

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <h1 style="font-family: cursive;">February</h1>					NATIONAL WEAR RED DAY 1 10:00 Yoga with Lynne 10:30 In the News 11:30 Lunch 12:30 Sit and be Fit 1:15 Corn Hole 2:15 Snack 3:15 Bingo 4:00 Sentimental Songs 4:30 Dinner 6:00 Movie & Pop Corn	GROUND HOG DAY 2 10:00 In the News 10:30 Stretch and Flex 11:30 Lunch 12:30 Sit & be Fit 1:15 Sing Along 2:15 Ice Cream Social 3:15 Games 4:00 Reminisce 4:30 Dinner 6:00 Movie
3 10:00 Our Daily Bread 10:30 Fitness 11:00 In The News 11:30 Lunch 12:30 Stretch & Flex 1:15 Reminisce 2:30 Snack 3:00 Games 4:30 Dinner 6:00 Movie	4 10:00 Dance Fitness with Jess 10:30 In The News 11:30 Lunch 12:30 Stretch & Flex 1:00 History with Diane Shields 1:45 Canines for Christ 2:15 Snack 3:15 Mini Hand Massage 4:00 Getting to know you 4:30 Dinner 5:30 Movie	LUNAR NEW YEAR 5 10:00 Morning Meditation 10:30 In The News 11:30 Lunch 12:30 Sit & be Fit 1:15 Noodle Ball 2:15 Snack 3:15 Music therapy with Shonda 4:00 Stretch & Flex 4:30 Dinner 5:30 Movie	6 10:00 In The news 10:30 Pilates/Celine 11:30 Lunch 12:30 Finish the Lyrics 1:15 Flowers with Celine 2:15 Snack 2:30 Richard Scott 3:30 Shake It 4:00 Who Am I? 4:30 Dinner 5:30 Movie	7 10:00 In the News 10:30 Belly Dancing with Lisa 11:30 Lunch 12:30 Memory Lane 1:00 Chair Volleyball 1:45 Finish the Lyrics 2:15 Snack 3:00 Crafts with Danielle 3:45 You Create 4:30 Dinner 5:30 Movie	8 10:00 Yoga with Lynne 10:30 In the News 11:30 Lunch 12:30 Stretch & Flex 1:15 Did You Know 2:15 Snack 3:15 Bingo 4:30 Dinner 6:00 Movie & Pop Corn	9 10:00 Holiness Church Service 10:30 Stretch and Flex 11:30 Lunch 12:30 Sit & be Fit 1:15 Sing Along 2:15 Ice Cream Social 3:15 Games 4:00 Reminisce 4:30 Dinner 6:00 Movie
10 10:00 Our Daily Bread 10:30 Fitness 11:00 In The News 11:30 Lunch 12:30 Stretch & Flex 1:15 Reminisce 2:15 Snack 3:00 Bingo 4:30 Dinner 6:00 Movie	11 10:00 Dance Fitness with Jess 10:30 In the News 11:30 Lunch 12:30 Stretch & Flex 1:15 Fun Facts 2:15 Snack 3:15 Chair Volleyball 4:00 Memory Lane 4:30 Dinner 5:30 Movie	12 10:00 Morning Meditation 10:30 In The News 11:30 Lunch 12:30 Who Am I? 1:15 Dave the Balloonist 2:15 Snack 3:15 Music Therapy With Shonda 4:00 Stretch and Flex 4:30 Dinner 5:30 Movie 6:00 Holiness Church Service	13 10:00 In The News 10:30 Pilates/Celine 11:30 Lunch 12:30 Shake It 1:15 Get Fit with Trish 2:15 Resident's Kitchen (cookies) 3:15 Bingo 4:00 Did You Know 4:30 Dinner 5:30 Movie	VALENTINE'S DAY 14 10:00 In the News 10:30 Belly Dancing with Lisa 11:30 Lunch 12:30 The Price is Right 1:15 Finish the Lyrics 2:15 Snack/ Happy Valentine's