

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February Birthdays Mike B. 2/2 Nancy D. 2/5 Alice P. 2/6 Janet V. 2/8 Angela C. 2/9 Charlene N. 2/11 Anna I. 2/24	National Heart Health Month					1 10:30 Chair Exercises (CS) 11:00 Coffee Chat: Have your Ever? (BS) 1:30 Strange Facts! (GR) 2:00 Movie (TR) 3:30 Silver Sneakers (CS)
2 10:00 Stream Sun. Mass (TR) 10:30 Morning Stretch (CS) 11:00 Cranium Crunch! (GR) 2:00 Classic Music Prgm (TR) 3:00 Sunday Scrabble (BS)	3 10:30 Weight Training (GR) 11:00 Coffee & Chats (BS) 1:30 Day the Music Died (BS) 2:00 Live Music-Gene & Tonics 3:00 Relaxation Retreat (TR) 6:15 Movie Night-Buddy Holly	Rosa Parks Day 4 10:30 Flex & Stretch (CS) 11:00 Rosa Parks Chat (BS) 11:15 Outing: Nikki D's Coney Island (FD) 1:30 Art Throbs! (CS) 3:00 Activities Chat (CS) 6:00 Short Stories (PR)	5 10:30 Sit & Fit (CS) 11:00 Coffee & Chats (BS) 1:30 Dog Visit-Abby (PR) 1:30 Bingo (BS) 3:00 Crinkled Heart Art (CS) 3:30 Classical Music Prgm (TR) 6:15 Movie Night	6 10:30 Balance Class (CS) 11:00 Coffee & Chats (BS) 1:00 Bus Outing: Kroger 1:30 Mobile CartCandygrams 3:00 Black History Poetry Reading (BS) 6:15 Men's Pub Night (BS)	7 10:30 Powerback Exer. (CS) 11:00 Valentine Frame (CS) 11:00 Cath. Communion (TR) 1:30 Crochet Club (CS) 3:00 Smores & Pours Happy Hour (BS) 6:15 Movie Night (TR)	8 10:30 Chair Exercises (CS) 11:00 Happily Ever After? (BS) 1:30 Valentine Paper Weights (CS) 2:00 Movie: (TR) 3:30 Walking Club
Superbowl Sunday 9 10:00 Stream Sun. Mass (TR) 10:30 Morning Stretch (CS) 11:00 Finish the Phrase (GR) 2:00 Classic Music Prgm (TR) 2:00 Puppy Bowl Party (BS)	10 10:30 Weight Training (CS) 11:00 Currents Events (BS) 1:30 Flower Arranging (CS) 3:00 Fact or Fiction (GR) 4:00 Tech and Tutorials (CS) 6:15 Movie Night (TR)	11 10:30 Flex & Stretch (CS) 11:00 Coffee & Chats (BS) 11:15 Outing: Target (FD) 1:30 Art Throbs! (CS) 2:00 Menu Chats (DR) 3:00 Chair Volleyball (CS) 6:15 Men's Club (BS)	12 10:30 Sit & Fit (CS) 11:00 DIY Valentines (CS) 1:30 Dog Visit-Gemma (PR) 2:00 Cupid Floats (BS) 2:00 Book Club (LI) 3:30 Classical Music Prgm (TR) 6:30 Live Music with Julie (PR)	13 10:30 Balance Class (CS) 11:00 Coffee & Spin the Bottle (BS) 1:00 Outing: Rugby Grill 1:30 Mug Brownies (CS) 3:00 Love Story Class (CS) 6:15 Stargazing (TR)	Valentine's Day 14 10:30 Chair Aerobics (CS) 11:00 Choc. Strawberries (CS) 11:00 Cath. Communion(TR) 1:30 Speed-Friending (CS) 3:00 Sweet Hearts Happy Hour (BS) 6:15 Movie Night- (TR)	15 10:30 Chair Exercises (CS) 11:00 Adult Coloring (BS) 1:30 Hand Massages & Music 2:00 Movie (TR) 3:30 Silver Sneakers (CS)
