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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				 9:30 Chair Exercise, DRB  10:00 What's in the News & Daily Chronicles, DRB  10:30 White Oaks Music Makers, GR  1:30 Remembering Clark Gable, GR  2:00 Drive In Movie: Gone With The Wind, GR  6:00 Sitcom Classics, BTA	 9:30 Chair Exercise, DRB  10:00 What's in the News & Daily Chronicles, DRB  10:30 Groundhog Day Trivia, DRB  1:30 Chat and Color, GR  2:30 Good Morning Music in the Afternoon!, GR  6:00 Friday Funnies, BTA	 9:30 Saturday Sit and Stretch, DRB  10:00 What's in the News & Daily Chronicles, DRB  10:30 February IQ, DRB  1:30 Happy Birthday Cindy Social!, DR  2:30 Saturday Matinee: Grease, BTA  6:00 Hallmark Movies, BTA
4	5	6	7	8	9	10
 9:30 Catholic Mass on TV, FTA  9:30 Chair Exercise, DRB  10:00 What's in the News & Daily Chronicles, DRB  10:30 Breakfast Trivia, DRB  1:30 Sunday Social, DR  2:30 Armchair Travels: Key West, GR  6:00 Sunday Night Movie, BTA	 9:30 Chair Exercise, DRB  10:00 What's in the News & Daily Chronicles, DRB  10:30 Random Trivia, DRB  1:30 Happy Birthday Barb C. Social!, DR  2:30 Open Art Time, GR  6:00 Monday Night Movie, BTA	 9:30 Chair Exercise, DRB  10:00 Alliance Bible Church Service, GR  10:00 What's in the News & Daily Chronicles, DRB  1:30 Happy Birthday Willafried Social!, DR  2:30 Best Super Bowl Commercials, GR  6:00 Classic Movie Night, BTA	 9:30 Therapy Dog: Archer, DRB  10:00 Chair Exercise, DRB  10:30 Catholic Eucharist & Prayers, GR  10:30 What's in the News & Daily Chronicles, DRB  1:30 Happy Birthday Patty Social!, DR  2:30 Heart Healthy Chair Dancing, GR  6:00 Wednesday Night Musicals	 9:30 Chair Exercise, DRB  10:00 Entertainer: Lon on the Piano, DRB  10:30 What's in the News & Daily Chronicles, DRB  1:30 Art for Everyone! Easy Peasy Heart Art, GR  2:30 Zany Zoom Ins!, GR  6:00 Sitcom Classics, BTA	 9:30 Chair Exercise, DRB  10:00 What's in the News & Daily Chronicles, DRB  10:30 Food for Thought!, DRB  1:30 Chat and Color, GR  2:30 Friday Documentary: King of Motown, Smokey Robinson, GR  6:00 Friday Funnies, BTA	 9:30 Saturday Sit and Stretch, DRB  10:00 What's in the News & Daily Chronicles, DRB  10:30 Fun Facts: Chinese New Year, DRB  1:30 Happy Birthday Willie Social!, DR  2:30 Saturday Matinee: Mary Poppins, BTA  6:00 Hallmark Movies, BTA
11	12	13	14	15	16	17
 9:30 Catholic Mass on TV, FTA  9:30 Chair Exercise, DRB  10:00 What's in the News & Daily Chronicles, DRB  10:30 Fun Facts: Super Bowl, DRB  1:30 Super Bowl Sunday Social, DR  2:30 Armchair Travels: Mardi Gras, GR  6:00 Sunday Night Movie, BTA	 9:30 Chair Exercise, DRB  10:00 What's in the News & Daily Chronicles, DRB  10:30 Who Am I?, DRB  1:30 Open Art Time, GR  2:30 Remembering Love Songs, GR  6:00 Monday Night Movie, BTA	 9:30 Chair Exercise, DRB  10:00 What's in the News & Daily Chronicles, DRB  10:30 Mardi Gras: True or False Trivia, DRB  1:30 Fat Tuesday Paczki Party!, DR  1:30 Happy Birthday Ann D. Social!, DR  2:30 Mardi Gras: Let the Good Times Roll!, DR  6:00 Classic Movie Night, BTA	 9:30 Therapy Dog: Archer, DRB  10:00 Chair Exercise, DRB  10:30 What's in the News & Daily Chronicles, DRB  1:30 Entertainer: Martin Lopez on the Violin, DRB  2:30 Valentine's Day Tea, DR  6:00 Wednesday Night Musicals, BTA	 9:30 Chair Exercise, DRB  10:00 What's in the News & Daily Chronicles, DRB  10:30 White Oaks Music Makers, GR  1:30 Sing-A-Long with Bonnie on the Piano, DR  2:30 Finish the Phrase, GR  6:00 Sitcom Classics, BTA	 9:30 Chair Exercise, DRB  10:00 Therapy Dog: Sophie, DRB  10:00 What's in the News & Daily Chronicles, DRB  10:30 Did You Know?, DRB  1:30 Art for Everyone! Puzzle Hearts, GR  2:30 Playful Predators: Polar Bears, GR  6:00 Friday Funnies, BTA	 9:30 Saturday Sit and Stretch, DRB  10:00 What's in the News & Daily Chronicles, DRB  10:30 Who Are We?, DRB  1:30 Valentine Prize Bingo, DR  2:30 Saturday Matinee: Hans Christian Anderson, BTA  6:00 Hallmark Movies, BTA
