



# February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> 10:00 Coffee and Chat 10:30 Travel Video 11:00 Exercise and Hydration 2:00 Ice Cream Social/ Birthday Party 4:00 Stretch your Muscles 6:00 Relaxation & Music	<b>2 Ground Hog Day</b> Happy Birthday Florence! 10:00 Coffee and Chat 10:30 Travel Video 11:00 Exercise and Hydration 2:00 Old Time Shows 3:00 Snack & Hydration 4:00 Stretching 6:00 Relaxation & Music
<b>3</b> 10:00 Words of hope, hymns & Sermons 11:00 Exercise and Hydration 1:00 Arts and crafts w/Heather 2:00 Movie Matinee 4:30 Stretch your Muscles 6:00 Relaxation & Music	<b>4</b> 10:00 Coffee and Chat 10:30 Drumming with Shirsten 🎵 1:45 Scenic Ride 3:00 Travel Video 4:00 Stretch your Muscles 6:00 Relaxation & Music	<b>5</b> 10:00 Coffee and Chat 10:30 Travel Video 11:00 Exercise and Hydration 1:30 Reading with Bill 3:15 Peter Mezoian, banjo 🎵 4:30 Stretch your Muscles 6:00 Relaxation & Music	<b>6</b> 10:00 Coffee and Chat 10:30 Travel Video 11:00 Exercise and Hydration 1:30 Valentines day Cards 3:00 Old time shows 4:30 Stretch your Muscles 6:00 Relaxation & Music	<b>7</b> 10:00 Coffee and Chat 10:30 Travel Video 11:00 Exercise and Hydration 1:45 Scenic Ride 3:00 Hand Massages 4:00 Stretch your Muscles 6:00 Relaxation & Music	<b>8</b> 10:00 Coffee and Chat 10:30 Travel Video 11:00 Exercise and Hydration 2:00 Ice Cream Social 3:30 Lady Bug craft 4:30 Stretch your Muscles 6:00 Relaxation & Music	<b>9</b> 10:00 Coffee and Chat 10:30 Travel Video 11:00 Exercise and Hydration 2:00 Movie Matinee 3:00 Snack & Hydration 4:00 Stretching 6:00 Relaxation & Music
<b>10</b> 10:00 Words of hope, hymns & Sermons 11:00 Exercise and Hydration 1:00 Arts and crafts w/Heather 2:00 Movie Matinee 4:30 Stretch your Muscles 6:00 Relaxation & Music	<b>11</b> 10:00 Coffee and Chat 10:30 Travel Video 11:00 Exercise and Hydration 1:45 Scenic Ride 3:00 Old Time Shows 4:30 Stretch your Muscles 6:00 Relaxation & Music	<b>12</b> 10:00 Coffee and Chat 10:30 B.I.N.G.O. 11:00 Exercise and Hydration 1:30 Reading with Bill 2:30 Travel Video 4:00 Stretch your Muscles 6:00 Relaxation & Music	<b>13</b> 10:00 Coffee and Chat 10:30 Travel Video 11:00 Exercise and Hydration 1:30 Baking Sugar Cookies 2:30 Old Time Shows 4:00 Stretch your Muscles 6:00 Relaxation & Music	<b>14 Valentine's Day</b> ❤️ 10:00 Coffee and Chat 10:30 Travel Video 11:00 Exercise and Hydration 1:45 Scenic Ride 3:00 Valentine's Day Social 4:30 Stretch your Muscles 6:00 Relaxation & Music	<b>15 Happy Birthday Bob!</b> 10:00 Coffee and Chat 10:30 Travel Video 11:00 Exercise and Hydration 2:00 Ice Cream Social 3:30 Nail Salon 4:00 Stretching 6:00 Relaxation & Music	<b>16</b> 10:00 Coffee and Chat 10:30 Travel Video 11:00 Exercise and Hydration 2:00 Red Gallagher 🎵 3:15 Snack & Hydration 4:00 Stretching 6:00 Relaxation & Music
<b>17</b> 10:00 Words of hope, hymns & Sermons 11:00 Exercise and Hydration 1:00 Arts and crafts w/Heather 2:00 Movie Matinee 4:30 Stretch your Muscles 6:00 Relaxation & Music	<b>18</b> 10:00 Coffee and Chat 10:30 Travel Video 11:00 Exercise and Hydration 1:45 Scenic Ride 3:00 Chef's Table: France 4:30 Stretch your Muscles 6:00 Relaxation & Music	<b>19</b> 10:00 Coffee and Chat 10:30 Travel Video 11:00 Exercise and Hydration 1:30 Reading with Bill 2:30 Old Time Shows 4:00 Stretch your Muscles 6:00 Relaxation & Music	<b>20</b> 10:00 Coffee and Chat 10:30 Travel Video 11:00 Exercise and Hydration 1:30 let's Paint! 3:30 Nature's Great Events 4:30 Stretch your Muscles 6:00 Relaxation & Music	<b>21</b> 10:00 Coffee and Chat 10:30 Travel Video 11:00 Exercise and Hydration 1:45 Scenic Ride 3:00 Puzzles 4:00 Stretching 6:00 Relaxation & Music	<b>22 Happy Birthday Bill!</b> 10:00 Coffee and Chat 10:30 Travel Video 11:00 Exercise and Hydration 2:00 Ice Cream Social 3:30 Hand Massages 4:30 Stretch your Muscles 6:00 Relaxation & Music	<b>23</b> 10:00 Coffee and Chat 10:30 Travel Video 11:00 Exercise and Hydration 1:00 CABIN FEVER PARTY 3:15 Snack & Hydration 4:00 Stretching 6:00 Relaxation & Music
<b>24</b> 10:00 Words of hope, hymns & Sermons 11:00 Exercise and Hydration 1:00 Arts and crafts w/Heather 2:00 Movie Matinee 4:30 Stretch your Muscles 6:00 Relaxation & Music	<b>25</b> 10:00 Coffee and Chat 10:30 Travel Video 11:00 Exercise and Hydration 1:45 Scenic Ride 3:00 Old Time Shows 4:30 Stretch your Muscles 6:00 Relaxation & Music	<b>26</b> 10:00 Coffee and Chat 10:30 Travel Video 11:00 Exercise and Hydration 1:30 Reading with Bill 2:30 Baking with Heather 4:00 Stretch your Muscles 6:00 Relaxation & Music	<b>27 Happy Birthday Marcus!</b> 10:00 Coffee and Chat 10:30 Travel Video 11:00 Exercise and Hydration 1:00 Outing 3:00 Bingo 4:30 Stretch your Muscles 6:00 Relaxation & Music	<b>28</b> 10:00 Coffee and Chat 10:30 Travel Video 11:00 Exercise and Hydration 1:45 Scenic Ride 3:00 Happy Hour 4:30 Stretch your Muscles 6:00 Relaxation & Music		

