

# February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
				<b>1 National Dark Chocolate Day</b> 9:15am- Improved Health Exercise Video 11:00am- Daily Devotional & <b>Dark Chocolate</b> 1:15pm- Sit and Be Fit 2:00pm- Be Well w/Aegis Health Talk & <b>Dark Chocolate</b> 3:30pm- Poker & <b>Dark Chocolate</b>	<b>2 GROUNDHOG DAY</b> 9:15am- Improved Health Exercise Video 11:00am- Daily Devotional 1:15pm- Sit and Be Fit 2:00pm- Bingo 3:30pm- Happy Hour w/Music by Randy & Robin Hoover	<b>3</b> 11:00am- Morning Exercise (Channel 2501) 1:30pm- <b>Groundhog Day Movie "Groundhog Day"</b> 2:00pm- Resident Card Games 3:30pm- Afternoon Walk
<b>4</b> 9:30am- Televised Church Service (Channel 2501) 11:00am- Morning Exercise (Channel 2501) 1:30pm- Puzzle Club 2:30pm- Church Service & Hymns w/One Community Church (Bistro) 3:30pm- Afternoon Walk	<b>5 Football Movie Monday</b> 9:15am- Improved Health Exercise Video 10:30am- Bingo 1:15pm- <b>Football Movie "Invincible" w/Popcorn &amp; Theater Candies</b> 3:00pm- Country Drive (Outing) 4:15pm- Funny Facts w/Carrie	<b>6 National Frozen Yogurt Day</b> 9:15am- Improved Health Exercise Video 11:00am- Daily Devotional 1:15pm- Sit and Be Fit 2:00pm- <b>Andy's Frozen Custard (Outing)</b> 3:30pm- Farkle	<b>7 Football Bingo Day</b> 9:15am- Improved Health Exercise Video 9:30am- Shopping Outing: Dollar General 1:15pm- Sit and Be Fit 2:00pm- Laundry Lost & Found Search & Claim 3:30pm- <b>Football Bingo Bonanza</b> 6:30pm- Televised Wednesday Night Church Service (Channel 2501)	<b>8 FAT THURSDAY</b> 9:15am- Improved Health Exercise Video 10:30am- <b>Fat Thursday Coffee &amp; Donuts</b> 1:15pm- Monthly Prayer Meeting 2:00pm- Hymns & Communion w/Chaplain Elizabeth 3:30pm- Blackjack	<b>9 CHIEFS DAY</b> <b>Wear Chiefs Red &amp; Gold</b> 9:15am- Improved Health Exercise Video 10:30am- Bingo 1:15pm- Sit and Be Fit 2:00pm- <b>Chiefs History, Trivia &amp; The Mahomes Football Challenge Presented by Keith</b> 3:30pm- <b>Football Happy Hour w/KC Beer &amp; Music by Rev. Paul the Red Shoe Singer</b>	<b>10</b> 11:00am- Morning Exercise (Channel 2501) 1:30pm- <b>Black History Month Football Movie "Remember the Titans"</b> 2:00pm- Resident Card Games 3:30pm- Afternoon Walk
<b>11 SUPER BOWL SUNDAY</b> 9:30am- Televised Church Service (Channel 2501) 11:00am- Morning Exercise (Channel 2501) 2:30pm- Church Service & Hymns w/One Community Church (Bistro) 4:30pm- <b>Super Bowl Tailgate Pizza Party (Bistro)</b> 5:30pm- <b>Super Bowl 58: Chiefs vs. 49ers (CBS in Bistro)</b>	<b>12 Be My Valentine Monday</b> 9:15am- Improved Health Exercise Video 10:30am- Bingo 1:15pm- Sit and Be Fit 2:00pm- <b>Valentine's Day Craft</b> 3:00pm- Country Drive (Outing) 4:15pm- Wheel of Fortune	<b>13 MARDI GRAS</b> <b>Wear Purple, Green &amp; Gold</b> 9:15am- Improved Health Exercise Video 11:00am- Daily Devotional 1:15pm- Sit and Be Fit 1:30pm- Educational Program <b>"10 Warning Signs of Alzheimer's"</b> (Clubhouse) 2:00pm- <b>Mardi Gras Tea Party</b> 3:30pm- Farkle	<b>14 VALENTINE'S DAY</b> <b>Wear Red &amp; Pink</b> 9:15am- Improved Health Exercise Video 