




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 9:00 Sit-er-cize 10:00 Hydration & Snacks 11:00 Daily Devotions 2:00 Play Pool-PR 3:00 Hydration & Snacks 4:00 Salon is open 9a-5p	<b>2</b> 9:00 Zumba Seated Fitness 10:00 Hydration & Snacks 11:00 Walking Club 1:00 Daily Devotions W/Jeff 2:00 crafts 3:00 Hydration & Snacks	<b>3</b> National Feed The Birds day 9:00 Zumba Seated Fitness 10:00 Hydration & Snacks 11:00 Walmart Trip 2:00 Bingo W/ Joyce 3:00 Hydration & Snacks 4:00	<b>4</b> Rosa Parks Day 9:00 Sit-er-cize 10:00 Hydration & Snacks 11:00 Cross word Puzzels 2:00 Bingo W/ Joyce 3:00 Hydration & Snacks 4:00	<b>5</b> 9:00 Activity Packets 10:00 Hydration & Snacks 11:00 2:00 3:00 Hydration & Snacks 4:00
<b>6</b> Super Bowl Sunday 9:00 Activity Packet 10:00 Hydration & Snacks 11:00 2:00 3:00 Hydration & Snacks 4:00	<b>7</b> 9:00 Sit-er-cize 10:00 Hydration & Snacks 11:00 Bingo 2:00 Chip Slaughter performance 3:00 Hydration & Snacks 4:00	<b>8</b> 9:00 Zumba Seated Fitness 10:00 Hydration & Snacks 11:00 Walking Club 1:00 Daily Devotions 2:00 Karaoke 3:00 Hydration & Snacks Salon is open 9a-5p	<b>9</b> National Pizza Day 9:00 Sit-er-cize 10:00 Hydration & Snacks 1:00 Daily Devotions 2:00 Play Pool -PR 3:00 Hydration & Snacks 4:00	<b>10</b> 9:00 Zumba Seated Fitness 10:00 Hydration & Snacks 11:00 Walmart Trip 2:00 Lets Color!!! -AR 3:00 Hydration & Snacks 4:00	<b>11</b> 9:30 Crafts 10:00 Hydration & Snacks 11:00 Daily Devotions 2:00 Bingo W/ Joyce 3:00 Hydration & Snacks 4:00	<b>12</b> 9:00 Activity Packets 10:00 Hydration & Snacks 11:00 2:00 3:00 Hydration & Snacks 4:00
<b>13</b> 9:00 Activity Packets 10:00 Hydration & Snacks 11:00 2:00 3:00 Hydration & Snacks 4:00	<b>14</b> Happy Valentine's Day 9:00 Crafts!! 10:00 Hydration & Snacks 11:00 Walking Club 2:30 Valentine's Party 3:00 Hydration & Snacks 4:00	<b>15</b> 9:00 Lets Color!! -AR 10:00 Hydration & Snacks 11:00 Walking Club 2:00 Pam Austin Performance 3:00 Hydration & Snacks 4:00 Salon is open 9a-5p	<b>16</b> National Almond Day 9:00 Zumba Seated Fitness 10:00 Hydration & Snacks 11:00 Church Service 2:00 Karaoke 3:00 Hydration & Snacks 4:00	<b>17</b> 9:00 Sit-er-cize 10:00 Hydration & Snacks 11:00 Walmart Trip 1:00 Daily Devotions/Jeff 3:00 Hydration & Snacks 4:00	<b>18</b> Pluto Day 9:00 Morning Walks 10:00 Hydration & Snacks 11:00 Cross Word Puzzels 2:00 Bingo W/Joyce 3:00 Hydration & Snacks 4:00	<b>19</b> National Love Your Pet Day 9:00 Activity Packets 10:00 Hydration & Snacks 11:00 2:00 3:00 Hydration & Snacks 4:00
<b>20</b> 9:00 Activity Packets 10:00 Hydration & Snacks 11:00 2:00 3:00 Hydration & Snacks 4:00	<b>21</b> President's Day 9:00 Sit-er-cize 10:00 Hydration & Snacks 11:00 Walking Club 2:00 Bingo W/ Joyce 3:00 Hydration & Snacks 4:00	<b>22</b> World Thinking Day 9:00 Sit-er-cize 10:00 Hydration & Snacks 11:00 Cross Word Puzzels 2:00 Karaoke 3:00 Hydration & Snacks 4:00 Salon is open 9a-5p	<b>23</b> Natl.Banna Bread day 9:00 Lets Color!! -AR 10:00 Hydration & Snacks 11:00 Church Service 2:00 Bingo/ Joyce 3:00 Hydration & Snacks 4:00	<b>24</b> National Peanutbutter Day 9:00 Zumba Seated Fitness 10:00 Hydration & Snacks 11:00 Walmart Trip 2:00 Play Pool-PR 3:00 Hydration & Snacks 4:00	<b>25</b> National Pancake Day 9:00 Sit-er-cize 10:00 Hydration & Snacks 11:00 Daily Devotions 2:00 February Birthday Party 3:00 Hydration & Snacks 4:00	<b>26</b> 9:00 Activity Packets 10:00 Hydration & Snacks 11:00 2:00 3:00 Hydration & Snacks 4:00
<b>27</b> 9:00 Activity Packet 10:00 Hydration & Snacks 11:00 2:00 3:00 Hydration & Snacks 4:00	<b>28</b> 9:00 Zumba Seated Fitness 10:00 Hydration & Snacks 11:00 Lets Color!! 2:00 Karaoke 3:00 Hydration & Snacks 4:00					

All activities subject to change without notice.  
 Snacks served daily at 10:30 3:00 and 8:30.