



# February 2022

## Activity Calendar



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		8:30a - Yoga w/ Lee 1 9:30a - Low Impact Cardio (Video) 11:00a - Blood Pressure Checks 1:00p - Happy Stitchers 1:30p - <b>Wii Bowling</b> 2:30p - <b>Wii Bowling</b> 4:00p - Water Walking	2 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 2:00p - <b>Gift of Years Book Club</b>	3 10:00a - <b>Coffee w/ Lisa</b> 12:30p - 1:30p - Book Mobile 2:30p - <b>Trivia</b> 4:00p - Water Walking  * Low Impact Cardio w/ KLove CANCELLED	4 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 1:30p - <b>Ping Pong</b> 4:00p - Happy Hour 6:30p - Bingo <b>Wear RED In honor of Heart Disease in Women</b>	5 4:00p Water Walking
6 10:30a Bible Study	7 9:00a - Water Aerobics 9:15a - <b>Resident Council Meeting</b> 9:30a - Morning Stretch 10:00a - Water Aerobics 1:00p - Movie Matinee <b>"Falling Inn Love"</b>	8 8:30a - Yoga w/ Lee 9:30a - Low Impact Cardio 11:00a - Blood Pressure Checks 1:00p - Happy Stitchers 1:30p - <b>Wii Bowling</b> 2:30p - <b>Wii Bowling</b> 4:00p - Water Walking 7:30p - <b>Symphony</b> 🚗	9 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 10:30a - <b>Chocolate Covered Strawberries</b> <b>Valentines Day Craft</b> 11:00a - 1:00p - <b>Honey for Sale</b>	10 9:30a - Low Impact Cardio w/ KLove 1:00p - <b>History Club</b> (George Kirkpatrick) 2:30p - <b>Ladder Ball</b> 4:00p - Water Walking  <b>**Football Squares Begins</b>	11 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 2:00p - <b>Keep it Up!</b> 4:00p - Happy Hour 6:30p - Bingo  <b>*Last Day for Football Squares</b>	12 4:00p Water Walking
13 10:30a Bible Study  6:00p <b>Super Bowl Party</b> 🏈	14 9:00a - Water Aerobics 9:00a - <b>Valentine's Day Breakfast</b> 10:00a - Water Aerobics 1:00p - Movie Matinee <b>"Runaway Bride"</b> (Classic) 3:00p - <b>Valentine's Day Treat ( Outside Act. Room)</b> 💕	15 8:30a - Yoga w/ Lee 9:30a - Low Impact Cardio 11:00a - Blood Pressure Checks 1:00p - Happy Stitchers 1:30p - <b>Wii Bowling</b> 2:30p - <b>Wii Bowling</b> 4:00p - Water Walking 🚗 5:00p - <b>Dinner Out:</b>	16 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 10:30a - <b>Hand and Foot Lessons</b> 2:00p - <b>Gift of Years Book Club</b>	17 9:30a - Low Impact Cardio w/ KLove 10:30a - <b>Arts and Crafts ( Mardi Gras Mask Craft )</b> 12:30p - 1:30p - Book Mobile 2:30p - <b>Ladder Ball</b> 4:00p - Water Walking	18 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 1:00p - <b>\$1 Bridge Game</b> 4:00p - Happy Hour 6:30p - Bingo	19 4:00p Water Walking
20 10:30a Bible Study	21 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 10:30a - <b>Activity Committee Meeting</b> 1:00p - Movie Matinee <b>"A River Runs Through It"</b>  <b>President's Day!</b>	22 8:30a - Yoga w/ Lee 9:30a - Low Impact Cardio 11:00a - Blood Pressure Checks 1:00p - Happy Stitchers 1:30p - <b>Wii Bowling</b> 2:30p - <b>Wii Bowling</b> 4:00p - Water Walking	23 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 10:30am - <b>Hand and Foot Lessons</b> 2:00p - <b>Mardi Gras S</b> 🎉	24 9:30a - Low Impact Cardio w/ KLove 4:00p - Water Walking 1:30p - <b>Resident Show &amp; Tell</b> 3:00p - <b>Salsa and Tortilla Chip Snack ( Outside Act. Room)</b>  <b>National Tortilla Chip Day!</b>	25 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 10:30a - <b>Cello &amp; Piano Performance</b> 4:00p - Happy Hour 6:30p - Bingo	26 4:00p Water Walking
27 10:30a Bible Study	28 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 1:00p - Movie Matinee <b>"Yes Day"</b>					