

# February

## WEEKLY ACTIVITIES

<b>SUN</b> <b>2<sup>nd</sup></b>	<b>1:00 – Ester and Family coming in the sing and visit in the Lobby</b> <b>2:30 – Church Service in the Chapel</b>
<b>MON</b> <b>3<sup>rd</sup></b>	<b>9:30 – Chair exercise in the Chapel</b> <b>10:00 – Walking Club in the U.L.</b> <b>1:00 – Cards (313) in the U.L.</b> <b>3:00 – Musical Chairs in the L.L.</b>
<b>TUE</b> <b>4<sup>th</sup></b>	<b>9:30 – Chair exercise in the Chapel</b> <b>9:30 – Coffee with Friends in the Dining Room</b> <b>1:00 – Bingo in the L.L.</b> <b>3:30 – Chair Yoga in the Chapel</b>
<b>WED</b> <b>5<sup>th</sup></b>	<b>9:30 – Chair exercise in the Chapel</b> <b>10:00 – Meditation in the Sensory Room</b> <b>12:30 – Walmart Trip</b> <b>(Sign up on the Bulletin)</b>
<b>THU</b> <b>6<sup>th</sup></b>	<b>9:30 – Chair exercise in the Chapel</b> <b>10:00 – Walking Club in the U.L.</b> <b>10:00 – Bible Study in the Chapel</b> <b>1:00 – Bingo in the L.L.</b> <b>3:30 – Chair Yoga in the Chapel</b>

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**(turn page over for weekly menu)**

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## WEEKLY ACTIVITIES

<b>FRI</b> <b>7<sup>th</sup></b>	<b>9:30 – Chair exercise in the Chapel</b> <b>No Meditation Today</b> <b>10:00 – Catholic Service with Father Collins in the Chapel</b> <b>10:30 – Water Aerobics in the Pool Room</b> <b>1:00 – Name That Tune in the L.L.</b> <b>2:00 – Velcro Darts in the L.L.</b> <b>3:00 – Valentine's Day Craft in the L.L.</b>
<b>SAT</b> <b>8<sup>th</sup></b>	<b>1:00 – Cards (313) Hosted by Frances in the U.L.</b>

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