

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# February 2019

					<p><b>1</b></p> <p>9:00 4-Ever Fit 9:30 Room Visit 10:00 Exercise 10:30 Visit with Frankie 12:30 Minds and Media <b>3:00 Cards and Camaraderie</b> 4:30 Piano Bob</p>	<p><b>2</b></p> <p>9:00 Room Visits 9:45 Social Group 10:00 Yoga 1:00 Manicures <b>2:30 Wine &amp; Cheese</b></p> <p style="text-align: right;"><small>Groundhog Day</small></p>
<p><b>3</b></p> <p>7:30 News &amp; Coffee DR 9:00 live stream Church 9:30 Hot Cocoa by the fire 10:15 Morning Walk 1:00 Afternoon Room Visits 2:30 Superbowl Party 4:00 <b>SYV Community Church</b></p>	<p><b>4</b></p> <p>9:00 4-ever fit Monday 9:30 Painting with Cynthia <b>10:00 Exercise</b> 1:30 Tai Chi 2:00 Snack &amp; Chat with Julie 3:00 Bocce Ball</p>	<p><b>5</b></p> <p>9:00 Room Visits 9:30 Visit with Frankie 10:00 Exercise 12:00 Chinese Food Tasting 3:00 Let Travel to Hong Kong</p> <p style="text-align: center;"><small>Chinese New Year</small></p>	<p><b>6</b></p> <p><b>9:30 Downtown Errands</b> 10:00 Yoga 11:30 Music with Shawnie* 2:30 Valentine Gram (community center) <b>3:00 BINGO</b></p>	<p><b>7</b></p> <p>9:30 Room visits 10:00 Exercise 1:00 Afternoon walk 2:00 Valley News <b>3:00 Country Drive</b></p>	<p><b>8</b></p> <p>9:00 4-Ever Fit 9:30 Room Visit 10:00 Exercise 10:30 Visit with Frankie <b>12:30 Minds and Media</b> <b>3:00 Cards and Camaraderie</b></p>	<p><b>9</b></p> <p>9:00 Room Visits 9:45 Social Group 10:00 Yoga 1:00 Manicures 3:00 Mid-day movie</p>
<p><b>10</b></p> <p>7:30 News &amp; Coffee DR 9:00 live stream Church 9:30 Hot Cocoa by the fire 10:15 Morning Walk 1:00 Afternoon Room Visits 3:00 Afternoon Movie 4:00 <b>Chapel Tennessee Gospel DR</b></p>	<p><b>11</b></p> <p>9:00 4-ever fit Monday 9:30 Painting with Cynthia <b>10:00 Exercise</b> 1:30 Tai Chi 2:00 Snack &amp; Chat with Julie 3:00 Bocce Ball</p>	<p><b>12</b></p> <p>9:00 Room Visits 9:30 Visit with Frankie 10:00 Exercise 1:30 Let Travel show 3:00 Mexican Train</p>	<p><b>13</b></p> <p><b>9:30 Downtown Errands</b> 10:00 Yoga 11:30 Music with Shawnie* 2:30 Current Events <b>3:00 BINGO</b> 3:00 make Valentine Centerpieces</p> <p style="text-align: center;"><small>Valentine's Day</small></p>	<p><b>14</b></p> <p>9:30 Room visits 10:00 Exercise 11:45 Music with Taylor* <b>12:00 Valentines Lunch</b> 2:00 Afternoon walk <b>3:00 Fondue Party</b></p>	<p><b>15</b></p> <p>9:00 4-Ever Fit 9:30 Room Visit 10:00 Exercise 10:30 Visit with Frankie <b>12:30 Minds and Media</b> <b>3:00 Cards and Camaraderie</b> 4:30 Piano Bob</p>	<p><b>16</b></p> <p>9:00 Room Visits 9:45 Social Group 10:00 Yoga 1:00 Manicures <b>2:30 Social Hour</b></p>
<p><b>17</b></p> <p>7:30 News &amp; Coffee DR 9:00 live stream Church 9:30 Hot Cocoa by the fire 10:15 Morning Walk 1:00 Afternoon Room Visits 3:00 Afternoon Movie 4:00 <b>Chapel DR Presbyterian Church</b></p>	<p><b>18</b></p> <p>9:00 4-ever fit Monday 9:30 Painting with Cynthia <b>10:00 Exercise</b> 1:30 Tai Chi 2:00 Snack &amp; Chat with Julie 3:00 Bocce Ball</p> <p style="text-align: center;"><small>Presidents' Day (US)</small></p>	<p><b>19</b></p> <p>9:00 Room Visits 9:30 Visit with Frankie 10:00 Exercise 1:30 Let Travel show 3:00 Mexican Train</p>	<p><b>20</b></p> <p><b>9:30 Downtown Errands</b> 10:00 Yoga 11:30 Music with Shawnie* 2:30 Letters to the Soldiers <b>3:00 BINGO</b></p>	<p><b>21</b></p> <p>9:30 Room visits 10:00 Exercise 11:45 Music with Taylor 1:00 Afternoon walk 2:00 Coffee and Cookies <b>3:00 Country Drive</b></p>	<p><b>22</b></p> <p>9:00 4-Ever Fit 9:30 Room Visit 10:00 Exercise 10:30 Visit with Frankie <b>12:30 Minds and Media</b> <b>3:00: Cards and Camaraderie</b></p>	<p><b>23</b></p> <p>9:00 Room Visits 9:45 Social Group 10:00 Yoga 1:00 Manicures <b>2:30 Atterdag Coffee Shop</b></p>
<p><b>24</b></p> <p>7:30 News &amp; Coffee DR 9:00 live stream Church 9:30 Hot Cocoa by the fire 10:15 Morning Walk 1:00 Afternoon Room Visits 3:00 Afternoon Movie 4:00 <b>Chapel LR 1<sup>st</sup> Baptist Church</b></p>	<p><b>25</b></p> <p>9:00 4-ever fit Monday 9:30 Painting with Cynthia <b>10:00 Exercise</b> 1:30 Tai Chi 2:00 Snack &amp; Chat with Julie 3:00 Bocce Ball</p>	<p><b>26</b></p> <p>9:00 Room Visits 9:30 Visit with Frankie 10:00 Exercise 1:30 Let Travel show 3:00 Mexican Train</p>	<p><b>27</b></p> <p><b>9:30 Downtown Errands</b> 10:00 Yoga <b>10:30 Resident Assembly</b> 11:30 Music with Shawnie* 2:30 Current Events <b>3:00 BINGO</b></p>	<p><b>28</b></p> <p>9:30 Room visits 10:00 Exercise 11:45 Music with Taylor 1:00 Afternoon walk 2:00 Valley News &amp; Coffee <b>3:00 Country Drive</b></p>	<p><b>*Activities are subject to change</b></p>	