

February Virtual Events

Lutheran Home has a calendar packed with interesting, entertaining and informative virtual presentations for the month of February. See the front side of this postcard for dates and times.

Included are the following regularly scheduled events:

Birthday Month Club

Join us for lunch to-go in honor of your birthday! Sign-up required. Third Wednesday of each month. Pick-up time is at 12:00 p.m.

Book Club

Third Friday of every month at 11:00 a.m. Call Linda at (847) 368-7404 to sign-up and receive Zoom log-in information.

Exercise Programs

Choose from Rhythms of the Heart, Movin' and Groovin', Zumba, Slow Strength or Yoga. For dates and times, call Linda at (847) 368-7404.

Support Groups

Parkinson's, Caring for the Caregiver and Congestive Heart Failure support groups welcome new members. Call Linda at (847) 368-7404 for more information.



LUTHERAN HOME

INSPIRING THE BEST SINCE 1892.

800 West Oakton Street | Arlington Heights, IL 60004

Lutheran Home is a part of Lutheran Life Communities — Empowering vibrant, grace-filled living across all generations.



For more information and to reserve your space, kindly reply to Linda Smith at (847) 368-7404.

Be sure to mark your calendar for any or all of these virtual events.
Sign-up required. Call (847) 368-7404 to secure your space.

FEBRUARY 2021

Happy Heart

Tuesday, February 2 | 11:00 a.m.

Joan Davis returns for our kick-off to Cardiac Awareness Month—she will educate us on heart health and a proper diet.

Cardiac College

Wednesdays, February 3, 10, 17, 24 | 2:00 p.m.

Join us for this 4-part program related to cardiac care as we recognize Cardiac Awareness Month. Each week we will explore a different topic and exercise specialty. Do something good for your heart this month!

Outlook for the Economy

Thursday, February 4 | 11:00 a.m.

Join Financial Planner, Jim Bertucci, as he gives us an economic outlook for 2021.

Home Is Where The Heart Is

Tuesday, February 9 | 1:00 p.m.

Learn from the Lutheran Home experts as well as current residents what makes Lutheran Home special and how you can bring your heart to our home.

The Essential P.T. Barnum

Wednesday, February 10 | 11:00 a.m.

The true story of “The Greatest Showman”. Years before he revolutionized the circus, P.T. Barnum was the most famous man in the world. Hear the life lessons that shaped this American showman, meet the extraordinary people that changed his life and experience the wonders of his museum.

Drive-Thru Valentine’s Breakfast

(MyWellness Club Members Only)

Friday, February 12 | 8:00 a.m. to 10:00 a.m.

Stop by Lutheran Home and pick-up a special breakfast to celebrate our love for you!

Love Songs

Friday, February 12 | 3:00 p.m.

Join Johnny Burnett as he serenades you with famous love songs. Be sure to sing along! A great way to get in the mood for Valentine’s Day.

Las Vegas: Great Songs and Lectures

Tuesday, February 16 | 2:00 p.m.

Tim Wilsey leads us in this fun program as we take a trip to Las Vegas—we’ll remember the greatest songs and entertainers to ever perform there.

zoom

Pizza Pick-Up

(MyWellness Club Members Only)

Thursday, February 18 | 3:30 p.m. to 5:00 p.m.

Stop by Lutheran Home and pick-up a pizza for dinner tonight. Simply heat and eat! Just because we think you’re special!

Not a Nursing Home!

Tuesday, February 23 | 10:00 a.m.

A panel of experts will remove the stigma of the word “nursing home”. Learn about what Lutheran Home is doing to change the industry.

A Journey of Faith: Lenten Prayer

**Tuesdays, February 23, March 2, 9, 16, 23
11:00 a.m.**

During the 40 days of Lent, join Pastor Matt Smucker for a weekly time of reflection and prayer. Using the stories of Jesus, we will weave our collective experiences to name wisdom and knowledge for this year’s journey through Lent.

Social Media for Seniors

Thursday, February 25 | 1:00 p.m.

Facebook, Instagram, Twitter—is it all Greek to you? Learn about the different types of social media and how you can join in on the fun. Your kids and grandkids will be surprised when you show up on their social media pages!

B-I-N-G-O!

Thursday, February 25 | 6:00 p.m.

Join in this fun, interactive game of Bingo for a chance to win some great prizes!