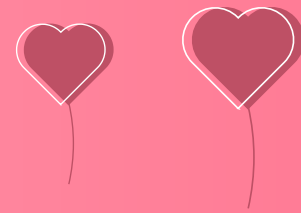
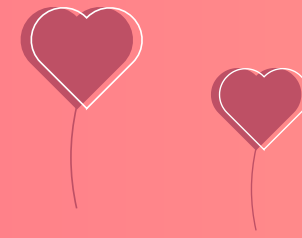


**Activities Subject to change**



# VALENTINE'S DAY



**FEBRUARY 2024**

**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Dimensions of Wellness</p> <ul style="list-style-type: none"> <li> Physical</li> <li> Emotional</li> <li> Spiritual</li> <li> Environmental</li> <li> Vocational</li> <li> Social</li> <li> Intellectual</li> </ul> <p>Meeting Places</p> <ul style="list-style-type: none"> <li><b>ULOB</b> Upstairs Lobby</li> <li><b>WC</b> Whittington Church</li> <li><b>DR</b> Dining Room</li> <li><b>AR</b> Activity Room</li> <li><b>TVL</b> TV Lounge</li> <li><b>DLOB</b> Downstairs Lobby</li> <li><b>OUT</b> Outing (Van)</li> </ul> <p><b>FEBRUARY BIRTHDAYS</b></p> <ul style="list-style-type: none"> <li>2/3 Clara L</li> <li>2/5 Lola P</li> <li>2/7 Cheryl B</li> <li>2/7 Nola M</li> <li>2/8 Karen J</li> <li>2/10 Bruce A</li> <li>2/24 Elsia C</li> </ul>					<p>10:00   First United Methodist Church <b>ULOB</b></p> <p>11:00   Whittington Luncheon <b>WC</b></p> <p>1:30   Bingo <b>DR</b></p>	<p><b>01</b></p> <p>10:00   First Baptist Church of Benton <b>ULOB</b></p> <p>10:00   Morning Stretch <b>ULOB</b></p> <p>3:30   Country Store <b>AR</b></p>	<p><b>02</b></p> <p>10:00   Independent T.V <b>TVL</b></p> <p>1:00   Yahtzee <b>AR</b></p> <p>6:00   Adult Coloring <b>AR</b></p>
	<p><b>04</b></p> <p>10:00   Independent TV <b>DLOB</b></p> <p>6:00   Adult Coloring <b>AR</b></p>	<p><b>05</b></p> <p>10:00   Independent Bible Study &amp; Devotions <b>ULOB</b></p> <p>10:15   iN2L - Morning Stretch <b>ULOB</b></p> <p>1:30   Wii Bowling <b>TVL</b></p> <p>2:30   Story Time - Benton Public <b>ULOB</b></p>	<p><b>06</b></p> <p>9:00   Open Transport <b>OUT</b></p> <p>1:30   Bingo <b>DR</b></p> <p>2:45   Balloon Noodleball <b>DLOB</b></p>	<p><b>07</b></p> <p>9:00   Open Transport <b>DLOB</b></p> <p>1:30   Cookie Club <b>AR</b></p> <p>3:30   Country Store <b>AR</b></p>	<p><b>08</b></p> <p>10:00   Catholic Mass <b>DLOB</b></p> <p>12:00   Music and Chat <b>AR</b></p> <p>1:30   Bingo <b>DR</b></p>	<p><b>09</b></p> <p>10:00   iN2L - Chair Exercises <b>ULOB</b></p> <p>1:30   Pictionary <b>ULOB</b></p> <p>3:30   Country Store <b>AR</b></p>	<p><b>10</b></p> <p>10:00   Independent T.V <b>TVL</b></p> <p>1:00   Yahtzee <b>AR</b></p> <p>6:00   Adult Coloring <b>AR</b></p>
