



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					10:15 AM Stretch 11:00 Word Games w/ Carrie 1:30 Triple Treat Trivia 2:00 Catholic Mass (A) 2:45 Walk-about 3:30 Ice Cream Social 4:15 Sing-along 6:00 Evening Movie	10:15 Exercise w/ Deb 11:00 Banagrams 1:15 Deb's Choice 2:00 Bingo 3:15 Walk-about 4:00 Sing-along 6:00 Evening Movie
Super Bowl Sunday 3	4	5	6	7	8	9
10:15 AM Stretch w/ Deb 11:00 Super Bowl Short Story 1:15 Music Bingo 2:30 Spelling Bee 3:15 Walk-about 4:00 Sing-along 6:00 Evening Movie	10:30 Sing-along w/ Ukulele J 11:30 Trivia w/ Deb 1:30 Valentine Jingo 2:45 Deb's Choice 3:15 Walk-about 4:15 Sing-along 6:00 Evening Movie	10:15 Exercise 11:00 Math Bingo 1:30 Games w/ Grace 2:00 Lovin' from the Oven 3:15 Walk-about 3:45 Brain Teasers 6:00 Evening Movie	10:15 AM Stretch w/ Gail 11:00 Gail's Choice 1:30 Van Ride 2:00 Music & memory 3:30 Furry Friend "Mr Wilson" 4:15 Sing-along 6:00 Evening Movie	10:15 Keeping Fit 11:00 "Never Have I Ever" Game 1:30 Crossword Puzzle 2:30 Steve plays Piano (L) 3:15 Walk-about 4:15 Sing-along 6:00 Evening Movie	9:45 RCT Singers Road Trip 10:30 Carrie's Choice 1:30 Hymn Sing 2:45 Walk-about 3:30 Friday Floats 3:45 Brain Teasers 4:15 Sing-along 6:00 Evening Movie	10:15 Exercise w/ Gail 11:00 Word Games 1:15 Gail's Choice 2:00 Bingo 3:15 Walk-about 4:00 Sing-along 6:00 Evening Movie
10	11	12	13	Valentine's Day 14	15	16
10:15 AM Stretch w/ Gail 11:00 Matching Game 1:15 Gail's Choice 2:00 Doug plays Guitar (L) 3:00 Furry Friends "Rosie & Suzie" 4:00 Sing-a Long 6:00 Evening Movie	10:15 AM Stretch 11:00 Three of a Kind 1:30 Stars for our Troops / Vets 2:30 Zumba w/ Sharon (L) 3:45 Brain Teasers 4:15 Sing-along 6:00 Evening Movie	10:15 Trivia 10:30 Dancing Wellness (L-2) 12:00 Pizza Party 1:30 Grace's Choice 3:00 Walk-about 4:15 Sing-along 6:00 Evening Movie	10:15 AM Stretch w/ Deb 11:00 Valentine Jingo 1:30 Van Ride or Deb's Choice 3:00 Walk-about 3:30 Furry Friend "Mr Wilson" 4:15 Sing-along 6:00 Chocolate & Champagne (L)	10:15 Keeping Fit w/ Gail 11:00 Prayer & Communion (A) 12:00 Indian Hill Concert Trip 1:30 Gail's Choice 2:30 George plays Guitar (L) 4:15 Sing-along 6:00 Evening Movie	10:15 AM Stretch w/ Grace 11:00 Ecumenical Service (A) 11:00 Carrie's Choice 1:30 Games w/ Grace 2:45 Walk-about 3:30 Friday Floats 4:15 Sing-along 6:00 Evening Movie	10:00 Exercise w/ Deb 11:00 Deb's Choice 1:15 Trivia 2:00 Bingo 3:15 Walk-about 4:00 Sing-along 6:00 Evening Movie
17	18	19	20	21	22	23
10:15 AM Stretch w/ Deb 11:00 Bird Bingo 1:15 Pokeno 2:30 Walk-about 3:00 Piano students perform (L) 4:00 Sing-along 6:00 Evening Movie	10:30 Song writing w/ Ukulele J 11:30 Finish the Line Trivia 1:30 Grace's Choice 2:30 The Upbeats perform (L) 3:45 Brain Teasers 4:15 Sing-along 6:00 Evening Movie	10:15 Exercise w/ Grace 11:00 Brain Games 1:30 Crossword Puzzle 2:30 February Birthday Party (L) 3:45 Brain Teasers 4:15 Sing-along 6:00 Evening Movie	10:15 AM Stretch w/ Deb 11:00 Matching Game 1:30 Van Ride or Deb's Choice 3:00 Walk-about 3:30 Furry Friend "Mr Wilson" 4:15 Sing-along 6:00 Evening Movie	10:15 Keeping Fit w/ Gail 10:45 Sing and Drum w/ Jonathan 1:30 Games w/ Gail 3:00 Walk-about 4:00 Catholic Mass (A) 6:45 Hank Williams program w/ Ukulele J and surprise guests (L)	10:15 Trivia 10:30 Sing and Dance w/ Andy Ross 1:30 Hymn Sing 2:30 Dick Sawyer plays Piano (L) 3:45 Brain Teasers 4:15 Sing-along 6:00 Evening Movie	10:15 Exercise w/ Gail 11:00 Gail's Choice 1:15 Balloon Toss 2:00 Bingo 3:15 Walk-about 4:00 Sing-along 6:00 Evening Movie
24	25	26	27	28		
10:15 AM Stretch w/ Gail 11:00 Match It Game 1:15 Jingo Game 2:30 Spelling Bee 3:00 Furry Friends "Rosie & Suzie" 4:00 Sing-along 6:00 Evening Movie	10:15 AM Stretch w/ Grace 11:00 Brain Games 1:30 Crossword Puzzle 2:30 Restore & Stretch (L) 3:45 Brain Teasers 4:15 Sing-along 6:00 Evening Movie	10:15 Exercise w/ Grace 10:45 Art Matters (A) 1:30 Math Bingo 3:00 Walk-about 3:45 Brain Teasers 4:15 Sing-along 6:00 Evening Movie	10:15 AM Stretch w/ Deb 11:00 Word Puzzles 1:30 Van Ride or Deb's Choice 3:00 Walk-about 3:30 Furry Friend "Mr Wilson" 4:15 Sing-along 6:00 Evening Movie	10:15 Keeping Fit 11:00 Rosary & Communion (A) 1:30 RCT Singers Road Trip 2:30 Andy plays guitar / sings (L) 3:00 Walk-about 4:15 Sing-along 6:00 Evening Movie		
		Dancing Wellness is an exercise program that benefits the Mind, Body and Spirit	Daily Activities Manicures & Hand Massages w/Aromatherapy Mitts / Wraps Reminisce Corner / 1 on 1 Time including some TLC Walk-Abouts / Afternoon Social Brain Teasers	This calendar is subject to change. Check white board for any updates or changes in activities.	Activity Location Key A- AL Activity Room L- AL Living Room L2- Upstairs AL Living Room	RCT Singers Road Trip We will be traveling to "Life Care of Littleton" or "Apple Valley in Ayer" for a Sing-along with Live Music provided by Andy & Deb.