

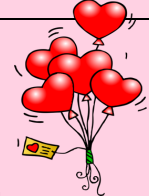




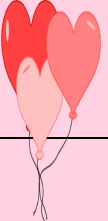

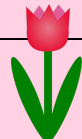

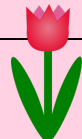
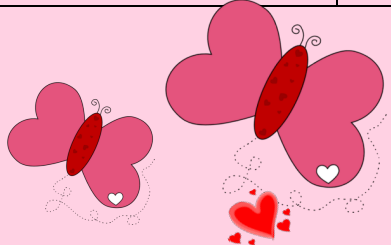




FEBRUARY 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>HAPPY VALENTINE'S DAY!</p>			1 10:00 BINGO! 1:30 Mini-Games 3:00 Thera Band Exercise	2 10:00 Bullseye Target Toss 11:00 Resident Council 1:30 Massage Therapy 3:00 Dancercise	3 10:00 BINGO! 1:30 Black Jack! 3:00 Toss Ball	4 10:00 Sing-along 10:30 Ring Toss 1:30 Arts & Crafts 3:00 Afternoon Stretch 
5 10:00 Karaoke Time! 10:30 Lion Dance! 1:30 Casino Games 3:00 Chair Yoga	6 10:00 BINGO! 1:30 Manicure Time 3:00 Thera Band Exercise	7 10:00 Bean Bag Toss 1:30 Puzzles 3:00 Silver Sneakers	8 10:00 BINGO! 1:30 Bowling 3:00 Chair Zumba 	9 10:00 Food Demo 1:30 Hanafuda Club 3:00 Afternoon Stretch	10 10:00 BINGO! 1:30 Arts & Crafts 3:00 Thera Band Exercise	11 10:00 Sing-along 10:30 Beach Ball Toss 1:30 Color Therapy 3:00 Dancercise
12 SUPERBOWL SUNDAY! 10:00 Let's Talk Stories 10:30 Ring Toss  1:30 Superbowl Party! 3:00 Silver Sneakers	13 10:00 BINGO! 1:30 DIY Valentine Cards 3:00 Thera Band Exercise	14  VALENTINE'S DAY! 10:00 Valentine's Party 1:30 Puzzles 3:00 Dancercise 	15 10:00 BINGO! 1:30 Movie Day! 3:00 Thera Band Exercise	16 BIRTHDAY PARTY! 10:00 Birthday Party! 10:30 Party Games  1:30 Massage Therapy 3:00 Toss Ball	17 10:00 BINGO! 1:30 Ring Toss 3:00 Chair Zumba 	18 10:00 Sing-along 10:30 Trivia 1:30 Painting Class 3:00 Afternoon Stretch
19 10:00 Virtual Catholic Svc 11:00 Karaoke Time! 1:30 Mini Games 3:00 Dancercise	20 PRESIDENT'S DAY! 10:00 BINGO!  1:30 Manicure Time 3:00 Thera Band Exercise 	21 10:00 Ring Toss 1:30 Travel Tuesday 3:30 Dancercise	22 10:00 BINGO!  1:30 Mini Games 3:00 Silver Sneakers	23 10:00 Spelling Bee 1:30 Casino Games 3:00 Chair Yoga	24 10:00 BINGO! 1:30 Hanafuda Club 3:00 Thera Band Exercise	25 10:00 Sing-along 10:30 Let's Talk Stories 1:30 Card Games 3:00 Silver Sneakers
26 10:00 Virtual Buddhist Svc. 10:30 Story Telling 1:30 Puzzles 3:00 Toss Ball	27 10:00 BINGO! 1:30 Mini Games 3:00 Thera Band Exercise 	28 10:00 Bowling 1:30 Ring Toss 3:00 Afternoon Stretch	 <p>DAILY ACTIVITIES 9:00 Morning Exercise 9:30 Morning Social & Headlines/News 1:30 to 2:30 In-room Visits/1:1 Bedside Activities 10:00 & 2:00 Snack Time 10:00 to 3:00 Please refer to this calendar.</p> 