

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



**Location Keys**

Dining Room DR  
Great Room GR  
Living Room LR  
MC Activity Room MC AR  
MC Living Room MC LR

Be Adventurous  
 Be Challenged  
 Be Inspired  
 Be Social  
 Be Well

<p>7:30  Breakfast [DR]</p> <p>10:00  Stretch and Strength Chair Exercise [MC AR]</p> <p>10:30  Meditation [MC AR]</p> <p>11:30  Lunch [DR]</p> <p>1:30  Culinary Creations [MC AR]</p> <p>3:00  Expressive Design</p> <p>4:30  Dinner [DR]</p> <p>6:00  Sunday Night Movie [LR]</p>	<p>7:30  Breakfast [DR]</p> <p>10:00  Stretch and Strength [MC AR]</p> <p>10:30  Meditation</p> <p>11:00  Poet's Corner [MC AR]</p> <p>11:30  Lunch [DR]</p> <p>1:30  Expressive Design</p> <p>3:00  Music Performance with Josh [MC LR]</p> <p>4:30  Dinner [DR]</p> <p>6:00  Oldies But Goodies [GR]</p>	<p>7:30  Breakfast [DR]</p> <p>10:00  Move It or Lose It Exercise</p> <p>10:30  Meditation [MC AR]</p> <p>11:00  Book Creations with Gen- Narrations Creative Storytelling [MC AR]</p> <p>11:30  Lunch [DR]</p> <p>1:30  Expressive Design [MC AR]</p> <p>3:00  Culinary Creations [MC AR]</p> <p>4:30  Dinner [DR]</p> <p>6:00  Oldies But Goodies [GR]</p>	<p><b>Happy Birthday Doris T</b></p> <p>2:30 Culinary Creations</p> <p>7:30  Breakfast [DR]</p> <p>10:00  Healthy Hearts Exercise Class</p> <p>10:30  Meditation</p> <p>11:00  Brain Games [MC AR]</p> <p>11:30  Lunch [DR]</p> <p>1:30  Expressive Design /Flower Arranging</p> <p>3:00  Bible Study: Reading and Discussion [MC AR]</p> <p>4:30  Dinner [DR]</p> <p>6:00  Movie Classics</p>	<p>7:30  Breakfast [DR]</p> <p>10:00  Move It or Lose It Exercise</p> <p>10:30  Meditation [MC AR]</p> <p>11:00  Book Creations with Gen- Narrations Creative Storytelling [MC AR]</p> <p>11:15  Catholic Service with Communion</p> <p>11:30  Lunch [DR]</p> <p>1:30  Culinary Creations [MC AR]</p> <p>4:30  Dinner [DR]</p> <p>6:00  Oldies But Goodies [GR]</p>	<p>7:30  Breakfast [DR]</p> <p>10:00  Active &amp; Awesome Seniors</p> <p>10:45  Meditation</p> <p>11:00  Book Creations with Gen-Narrations Creative Storytelling [MC AR]</p> <p>11:30  Lunch [DR]</p> <p>1:30  Worship Service with Chaplain Elisa [MC AR]</p> <p>2:45  Never Stop Exploring Outing [GR]</p> <p>3:00  Indoor Sports [GR]</p> <p>4:30  Dinner [DR]</p> <p>6:00  Friday Night at the Movies [GR]</p>	<p><b>Groundhog Day</b></p> <p>7:30  Breakfast [DR]</p> <p>10:00  Movin' and Groovin'</p> <p>10:30  Meditation</p> <p>11:00  Brain Fitness Trivia [MC AR]</p> <p>11:30  Lunch [DR]</p> <p>1:30  Reminiscing: Engagement Boxes [MC AR]</p> <p>2:30  Ice Cream Social [MC AR]</p> <p>3:00  Bingo [MC AR]</p> <p>4:30  Dinner [DR]</p> <p>6:00  Oldies But Goodies [GR]</p>
<p>7:30  Breakfast [DR]</p> <p>10:00  Stretch and Strength Chair Exercise [MC AR]</p> <p>10:30  Meditation [MC AR]</p> <p>11:30  Lunch [DR]</p> <p>1:30  Culinary Creations [MC AR]</p> <p>3:00  Expressive Design</p> <p>4:30  Dinner [DR]</p> <p>6:00  Sunday Night Movie [LR]</p>	<p>7:30  Breakfast [DR]</p> <p>10:00  Stretch and Strength [MC AR]</p> <p>10:30  Meditation</p> <p>11:00  Poet's Corner [MC AR]</p> <p>11:30  Lunch [DR]</p> <p>1:30  Expressive Design</p> <p>3:00  Music Performance with Josh [MC LR]</p> <p>4:30  Dinner [DR]</p> <p>6:00  Oldies But Goodies [GR]</p>	<p>7:30  Breakfast [DR]</p> <p>10:00  Move It or Lose It Exercise</p> <p>10:30  Meditation [MC AR]</p> <p>11:00  