


February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 1:00 Theater and a Thought 7:00 Pinochle	2 1:30 Bingo
3 1:30- Grief Support 3:30 Group 4:00 Evening Prayer	4 11:00 Mass (NEW TIME) 1:00 Bridge 7:00 Poker/Dominoes/ Chess	5 11:00 Bible Study 1:30 Coloring 7:00 Bridge	6 1:00 Knitting 2:00 Scrabble	7 8:30 Grocery 10:00 Massage 3:30 Rosary 4:00 Thirsty Thursday 7:00 Bridge	8 1:00 Birthday Celebration 7:00 Pinochle	9 1:30 Bingo
10 1:30- Grief Support 3:30 Group 4:00 Evening Prayer	11 11:00 Mass (NEW TIME) 1:00 Bridge 7:00 Poker/Dominoes/ Chess	12 1:30 Coloring 7:00 Bridge	13 1:00 Knitting 2:00 Scrabble	14 8:30 Grocery 10:00 Massage 1:00 Writers' Workshop 3:30 Rosary 4:00 Thirsty Thursday 5-7 Friendship Buffet w/ Ray on Piano 7:00 Bridge	15 7:00 Pinochle	16 1:30 Bingo
17 1:30- Grief Support 3:30 Group 4:00 Vespers	18 11:00 Mass (NEW TIME) 1:00 Bridge 12:00 Ladies Lunch 7:00 Poker/Dominoes/ Chess	19 11:00 Bible Study 1:30 Coloring 7:00 Bridge	20 9-11 Toe Nail Clippings 1:00 Knitting 2:00 Scrabble 3:00 Hearing Checks (New Time)	21 8:30 Grocery 10:00 Massage 3:30 Rosary 4:00 Thirsty Thursday 7:00 Bridge	22 7:00 Pinochle	23 1:30 Bingo
24 1:30- Grief Support 3:30 Group 4:00 Evening Prayer	25 11:00 Mass (NEW TIME) 1:00 Bridge 7:00 Poker/Dominoes/ Chess	26 1:30 Coloring 7:00 Bridge	27 1:00 Knitting 2:00 Scrabble	28 8:30 Grocery 10:00 Massage 3:30 Rosary 4:00 Thirsty Thursday 7:00 Bridge	Special events are in BLUE	

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A physician's consent form will be required to participate in exercise classes and the wellness center. Katie will provide those. No pre-registration for classes is required.					1 9:30 Resident Led Exercise	2
3	4 9:30 Resident Led Exercise	5 10:00 Yoga 11:00 Small Group Training 1:30 Strength & Balance 2:30 Live Well-Get Fit	6 9:30 Resident Led Exercise	7 9:30 Tai Chi 11:00 Small Group Training 1:00 VNA Kiosk Sign-up 1:30 Strength & Balance 2:00 Taking Care Of You-Suggestions on Self Care	8 9:30 Resident Led Exercise	9
10	11 9:30 Resident Led Exercise	12 10:00 Yoga 11:00 Small Group Training 1:30 Strength & Balance	13 9:30 Resident Led Exercise	14 9:30 Tai Chi 11:00 Small Group Training 1:30 Strength & Balance	15 9:30 Resident Led Exercise	16
17	18 9:30 Resident Led Exercise	19 10:00 Yoga 11:00 Small Group Training 1:30 Strength & Balance	20 9:30 Resident Led Exercise	21 9:30 Tai Chi 11:00 Small Group Training 1:30 Strength & Balance	22 9:30 Resident Led Exercise	23
24	25 9:30 Resident Led Exercise	26 10:00 Yoga 11:00 Small Group Training 1:30 Strength & Balance	27 9:30 Resident Led Exercise	28 9:30 Tai Chi 11:00 Small Group Training 1:30 Strength & Balance		