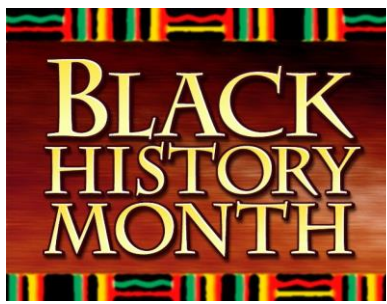

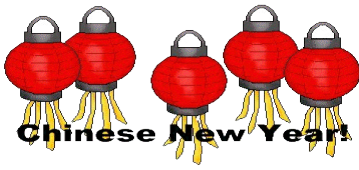




February 2019

Berkeley Oaks

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Open to the Public</p> <p>3rd-Superbowl Watch Party at BKO @ 6:00 p.m. 14th-BKO Dinner & Dancing Date Night @ 5:00 p.m.</p>		<p>February 2nd</p>  <p>HAPPY GROUNDHOG DAY</p>	<p>February 5th</p>  <p>Chinese New Year!</p>	<p>February 14th</p>  <p><i>Happy Valentine's Day!</i></p>	<p>1</p> <ul style="list-style-type: none"> 9:00 Balloon Volleyball 9:30 Zumba with Peggy 10:00 Snack & Special Dates 10:30 About the White House 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Crafts-Valentine Decorations 3:30 Table Games 4:00 Reminiscing with soft music 6:00 Evening Painting 	<p>2</p> <ul style="list-style-type: none"> 9:00 Exercise 9:30 Bean Bag Toss 10:00 Snack & Special Dates 11:00 Groundhog Day Trivia 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Adult Coloring 3:30 Table Games 4:00 Reminiscing with soft music 6:00 Movie
<p>3</p> <ul style="list-style-type: none"> 9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Special Dates 10:30 Men's Spiritual Study 11:00 Inspirational Music 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Trivia 3:30 Table Games 4:00 Reminiscing with soft music 6:00 Superbowl Watch Party at BKO 	<p>4</p> <ul style="list-style-type: none"> 9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Special Dates 10:30 Make Valentine Day Cards 11:30 Hand Washing 4 Lunch 1:00 Music with Merilee 2:00 Snack & Chat 2:30 Story Time 3:30 Brain Fitness Games 4:00 Reminiscing with soft music 6:00 Floor Games 	<p>5</p> <ul style="list-style-type: none"> 9:00 Exercise 9:30 Make Chinese Lanterns 10:00 Spiritual Study & Snack 10:30 Chinese New Year Trivia 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Chinese Bingo 3:30 It's Never to Late 4:00 Reminiscing with soft music 6:00 Adult Coloring 	<p>6</p> <ul style="list-style-type: none"> 9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Special Dates 10:30 Civil Rights Movement 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Fairy Tales & Folk Tales 3:30 Floor Games 4:00 Reminiscing with soft music 6:00 Movie 	<p>7</p> <ul style="list-style-type: none"> 9:00 Exercise 9:30 Toss & Kickball 10:00 Snack & Special Dates 10:30 Who Am I? 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Courtyard Stroll 3:30 Painting 4:00 Reminiscing with soft music 6:00 Brain Fitness Games 	<p>8</p> <ul style="list-style-type: none"> 9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Special Dates 10:30 Travel the Underground Railroad 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Hand massages & manicures 3:30 Table Games 4:00 Reminiscing with soft music 6:00 Evening Painting 	<p>9</p> <ul style="list-style-type: none"> 9:00 Exercise 9:30 Bean Bag Toss 10:00 Snack & Special Dates 11:00 Wise Sayings Fill in the Blank 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Adult Coloring 3:30 Table Games 4:00 Reminiscing with soft music 6:00 Movie
<p>10</p> <ul style="list-style-type: none"> 9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Special Dates 10:30 Men's Spiritual Study 11:00 Inspirational Music 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Trivia 3:30 Table Games 4:00 Reminiscing with soft music 6:00 Movie 	<p>11</p> <ul style="list-style-type: none"> 9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Special Dates 10:30 Trivia 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Story Time 3:30 Brain Fitness Games 4:00 Reminiscing with soft music 6:00 Floor Games 	<p>12</p> <ul style="list-style-type: none"> 9:00 Exercise 9:30 Toss & Kickball 10:00 Snack & Special Dates 10:30 Addition 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Puzzles 3:30 It's Never to Late 4:00 Reminiscing with soft music 6:00 Adult Coloring 	<p>13</p> <ul style="list-style-type: none"> 9:00 Exercise 9:30 Balloon Volleyball 10:00 Fun with Rice Krispies 10:30 Jeopardy 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Cities & States 3:30 Floor Games 4:00 Reminiscing with soft music 6:00 Movie 	<p>14</p> <ul style="list-style-type: none"> 9:00 Exercise 9:30 Toss & Kickball 10:00 Cooking with Chef Arndray 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Courtyard Stroll 3:30 The History of Valentine's Day 4:00 Reminiscing with soft music 5:00 BKO Dinner & Dance Date Night music with Jack Gorman 	<p>15</p> <ul style="list-style-type: none"> 9:00 Balloon Volleyball 9:30 Zumba with Peggy 10:00 Snack & Special Dates 10:30 Trivia 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Hand massages & manicures 3:30 Table Games 4:00 Reminiscing with soft music 6:00 Evening Painting 	<p>16</p> <ul style="list-style-type: none"> 9:00 Exercise 9:30 Bean Bag Toss 10:00 Snack & Special Dates 11:00 Wise Sayings Fill in the Blank 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Adult Coloring 3:30 Table Games 4:00 Reminiscing with soft music 6:00 Movie