Book Creations with Gen- Narrations Creative Storytelling [MC AR]</p> <p>11:30  Lunch [DR]</p> <p>1:30  Expressive Design [MC AR]</p> <p>3:00  Culinary Creations [MC AR]</p> <p>4:30  Dinner [DR]</p> <p>6:00  Oldies But Goodies [GR]</p>	<p><b>Happy Birthday Doris T</b></p> <p>2:30 Culinary Creations</p> <p>7:30  Breakfast [DR]</p> <p>10:00  Healthy Hearts Exercise Class</p> <p>10:30  Meditation</p> <p>11:00  Brain Games [MC AR]</p> <p>11:30  Lunch [DR]</p> <p>1:30  Expressive Design /Flower Arranging</p> <p>3:00  Bible Study: Reading and Discussion [MC AR]</p> <p>4:30  Dinner [DR]</p> <p>6:00  Movie Classics</p>	<p>7:30  Breakfast [DR]</p> <p>10:00  Move It or Lose It Exercise</p> <p>10:30  Meditation [MC AR]</p> <p>11:00  Book Creations with Gen- Narrations Creative Storytelling [MC AR]</p> <p>11:15  Catholic Service with Communion</p> <p>11:30  Lunch [DR]</p> <p>1:30  Culinary Creations [MC AR]</p> <p>4:30  Dinner [DR]</p> <p>6:00  Oldies But Goodies [GR]</p>	<p><b>Happy Birthday Eleanor C.</b></p> <p>7:30  Breakfast [DR]</p> <p>10:00  Active &amp; Awesome Seniors</p> <p>10:30  Meditation</p> <p>11:00  Book Creations with Gen-Narrations Creative Storytelling [MC AR]</p> <p>11:30  Lunch [DR]</p> <p>1:30  Worship Service with Chaplain Elisa [MC AR]</p> <p>2:45  Never Stop Exploring Outing [GR]</p> <p>3:00  Indoor Sports [GR]</p> <p>4:30  Dinner [DR]</p> <p>6:00  Friday Night at the Movies [GR]</p>	<p>7:30  Breakfast [DR]</p> <p>10:00  Movin' and Groovin'</p> <p>10:30  Meditation</p> <p>11:00  Brain Fitness Trivia [MC AR]</p> <p>11:30  Lunch [DR]</p> <p>1:30  Reminiscing: Engagement Boxes [MC AR]</p> <p>2:30  Ice Cream Social [MC AR]</p> <p>3:00  Bingo [MC AR]</p> <p>4:30  Dinner [DR]</p> <p>6:00  Oldies But Goodies [GR]</p>
<p><b>Happy Birthday Evelyn N.</b></p> <p>7:30  Breakfast [DR]</p> <p>10:00  Stretch and Strength Chair Exercise [MC AR]</p> <p>10:30  Meditation [MC AR]</p> <p>11:30  Lunch [DR]</p> <p>1:30  Cranium Crunches: Name Five [GR]</p> <p>3:00  Expressive Design</p> <p>4:30  Dinner [DR]</p> <p>6:00  Sunday Night Movie [LR]</p>	<p>7:30  Breakfast [DR]</p> <p>10:00  Fitness Fun</p> <p>10:30  Meditation</p> <p>11:00  Raise the Curtain [MC AR]</p> <p>11:30  Lunch [DR]</p> <p>1:30  Musical Performance: Heartlanders [MC LR]</p> <p>3:00  Culinary Creations</p> <p>4:30  Dinner [DR]</p> <p>6:00  Oldies But Goodies [GR]</p>	<p>7:30  Breakfast [DR]</p> <p>10:00  Move It or Lose It Exercise</p> <p>10:30  Meditation [MC AR]</p> <p>11:00  Book Creations with Gen- Narrations Creative Storytelling [MC AR]</p> <p>11:30  Lunch [DR]</p> <p>1:30  Expressive Design [MC AR]</p> <p>3:00  Musical Performance: Scott Buckley Music [LR]</p> <p>4:30  Dinner [DR]</p> <p>6:00  Oldies But Goodies [GR]</p>	<p>7:30  Breakfast [DR]</p> <p>10:00  Healthy Hearts Exercise Class</p> <p>10:30  Book Creations with Gen- Narrations Creative Storytelling</p> <p>11:00  Brain Fitness Trivia [MC AR]</p> <p>11:30  Lunch [DR]</p> <p>1:30  Expressive Design /Flower Arranging</p> <p>3:00  Culinary Creations [MC AR]</p> <p>4:30  Dinner [DR]</p> <p>6:00  Movie Classics</p>	<p><b>Valentine's Day</b></p> <p>7:30  Breakfast [DR]</p> <p>10:00  Move It or Lose It Exercise</p> <p>10:30  Meditation [MC AR]</p> <p>11:15  Catholic Service with Communion</p> <p>11:30  Lunch [DR]</p> <p>1:30  Culinary Creations [MC AR]</p> <p>3:00  Expressive