

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:00 Morning Stretch (TL) 11:15 Chair Volleyball (DR) 1:00 Trivia! (TL) 2:00 Walking Club 3:00 Ring Toss (FS) 6:00 Relaxation Retreat (TL)
2 10:00 Dev. Reading (TL) 11:00 Sit and Be Fit (DR) 1:00 Short Stories (TL) 2:00 Color Art (FS) 3:30 Sorting Club (DR) 6:00 Guided Relaxation (TL)	3 10:00 Moving Monday (DR) 11:00 Around the World (TL) 1:00 Men's Spa Day (FS) 2:00 Resident Council (DR) 3:00 Watercolor Magic (FS) 6:00 Sensory Station (DR)	4 10:00 Ball Exercises (DR) 11:00 Balloon Volleyball (DR) 1:00 Tender Hearts (FS) 2:30 Outing-Starbucks 3:30 Valentine's Bingo (DR) 6:00 Hand massages & music	5 10:00 Move Those Joints (TL) 11:00 Walking Club 1:00 Dog Visit-Abby 1:00 Women's Spa Day (FS) 2:00 Tea Chat Social (DR) 3:00 Expressions Game (TL) 6:00 Classic Love Story Movie	6 10:00 Chair Yoga (DR) 11:00 Pokey Class (TL) 1:00 Guess That Scent (FS) 2:00 Live Music-Sandy V (TL) 3:30 Puzzle Book (DR) 6:00 Relaxation Retreat (DR)	Super Bowl Party! 7 10:00 Chair Exercise (DR) 11:00 Foot Ball Trivia (TL) 1:00 Table Setting (DR) 2:00 Cooking Club: Turkey Rolls (DR) 3:00 Happy Hour (DR) 6:00 Short Story Circle (TL)	8 10:00 Morning Stretch (TL) 11:15 Family Feud (TL) 1:00 Board Games (FS) 2:00 Table Tennis (DR) 3:00 Sensory Activity (DR) 6:00 Classic Movie
Super Bowl Sunday 9 10:00 Sit and Be Fit (DR) 11:00 Audio Book-Sherlock Holmes Short Stories (TL) 1:30 Ice Cream Social (DR) 3:30 Afternoon Stretching (TL) 6:00 Hand Massages & Music	10 10:00 Moving Monday (DR) 11:00 Around the World (TL) 1:00 Men's Spa Day (FS) 2:00 Activities Chat (DR) 3:00 Painting w/ a Twist (FS) 6:00 Sensory Station	11 10:00 Move to Music (DR) 11:00 Deep Breathing Meditation (TL) 1:00 Tender Hearts (FS) 2:30 Outing: IHOP 3:00 Expressions Game (DR) 6:00 Guided Relaxation	12 10:00 Sit and Be Fit (DR) 11:00 Men's Club (FS) 1:00 Dog Visit-Gemma 1:00 Women Spa Day (FS) 2:00 Recreate First Date (FS) 3:30 Doilies Valentine Treats 6:00 Classical Movie	13 10:00 Chair Yoga (DR) 11:00 Horseshoe's (DR) 1:00 Baking Club (DR) 2:00 Manicures & Massages (DR) 3:00 Magic Color Art (FS) 6:00 Relaxation Retreat	Valentines Day 14 10:00 Chair Exercise (DR) 11:00 Baking Club (DR) 1:00 Helpers Club: Table Setting (DR) 2:00 Valentine Gift Exchange 3:00 Happy Hour (DR) 6:00 Another Love Story Movie!	15 10:00 Morning Stretch (TL) 11:15 Tell Me More (DR) 1:00 Watercolor Magic (FS) 2:00 Live Entertainment-Suzy Marsh (FS) 3:00 Walking Club 6:00 Sensory Station (TL)
16 10:00 Devotional Reading and Hymns (TL) 11:00 Sit and Be Fit (DR) 1:00 Color Art (FS) 2:00 Word Games (TL) 3:30 My Favorite Chat (DR) 6:00 Guided Relaxation	17 10:00 Moving Monday (DR) 11:00 Around the World (TL) 1:00 Men's Spa Day (FS) 2:00 Manicures & Massages (DR) 3:00 Color Art (FS) 6:00 Sensory Stations	18 10:00 Ball Exercises (DR) 11:00 Convo. Cards (TL) 1:00 Tender Hearts (FS) 2:30 Outing: Birming. Library 3:00 Tea Social & Chat IDR) 6:00 Hand massages & music	19 10:00 Move Those Joints (TL) 10:45 Live Hymns with Rachel (DR) 1:00 Dog Visit-Abby 1:00 Women's Spa Day (FS) 2:00 Culinary Showcase (DR) 6:00 Breathing Meditation	20 10:00 Chair Yoga (DR) 11:00 Dominos (DR) 1:00 Card Games (FS) 2:00 Su's Muse & Views (FS) 3:00 Move to the Music (TL) 6:00 Relaxation Retreat	Nat. Caregiver's Day 21 10:00 Chair Exercise (DR) 11:00 Give Back Gifts (FS) 1:00 Move to the Music (TL) 2:00 Baking Club (DR) 3:00 Birthday Happy Hour (DR) 6:00 Short Story Circle (FS)	22 10:00 Morning Stretch (TL) 11:15 Card Games (DR) 1:00 Sorting Club (FS) 2:30 Walking Club 3:00 Ring Toss (FS) 6:00 Guided Deep Breathing
23 10:00 Dev. Reading (TL) 11:00 Sit and Be Fit (DR) 1:00 Armchair Travel (FS) 2:30 Live Piano w/ Cheryl B. 3:30 Afternoon Stretching (DR) 6:00 Hand Massages & Music	24 10:00 Moving Monday (DR) 11:00 Around the World (TL) 1:00 Men's Spa Day (FS) 2:00 Manicures & Massages (DR) 3:00 Pop Corn Bar! (DR) 6:00 Sensory Station	25 10:00 Ball Exercises (DR) 11:00 Talk about it (TL) 1:00 Tender Hearts (FS) 2:30 Outing: Donuts & Drives 3:00 Wine Tasting (DR) 6:00 Relaxation Retreat	26 10:00 Move Those Joints (TL) 11:00 Tea Social & Chat (DR) 1:00 Dog Visit-Gemma 1:00 Women Spa Day (FS) 2:00 Live Cello-Liz Collins 6:00 Deep Breathing Meditation	27 10:00 Chair Yoga (DR) 11:00 Checkers (FS) 1:00 Balloon Volleyball (DR) 2:00 Table Tennis (DR) 3:00 Twister Board (DR) 6:00 Relaxation Retreat	28 10:00 Chair Exercise (DR) 11:00 Art Class (FS) 1:00 Classical Movie (TL) 2:00 Man Manicures (DR) 3:00 Family Social Happy Hour (DR) 6:00 Short Story Circle (FS)	February Birthdays Patrick O. 2/7 Judy G.'s 85th! 2/21 David B.'s 90th! 2/23

Calendar Key

DR-Dining Room

CY-Courtyard

FS-Four Seasons Room

TL- TV Lounge