<p>17</p> <ul style="list-style-type: none"> 9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Special Dates 10:30 Men's Spiritual Study 11:00 Inspirational Music 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Trivia 3:30 Table Games 4:00 Reminiscing with soft music 6:00 Movie 	<p>18</p> <ul style="list-style-type: none"> 9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Special Dates 10:30 Trivia-Presidents 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 1:30 Music with Dan 2:30 Presidents in the White House 3:30 Brain Fitness Games 4:00 Reminiscing with soft music 6:00 Floor Games 	<p>19</p> <ul style="list-style-type: none"> 9:00 Exercise 9:30 Toss & Kickball 10:00 Spiritual Study & Snack 10:30 Addition 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Puzzles 3:30 It's Never to Late 4:00 Reminiscing with soft music 6:00 Adult Coloring 	<p>20</p> <ul style="list-style-type: none"> 9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Special Dates 10:30 Drawing 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Bubbly Cherry Floats 2:30 Nix the Six 3:30 Floor Games 4:00 Reminiscing with soft music 6:00 Movie 	<p>21</p> <ul style="list-style-type: none"> 9:00 Exercise 9:30 Toss & Kickball 10:00 Snack & Special Dates 10:30 Who Am I? 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Courtyard Stroll 3:30 Painting 4:00 Reminiscing with soft music 6:00 Brain Fitness Games 	<p>22</p> <ul style="list-style-type: none"> 9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Special Dates 10:30 First Ladies 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Prize Bingo 3:30 Table Games 4:00 Reminiscing with soft music 6:00 Evening Painting 	<p>23</p> <ul style="list-style-type: none"> 9:00 Exercise 9:30 Bean Bag Toss 10:00 Snack & Special Dates 11:00 Wise Sayings Fill in the Blank 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Adult Coloring 3:30 Table Games 4:00 Reminiscing with soft music 6:00 Movie
<p>24</p> <ul style="list-style-type: none"> 9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Special Dates 10:30 Men's Spiritual Study 11:00 Inspirational Music 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Trivia 3:30 Table Games 4:00 Reminiscing with soft music 6:00 Movie 	<p>25</p> <ul style="list-style-type: none"> 9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Special Dates 10:30 Hollywood Couples 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Story Time 3:30 Brain Fitness Games 4:00 Reminiscing with soft music 6:00 Floor Games 	<p>26</p> <ul style="list-style-type: none"> 9:00 Exercise 9:30 Toss & Kickball 10:00 Snack & Special Dates 10:30 Music with Jon Durfee 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 What President Am I? 3:30 It's Never to Late 4:00 Reminiscing with soft music 6:00 Adult Coloring 	<p>27</p> <ul style="list-style-type: none"> 9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Special Dates 10:30 Painting with Karen 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 February IQ 3:30 Floor Games 4:00 Reminiscing with soft music 6:00 Movie 	<p>28</p> <ul style="list-style-type: none"> 9:00 Exercise 9:30 Toss & Kickball 10:00 Snack & Special Dates 10:30 Who Am I? 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Courtyard Stroll 3:30 Painting 4:00 Reminiscing with soft music 6:00 Brain Fitness Games 	<p>Happy Valentine's Day</p> 	<p>DIMENSIONS OF WELLNESS</p> <ul style="list-style-type: none"> <li style="width: 50%;">Physical <li style="width: 50%;">Emotional <li style="width: 50%;">Spiritual <li style="width: 50%;">Environmental <li style="width: 50%;">Vocational <li style="width: 50%;">Social <li style="width: 50%;">Intellectual <li style="width: 50%;">Nutritional <li style="width: 50%;">Purposeful