

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Dark Chocolate Day 1 10:00 ↔ Morning Stretch [FL] 10:30 ⚡ Smarty Pants [FL] 11:30 ⚡ How much do you know about Dark Chocolate? [AR] 2:00 🌿 Devotional & Bible Reading w/ Fishers of Men Ministry - Volunteer Mr. Thorne [AR] 2:30 🎨 Sunday Joy Crafts Created By Number [AR] 3:00 🎮 Bingo [AR]	Groundhog Day 2 10:00 ↔ Fitness Class [FL] 10:30 ⚡ Question Time [FL] 11:00 🌿 Today's Poetry [FL] 11:30 ⚡ Facts about Ground Hogs [AR] 2:00 🎵 Musical Stroll [AR] 2:30 ⚡ Armchair Travel: To India [AR] 6:30 🎮 Resident Run Game Night [AR]	- Salon Day - 3 10:00 ↔ Tone Up Tuesday [FL] 10:30 ⚡ Knowledge Challenge [FL] 11:00 ⚡ You Be the Judge [FL] 11:30 ⚡ Total Brain Health: Balance This! [AR] 2:30 🎨 Art Therapy [AR] 3:30 🎮 Bingo [AR] 6:00 🌿 Fire Side Chat [FL]	4 10:00 ↔ Chair Yoga [FL] 10:30 ⚡ Mind Workout Wednesday [FL] 11:00 🌿 Today's Poetry Readings [FL] 11:30 🚗 Outing: Taste the World Tour [O] 2:30 ⚡ Word Search [AR] 3:00 🎮 Wine Down Wednesday [AR] 3:30 🎨 Arts and Crafts [AR] 6:00 🎮 Movie Cinema [AR]	5 10:00 ↔ Thursday's Tone Up W/ Tunes [AR] 10:30 ⚡ Memory Boosters [FL] 11:00 ⚡ You Be the Judge [FL] 11:30 ⚡ Total Brain Health: Name That Snack [AR] 2:30 🎮 Life Engagement Committee Meeting [AR] 3:30 🎨 Creation Station Club: Painting on Canvas 6:30 🎮 Resident Run Activity [AR]	6 10:00 ↔ Get Fit Friday [FL] 10:30 ⚡ Friday's Cranium Crunches [FL] 11:00 🌿 Poetry Reading [FL] 11:30 🎨 Creative Corner [AR] 2:30 ⚡ Word in a Word [AR] 3:30 🎮 BINGO [AR] 6:00 🎮 Movie Mania [AR]	National Send a Card to a Friend Day 7 10:30 ⚡ Knowledge Knockout [FL] 11:00 🌿 Glorious Devotion & Hymns with Trinity Reformed Church [AR] 2:00 ↔ Stretching for Seniors [FL] 2:30 🎨 Creation Station Club: Friend Day Cards 3:00 🎮 Bingo [AR] 4:00 🌿 Devotionals [AR]
National Kite Flying Day 8 10:00 ↔ Morning Stretch [FL] 10:30 ⚡ Smarty Pants [FL] 11:00 🌿 Spiritual Worship with Ms. Anna Stroman [AR] 2:30 🎨 Sunday Joy Crafts: Paper Kites [AR] 3:00 🎮 Performance with Mr. Bob Clark [FLR] 3:30 🎮 Bingo [AR]	9 10:00 ↔ Fitness Class [FL] 10:30 ⚡ Question Time [FL] 11:00 🌿 Today's Poetry [FL] 11:30 🎮 Early Bird B-I-N-G-O [AR] 2:00 🎵 Musical Stroll [AR] 2:30 ⚡ Journey Through Knowledge [AR] 3:30 🎮 Glamour Nails [AR] 6:30 🎮 Resident Run Game Night [AR]	- Salon Day - 10 10:00 ↔ Tone Up Tuesday [FL] 10:30 ⚡ Knowledge Challenge [FL] 11:00 ⚡ You Be the Judge [FL] 11:30 ⚡ Total Brain Health: SIMON SAYS [AR] 2:30 