructions. Class is every other Friday.

Curio Cabinet

For the month of March the curio cabinet will feature green colored items. *Please bring your items to Guest Services.*

Mexican Train—Every other Sunday. Starts at 1:30pm in the MPR.

Midland Bank—Midland Bank sets up in the Overflow Room on Tuesdays from 9:15-11:00am.

Pedicures for Seniors—In the Beauty Shop every 6 weeks. Cost is \$25. Bring money day of. Sign up with Guest Services. *Sign up sheet fills up fast.*

Ping Pong—Enjoy a fun round of ping pong with other residents. All are welcome to play! Wednesday & Saturday starting at 2:00pm. Located in the Community Room.

Pokeno—Wednesdays at 1:00pm in the Community Room. Once winners fill their punch card, they receive a \$10 gift card!

Resident Council—the 3rd Thursday of the month at 9:30am in the Dick & Pat Nyquist Family Chapel. Join residents and staff to find out what is up-and-coming around campus.

Scrabble—Every other Sunday you can enjoy a fun round of scrabble with friends and neighbors. All are welcome! Starts at 1:30 pm in the MPR.

Schnucks/Target—Bus leaves Thursdays at 10:45am. Sign up by the Thursday before with Guest Services.

Therapy Dogs—On the 2nd Saturday of the month Friendship for Paws will be in the Parlor for you to meet their furry friends.

Wesley Willows—Every Tuesday and Thursday we take a trip to Wesley Willows. The bus leaves at 2:15pm and arrives back to Peterson Meadows around 4:45pm. Join the water aerobics class, visit with friends or on Thursdays shop at Timeless Treasures! Sign up with Guest Services if you would like transportation.

Wii Bowling—Fridays at 11:15am in the Multipurpose Room. Join us for a fun game of Wii Bowling!

Yahtzee—Enjoy a good round of Yahtzee! All are welcome. Every other Sunday, starts at 2:30 in the MPR.

Calendar Descriptions

March 2020



Coronado Theater "Beach Boys"

Sunday, March 1
Bus leaves at 6:15pm
As The Beach Boys mark more than a half century of making music, the group continues to ride the crest of a wave unequalled in America's musical history. Watch the Beach Boys live in concert!
Sign up with Guest Services by Friday, February 28.
*Tickets must be purchased on your own
*There must be at least 5 attendees signed up for transportation

March Birthday Celebration

Monday, March 2 at 1:15pm
Dick & Pat Nyquist Family Chapel
All are welcome to celebrate March birthdays and enjoy fellowship, along with treats & music by Denny Diamond who will play a variety of familiar tunes.

Men's Breakfast at Cherry Valley Café

Tuesday, March 3
Bus leaves at 7:30am
Men are invited to socialize and enjoy breakfast at Cherry Valley Café. Please bring money for breakfast. **Sign up with Guest Services by Sunday, March 1.**

Walgreens

Tuesday, March 3
Bus leaves at 10:45am
It's senior day! Ages 55 & older get a 20% discount on regularly priced items.
Sign up with guest Services by Sunday, March 1

East High School Tour

Wednesday, March 4
Bus leaves at 8:00am
Take a walk down memory lane and enjoy a guided tour of Rockford's East High School. See how much has changed, learn about the renovations and meet some staff along the way. All are welcome, this is a trip you won't want to miss!
Sign up with Guest Services by Monday, March 2.

RSO POPS "Women Rock"

Saturday, March 7
Bus leaves at 6:45pm
The Rockford Symphony Orchestra honors female singers and songwriters who have changed Rock 'n Roll. **Sign up with Guest Services by Thursday, March 5.**
* Tickets must be purchased on your own.

Activity Panel

Monday, March 9 at 1:00pm
Dick & Pat Nyquist Family Chapel
All Peterson Meadows residents are invited to the Activity Panel held in the Dick & Pat Nyquist Family Chapel. We will take suggestions for programs, groups, & trips related to the activities department.

Garden Plot Meeting

Monday, March 9 at 2:00pm
Dick & Pat Nyquist Family Chapel
Residents who are interested in having a garden plot this year, please meet in the Dick & Pat Nyquist Family Chapel for a brief discussion. Call Bethany if you are unable to attend at 815-316-6905.

