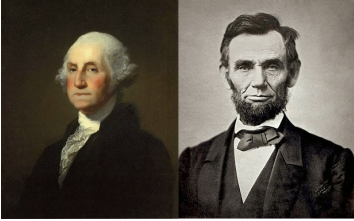
















February 2019

Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Friday Fitness News & Views Sing-a-Long w/ Christine Litchfield Slide Bingo  Quiet Time "Well Grounded" Music - Steve Burkholder & Friends Furry Forecaster / Snack
4 Cooking Club or Spirituality Monday Moves Invention or Imagination News & Views Quiet Time  February in History Bonnie & Donna Snack	5 Tai Chi w/ Diane Bible Study Memories w/ Ann Music 'n' Motion News & Views Prayer Group / Bingo Indoor Walking Club Snack	6 Yoga w/ Ragan Passport Travels: Argentina Corn Hole Toss News & Views Wednesday Workout Jim Thompson on Piano Snack Caregiver Support Group	7 Cooking Club or Participants' Choice Professor Kabay Reads Fettuccine Alfredo Day / Use your Noodle Exercises News & Views Quiet Time Drumming Exercises / Parlor Games	8 Friday Fitness News & Views Sing-a-Long w/ Christine Litchfield Slide Bingo Quiet Time Indoor Walking Club  Nancy Smith on Guitar Snack
11 Cooking Club or Spirituality Monday Moves Grand Dice Zilch  News & Views Feb Birthdays Celebration Quiet Time Tom and friends Ukulele Group Group Charades Snack	12 Jeopardy Mad Libs Sittercise News & Views Quiet Time Bingo and Prayer Group Indoor Walking Club Snack	13 Crafty Crew or Cards Holy Communion (Catholic) Wednesday Work Out News & Views Quiet Time Get a Different Name Day Game PI Poetry Slam A Rose by Any Other Name Snack	14 Cooking Club or Participant's Choice Professor Kabay Reads Heart Healthy Exercises News & Views Quiet Time  Movie & Popcorn Snack & Finish the Valentine Sentiment	15 Friday Fitness News & Views Sing-a-Long w/ Christine Litchfield Slide Bingo Quiet Time  Indoor Walking Club Paula Gills on Guitar Snack
18 Cooking Club or Spirituality Monday Moves Presidents Secret Quote Game News & Views Quiet Time  Tom and friends Ukulele Group Name the 45 Snack	19 Tai Chi w/ Diane Bible Study Memories w/ Ann or Participant Choice Fitter Sitters News & Views Quiet Time Prayer Group / Bingo Indoor Walking Club / Snack	20 SPAULDING HAIR Family Feud Wednesday Workout EZ Trivia News & Views  Quiet Time Music w/ Debbie Yacovone Snack	21 Cooking Club or Drumming Exercises Professor Kabay Reads Participant Choice Music 'n' Motion  News & Views Quiet Time Name Ten (10) / Donna Moran Sings Snack	22 Friday Fitness News & Views Sing-a-Long w/ Christine Litchfield Slide Bingo Quiet Reflections w/ Shelly  Music w/ Rich Atkinson Snack
25 Cooking Club or Spirituality Monday Moves  Quote for the Day Reflections News & Views Quiet Time Tom and friends Ukulele Group Drumming Exercises Snack	26 Pie Craft or Slice of Pie Game "P.I.E.S." Basketball Game News & Views Quiet Time Young at Heart Singers Indoor Walking Club Snack	27 Yoga with Ragan  Sergio on Guitar News & Views Quiet Time Wednesday Workout Parlor Games Snack	28 Cooking Club or Participant's Choice  Professor Kabay Reads Bocce Ball News & Views Quiet Time / Gospel DVD Pat Mayhew on Piano Snack	Calendar is subject to change. Please refer to the daily Activity Board for the most up to date schedule.