



February Activities



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>10:30 Sing-along 12:00 Lunch 1:30 Church Service-visual 2:00 Snack Cart</p>	<p>2</p> <p>9:45 Morning Stretch 10:15 Music w/Michael 1:15 BINGO</p>	<p>3</p> <p>9:00 Weights & Blood Pressure 1:30 Musical Memories</p>	<p>4</p> <p>10:0 Aromatherapy Yoga 10:30 Ceramics Class 1:15 BINGO</p>	<p>5</p> <p>10:00 Balance/Strength 10:30 Volleyball 1:15 Bowling</p>	<p>6</p> <p>9:00 Communion 10:15 Trivia/Quiz 1:15 BINGO</p>	<p>7</p> <p>10:00 Snack Cart 10:15 Exercise with Rowena 1:15 Music with Mark Jasper 2:00 Snack Cart</p>
<p>8</p> <p>10:30 Flower Arranging 12:00 Lunch 1:30 Church Service 2:00 Snack Cart</p>	<p>9</p> <p>9:45 Morning Stretch 10:15 Music w/Alfredo 1:15 BINGO</p>	<p>10</p> <p>10:00 Chair Stretching 10:15 Ball Toss 10:30 Arts & Crafts 1:00 Waterleaf Spa Day</p>	<p>11</p> <p>10:00 Aromatherapy Yoga 10:30 Juicing 11:00 "Famous Couples" 1:15 BINGO</p>	<p>12</p> <p>10:00 Balance/Strength 10:30 Valentine's Trivia 1:15 Music w/Julian</p>	<p>13</p> <p>9:00 Communion 10:30 Valentine's Tea Party 1:15 BINGO</p>	<p>14</p> <p>♥ Valentine's Day 10:00 Snack Cart 10:30 Weekend Coloring 1:30 Romantic Movie 2:00 Snack Cart</p>
<p>15</p> <p>10:15 Violin with Antonio 1:30 Church Service-visual 2:00 Snack Cart</p>	<p>16</p> <p>🇺🇸 Presidents' Day 9:45 Morning Stretch 10:15 Music w/Michael 1:15 BINGO</p>	<p>17</p> <p>🇨🇳 Chinese New Year. 10:00 Chair Stretching 10:30 Chinese Tea Social 1:00 Mapleleaf Spa Day</p>	<p>18</p> <p>10:00 Aromatherapy Yoga 10:30 Presidential Trivia 1:15 BINGO</p>	<p>19</p> <p>10:00 Balance/Strength 10:30 Monuments in U.S.A. 1:30 Mix & Mingle</p>	<p>20</p> <p>9:00 Communion 10:15 Trivia/Quiz 1:15 BINGO</p>	<p>21</p> <p>10:00 Snack Cart 10:30 Juicing 1:30 Romantic Movie 2:00 Snack Cart</p>
<p>22</p> <p>10:30 Volleyball 12:00 Lunch 1:30 Church Service 2:00 Snack Cart</p>	<p>23</p> <p>9:45 Morning Stretch 10:15 Music w/Alfredo 1:15 BINGO</p>	<p>24</p> <p>10:00 Chair Stretching 10:15 Ball Toss 10:30 Remembering "Quotes" 1:15 Poker Club</p>	<p>25</p> <p>10:00 Aromatherapy Yoga 10:30 Word Games 1:15 BINGO</p>	<p>26</p> <p>10:00 Balancing/Strength 10:30 "Name The Tune" 1:15 Residents Council Meeting 2:00 Board Games</p>	<p>27</p> <p>9:00 Communion 10:30 Chair Dancing 11:00 Morning Chat 1:15 BINGO</p>	<p>28</p> <p>10:00 Snack Cart 10:30 Weekend Coloring 1:15 Violin with Antonio 2:00 Snack Cart</p>