	<p><b>11</b></p> <p>10:00   Independent TV <b>DLOB</b></p> <p>6:00   Adult Coloring <b>AR</b></p>	<p><b>12</b></p> <p>10:00   Independent Bible Study &amp; Devotions <b>ULOB</b></p> <p>10:15   iN2L - Morning Stretch <b>ULOB</b></p> <p>1:30   Wii Bowling <b>TVL</b></p>	<p><b>13</b></p> <p>9:00   Open Transport <b>OUT</b></p> <p>1:30   Bingo <b>DR</b></p> <p>2:45   Skunk Dice <b>AR</b></p>	<p><b>14</b></p> <p>Valentine's Day</p> <p>9:00   Open Transport <b>DLOB</b></p> <p>2:00   Valentines Day Party <b>DR</b></p> <p>3:30   Country Store <b>AR</b></p>	<p><b>15</b></p> <p>10:00   Rescue Church <b>ULOB</b></p> <p>1:30   Bingo <b>DR</b></p> <p>2:45   Name That Tune <b>DLOB</b></p>	<p><b>16</b></p> <p>10:00   Morning Stretch <b>ULOB</b></p> <p>2:00   Therapy Discovery Series - Falls <b>AR</b></p> <p>3:30   Country Store <b>AR</b></p>	<p><b>17</b></p> <p>10:00   Independent T.V <b>TVL</b></p> <p>1:00   Yahtzee <b>AR</b></p> <p>3:00   7th Day Adventist Church of West Frankfort <b>ULOB</b></p> <p>6:00   Adult Coloring <b>AR</b></p>
	<p><b>18</b></p> <p>10:00   Independent TV <b>DLOB</b></p> <p>6:00   Adult Coloring <b>AR</b></p>	<p><b>19</b></p> <p>President's Day</p> <p>10:00   Independent Bible Study &amp; Devotions <b>ULOB</b></p> <p>10:15   iN2L - Morning Stretch <b>ULOB</b></p> <p>1:30   Wii Bowling <b>TVL</b></p> <p>2:30   Story Time - Benton Public <b>ULOB</b></p>	<p><b>20</b></p> <p>9:00   Open Transport <b>OUT</b></p> <p>1:30   Bingo <b>DR</b></p> <p>2:45   Bean Bags <b>DLOB</b></p>	<p><b>21</b></p> <p>9:00   Open Transport <b>DLOB</b></p> <p>1:00   Resident &amp; Food Councils <b>AR</b></p> <p>3:30   Country Store <b>AR</b></p>	<p><b>22</b></p> <p>10:00   Happy Feet <b>ULOB</b></p> <p>1:30   Bingo <b>DR</b></p> <p>2:45   iN2L Fun &amp; Games <b>ULOB</b></p>	<p><b>23</b></p> <p>10:00   Penny Pitch <b>DLOB</b></p> <p>1:30   LCR <b>AR</b></p> <p>3:30   Country Store <b>AR</b></p>	<p><b>24</b></p> <p>10:00   Independent T.V <b>TVL</b></p> <p>1:00   Yahtzee <b>AR</b></p> <p>6:00   Adult Coloring <b>AR</b></p>
	<p><b>25</b></p> <p>10:00   Independent TV <b>DLOB</b></p> <p>6:00   Adult Coloring <b>AR</b></p>	<p><b>26</b></p> <p>10:00   Independent Bible Study &amp; Devotions <b>ULOB</b></p> <p>10:15   iN2L - Morning Stretch <b>ULOB</b></p> <p>1:30   Wii Bowling <b>TVL</b></p>	<p><b>27</b></p> <p>9:00   Open Transport <b>OUT</b></p> <p>1:30   Bingo <b>DR</b></p> <p>2:45   Funny Stories <b>ULOB</b></p>	<p><b>28</b></p> <p>9:00   Open Transport <b>DLOB</b></p> <p>1:30   Name Three Things <b>DLOB</b></p> <p>3:30   Country Store <b>AR</b></p>	<p><b>29</b></p> <p>10:00   iN2L - Chair Dancing <b>ULOB</b></p> <p>2:00   Resident Birthday Party <b>DR</b></p>		