

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# February 2024



								9:15 Let's Keep Moving <b>1</b> 9:30 Mindful Meditation AR 9:40 The Daily Chronicle AR 10:00 Mystery Game AR <b>1:00 Bingo</b> AR 2:30 Snacks & Hydration 3:00 Chat & Reminisce 5:30 Evening Movie AR	9:15 Let's Keep Moving <b>2</b> 9:30 Mindful Meditation AR 9:40 The Daily Chronicle AR 10:00 Memory Lane Game 1:00 Bingo AR <b>3:00 Fun Friday</b> <b>Live Music w/ Kate</b> 5:30 Friday Night Movie AR	9:15 Let's Keep Moving <b>3</b> 9:30 Mindful Meditation AR 9:40 The Daily Chronicle AR 10:00 Sing Along AR 1:00 Aromatherapy and Hand Massage AR 2:00 Racket balloon time AR 5:30 Evening Movie AR
9:15 Let's Keep Moving <b>4</b> 9:30 The Daily Chronicle AR 10:00 Catholic Services AL 10:00 Christian Services AR 10:30 Sing Along AR <b>1:00 Bingo</b> AR 2:30 Snacks & hydration AR 5:00 Evening Movie AR	9:15 Let's Keep Moving <b>5</b> 9:30 Mindful Meditation AR 9:40 The Daily Chronicle AR 10:15 Travelogue AR <b>1:00 Health &amp; Wellness</b> w/Lilia 2:30 Adult Coloring AR 5:30 Evening Movie AR	9:00 <b>Food &amp; Demo Nutrition</b> <b>Class w/ Rachel</b> 10:50 The Daily Chronicle AR 11:15 Memory Lane Game 1:30 Bingo AR 2:30 Snacks & Hydration AR 3:00 Adult Coloring AR 5:30 Evening Movie AR	9:15 Let's Keep Moving <b>7</b> 9:30 Mindful Meditation AR 9:40 The Daily Chronicle AR 10:15 Hand Massage AR <b>1:30 Music Art w/Karen</b> AR 3:15 Snacks & Hydration AR 5:30 Evening Movie AR	9:15 Let's Keep Moving <b>8</b> 9:30 Mindful Meditation AR 9:40 The Daily Chronicle AR 10:00 Travelogue AR <b>1:00 Bingo</b> AR 2:30 Snacks & Hydration 3:00 Racket Balloon AR 5:30 Evening Movie AR	9:15 Let's Keep Moving <b>9</b> 9:30 Mindful Meditation AR 9:40 The Daily Chronicle AR 10:00 Word Game AR 1:00 Bingo AR <b>3:00 Fun Friday</b> <b>Live Music w/ Tom</b> 5:30 Friday Night Movie AR	9:15 Let's Keep Moving <b>10</b> 9:30 Mindful Meditation AR 9:40 The Daily Chronicle AR <b>11:00 Pet Therapy</b> AR 1:00 Aromatherapy and Hand Massage AR 2:00 Coloring Therapy AR 5:30 Evening Movie AR				
9:15 Let's Keep Moving <b>11</b> 9:30 The Daily Chronicle AR 10:00 Catholic Services AL 10:00 Christian Services AR 10:30 Sing Along AR 1:00 Bingo AR <b>2:30 Random Acts of Kindness Notes</b> 3:30 Super Bowl LVIII AR	9:15 Let's Keep Moving <b>12</b> 9:30 Mindful Meditation AR 9:40 The Daily Chronicle AR 10:15 Memory Lane Game <b>1:00 Health &amp; Wellness</b> w/Lilia 2:30 Art's & Craft's AR 5:30 Evening Movie AR	9:00 <b>Food &amp; Demo Nutrition</b> <b>Class w/ Rachel</b> 10:50 The Daily Chronicle AR 11:15 Mardi Gras Trivia 1:30 Bingo AR 2:30 Snacks & Hydration AR 3:00 Art's & Craft's AR 5:30 Evening Movie AR	9:15 Let's Keep Moving <b>14</b> 9:30 Mindful Meditation AR 9:40 The Daily Chronicle AR <b>10:15 Valentine Flower Bouquet</b> <b>1:30 Music Art w/Karen</b> AR <b>3:00 Alex &amp; Dani Valentines Concert</b> 5:30 Valentine's Movie AR	9:15 Let's Keep