



FEBRUARY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	CELEBRATING BLACK HISTORY MONTH FEBRUARY Celebrate Black History Month every Saturday showing Black History inspired movies			1 9:00 Dance Fitness (HWC) 9:00 Men's Coffee (AR) 9:30 Games / Cards (HI) 11:00 IC Bingo/potluck (LB) 11:00 Rosary (CH) 11:30 Drumming Ex.(AR) 1:30 Strength/Bal. (HWC) 2:00 Knit/Crochet (HI) 3:30 Wicked (LB) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinochle (AR)	2 National Wear Red Day 9:00 Strength Ex. (HWC) 9:00 Women's Coffee & Manicures (AR) 10:00 Bridge Class (AR) 10:30 Seated Strength (CH) 1:30 Heart Smart Presentation (AR) 6:00 Games (AR) 6:00 Games (HI)	3 9:30 Bingo (AR) 1:15 AL Movie (AR) 1:30 IL Movie (CM) <i>Harriet</i> 6:00 Cards (AR) 6:00 Games (HI)
4 11:00 Chapel Service (CH) 6:00 Games (AR)	5 9:00 Cardio Ex. (HWC) 9:30 Bingo (AR) 10:30 Seated Cardio (AR) 1:30 Words in Words (AR) 1:30 Cardio/Coordin (HWC) 2:30 Show & Tell (AR) 2:30 Religions Study (CH) 3:30 Cards (AR) 6:00 Dominoes/Cards (HI) 	6 9:00 Kroger (LB) 9:00 Balance Ex. (HWC) 9:30 Crossword (AR) 10:45 Catholic Service(CH) 11:30 Cardio/Strength (FC) 1:30 Table Topics &Tea (HI) 1:30 Bingo (AR) 2:30 Scripture Study (CH) 3:00 Dominoes (AR) 3:00 Bldg & Grnd Mtg (KH) 6:00 Euchre/Pinochle (AR) 6:00 Games (HI)	7 9:00 Stretch & Relax (HWC) 9:30 Donut Bingo (AR) 10:30 Seated Stretch (AR) 11:30 Women's Lunch (LB) 1:30 Yahtzee (AR) 1:30 Hand & Foot (AR) 1:30 Tai Chi (HWC) 2:30 Pickleball (HWC) 2:30 Movie Twin Exp (HI) 2:30 BibleTrivia/Games (CH) 3:00 Culinary Comm (KH) 6:00 Bridge/Cards (AR)	8 8:30 B'fast w/Chaplain (LB) 9:00 Dance Fitness (HWC) 9:00 Men's Coffee (AR) 9:30 Games / Cards (HI) 11:00 Rosary (CH) 11:30 Drumming Ex.(AR) 1:30 Strength/Bal. (HWC) 1:00 Heart stain glass (AR) 2:00 Knit/Crochet (HI) 4:00 Harbor Lights (CH) 4:00 Parkinson's Support Group (AR) 6:00 Euchre/Pinochle (AR)	9 National Pizza Day 9:00 Strength Ex. (HWC) 9:00 Women's Coffee & Manicures (AR) 10:00 Bridge Class (KH) 10:30 Seated Strength (AR) 1:30 Bunco V-DayParty(AR) 6:00 Games (AR) 6:00 Games (HI) 	10 9:30 Bingo (AR) 1:15 AL Movie (AR) 1:30 IL Movie (CM) <i>Passing</i> 6:00 Cards (AR) 6:00 Games (HI)
11 11:00 Chapel Service (CH)  6:00 Games (AR)	12 9:00 Cardio Ex. (HWC) 9:30 Bingo (AR) 10:30 Seated Cardio (AR) 1:30 Words in Words (AR) 1:30 Cardio/Coordin (HWC) 2:30 Memoir Writing (AR) 2:30 Religions Study (CH) 3:30 Cards (AR) 6:00 Dominoes/Cards (HI) 6:30 Anchor Bay Jazz (CH)	13 Fat Tuesday 9:00 Kroger (LB) 9:00 Balance Ex. (HWC) 9:30 Crossword (AR) 10:45 Catholic Service(CH) 11:30 Cardio/Strength (FC) 1:30 Resident Assoc (AR) 6:00 Euchre/Pinochle (AR) 6:00 Games (HI)	14 Ash Wednesday 9:00 Stretch & Relax (HWC) 9:30 Bingo (AR) 10:30 Seated Stretch (AR) 1:00 Ash Wed. Service (CH) 1:30 St. Valentine's Mixer(AR) 2:30 BibleTrivia/Games (CH) 6:00 Bridge/Cards (AR)	15 9:00 Dance Fitness (HWC) 9:00 Men's Coffee (AR) 9:30 Games / Cards (HI) 11:00 Rosary (CH) 12:00 Birthday Dinner (MR) 1:30 Silver Bachelor (CH) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinochle (AR) 	16 9:00 Strength Ex. (HWC) 9:00 Women's Coffee & Manicures (AR) 10:00 Bridge Class (KH) 10:30 Seated Strength (AR) 1:30 Happy Hr Karaoke(AR) 6:00 Games (AR) 6:00 Games (HI)	17 9:30 Bingo (AR) 1:30 IL Movie (CM) <i>Big George Foreman</i> <i>No movie in AR</i> 6:30 Game Night (AR) 