🎮 Resident Council Meeting [AR] 3:30 🎨 Creation Station Club: Painting Canvas [AR] 6:00 🌿 Fire Side Chat [FL]	11 10:00 ↔ Work Out Wednesday [FL] 10:30 ⚡ Mind Stretchers [FL] 11:30 🚗 Outing: First Date Flashbacks [AR] 2:30 🎮 The Show Stoppers Line Dancers [FL] 3:30 🎮 Wine Down Wednesday [AR] 4:00 🎨 Heart Art Mosaic [AR] 6:00 🎮 Movie Mania [AR]	12 10:00 ↔ Thursday's Tone Up W/ Tunes [AR] 10:30 ⚡ Memory Challenge [FL] 11:00 🎮 Culinary Creations Meeting [FL] 11:30 ⚡ Total Brain Health: Name That Tune [AR] 2:30 🎨 Creation Station Club: Craft, Mandala & Create by Number Art [AR] 3:30 ⚡ Armchair Travel: Wonders Of Bali, Indonesia [AR] 6:30 🎮 Resident Run Activity [AR]	National Galentine's Day 13 10:00 ↔ Get Fit Friday [FL] 10:30 ⚡ Brain Teaser Friday [FL] 10:30 ⚡ Friday's Cranium Crunches [FL] 11:00 🌿 Poetry Reading [FL] 11:30 🎨 DIY Spa Day [AR] 2:30 🎮 Sweetheart Photo Booth Social [FL] 3:30 🎮 Bingo [AR] 6:30 🎮 Valentine's Visit w/ The Girl Scouts [AR]	Valentine's Day 14 10:00 Morning Stretch 10:30 ⚡ Knowledge Knockout [FL] 11:00 🌿 New Home Baptist Church: Uplifting Sunday Service [AR] 2:30 🎮 Hooray for Hollywood and Love Songs 4:00 🌿 Devotionals [AR]
15 10:00 ↔ Morning Stretch [FL] 10:30 ⚡ Smarty Pants [FL] 11:30 ⚡ Word n Word [AR] 2:00 🌿 Devotional & Bible Reading w/ Fishers of Men Ministry - Volunteer Mr. Thorne [AR] 2:30 🎨 Sunday Joy Crafts Created By Number [AR] 3:00 🎮 Bingo [AR]	16 10:00 ↔ Fitness Class [FL] 10:30 ⚡ Brain in Motion [FL] 11:00 🌿 Echo Of Love Poetry [FL] 11:30 🎮 Early Bird B-I-N-G-O [AR] 2:00 🎵 Musical Stroll [AR] 2:30 ⚡ Armchair Travel: Wonders of France [AR] 3:30 ↔ Table Top Bowling [AR] 6:30 🎮 Resident Run Game Night [AR]	- Salon Day - National Random Acts of Kindness Day 17 10:00 ↔ Tone Up Tuesday [FL] 10:30 ⚡ Knowledge Challenge [FL] 11:00 ⚡ You Be the Judge [FL] 11:30 ⚡ Total Brain Health: Songs to Sleep By [AR] 2:30 🎨 DIY Kindness Cards [AR] 6:00 🌿 Fireside Chat [FL]	National Drink Wine Day 18 10:00 ↔ Work Out Wednesday [FL] 10:30 ⚡ Mind Stretchers [FL] 11:00 🎮 Would you Rather [AR] 11:30 🚗 Outing: Local Restaurant Exploration [O] 3:00 🎮 Wine Down Wednesday [AR] 3:30 🌿 The Reflective Circle [AR] 6:00 🎮 Bingo [AR]	19 10:00 ↔ Thursday's Tone Up W/ Tunes [AR] 10:30 ⚡ Memory Booster Thursday [FL] 11:00 ⚡ You Be the Judge [FL] 11:30 ⚡ Total Brain Health: Who AM I? [AR] 2:30 🎨 Creative Engagement [AR] 3:30 ⚡ Jeopardy! [AR] 6:30 🎮 Resident Run Activity [AR]	National Muffin