






Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Legend</p> <p>(AR) Activity Room (FR) Family Room (LB) Lobby (DR) Dining Room (RR) Resource Room (CH) Clubhouse ** Sign up at the front desk = Birthday</p>	<p>*Schedule is subject to change at any time so remember to check our daily activity schedule posted on the community board and elevators.*</p>			<p>1 9:00 Sit & Be Fit (FR) 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Bible Study (AR) 10:00 TED Talks for Seniors (FR) 3:00 Memory Lane (FR) 4:45 Sing Along w/ Joyce (LB) 6:30 Bingo (AR)</p> <p>Sandy Bu 🎈</p>	<p>2 GROUNDHOG DAY 9:00 Sit & Be Fit (FR) 9:00 Water Aerobics (CH) 9:15 Morning Exercise (AR) 10:00 Blackjack (FR) 2:00 Entertainment (LB) "Joe Lawn" 3:15 3-13 Card Game (FR) 6:30 Hand & Foot (FR) 7:00 Movie & Popcorn (AR)</p> 	<p>3 10:00 Chapel Service (AR) 2:00 Pinochle (FR) 2:00 Cookies & Socializing (LB) 4:00 Wii Bowling (FR) 6:30 Skip-Bo (FR)</p>
<p>4 9:30 Morning Exercise (AR) 1:15 31 Card Game (FR) w/ Sylvia 6:30 Hand & Foot (FR) 7:00 Movie & Popcorn (AR)</p>	<p>5 9:00 Sit & Be Fit (FR) 9:00 Water Aerobics (CH) 9:15 Morning Exercise (AR) 10:00 Wii Bowling (FR) 12:30—4 Bridge Group (AR) 2:15 Ice Cream Social (LB) 2:30 Rummikub (FR) 3:30 Walking Group (LB) 6:30 Hand & Foot (FR)</p>	<p>6 9:00 Sit & Be Fit (FR) 9:00 Water Aerobics (CH) 9:15 Morning Exercise (AR) 10:00 Picture Day (LB) 10:00 Catholic Communion 1:30 Mexican Train Dominoes (FR) 2:00 Craft Class** (AR) 3:30 Kickball (AR) 4:15 Board Games (FR) 6:30 Bingo (AR)</p>	<p>7 9:00 Sit & Be Fit (FR) 9:00 Water Aerobics (CH) 9:15 Morning Exercise (AR) 10:00 Blood Pressure Checks (RR) 10:00 Rummikub (FR) 1:30 Cribbage (FR) 2:00 Chair Yoga (AR) 3:00 Resident Council Meeting (AR) 4:15 Scrabble (FR) 6:30 Hand & Foot (FR)</p>	<p>8 9:00 Walmart Shopping** 9:00 Sit & Be Fit (FR) 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Bible Study (AR) 10:00 TED Talks for Seniors (FR) 2:00 Card Making w/ Linda (AR) 3:00 Memory Lane (FR) 4:45 Sing Along w/ Joyce (LB) 6:30 Bingo (AR)</p> <p>Kazuko S 🎈</p>	<p>9 9:00 Sit & Be Fit (FR) 9:00 Water Aerobics (CH) 9:15 Morning Exercise (AR) 10:00 Blackjack (FR) 2:00 Entertainment (LB) "Alan Zaboski" 3:15 3-13 Card Game (FR) 6:30 Hand & Foot (FR) 7:00 Movie & Popcorn (AR)</p>	<p>10 10:00 Chapel Service (AR) 2:00 Pinochle (FR) 2:00 Cookies & Socializing (LB) 4:00 Wii Bowling (FR) 6:30 Skip-Bo (FR)</p>
<p>11 9:30 Morning Exercise (AR) 1:15 31 Card Game (FR) w/ Sylvia 6:30 Hand & Foot (FR) 7:00 Movie & Popcorn (AR)</p>  <p>Super Bowl 58 @ 3:30pm (FR)</p>	<p>12 9:00 Sit & Be Fit (FR) 9:00 Water Aerobics (CH) 9:15 Morning Exercise (AR) 10:00 Wii Bowling (FR) 12:30—4 Bridge Group (AR) 2:15 Ice Cream Social (LB) 2:30 Rummikub (FR) 3:30 Walking Group (LB) 6:30 Hand & Foot (FR)</p>	<p>13 9:00 Sit & Be Fit (FR) 9:00 Water Aerobics (CH) 9:15 Morning Exercise (AR) 10:00 Catholic Communion 11:00 OUT TO LUNCH** 1:30 Mexican Train Dominoes (FR) 3:30 Kickball (AR) 4:00 Coloring (FR) 6:30 Bingo (AR)</p>	<p>14 VALENTINE'S DAY! 9:00 Sit & Be Fit (FR) 9:15 Morning Exercise (AR) 9:30 Water Aerobics (CH) 10:00 Blood Pressure Checks (RR) 10:00 Rummikub (FR) 1:30 Cribbage (FR) 2:00 Entertainment (LB) "Robin Todd" 4:15 Scrabble (FR) 