Chili Cook Off

Tuesday, March 10 at 11:00am
Dick & Pat Nyquist Family Chapel
Find out who makes the best chili at Peterson Meadows! Bring at least 2 quarts of chili to the MPR by 10:45am label your chili spicy or mild. The judging will begin at 11:00am. Everyone in attendance will be able to enjoy the chili—you do not need to make chili to attend. **If you are interested in making chili or being a judge sign up with Guest Services by Friday, March 6.**

Pinewood Derby Build Day

Tuesday, March 10 at 2:00pm
Multipurpose Room
All are welcome to join Brandon Burkel as he takes you step by step into building your own miniature car to make sure it's ready for the Pinewood Derby on Saturday, March 14. Cost is \$7. **Sign up with Guest Services by Tuesday, March 3.**

<p>Monday 2</p> <p>9:00 Balance 9:30 Sit and Be Fit 10:00 Tai Chi 11:15-11:45 Fitness Center Instruction</p>	<p>Tuesday 3</p> <p>9:00 Healthy Hands 9:30 Strength/Joint Health 10:00 Yoga 10:30 Walking Club</p>	<p>Wednesday 4</p> <p>9:00 Fitness Video 9:30 Fitness Video</p>	<p>Thursday 5</p> <p>8:15-8:45 Fitness Center 9:00 Healthy Hands 9:30 Strength/Joint Health 10:00 Tai Chi 10:30 Walking Club</p>	<p>Friday 6</p> <p>9:00 Stretch 9:30 Functional Fitness 10:00 Pilates 10:30 B.C.T. Fun</p>	<p>Saturday 7</p> <p>9:00 Walking Club</p>
<p>Monday 9</p> <p>9:00 Balance 9:30 Sit and Be Fit 10:00 Tai Chi 11:15-11:45 Fitness Center Instruction</p>	<p>Tuesday 10</p> <p>9:00 Healthy Hands 9:30 Strength/Joint Health 10:00 Yoga 10:30 Walking Club</p>	<p>Wednesday 11</p> <p>9:00 Stretch 9:30 Sit & Be Fit 10:00 Balance 10:30 To The Floor And Back Up</p>	<p>Thursday 12</p> <p>8:15-8:45 Fitness Center 9:00 Healthy Hands 9:30 Strength/Joint Health 10:00 Tai Chi 10:30 Walking Club</p>	<p>Friday 13</p> <p>9:00 Stretch 9:30 Functional Fitness 10:00 Pilates 10:30 B.C.T. Fun</p>	<p>Saturday 14</p> <p>9:00 Walking Club</p>
<p>Monday 16</p> <p>9:00 Balance 9:30 Sit and Be Fit 10:00 Tai Chi 11:15-11:45 Fitness Center Instruction</p>	<p>Tuesday 17</p> <p>9:00 Healthy Hands 9:30 Strength/Joint Health 10:00 Yoga 10:30 Walking Club</p>	<p>Wednesday 18</p> <p>9:00 Stretch 9:30 Sit & Be Fit 10:00 Balance 10:30 To The Floor And Back Up</p>	<p>Thursday 19</p> <p>8:30 Strength Class-Fitness Center 9:30 Resident Council 10:30 Walking Club</p>	<p>Friday 20</p> <p>9:00 Stretch 9:30 Functional Fitness 10:00 Pilates 10:30 B.C.T. Fun</p>	<p>Saturday 21</p> <p>9:00 Walking Club</p>
<p>Monday 23</p> <p>9:00 Balance 9:30 Sit and Be Fit 10:00 Tai Chi 11:15-11:45 Fitness Center Instruction</p>	<p>Tuesday 24</p> <p>9:00 Healthy Hands 9:30 Strength/Joint Health 10:00 Yoga 10:30 Walking Club</p>	<p>Wednesday 25</p> <p>9:00 Stretch 9:30 Sit & Be Fit 10:00 Balance 10:30 To The Floor And Back Up</p>	<p>Thursday 26</p> <p>8:15-8:45 Fitness Center 9:00 Healthy Hands 9:30 Strength/Joint Health 10:00 Tai Chi 10:30 Walking Club</p>	<p>Friday 27</p> <p>9:00 Stretch 9:30 Functional Fitness 10:00 Pilates 10:30 B.C.T. Fun</p>	<p>Saturday 28</p> <p>9:00 Walking Club</p>
<p>Monday 30</p> <p>9:00 Balance 9:30 Sit and Be Fit 10:00 Tai Chi 11:15-11:45 Fitness Center Instruction</p>	<p>Tuesday 31</p> <p>9:00 Healthy Hands 9:30 Strength/Joint Health 10:00 Yoga 10:30 Walking Club</p>				

March Fitness Schedule

Fitness Programs will be held in the Multipurpose Room.

