

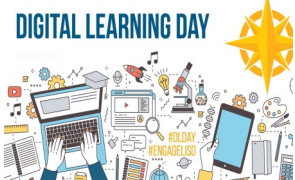


FEBRUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Black History Month FEB 1 2025		1 9:00 Stretch & Relax (HWC) 9:30 Bingo (AR) 10:30 Seated Exercise (AR) 1:30 Hand & Foot (AR) 1:30 Cards (AR) 1:30 Tai Chi (HWC) 3:00 Culinary Comm (RT) 2:30 Bible Trivia/Games (CH) 6:00 Bridge/Cards (AR)	2 Groundhog Day 9:00 Move&Groove (HWC) 9:30 Men's Coffee (AR) 11:00 Rosary (CH) 11:30 Drumming (AR) 1:00 Heart Craft (AL) 1:30 Cardio&Coord (HWC) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinocle (AR)	3 National Wear Red Day 9:00 Strength Ex. (HWC) 9:30 Women's Coffee & Manicures (AR) 10:00 Bridge Class (HI) 10:30 Seated Exercise (AR) 1:30 Wear RED Picture Happy Hour & Karaoke (AR) 	4 9:30 Bingo (AR) 1:30 Black History Movie & Popcorn (AR) SATURDAY MATINEE
5 11:00 Chapel Service (CH)	6 9:00 Cardio Ex. (HWC) 9:30 Bingo (AR) 10:30 Seated Exercise (AR) 1:00 Devotional Rdg (HI) 1:30 Show & Tell (AR) 1:30 Strength & Bal (HWC) 2:30 Memoir Writing (AR) 2:30 Inspirational Reading (CH) 6:00 Cards (AR) Show & Tell	7 9:00 Kroger (LB) 9:00 Exercise on own HWC 9:30 Coffee&Coloring(AR) 10:45 Catholic Service(CH) 11:30 Exercise on own (FC) 1:30 Bingo (AR) 3:00 Bldg & Grnd Mtg (RT) 3:00 Scripture Study (CH) 6:00 Euchre/Pinocle (HI) 	8 9:00 Stretch & Relax (HWC) 9:30 Croissant Bingo (AR) 10:30 Seated Exercise (AR) 11:30 Women's Lunch (LB) 1:30 Hand & Foot (AR) 1:30 Cards (AR) 1:30 Cookie Decorating (HI) 1:30 Tai Chi (HWC) 2:30 Bible Trivia/Games (CH) 6:00 Bridge/Cards (AR) 	9 9:00 Move&Groove (HWC) 9:30 Men's Coffee (AR) 11:00 Rosary (CH) 11:30 Drumming (AR) 1:30 Bunco (HI) 1:30 Cardio&Coord (HWC) 2:30 Knit/Crochet Group(HI) 3:00 Puzzle/BeanBag (AR) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinocle (AR) 6:00 Parkinson's Support Group (RT)	10 9:00 Strength Ex. (HWC) 9:00 DSO (LB) 9:30 Women's Coffee & Manicures (AR) 10:00 Bridge Class (HI) 10:30 Seated Exercise (AR) 1:30 Superbowl pre party PRE	11 9:30 Bingo (AR) 1:30 Black History Movie & Popcorn (AR)
12 11:00 Chapel Service (CH) 	13 9:00 Cardio Ex. (HWC) 9:30 Bingo (AR) 10:30 Seated Exercise (AR) 11:30 Men's Lunch (LB) 1:00 Devotional Rdg (HI) 1:30 Crossword (AR) 1:30 Strength & Bal (HWC) 2:30 Memoir Writing (AR) 2:30 Inspirational Reading (CH) 6:00 Cards (AR) 	14 9:00 Kroger (LB) 9:00 Balance Ex. (HWC) 9:30 Coffee&Coloring(AR) 10:45 Catholic Mass (CH) 11:30 Strength Circuit (FC) 1:30 Resident Assoc. (RT) 2:30 V-Day Party (RT) 2:30 Scripture Study (CH) 6:00 Euchre/Pinocle (HI) 	15 9:00 Stretch & Relax (HWC) 9:30 Donut Bingo (AR) 10:30 Seated Exercise (AR) 1:30 Hand & Foot (AR) 1:30 Train Demo (AR) 1:30 Tai Chi (HWC) 2:30 Bible Trivia/Games (CH) 3:00 Book Group (RT) 6:00 Bridge/Cards (AR)	16 9:00 Move&Groove (HWC) 9:30 Men's Coffee (AR) 11:00 Rosary (CH) 12:00 Birthday Dinner (RT) 1:30 Entertainment (CH) 3:00 Interim Presents (HI) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinocle (AR) 	17 Random Acts of Kindness 9:00 Strength Ex. (HWC) 9:30 Women's Coffee & Manicures (AR) 10:00 Bridge Class (HI) 10:30 Seated Exercise (AR) 1:30 Happy Hour & Kindness Balloon Volleyball (AR) 	18 9:30 Bingo (AR) 1:30 Black History Movie & Popcorn (AR)



FEBRUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 11:00 Chapel Service (CH) 4:30 Potluck (RT) 	20 8:30 Paczki Run (LB) 9:00 Cardio Ex. (HWC) 9:30 Bingo (AR) 10:30 Seated Exercise (AR) 1:00 Devotional Rdg (HI) 1:30 CrosswordPuzzle(AR) 1:30 Strength & Bal (HWC) 2:30 Memoir Writing (AR) 2:30 Inspirational Reading (CH) 6:00 Cards (AR)	21 9:00 Kroger (LB) 9:00 Balance Ex. (HWC) 9:30 Coffee&Coloring (AR) 10:45 Catholic Service (CH) 11:30 Strength Circuit (FC) 1:30 Fat Tuesday (AR) 6:00 Euchre/Pinochle (HI) 	22 9:00 Stretch & Relax (HWC) 9:30 Bingo (AR) 10:30 Seated Exercise (AR) 1:30 Hand & Foot (AR) 1:30 Digital Learning (RT) 1:30 Tai Chi (HWC) 2:30 BibleTrivia/Games (CH) 3:30 Alzheimer's Support(HI) 6:00 Bridge/Cards (AR) 	23 9:00 Move&Groove (HWC) 9:30 Men's Coffee (AR) 11:00 Rosary (CH) 11:30 Drumming (AR) 1:30 St. Pat's Craft (HI) 2:30 Knit/Crochet Group(HI) 1:30 Cardio&Coord (HWC) 3:00 Kick-a-Roo (AR) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinochle (AR)	24 9:00 Strength Ex. (HWC) 9:30 Women's Coffee Manicures (AR) 10:00 Bridge Class (HI) 10:30 Seated Exercise (AR) 11:30 Burger Restaurant(LB) 1:30 Happy Hour (AR) 2:15 Bobby G (AR)	25 9:30 Bingo (AR) 1:30 Black History Movie & Popcorn (AR) 6:30 Game Night(HI) 
26 11:00 Chapel Service (CH)	27 9:00 Cardio Ex. (HWC) 9:30 Bingo (AR) 10:30 Seated Exercise (AR) 1:00 Devotional Rdg (HI) 1:30 CrosswordPuzzle(AR) 1:30 Strength & Bal (HWC) 2:30 Memoir Writing (AR) 2:30 Inspirational Reading (CH) 6:00 Cards (AR)	28 9:00 Aldi (LB) 9:00 Balance Ex. (HWC) 9:30 Coffee&Coloring(AR) 10:45 Catholic Service (CH) 11:30 Strength Circuit (FC) 1:30 The Dating Game (CH) 6:00 Euchre/Pinochle (HI) 				
					KEY AR-Activity Room CH-Chapel FC-Fitness Center HI-Harbor Inn Midrise Community Room HWC-Health & Wellness Center LB-Lobby RT-Restaurant	
					ALL ACTIVITIES ARE SUBJECT TO CHANGE	