

February

WEEKLY ACTIVITIES

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| SUN 9th | 2:30 – Church Service in the Chapel |
| MON 10th | 9:30 – Chair exercise in the Chapel 10:00 – Walking Club in the U.L. 1:00 – Keep it Moving in the L.L. 2:00 – Billy BoJack Singing Gospel Music in the Dining Room 3:00 – Fact or Fiction (Valentine’s Day Edition) in the U.L. |
| TUE 11th | 9:30 – Chair exercise in the Chapel 9:30 – Coffee with Friends in the Dining Room 10:00 – Catholic Service in the Chapel 1:00 – Bingo in the L.L. 3:30 – Chair Yoga in the Chapel |
| WED 12th | 9:30 – Chair exercise in the Chapel 10:00 – Meditation in the Sensory Room 12:30 – Walmart Trip (Sign up on the Bulletin) |
| THU 13th | 9:30 – Chair exercise in the Chapel 10:00 – Puzzle Club in the U.L. 10:00 – Bible Study in the Chapel 1:00 – Bingo in the L.L. 3:30 – Chair Yoga in the Chapel |
| FRI 14th | 9:30 – Chair exercise in the Chapel 10:00 – Meditation in the Sensory Room 10:30 – Water Aerobics in the Pool Room 2:00 – Valentine’s Day Party in the Dining Room |

****Refer a friend to live here at fabulous Pine Hills Retirement Community and receive \$500 off 1 months rent!!****

(turn page over for weekly menu)

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SAT
15th

1:00 – Cards (313) Hosted by Frances in the U.L.

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(turn page over for weekly menu)