Moving <b>15</b> 9:30 Mindful Meditation AR 9:40 The Daily Chronicle AR 10:00 Mystery Game AR <b>1:00 Bingo</b> AR 2:30 Snacks & Hydration 3:00 Bean Bag Toss AR 5:30 Evening Movie AR	9:15 Let's Keep Moving <b>16</b> 9:30 Mindful Meditation AR 9:40 The Daily Chronicle AR 10:00 Memory Lane Game 1:00 Bingo AR <b>3:00 Fun Friday</b> <b>Live Music w/ Mathew</b> 5:30 Friday Night Movie AR	9:15 Let's Keep Moving <b>17</b> 9:30 Mindful Meditation AR 9:40 The Daily Chronicle AR 10:00 Travel w/ Rick Steves 1:00 Aromatherapy and Hand Massage AR 2:00 Racket balloon time AR 5:30 Evening Movie AR				
9:15 Let's Keep Moving <b>18</b> 9:30 The Daily Chronicle AR 10:00 Catholic Services AL 10:00 Christian Services AR 10:30 Sing Along AR <b>1:00 Scenic Drive</b> BT 2:30 Bingo AR 5:00 Evening Movie AR	9:15 Let's Keep Moving <b>19</b> 9:30 Mindful Meditation AR 9:40 The Daily Chronicle AR 10:15 First ladies who am I? 1:00 Bingo AR 2:30 Snacks & Hydration AR 5:30 Evening Movie AR	9:00 <b>Food &amp; Demo Nutrition</b> <b>Class w/ Rachel</b> 10:50 The Daily Chronicle AR 11:15 Trivia AR 1:30 Bingo AR 2:30 Snacks & Hydration AR 3:00 Adult Coloring AR 5:30 Evening Movie AR	9:15 Let's Keep Moving <b>21</b> 9:30 Mindful Meditation AR 9:40 The Daily Chronicle AR <b>10:30 Mass w/ Father Nick</b> <b>1:30 Music Art w/Karen</b> AR 3:15 Snacks & Hydration AR 5:30 Evening Movie AR	9:15 Let's Keep Moving <b>22</b> 9:30 Mindful Meditation AR 9:40 The Daily Chronicle AR 10:00 Guess the Mystery AR <b>1:00 Bingo</b> AR 2:30 Snacks & Hydration 3:00 Hand Massage AR 5:30 Evening Movie AR	9:15 Let's Keep Moving <b>23</b> 9:30 Mindful Meditation AR 9:40 The Daily Chronicle AR 10:00 Memory Lane Game 1:00 Bingo AR <b>3:00 Fun Friday Live Music</b> 5:30 Friday Night Movie AR	9:15 Let's Keep Moving <b>24</b> 9:30 Mindful Meditation AR 9:40 The Daily Chronicle AR <b>11:00 Pet Therapy</b> AR 1:00 Aromatherapy and Hand Massage AR 2:00 Balloon Volleyball 5:30 Evening Movie AR				
9:15 Let's Keep Moving <b>25</b> 9:30 The Daily Chronicle AR 10:00 Catholic Services AL 10:00 Christian Services AR 10:30 Sing Along AR <b>1:00 Scenic Drive</b> BT 2:30 Bingo AR 5:00 Evening Movie AR	9:15 Let's Keep Moving <b>26</b> 9:30 Mindful Meditation AR 9:40 The Daily Chronicle AR 10:15 Travelogue AR <b>1:00 Health &amp; Wellness</b> w/Lilia 2:30 Snacks & Hydration AR 5:30 Evening Movie AR	9:00 <b>Food &amp; Demo Nutrition</b> <b>Class w/ Rachel</b> 10:50 The Daily Chronicle AR 11:15 Trivia AR 1:30 Bingo AR 2:30 Snacks & Hydration AR 3:00 Racket Balloon Game 5:30 Evening Movie AR	9:15 Let's Keep Moving <b>28</b> 9:30 Mindful Meditation AR 9:40 The Daily Chronicle AR 10:15 Hand Massage AR <b>1:30 Music Art w/Karen</b> AR 3:15 Snacks & Hydration AR 5:30 Evening Movie AR	9:15 Let's Keep Moving <b>29</b> 9:30 Mindful Meditation AR 9:40 The Daily Chronicle AR 10:00 Guess the Mystery AR 1:00 Bingo AR 3:00 Sip & Paint AR 5:30 Evening Movie AR						