Treats 3:30 Reminisce 4:30 Dinner 5:30 Movie	15 10:00 Yoga with Lynne 10:30 In the News 11:30 Lunch 12:30 Chair Volleyball 1:15 Table Games 2:15 Snack/ Frank Gallenstein 3:15 Bingo 4:00 Reminisce 4:30 Dinner 6:00 Movie & Pop corn	16 10:00 In the News 10:30 Stretch and Flex 11:30 Lunch 12:30 Sit & be Fit 1:15 Sing Along 2:15 Ice Cream Social 3:15 Games 4:00 Reminisce 4:30 Dinner 6:00 Movie
17 10:00 Our Daily Bread 10:30 Fitness 11:00 In The News 11:30 Lunch 12:30 Stretch & Flex 1:15 Reminisce 2:15 Snack 3:15 Games 4:30 Dinner 6:00 Movie	PRESIDENT'S DAY 18 10:00 Dance Fitness with Jess 10:30 In The News 11:30 Lunch 12:30 Stretch & Flex 1:15 Meet Your Neighbors 1:45 Canines for Christ 2:15 Snack 3:15 Music Therapy with Shonda 4:30 Dinner 5:30 Movie	19 10:00 Morning Meditation 10:30 Audible Therapies 11:30 Lunch 12:30 Bowling 1:15 Finish the lyrics 2:15 Snack 3:00 Mike Connelly 4:00 Stretch & Flex 4:30 Dinner 5:30 Movie	20 10:00 In The News 10:30 Pilates/Celine 11:30 Lunch 12:30 Sit & be Fit 1:15 Cool Critters 2:15 Snack 2:30 Jim Herman 3:30 Remember When 4:30 Dinner 5:30 Movie	21 10:00 In the News 10:30 Belly Dancing with Lisa 11:30 Lunch 12:30 Tic Tac Toe Toss 1:15 Fun Facts 2:15 Snack 3:15 Crafts with Danielle (painting) 3:45 You Create 4:30 Dinner 5:30 Movie	22 10:00 Yoga with Lynne 10:30 In the News 11:30 Lunch 12:30 Stretch & Flex 1:15 Chair Volleyball 2:15 Snack 3:15 Bingo 4:00 Memory Lane 4:30 Dinner 6:00 Movie & Pop corn	23 10:00 In the News 10:30 Stretch and Flex 11:30 Lunch 12:30 Sit & be Fit 1:15 Sing Along 2:15 Ice Cream Social 3:00 Games 4:00 Reminisce 4:30 Dinner 6:00 Movie
24 10:00 Our Daily bread 10:30 Fitness 11:00 In The News 11:30 Lunch 12:30 Stretch & Flex 1:15 Reminisce 2:15 Snack 3:00 Bingo 4:30 Dinner 6:00 Movie	25 10:00 Dance Fitness with Jess 10:30 In the News 11:30 Lunch 12:30 Stretch & Flex 1:15 Meet Your neighbors 2:15 Snack 3:00 Bowling 4:00 Memory Lane 4:30 Dinner 5:30 Movie	26 10:00 Morning Meditation 10:30 In The News 11:30 Lunch 12:30 Beach ball exercise 1:15 Finish the Lyrics 2:15 Snack 3:15 Music Therapy with Shonda 4:00 Stretch & Flex 4:30 Dinner 5:30 Movie	27 10:00 In The News 10:30 Pilates/Celine 11:30 Lunch 12:30 Chair Volleyball 1:15 Table Games 2:15 Snack 3:15 Bingo 4:00 Shake it 4:30 Dinner 5:30 Movie	28 10:00 In the News 10:30 Belly Dancing with Lisa 11:30 Lunch 12:30 Stretch & Flex 1:15 You Create 2:15 Snack 3:15 Bowling 4:00 Individual Puzzles & games 4:30 Dinner 5:30 Movie	 <h2 style="font-family: serif;">The Willows</h2> <p style="font-family: serif;">At Mallard Cove</p>	
<h1 style="margin: 0;">ACTIVITIES CALENDAR</h1>						