

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Available Daily 8:30AM-5:00PM</p> <p>Coffee/Tea Bar</p> <p>Individual/Small Group Activities</p> <p>Board/Table Games ~ Playing Cards</p> <p>Jigsaw Puzzles ~ Reading/Shared Library ~ Pool Table</p> <p>See bulletin board for more details/information.</p>		 <p>HAPPY Valentine's DAY</p>	 <p>NATIONAL HEART MONTH February</p>
<b>2</b> 9:30-10:30 Exercise- Geri-Fit 10:45 -11:45 Bingo 11:45-12:45 Lunch 1:00-2:00 Exercise Geri-Fit 2:15 Bingo	<b>3</b> 9:30-10:30 Exercise- Zumba Gold 10:45 -11:45 Bingo 11:45-12:45 Lunch 1:00-2:00 Exercise Tai Chi 2:15 Bingo	<b>4</b> 9:30-10:30 Exercise-Geri-Fit 10:45 -11:45 Bingo 11:45-12:45 Lunch 1:00-2:00 Exercise Geri-Fit 2:15 Bingo	<b>5</b> 9:30-10:30 Exercise-Zumba Gold 10:45 -11:45 Bingo 11:45-12:45 Lunch 1:00-2:00 Exercise Tai Chi 2:15 Bingo	<b>6</b> <b>National Wear RED Day</b> 9:30-10:30 Exercise-Geri-Fit 10:45 -11:45 Bingo 11:45-12:45 Lunch 1:00-2:00 Exercise Geri-Fit 2:15 Bingo
<b>9</b> 9:30-10:30 Exercise- Geri-Fit 10:45 -11:45 Bingo 11:45-12:45 Lunch <b>1:00 YAH Book Club</b> 1:00-2:00 Exercise Geri-Fit 2:15 Bingo	<b>10</b> 9:30-10:30 Exercise-Zumba Gold 10:45 -11:45 Bingo 11:45-12:45 Lunch 1:00-2:00 Exercise Tai Chi 2:15 Bingo	<b>11</b> <b>CDC Visits</b> 9:30-10:30 Exercise-Geri-Fit <b>9:30-10:30 Craft</b> 10:45-11:45 Bingo 11:45-12:45 Lunch 1:00-2:00 Exercise Geri-Fit 2:15 Bingo	<b>12</b> 9:30-10:30 Exercise-Zumba Gold 10:45 -11:45 Bingo <b>11:30 Dining Music with Roger</b> 11:45-12:45 Lunch 1:00-2:00 Exercise Tai Chi 2:15 Bingo	<b>13</b> <b>Valentine's Table Talk</b> 9:30-10:30 Exercise-Geri-Fit 10:45 -11:45 Bingo <b>11:45-12:45 Lunch/Table Talk</b> 1:00-2:00 Exercise Geri-Fit 2:15 Bingo
<b>16</b> 9:30-10:30 Exercise- Geri-Fit 10:45 -11:45 Bingo 11:45-12:45 Lunch 1:00-2:00 Exercise Geri-Fit 2:15 Bingo	<b>17</b> <b>Mardi Gras</b> 9:30-10:30 Exercise- Zumba Gold <b>9:30 Mardi Gras Craft</b> 10:45 -11:45 Bingo 11:45-12:45 Lunch 1:00-2:00 Exercise Tai Chi <b>2:00 Mardi Gras Craft</b>	<b>18</b> 9:30-10:30 Exercise-Geri-Fit 10:30 -11:30 Bingo <b>11:30-11:45 Nutrition Session- Healthy Food/Healthy Brain</b> 11:45-12:45 Lunch 1:00-2:00 Exercise Geri-Fit 2:15 Bingo	<b>19</b> 9:30-10:30 Exercise-Zumba Gold 10:45 -11:45 Bingo 11:45-12:45 Lunch 1:00-2:00 Exercise Tai Chi 2:15 Bingo	<b>20</b> 9:30-10:30 Exercise-Geri-Fit <b>11:00 Guest Speaker- Emergency Preparedness</b> 11:45-12:45 Lunch 1:00-2:00 Exercise Geri-Fit 2:15 Bingo
<b>23</b> 9:30-10:30 Exercise- Geri-Fit 10:45 -11:45 Bingo 11:45-12:45 Lunch 1:00-2:00 Exercise Geri-Fit 2:15 Bingo	<b>24</b> <b>ACOG ASSESSMENTS</b> 9:30-10:30 Exercise-Zumba Gold 10:45 -11:45 Bingo 11:45-12:45 Lunch 1:00-2:00 Exercise Tai Chi 2:15 Bingo	<b>25</b> 9:30-10:30 Exercise-Geri-Fit 10:45 -11:45 Bingo 11:45-12:45 Lunch <b>12:45 Pool Tournament</b> 1:00-2:00 Exercise Geri-Fit 2:15 Bingo	<b>26</b> 9:30-10:30 Exercise-Zumba Gold <b>10:45 -11:45 Birthdays &amp; Bingo</b> 11:45-12:45 Lunch 1:00-2:00 Exercise Tai Chi 2:15 Bingo	<b>27</b> 9:30-10:30 Exercise-Geri-Fit 10:45 -11:45 Bingo 11:45-12:45 Lunch 1:00-2:00 Exercise Geri-Fit 2:15 Bingo