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 11:00 Chapel Service (CH) 4:30 Resident Pot Luck (AR)  6:00 Games (HI)	19 9:00 Cardio Ex. (HWC) 9:30 Bingo (AR) 10:00 Casino (LB) 10:30 Seated Cardio (AR) 1:30 Words in Words(AR) 1:30 Cardio/Coordin (HWC) 2:30 Religions Study (CH) 3:30 Cards (AR) 6:00 Dominoes/Cards (HI)	20 9:00 Kroger (LB) 9:00 Balance Ex. (HWC) 9:30 Crossword (AR) 10:45 Catholic Service (CH) 11:30 Cardio/Strength (FC) 1:30 Bingo (AR) 1:30 Table Topics & tea (HI) 2:30 Scripture Study (CH) 3:00 Dominoes (AR) 6:00 Euchre/Pinochle (AR) 6:00 Games (HI)	21 9:00 Stretch & Relax (HWC) 9:30 Bingo (AR) 10:30 Seated Stretch (AR) 11:00 Shoreliner (LB) 1:30 Hand & Foot (AR) 1:30 Yahtzee (AR) 1:30 Tai Chi (HWC) 2:30 Pickleball (HWC) 2:30 Movie Twin Exp (HI) 2:30 BibleTrivia/Games (CH) 3:30 Book Group (AR) 6:00 Bridge/Cards (AR)	22 9:00 Dance Fitness (HWC) 9:00 Men's Coffee (AR) 9:30 Games / Cards (HI) 10:30 St.Pat's doorhang(AR) 11:30 Drumming Ex.(AR) 1:30 Strength/Bal. (HWC) 11:00 Rosary (CH) 1:30 Estate Planning (AR) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinochle (AR) 	23 Skip the Straw Day 9:00 Strength Ex. (HWC) 9:00 Women's Coffee & Manicures (AR) 10:00 Bridge Class (AR) 10:30 Seated Strength (CH) 1:15 Happy Hour with Bobby (AR) 6:00 Games (AR) 6:00 Games (HI) 	24 9:30 Bingo (AR) 1:15 AL Movie (AR) 1:30 IL Movie (CM) <i>The Boy who Harnessed the Wind</i> 6:00 Cards (AR) 6:00 Games (HI) 
25 11:00 Chapel Service (CH) 6:00 Games (AR)	26 9:00 Cardio Ex. (HWC) 9:30 Bingo (AR) 10:30 Seated Cardio (AR) 1:30 Words in Words (AR) 1:30 Cardio/Coordin(HWC) 2:30 Memoir Writing (AR) 2:30 Religions Study (CH) 3:30 Cards (AR) 6:00 Quarter Bingo (AR) 	27 9:00 Mejier(LB) 9:00 Balance Ex. (HWC) 9:30 Crossword (AR) 10:45 Catholic Service (CH) 11:30 Cardio/Strength (FC) 11:30 Men's Lunch (LB) 1:30 Bingo (AR) 1:30 Table Topics & tea (HI) 2:30 Scripture Study (CH) 3:00 Dominoes (AR) 6:00 Euchre/Pinochle (AR) 6:00 Games (HI)	28 9:00 Stretch & Relax (HWC) 9:30 Donut Bingo (AR) 10:30 Seated Stretch (AR) 1:30 Hand & Foot (AR) 1:30 Yahtzee (AR) 1:30 Tai Chi (HWC) 2:30 Pickleball (HWC) 2:30 Movie Twin Exp (HI) 2:30 BibleTrivia/Games (CH) 3:30 Alzheimer's Support(CH) 6:00 Bridge/Cards (AR)	29 9:00 Dance Fitness (HWC) 9:00 Men's Coffee (AR) 9:30 Games / Cards (HI) 11:00 Rosary (CH) 11:30 Drumming Ex.(AR) 1:30 Strength/Bal. (HWC) 1:30 Brain Fitness (AR) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinochle (AR)	KEY AR-Activity Room CH-Chapel CM-Capman FC-Fitness Center HI-Harbor Inn Midrise Community Room HWC-Health & Wellness Center KH-Kirk Hall LB-Lobby MR-Marguerite's Restaurant ALL ACTIVITIES ARE SUBJECT TO CHANGE	