Wednesday Classes will be held in the Chapel

****Set up personal programming with Sue in the fitness center****



March Movie Descriptions

"Being There" Sunday, March 1 at 1:30pm (CH)

A simpleminded, sheltered gardener becomes an unlikely trusted advisor to a powerful businessman and an insider in Washington politics. Starring Peter Sellers, Shirley MacLaine, Melvyn Douglas (PG, 2h 10m, 1979)

"High Noon" Sunday, March 8 at 1:30pm (CH)

A town Marshal, despite the disagreements of his newlywed bride and the townspeople around him, must face a gang of deadly killers alone at high noon when the gang leader, an outlaw he sent up years ago, arrives on the noon train. Starring Gary Cooper, Grace Kelly, Thomas Mitchell (PG, 1h 25m, 1952)

"Notorious" Sunday, March 15 at 1:30pm (CH)

A woman is asked to spy on a group of Nazi friends in South America. How far will she have to go to ingratiate herself with them? Starring Cary Grant, Ingrid Bergman, Claude Rains (NR, 1h 42m, 1946)

"Network" Sunday, March 22 at 1:30pm (CH)

A television network cynically exploits a deranged former anchor's ravings and revelations about the news media for its own profit. Starring Faye Dunaway, William Holden, Peter Finch (R, 2h 1m, 1976)

"My Favorite Wife" Sunday, March 29 at 1:30pm (CH)

Missing for seven years and presumed dead, a woman returns home on the day of her husband's second marriage. Starring Irene Dunne, Cary Grant, Randolph Scott (Approved, 1h 28m, 1940)

Happy Birthday

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| 3- John Thiesing | 16- Colleen Zahm |
| 4- Phyllis Rogers | 17- Jan Aumann |
| 4- Darlene Miller | 17- Dick Nyquist |
| 7- Lee Magnuson | 20- Sheri Anderson |
| 8- Martha Niemeyer | 20- Ed Howes |
| 8- Jan Drake | 21- Karen Jones |
| 11- Thirza Maitzen | 24- Shirley Anderson |
| 13- Forrest Riordan | 26- Ray Pederson |
| 16- Paul Mastrangeli | 30- Russ Carlson |

MARCH

2020

East High School Tour

Wednesday, March 4
Bus Leaves at 8:00am

Take a walk down memory lane and enjoy a guided tour of Rockford's East High School. See how much has changed, learn about the renovations and meet some staff along the way.

All are welcome, this is a trip you won't want to miss!

Sign up with Guest Services by Monday, March 2.

St. Patrick's Day Happy Hour & Dinner

Tuesday, March 17
Happy Hour 4:15pm
Dinner 5:00/5:30 pm

Dick & Pat Nyquist Family Chapel

Celebrate St. Patrick's Day with friends and neighbors. Enjoy entertainment with "Kit 'n' Keys" who will play the accordion and sing tunes.

Hors d'oeuvres will also be served. Followed by a themed dinner.

Meadows Home Residents:

Please sign up with Guest Services by Friday, March 13.

Artist Ensemble Theater

"Cry It Out"

Thursday, March 19
Bus Leaves at 6:45pm

Four months ago, Jessie was a corporate lawyer with a glamorous Manhattan life. Now, she's wearing stained yoga pants and trying to remember when she last showered, all while she soothes a screaming newborn. Jessie's back yard is where new moms (and one newbie Dad who feels a little lost), baby monitors in hand, meet in a sleep-deprived haze for some desperately needed adult conversation. Cost is \$19.

Please pay and sign up with Guest Services by Wednesday, March 4.

Rockford Art Museum

Wednesday, March 25
Bus leaves at 9:45am

Rockford Art Museum has celebrated the strength and diversity of art programs at public, private and home schools in our area through the Young Artist Show annual student exhibition. All are welcome to a guided tour of the exhibit. Cost is \$3 and will be paid at the museum.

Sign up with Guest Services by Monday, March 23.