

Sun	Mon	Tue	Wed	Thu	Fri	Sat
February 2010 Activities are subject to change. Evening engagement each day—Resident Choice. Outdoor activities are weather permitting.	1 9:30-10:00 Center Conversations 10:00-10:30 Wake Up & Workout—Center 10:30 –11:30 Sing Along with Independent Living Friends-Center 2:30-3:30 Flower Arranging-Club 3:30-4:30 Tea Party-Club	2 9:30-10:00 Center Conversations 10:00-10:30 Wake Up & Workout—Club 10:30-11:30 Parachute Fun-Club 11:30-12:30 Midday Social Hour-Center 2:30-3:30 Heart Animals-Club 3:30-4:00 Room Visits 3:30-4:00 Movin' & Groovin' with Angie—Club 4:00-4:30 Smoothies & Shakes-Club	3 9:30-10:00—Center Conversations 10:00-10:30 Wake Up & Workout—Club 10:30-11:30 Bingo—Center 11:30-12:30 Midday Social Hour—Center 1:30 Resident Shopping 3:00-3:30 Ice Cream Room Visits-ALC 3:00-3:30 Bible Study with Rev. Talley—Club 3:30-4:00 Movin' & Groovin with Angie—Club	4 9:30-10:00 Center Conversations 10:00-10:30 Wake Up & Workout—Club 10:30-11:30 Holy Eucharist-Club 2:30-3:30 Manicures—Club 3:00-4:00 Rosary-Chapel 3:30-4:00 Room Visits 3:30-4:00 Movin' & Groovin' with Angie—Club	5 10:00-10:30 Wake Up & Workout—Center 10:30-11:30 Coffee, Muffins, & Great Conversations-Center 2:30-3:30 Cookin' in the Club 3:30-4:30 Popcorn & a Movie-Club	6 10:30-11:00 Stretch & Stories—Center 11:00-12:00 Sing Along with Jackie-Center 2:00-3:00 Cookin' Fun with Jackie-Club 3:00-4:00 Movie Fun-Club
7 10:30-11:00 Stretch & Stories—Center 11:00-12:00 Fun & Games-Center 2:00-2:30 Room Visits 2:30-3:30 Sunday Matinee—Club 4:00-5:00 Christian Worship with Chaplain Davis—Club	8 9:30-10:00 Center Conversations 10:00-10:30 Wake Up & Workout-Center 10:30-11:15 Twisted Bingo-Center 11:15-11:45 HC Resident Council-Center 2:30-3:30 February Birthday Celebration-Club 3:30-4:30 Tea Party-Club 3:30-4:00 Room Visits 6:30-7:30 Music from Trish & Friends-Club	9 9:30-10:00 Center Conversations 10:00-10:30 Wake Up & Workout—Club 10:30-11:30 Magic Paper Art-Club 11:30-12:30 Midday Social Hour-Center 2:30-3:30 Valentine Decorations-Club 3:30-4:00 Room Visits 3:30-4:00 Movin' & Groovin' with Angie—Club 4:00-4:30 Smoothies & Shakes-Club	10 9:30-10:00—Center Conversations 10:00-10:30 Wake Up & Workout—Club 10:30-11:30 Bingo—Center 11:30-12:30 Midday Social Hour—Center 1:30 Resident Shopping 3:00-3:30 Ice Cream Room Visits-ALC 3:00-3:30 Bible Study with Rev. Talley—Club 3:30-4:00 Movin' & Groovin with Angie—Club	11 9:30-10:00 Center Conversations 10:00-10:30 Wake Up & Workout—Club 10:30-11:30 Chat with the Chaplain-Fireside Lounge 11:30-12:30 Midday Social Hour-Center 2:30-3:30 Sweetheart's Social-Club 3:00-4:00 Rosary-Chapel 3:30-4:00 Movin' & Groovin' with Angie-Club	12 9:30-10:00 Center Conversations 10:00-10:30 Wake Up & Workout—Center 10:30-11:30 Abe Lincoln Cabin Race-Center 2:30-3:30 Heart Match-Club 3:30-4:30 Lawrence Welk Hour-Club	13 10:30-11:00 Stretch & Stories—Center 11:00-12:00 Story of Valentine and Famous Loves-Center 2:30-3:00 Beauty Secrets-Club 3:00-4:00 Popcorn & a Movie-Club