11:00am- Daily Devotional 1:15pm- Sit and Be Fit 2:00pm- <b>Valentine's Day Party w/Music by Squeeze Play</b> 3:30pm- Bingo <b>ASH WEDNESDAY</b> 6:30pm- <b>Televised Ash Wednesday Service (Channel 2501)</b>	<b>15 Rom-Com Movie Day</b> 9:15am- Improved Health Exercise Video 11:00am- <b>Valentine's Day Trivia w/Geneva</b> 1:30pm- <b>Romantic Comedy "My Big Fat Greek Wedding" w/Popcorn &amp; Theater Candies</b> 3:30pm- Resident Card Games	<b>16 Happy Heart Day</b> <b>Wear Heart Clothes/Accessories</b> 9:15am- Improved Health Exercise Video 11:00am- Daily Devotional 1:15pm- Sit and Be Fit 2:00pm- <b>Valentine's Day Happy "Heart" Hour w/Raspberry Sorbet Spritz Cocktails &amp; Music by Gina Edwards</b> 3:30pm- Bingo	<b>17</b> 11:00am- Morning Exercise (Channel 2501) 1:30pm- Movie Matinee <b>"Oklahoma!"</b> 2:00pm- Resident Card Games 3:30pm- Afternoon Walk
<b>18</b> 9:30am- Televised Church Service (Channel 2501) 11:00am- Morning Exercise (Channel 2501) 1:30pm- Puzzle Club 2:30pm- Church Service & Hymns w/One Community Church (Bistro) 3:30pm- Afternoon Walk	<b>19 PRESIDENTS' DAY</b> 9:15am- Improved Health Exercise Video 11:00am- Daily Devotional w/Heidi (Front Desk) 1:30pm- <b>George Washington Movie "The Crossing"</b> 3:00pm- Country Drive (Outing) 3:30pm- Resident Card Games	<b>20</b> 9:15am- Improved Health Exercise Video 11:00am- Daily Devotional 1:15pm- Sit and Be Fit ***Bistro Reserved 2:00pm- 3:00pm for Staff Meeting*** 3:30pm- Farkle	<b>21</b> 9:15am- Improved Health Exercise Video 9:30am- Shopping Outing: Walmart Neighborhood Market 1:15pm- Sit and Be Fit 2:00pm- Music by Isaac Kenneth 3:30pm- Bingo 6:30pm- Televised Wednesday Night Church Service (Channel 2501)	<b>22 National Margarita Day</b> 9:15am- Improved Health Exercise Video 11:00am- Daily Devotional 1:15pm- <b>After Dinner Margaritas</b> 1:30pm- Poker 3:00pm- Paint Party w/Susan Jones	<b>23</b> 9:15am- Improved Health Exercise Video 11:00am- Daily Devotional 1:15pm- Sit and Be Fit 2:00pm- Bingo 3:30pm- Happy Hour	<b>24</b> 11:00am- Morning Exercise (Channel 2501) 1:30pm- <b>Black History Month Movie "Hidden Figures"</b> 2:00pm- Resident Card Games 3:30pm- Afternoon Walk
<b>25</b> 9:30am- Televised Church Service (Channel 2501) 11:00am- Morning Exercise (Channel 2501) 1:30pm- Puzzle Club 2:30pm- Church Service & Hymns w/One Community Church (Bistro) 3:30pm- Afternoon Walk	<b>26</b> 9:15am- Improved Health Exercise Video 11:00am- Sit and Be Fit 1:30pm- Bingo 2:30pm- Resident Card Games 3:00pm- Country Drive (Outing) 4:15pm- Family Feud	<b>27</b> 9:15am- Improved Health Exercise Video 11:00am- Daily Devotional 1:15pm- Sit and Be Fit 2:00pm- Poetry Writing Workshop w/Bob Stephens 3:30pm- Farkle	<b>28</b> <b>PODIATRIST HERE TODAY- NO EXERCISE CLASSES</b> 11:00am- Daily Devotional 2:00pm- Book Discussion Group 3:30pm- Bingo 6:30pm- Televised Wednesday Night Church Service (Channel 2501)	<b>29 LEAP DAY</b> 9:15am- Improved Health Exercise Video 11:00am- Daily Devotional 1:15pm- <b>Leap Day Romantic Comedy "Leap Year"</b> 2:00pm- Blackjack 3:30pm- Health Talk w/Lisa Murphy <b>"Heart Health"</b>		