Day 20 10:00 ↔ Get Fit Friday [FL] 10:30 ⚡ Brain Teaser Friday [FL] 11:00 🌿 Poetry Reading [FL] 11:30 🎮 Muffin Social [AR] 2:30 ⚡ Can you Recall the Numbers [AR] 3:30 ⚡ Hub Words [AR] 6:00 🎮 Cinema Night [AR]	Fuel the Day Challenge 21 10:30 ⚡ Knowledge Knockout [FL] 11:00 🌿 Worship With God Ministries Int'l Church [AR] 2:00 ↔ Stretching for Seniors [FL] 3:00 🎮 Bingo [AR] 4:00 🌿 Devotionals [AR]
22 10:00 ↔ Morning Stretch [FL] 10:30 ⚡ Smarty Pants [FL] 11:30 🎮 Bingo [AR] 2:00 🎮 Worship Service W/ Bowie Church of Christ [AR] 2:30 🎨 Sunday Joy Crafts Created By Number [AR] 3:00 ⚡ True or False [AR]	23 10:00 ↔ Movement Monday [FL] 10:30 ⚡ Left and Right Brain Workout [FL] 11:00 🌿 Today's Poetry [FL] 11:30 🎮 Early Bird B-I-N-G-O [AR] 2:00 🎮 Performance w/ Rearview Mirror [AR] 4:00 🎵 Musical Stroll [AR] 6:00 🎮 Movie Cinema [AR]	- Salon Day - 24 10:00 ↔ Tone Up Tuesday [FL] 10:30 ⚡ Knowledge Challenge [FL] 11:00 ⚡ You Be the Judge 11:30 ⚡ Total Brain Health: Name That Country [AR] 2:30 🎨 Cooking Demo with Essie [FL] 2:30 🎮 Hey, I know that song! [AR] 3:30 🎮 Bingo [AR] 6:00 🌿 Fire Side Chat [FL]	25 10:00 ↔ Work Out Wednesday [FL] 10:30 ⚡ Mind Stretchers [FL] 11:30 🚗 Outing: Hearts and Horizon [O] 2:30 ⚡ Hub Words [AR] 3:00 🎮 Wine Down Wednesday [AR] 3:30 🎨 Tie Dying Fabric [AR] 6:00 🎮 Evening Stars Bingo [AR]	National Tell a Fairy Tale Day 26 10:00 ↔ Thursday's Tone Up W/ Tunes [AR] 10:30 ⚡ Thursday Trivia Challenge [FL] 11:00 ⚡ Guess the Price [AR] 11:30 ⚡ Total Brain Health: Word Stories [AR] 2:30 🎨 Jewelry Making [AR] 3:30 🎮 Remembering Fairy Tales [AR] 6:30 🎮 Resident Run Game Night [AR]	National Polar Bear Day 27 10:00 ↔ Get Fit Friday [FL] 10:30 ⚡ Brain Teaser Friday [FL] 11:00 🌿 Poetry Reading [FL] 11:30 🎨 Creative Corner [AR] 12:30 🎮 Taste of Italy [DR] 2:30 ⚡ What do you know about Polar Bears [AR] 3:30 🎮 Bingo Time [AR] 6:00 🎮 Motion Picture [AR]	28 10:30 ⚡ Saturday's Brain Challenge [FL] 11:30 🎮 Stories for Seniors [AR] 2:00 ↔ Stretching for Seniors [FL] 2:30 🎨 Creation Station Club: Mandala and Create by Number Art [AR] 3:00 🎮 Bingo [AR] 4:00 🌿 Devotionals [AR]



- 🎮 Community & Connection
- 🚗 Exploration & Adventure
- 🌿 Harmony & Introspection
- 🎵 Intentions & Commitments
- ⚡ Knowledge & Learning
- ↔ Motion & Movement
- 🎨 Motivation & Creation

Location Keys

Activity Room	AR
Dining Room	DR
Flourish	FLR
Front Lobby	FL
Outing	O



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