Design [MC AR]</p> <p>4:30  Dinner [DR]</p> <p>6:00  Oldies But Goodies [GR]</p>	<p>7:30  Breakfast [DR]</p> <p>10:00  Active &amp; Awesome Seniors</p> <p>10:30  Meditation</p> <p>11:00  Book Creations with Gen-Narrations Creative Storytelling [MC AR]</p> <p>11:30  Lunch [DR]</p> <p>1:30  Worship Service with Chaplain Elisa [MC AR]</p> <p>2:45  Never Stop Exploring Outing [GR]</p> <p>3:00  Indoor Sports [GR]</p> <p>4:30  Dinner [DR]</p> <p>6:00  Friday Night at the Movies [GR]</p>	<p>7:30  Breakfast [DR]</p> <p>10:00  Movin' and Groovin'</p> <p>10:30  Meditation</p> <p>11:00  Brain Fitness Trivia [MC AR]</p> <p>11:30  Lunch [DR]</p> <p>1:30  Reminiscing: Engagement Boxes [MC AR]</p> <p>2:30  Ice Cream Social [MC AR]</p> <p>3:00  Bingo [MC AR]</p> <p>4:30  Dinner [DR]</p> <p>6:00  Oldies But Goodies [GR]</p>
<p>7:30  Breakfast [DR]</p> <p>10:00  Stretch and Strength Chair Exercise [MC AR]</p> <p>10:30  Meditation [MC AR]</p> <p>11:30  Lunch [DR]</p> <p>1:30  Cranium Crunches: Name Five [GR]</p> <p>3:00  Expressive Design</p> <p>4:30  Dinner [DR]</p> <p>6:00  Sunday Night Movie [LR]</p>	<p><b>Presidents' Day</b></p> <p>7:30  Breakfast [DR]</p> <p>10:00  All About Fitness [MC AR]</p> <p>10:30  Meditation</p> <p>11:00  Poet's Corner [MC AR]</p> <p>11:30  Lunch [DR]</p> <p>1:30  Expressive Design</p> <p>3:00  Culinary Creations [MC AR]</p> <p>4:30  Dinner [DR]</p> <p>6:00  Oldies But Goodies [GR]</p>	<p>7:30  Breakfast [DR]</p> <p>10:00  Move It or Lose It Exercise</p> <p>11:00  Book Creations with Gen- Narrations Creative Storytelling [MC AR]</p> <p>11:00  Brain Games [MC AR]</p> <p>11:30  Lunch [DR]</p> <p>1:30  Expressive Design [MC AR]</p> <p>3:00  Culinary Creations [MC AR]</p> <p>4:30  Dinner [DR]</p> <p>6:00  Oldies But Goodies [GR]</p>	<p><b>Happy Birthday Jean N</b></p> <p><b>Happy Birthday Shirley S.</b></p> <p>7:30  Breakfast [DR]</p> <p>10:00  Healthy Hearts Exercise Class</p> <p>10:30  Meditation</p> <p>11:00  Brain Games [MC AR]</p> <p>11:30  Lunch [DR]</p> <p>1:30  Expressive Design /Flower Arranging</p> <p>3:00  Bible Study: Reading and Discussion [MC AR]</p> <p>4:30  Dinner [DR]</p> <p>6:00  Movie Classics</p>	<p>7:30  Breakfast [DR]</p> <p>10:00  Move It or Lose It Exercise</p> <p>10:30  Meditation [MC AR]</p> <p>11:00  Book Creations with Gen- Narrations Creative Storytelling [MC AR]</p> <p>11:15  Catholic Service with Communion</p> <p>11:30  Lunch [DR]</p> <p>1:30  Culinary Creations [MC AR]</p> <p>3:00  Musical Performance: Stephen Sinclair</p> <p>4:30  Dinner [DR]</p> <p>6:00  Oldies But Goodies [GR]</p>	<p>7:30  Breakfast [DR]</p> <p>10:00  Active &amp; Awesome Seniors</p> <p>10:30  Meditation</p> <p>11:00  Book Creations with Gen-Narrations Creative Storytelling [MC AR]</p> <p>11:30  Lunch [DR]</p> <p>1:30  Worship Service with Chaplain Elisa [MC AR]</p> <p>2:45  Never Stop Exploring Outing [GR]</p> <p>3:00  Indoor Sports [GR]</p> <p>4:30  Dinner [DR]</p> <p>6:00  Friday Night at the Movies [GR]</p>	<p>7:30  Breakfast [DR]</p> <p>10:00  Movin' and Groovin'</p> <p>10:30  Meditation</p> <p>11:00  Brain Fitness Trivia [MC AR]</p> <p>11:30  Lunch [DR]</p> <p>1:30  Reminiscing: Engagement Boxes [MC AR]</p> <p>2:30  Ice Cream Social [MC AR]</p> <p>3:00  Bingo [MC AR]</p> <p>4:30  Dinner [DR]</p> <p>6:00  Oldies But Goodies [GR]</p>
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