18	19	20	21	22	23	24
 9:30 Catholic Mass on TV, FTA  9:30 Chair Exercise, DRB  10:00 What's in the News & Daily Chronicles, DRB  10:30 Just for Laughs: Erma Bombeck, DRB  1:30 Sunday Social, DR  2:30 Armchair Travels: Ontario, Canada, GR  6:00 Sunday Night Movie, BTA	 9:30 Chair Exercise, DRB  10:00 What's in the News & Daily Chronicles, DRB  10:30 First Ladies: Who Am I?, DRB  1:30 Happy Birthday Florence Social!, DR  2:30 Open Art Time, GR  6:00 Monday Night Movie, BTA	 9:30 Chair Exercise, DRB  10:00 Alliance Bible Church Service, GR  10:00 What's in the News & Daily Chronicles, DRB  1:30 Chocolate Mint Cookie Social!, DR  2:30 Presidential Pets, GR  6:00 Classic Movie Night, BTA	 9:30 Therapy Dog: Archer, DRB  10:00 Chair Exercise, DRB  10:30 Catholic Eucharist & Prayers, GR  10:30 What's in the News & Daily Chronicles, DRB  1:30 Happy Birthday Patty Social!, DR  2:30 Art for Everyone! Yarn Heart Door Hanger, GR  6:00 Wednesday Night Musicals	 9:30 Chair Exercise, DRB  10:00 Entertainer: Lon on the Piano, DRB  10:30 What's in the News & Daily Chronicles, DRB  1:30 Happy Birthday Janet Social!, DR  2:30 White Board Puzzles: Mixed Up Breakfast, GR  6:00 Sitcom Classics, BTA	 9:30 Chair Exercise, DRB  10:00 Therapy Dog: Sophie, DRB  10:00 What's in the News & Daily Chronicles, DRB  10:30 Resident Council Meeting, DRB  1:30 Chat and Color, GR  2:30 Friday Documentary: Dick Clark, American Bandstand, GR  6:00 Friday Funnies, BTA	 9:30 Saturday Sit and Stretch, DRB  10:00 What's in the News & Daily Chronicles, DRB  10:30 What Am I?, DRB  1:30 Happy Birthday Susan Social!, DR  2:30 Saturday Matinee: A Chorus Line, BTA  6:00 Hallmark Movies, BTA
25	26	27	28	29	MEETING PLACES	DIMENSIONS OF WELLNESS
 9:30 Catholic Mass on TV, FTA  9:30 Chair Exercise, DRB  10:00 What's in the News & Daily Chronicles, DRB  10:30 Morning Funnies, DRB  1:30 Sunday Social, DR  2:30 Armchair Travels: Nevada, GR  6:00 Sunday Night Movie, BTA	 9:30 Chair Exercise, DRB  10:00 What's in the News & Daily Chronicles, DRB  10:30 Biography: Johnny Cash, DRB  1:30 Open Art Time, GR  2:30 San Diego Zoo Cam!, GR  6:00 Monday Night Movie, BTA	 9:30 Chair Exercise, DRB  10:00 What's in the News & Daily Chronicles, DRB  10:30 Brain Games! Name Three, DRB  1:30 Strawberry Cookie Social!, DR  2:30 Leap Year Trivia, GR  6:00 Classic Movie Night, BTA	 9:30 Therapy Dog: Archer, DRB  10:00 Chair Exercise, DRB  10:30 What's in the News & Daily Chronicles, DRB  1:30 Art for Everyone! Hearts & Flowers Floral Arrangements, GR  2:30 Heart Healthy Chair Dancing, GR  6:00 Wednesday Night Musicals, BTA	 9:30 Chair Exercise, DRB  10:30 What's in the News & Daily Chronicles, DRB  10:30 White Oaks Music Makers, GR  1:00 Happy Birthday Dorothy Hi Social!, DR  1:30 Entertainer: Heather B. "Welcome Winter", DRB  6:00 Sitcom Classics, BTA	<p>DRB - Dining Room B GR - The Gathering Room BTA - Back TV Area DR - Dining Room FTA - Front TV Area</p>  <p>Activities are subject to change. If you would like to see an activity on the calendar. please see Doris or Deb</p>	<div> Physical</div> <div> Spiritual</div> <div> Vocational</div> <div> Intellectual</div> <div> Emotional</div> <div> Environmental</div> <div> Social</div> <div></div> <p>Wellness checks are conducted the 1st-5th of every month by nursing.</p>