6:30 Hand & Foot (FR)</p> 	<p>15 9:00 Sit & Be Fit (FR) 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 9:30 Red Wind Casino** 10:00 Bible Study (AR) 10:00 TED Talks for Seniors (FR) 1-3 Johnson Medicare (FR) Solutions 3:00 Memory Lane (FR) 4:45 Sing Along w/ Joyce (LB) 6:30 Bingo (AR)</p> <p>Marie G 🎈</p>	<p>16 9:00 Sit & Be Fit (FR) 9:00 Water Aerobics (CH) 9:15 Morning Exercise (AR) 10:00 Blackjack (FR) 3:00 Happy Hour (AR) 3:15 3-13 Card Game (FR) 6:30 Hand & Foot (FR) 7:00 Movie & Popcorn (AR)</p>	<p>17 10:00 Chapel Service (AR) 2:00 Pinochle (FR) 2:00 Cookies & Socializing (LB) 4:00 Wii Bowling (FR) 6:30 Skip-Bo (FR)</p>
<p>18 9:30 Morning Exercise (AR) 1:15 31 Card Game (FR) w/ Sylvia 6:30 Hand & Foot (FR) 7:00 Movie & Popcorn (AR)</p>	<p>19 PRESIDENTS DAY! 🇺🇸 9:00 Sit & Be Fit (FR) 9:00 Water Aerobics (CH) 9:15 Morning Exercise (AR) 10:00 Wii Bowling (FR) 12:30—4 Bridge Group (AR) 2:15 Ice Cream Social (LB) 2:30 Rummikub (FR) 3:30 Walking Group (LB) 6:30 Hand & Foot (FR)</p> <p>Ron B 🎈</p>	<p>20 9:00 Sit & Be Fit (FR) 9:00 Water Aerobics (CH) 9:15 Morning Exercise (AR) 10:00 Catholic Communion 1:30 Mexican Train Dominoes (FR) 2:00 Entertainment (LB) "Shelltown Strummers" 3:30 Kickball (AR) 4:15 Board Games (FR) 6:30 Bingo (AR)</p>	<p>21 8:00 OUT TO BREAKFAST** 9:00 Sit & Be Fit (FR) 9:00 Water Aerobics (CH) 9:15 Morning Exercise (AR) 10:00 Blood Pressure Checks (RR) 10:00 Rummikub (FR) 1:30 Cribbage (FR) 2:00 Chair Yoga (AR) 3:00 Brain Fitness (FR) 6:30 Hand & Foot (FR)</p> <p>Janet F 🎈</p>	<p>22 9:00 Sit & Be Fit (FR) 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Wagner's Bakery** 10:00 Bible Study (AR) 10:00 TED Talks for Seniors (FR) 2:00 Rock Painting** (AR) 3:00 Memory Lane (FR) 4:45 Sing Along w/ Joyce (LB) 6:30 Bingo (AR)</p>	<p>23 9:00 Sit & Be Fit (FR) 9:00 Water Aerobics (CH) 9:15 Morning Exercise (AR) 10:00 Blackjack (FR) 2:00 Entertainment (LB) "Susan Markcity and Lorna Edder" 3:15 3-13 Card Game (FR) 6:30 Hand & Foot (FR) 7:00 Movie & Popcorn (AR)</p>	<p>24 10:00 Chapel Service (AR) 2:00 Pinochle (FR) 2:00 Cookies & Socializing (LB) 4:00 Wii Bowling (FR) 6:30 Skip-Bo (FR)</p>
<p>25 9:30 Morning Exercise (AR) 1:15 31 Card Game (FR) w/ Sylvia 6:30 Hand & Foot (FR) 7:00 Movie & Popcorn (AR)</p>	<p>26 9:00 Sit & Be Fit (FR) 9:00 Water Aerobics (CH) 9:15 Morning Exercise (AR) 10:00 Wii Bowling (FR) 12:30—4 Bridge Group (AR) 2:15 Ice Cream Social (LB) 2:30 Rummikub (FR) 3:30 Walking Group (LB) 6:30 Hand & Foot (FR)</p>	<p>27 9:00 Sit & Be Fit (FR) 9:00 Water Aerobics (CH) 9:15 Morning Exercise (AR) 10:00 Catholic Communion 1:30 Mexican Train Dominoes (FR) 2:00 Scenic Drive ** 3:30 Kickball (AR) 4:15 Coloring (FR) 6:30 Bingo (AR)</p> <p>Sandy W 🎈</p>	<p>28 9:00 Sit & Be Fit (FR) 9:00 Water Aerobics (CH) 9:15 Morning Exercise (AR) 10:00 Blood Pressure Checks (RR) 10:00 Rummikub (FR) 1:30 Cribbage (FR) 2:00 Chair Yoga (AR) 4:15 Scrabble (FR) 6:30 Hand & Foot (FR)</p> <p>Alice A 🎈</p>	<p>29 9:00 Sit & Be Fit (FR) 9:00 Water Aerobics (CH) 9:00 Morning Exercise (AR) 10:00 Bible Study (AR) 10:00 TED Talks for Seniors (FR) 2:00 Residents Birthday Party (AR) 3:00 Memory Lane (FR) 4:45 Sing Along w/ Joyce (LB) 6:30 Bingo (AR)</p> <p>Char S 🎈</p>	