


*Join Us For* 

**Wellness**   
**WEDNESDAYS**  
AT SMITH VILLAGE

FEBRUARY IS HERE AND WE  
WANT YOU TO FALL IN LOVE  
WITH SMITH VILLAGE.

*Join us each Wednesday and get  
creative, explore new  
opportunities and share a  
compassion for learning with  
others.*

RESERVE A SPOT BY CALLING TAMMY  
AT: 773-474-7303



## February 2025 Wellness Club @ Smith Village

### February 5<sup>th</sup>, 2025

- 10am: Exercise (WC)
- 11am: TED Talk: 3 Reasons to Take Risks Like a Teen (T)
- 11:15am: Wii Bowling (GR)
- 11:30am: Reminisce About Your Valentine (Oak)
- 12:00pm: Lunch (MP)
- 12:30pm: Crochet Club w/Lisa (Art)
- 2:00pm: Superfood of the Month w/Maureen (Oak)
- 2:30pm: Bocci Ball (WC)

### February 12<sup>th</sup>, 2025

- 10am: Exercise Class (WC)
- 11:00am: Family Feud (Oak)
- 11:15am: Wii Bowling (GR)
- 12:00pm: Lunch (MP)
- 1:00pm: Power Movements w/David (Oak)
- 2:00pm: Chef Demo, Let's Make Toffee (MDR)
- 2:30pm: Bocci Ball (WC)

### February 19<sup>th</sup>, 2025

- 10am: Exercise (WC)
- 11:15am: Wii Bowling (GR)
- 12:00pm: Wicked Experience w/Refreshments (T)
- 2:30pm: Bocci Ball (WC)

### February 26<sup>th</sup>, 2025

- 10am: Exercise (WC)
- 11:00am: Transitioning in Smith Village (T)
- 11:15am: Wii Bowling (GR)
- 12:00pm: Lunch (MP)
- 2:00pm: Cake Decorating (Oak)
- 2:30pm: Bocci Ball (WC)

CH: Community Hall, WC: Wellness Center 1<sup>st</sup> Floor, OR: Oak Room Pub, MP: Marketplace  
GR: Game Room 3<sup>rd</sup> Floor, T: Theater 4<sup>th</sup> Floor, ART: Arts & Craft Room 2<sup>nd</sup> Floor, MDR: Main Dining