14 10:30-11:00 Stretch & Stories—Center 11:00-12:00 Heaven is...-Center 2:00-2:30 Room Visits 2:30-3:30 Sunday Matinee-Club 4:00-5:00 Christian Worship with Chaplain Davis—Club VALENTINE'S DAY	15 9:30-10:00 Center Conversations 10:00-10:30 Wake Up & Workout—Center 10:30 –11:30 Sing Along with Independent Living Friends-Center 2:30-3:30 Party Decorations-Club 3:30-4:30 Tea Party-Club	16 9:30-10:00 Center Conversations 10:00-11:00 Wake Up & Workout-Center 10:30-11:30 Potluck Singers—Club 11:30-12:30 Midday Social Hour—Center 2:30-3:30 Mardi Gras Celebration-Club 3:30-4:00 Room Visits 3:30-4:00 Movin' & Groovin' with Angie—Club 4:00-4:30 Smoothies & Shakes-Club MARDI GRAS	17 9:30-10:00 Center Conversations 10:00-10:30 Wake Up & Workout—Club 10:30-11:30 Ash Wednesday Prayers-Club 11:30-12:30 Midday Social Hour-Center 1:30 Resident Shopping 3:00-3:30 Bible Study with Rev. Talley-Club 3:30-4:00 Movin' & Groovin' with Angie-Club ASH WEDNESDAY	18 9:30-10:00 Center Conversations 10:00-10:30 Wake Up & Workout—Club 10:30-11:30 Double Dutch-Club 11:15-11:45 ALC Resident Council-ALC Dining Room 11:30-12:30 Midday Social Hour-Center 2:30-3:30 3:00-4:00 Rosary-Chapel 3:30-4:00 Movin' & Groovin' with Angie-Club HOODIE HOO DAY	19 9:30-10:30 Center Conversations 10:00-10:30 Wake Up & Workout—Club 10:30-11:30 Coffee, Muffins, & Great Conversations-Club 10:30-11:30 Service of Healing-Chapel 2:30-3:30 Cookin' in the Clubroom 3:30-4:30 Popcorn & a Movie-Club	20 10:30-11:00 Stretch & Stories—Center 11:00-12:00 Watercolors-Center 2:00-3:00 Cookin' in the Club 3:00-4:00 Popcorn & a Movie-Club
21 10:30-11:00 Stretch & Stories—Center 11:00-12:00 Food Art-Center 2:00-3:00 Sunday Matinee-Club 4:00-5:00 Christian Worship with Chaplain Davis—Club	22 9:30-10:00 Center Conversations 10:00-10:30 Wake Up & Workout—Center 10:30-11:30 Twisted Bingo-Center 2:30-3:30 Bowling-Club 3:30-4:30 Tea Party-Club	23 9:30-10:00 Center Conversations 10:00-10:30 Wake Up & Workout—Club 10:30-11:30 Pet Therapy-Club 11:30-12:30 Midday Social Hour—Center 2:30-3:30 Heart Collage-Club 3:30-4:00 Room Visits 3:30-4:00 Movin' & Groovin' with Angie—Club 4:00-4:30 Smoothies & Shakes-Club	24 9:30-10:00 Center Conversations 10:00-10:30 Wake Up & Workout—Club 10:30-11:30 Bingo-Club 11:30-12:30 Midday Social Hour—Center 1:30 Resident Shopping 3:00-3:30 Ice Cream Room Visits-ALC 3:00-3:30 Bible Study with Rev. Talley—Club 3:30-4:00 Movin' & Groovin with Angie—Club	25 9:30-10:00 Center Conversations 10:00-10:30 Wake Up & Workout—Club 10:30-11:30 Chat with the Chaplain-Clubroom 11:30-1:30 ALC Out of Lunch Bunch: Roses-Sign Up 2:30-3:30 Heart Match 3:00-4:00 Rosary-Chapel 3:30-4:00 Movin' & Groovin' with Angie-Club	26 9:30-10:00 Center Conversations 10:00-10:30 Wake Up & Workout—Center 10:30-11:30 Seated Volleyball-Center 2:30-3:30 Buried Treasures-Club 3:30-4:30 Lawrence Welk Hour-Club	27 10:30-11:00 Stretch & Stories—Center 11:00-12:00 Arts & Crafts-Center 2:00-3:00 Cookin' in the Club 3:00-4:00 Popcorn & a Movie 4:00-5:00 Miss Linda's School of Dance Performance-Auditorium
28 10:30-11:00 Stretch & Stories—Center 11:00-12:00 Puzzle Pieces—Center 2:00-2:30 Room Visits 2:30-3:30 Sunday Matinee—Club 4:00-5:00 Christian Worship with Chaplain Davis—Club						