16 10:00 Stream Sun. Mass (TR) 10:30 Morning Stretch (CS) 11:00 Strange Facts! (GR) 1:30 Walking Club 2:00 Classic Music Prgm (TR) 3:00 Sunday Scrabble	17 10:30 Weight Training (CS) 11:00 Random Acts of Kindness (BS) 1:30 Black Hx Chat (BS) 3:00 A Day in the Life-Humming Bird (CS) 6:30 Live Music: Pat Cronley	18 10:30 Flex & Stretch (CS) 11:00 Coffee & Hugs (BS) 11:15 Outing: Kroger (FD) 1:30 Art Throbs! (CS) 3:00 Family Feud (BS) 3:30 Welcome Party (BS) 6:00 Short Stories (PR)	19 10:30 Sit & Fit (CS) 11:00 Coffee & Chat (BS) 11:15 Hymns with Rachel (PR) 1:30 Dog Visit--Abby (PR) 1:30 Bingo (BS) 3:30 Classical Music Prgm (TR) 6:15 Movie Night (TR)	20 10:30 Balance Class (CS) 11:00 Coffee & Chats (BS) 1:00 Bus Outing: Detroit Historical Society (FD) 2:00 Culinary Showcase (BS) 3:00 Reader Theater! (GR) 6:15 Men's Pub Night (BS)	Nat. Caregiver Day 21 10:30 Powerback Exercise (CS) 11:00 Cath. Communion(TR) 11:00 Caregiver Letters (CS) 1:30 Caregiver Gifts (CS) 3:00 B-days Happy Hour (BS)	22 10:30 Chair Exercises (CS) 11:00 Poetry Reading (BS) 1:30 Hand Massages & Music 2:00 Movie (TR) 3:00 Walking Club
23 10:00 Stream Sun. Mass(TR) 10:30 Morning Stretch (CS) 11:00 Adult Coloring (BS) 1:30 Live Piano with Cheryl Beauchamp (PR) 2:00 ClassicMusic Prgm(TR) 3:00 Sunday Scrabble (GR)	24 10:30 Weight Training (CS) 11:00 Coffee & Chats (BS) 1:30 Poetry Reading (BS) 2:30 Afternoon Stretching (CS) 4:00 Relaxation Retreat (TR) 6:15 Movie Night (TR)	25 10:30 Flex & Stretch (CS) 11:00 Fact or Fiction (GR) 11:15 Bus Outing: Lincoln Yard (FD) 1:30 Art Throbs! (CS) 2:30 Menu Chats (CS) 3:00 Resident Council (CS) 6:15 Men's Club (BS)	26 10:30 Sit & Fit (CS) 11:00 Coffee & Chats (BS) 1:30 Dog Visit-Gemma (PR) 1:30 Bingo (BS) 3:00 Silver Sneakers (CS) 3:30 Classic Music Prgm (TR) 6:15 Movie Night (TR)	27 10:30 Balance Class (CS) 11:00 Coffee & Chats (BS) 1:00 Bus Outing: Target (FD) 1:30 African Stencil Art (CS) 3:00 Chair Volleyball (CS) 6:15 Stargazing (TR)	28 10:30 Exercise with Powerback Therapy (CS) 11:00 Cath. Communion(TR) 11:00 Vitals Clinic (CS) 1:30 Party in Candyland! (BS) 3:00 Happy Hour with Live Music with Sandy V (BS)	All Month Long Sweet Hearts Table-bring a photo of a sweetheart (family, pets, friends or wedding photo) to display on the Sweet Hearts table!

PR: Piano Room
 BS – Bistro
 TR – Theatre
 CS – Creative Studio

CY – Courtyard
 FD– Front Desk
 DA – Dining Area
 GR-Game Room