

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00 Zumbacise Ch591 10:00 Refreshments and Individual Activities 11:00 Relaxing Meditation 1:00 Reminiscing with the Songs of the 50's and 60's 2:00 Virtual Bingo 3:00 Divine Mercy 3:30 Happy Hour	9:30 Yogacise Ch591 10:00 Refreshments and Individual Activities 11:00 All about Groundhogs and Groundhog Day 1:00 Foot Tapping Big Band Jazz 2:00 Virtual Bingo 3:00 Divine Mercy 	9:30 Zumbacise Ch591 10:00 Refreshments and Individual Activities 11:00 Relaxing Meditation 1:00 Reminiscing with the Songs of the 50's and 60's 2:00 Virtual Bingo 3:00 Catholic Mass	9:30 Zumbacise Ch591 10:00 Refreshments and Individual Activities 11:00 Virtual Bird Watching 1:00 Travel to France 2:00 Virtual Bingo 3:00 Divine Mercy 4:00 Phone a Friend	National Wear Red Day! Promoting Heart Health 9:00 Zumbacise Ch591 10:00 Refreshments and Individual Activities 11:00 Relaxing Meditation 1:00 Reminiscing with the Songs of the 50's and 60's 2:00 Virtual Bingo 3:00 Divine Mercy	9:30 Yogacise Ch591 10:00 Refreshments and Individual Activities 1:00 Music of Mozart 2:00 Virtual Bingo 3:00 Divine Mercy 4:00 Phone a Friend 
Super Bowl Sunday! 9:00Catholic Mass 9:30 Yogacise Ch 591 10:15 Refreshments and Individual Activities 1:00 Sounds of Opera 2:00 Virtual Bingo 3:00 Divine Mercy 	9:00 Zumbacise Ch591 10:00 Refreshments and Individual Activities 11:00 Relaxing Meditation 1:00 Reminiscing with the Songs of the 50's and 60's 2:00 Virtual Bingo 3:00 Divine Mercy 3:30 Happy Hour	9:30 Yogacise Ch591 10:00 Refreshments and Individual Activities 11:00 Hershey's Chocolate Kiss Day – How Hershey Kisses are Made 1:00 Easy Listening Big Band Swing 2:00 Virtual Bingo 3:00 Divine Mercy	9:30 Zumbacise Ch591 10:00 Refreshments and Individual Activities 11:00 Relaxing Meditation 1:00 Reminiscing with the Songs of the 50's and 60's 2:00 Virtual Bingo 3:00 Catholic Mass	9:30 Zumbacise Ch591 10:00 Refreshments and Individual Activities 11:00 Virtual Bird Watching 1:00 Travel to Africa 2:00 Virtual Bingo 3:00 Divine Mercy 4:00 Phone a Friend 	9:00 Zumbacise Ch591 10:00 Refreshments and Individual Activities 11:00 Relaxing Meditation 1:00 Chinese New Year Begins/All about the Year of the Ox 2:00 Virtual Bingo 3:00 Divine Mercy 	9:30 Yogacise Ch591 10:00 Refreshments and Individual Activities 1:00 Music of Mozart 2:00 Virtual Bingo 3:00 Divine Mercy 4:00 Phone a Friend
9:00Catholic Mass 9:30 Yogacise Ch 591 10:15 Refreshments and Individual Activities 11:00 The History of Valentine's Day 1:00 Great Love Songs 2:00 Virtual Bingo 3:00 Divine Mercy 	9:00 Zumbacise Ch591 10:00 Refreshments and President's Day Trivia 11:00 Relaxing Meditation 1:00 Songs of America 2:00 Virtual Bingo 3:00 Divine Mercy 3:30 Happy Hour 4:00 Fascinating Facts about US Presidents Presidents' Day	9:30 Yogacise Ch591 10:00 Refreshments and Individual Activities 11:00 Travel to New Orleans 1:00 Foot Tapping Big Band Jazz 2:00 Virtual Bingo 3:00 Divine Mercy Mardi Gras	Ash Wednesday 9:30 Zumbacise Ch591 10:00 Refreshments and Individual Activities 11:00 The Biblical Roots of Ash Wednesday 1:00 Gospel Hymns 2:00 Virtual Bingo 3:00 Catholic Mass Distribution of Ashes	9:30 Zumbacise Ch591 10:00 Refreshments and Individual Activities 11:00 Virtual Bird Watching 1:00 Travel to French Polynesia 2:00 Virtual Bingo 3:00 Divine Mercy 4:00 Phone a Friend	National Caregivers Day! 9:00 Zumbacise Ch591 10:00 Refreshments and Individual Activities 11:00 Relaxing Meditation 1:00 King of Motown Day/ The Music of Smokey Robinson 2:00 Virtual Bingo 3:00 Divine Mercy	9:30 Yogacise Ch591 10:00 Refreshments and Individual Activities 1:00 Music of Mozart 2:00 Virtual Bingo 3:00 Divine Mercy 4:00 Phone a Friend
9:00Catholic Mass 9:30 Yogacise Ch 591 10:15 Refreshments and Individual Activities 1:00 Sounds of Opera 2:00 Virtual Bingo 3:00 Divine Mercy	9:00 Zumbacise Ch591 10:00 Refreshments and Individual Activities 11:00 Relaxing Meditation 1:00 Reminiscing with the Songs of the 50's and 60's 2:00 Virtual Bingo 3:00 Divine Mercy 3:30 Happy Hour	9:30 Yogacise Ch591 10:00 Refreshments and Individual Activities 11:00 Girl Scout Cookie Day/How They are Made 11:00 Resident Council Meeting 1:00 Easy Listening Big Band Swing 2:00 Virtual Bingo 3:00 Divine Mercy	9:30 Zumbacise Ch591 10:00 Refreshments and Individual Activities 11:00 Relaxing Meditation 1:00 Reminiscing with the Songs of the 50's and 60's 2:00 Virtual Bingo 3:00 Catholic Mass	9:30 Zumbacise Ch591 10:00 Refreshments and Individual Activities 11:00 Virtual Bird Watching 11:30 Travel to Alaska 2:00 Virtual Bingo 3:00 Divine Mercy 4:00 Phone a Friend 	9:00 Zumbacise Ch591 10:00 Refreshments and Individual Activities 11:00 Relaxing Meditation 1:00 Johnny Cash Day/Remembering the Music 2:00 Virtual Bingo 3:00 Divine Mercy	9:30 Yogacise Ch591 10:00 Refreshments and Individual Activities 1:00 Music of Mozart 2:00 Virtual Bingo 3:00 Divine Mercy 4:00 Phone a Friend
9:00Catholic Mass 9:30 Yogacise Ch 591 10:15 Refreshments and Individual Activities 1:00 Sounds of Opera 2:00 Virtual Bingo 3:00 Divine Mercy	 <h1 style="font-family: cursive;">February 2021</h1> <p>Note: Refreshments and individual activities at 10:00am and 3:15pm on all floors. Please observe social distancing. Facetime and Zoom meetings Scheduled Through MH Website</p>					

February is Heart Health Month and Black History Month!