

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>1</div> <div>Grab and Go Morning Chronicles 2:00pm - Word Puzzles 5:00pm Relaxation Hour and Aroma Therapy</div>	<div>2</div> <div>Groundhog 10:00am:MCA Daily Chronicles Knowledge Journey 11:20am MCB Daily Chronicles Knowledge Journey 12:30pm Lunch 2:00pm - Spa Day 5:00pm - Soothing Music Hour and Aroma Therapy</div>	<div>3</div> <div>10:15am Tea Time 11:30 Post Tea Time Chronicles 2:00pm - Outing! 5:00pm - Soothing Music Hour and Aroma Therapy</div>	<div>4</div> <div>10:00am:MCA Daily Chronicles Learn About: Pop Culture 11:20am MCB Daily Chronicles Learn About: Pop Culture 12:30pm Lunch 2:00pm - 🎵Happy Hour 🎵 5:00pm - Soothing Music Hour and Aroma Therapy</div>	<div>5</div> <div>10:00am:MCA Daily Chronicles Music Appreciation 11:20am MCB Daily Chronicles Music Appreciation 12:30pm Lunch 2:00pm - SingFit Music Program 3:00pm - one-on-ones 5:00pm - Wine and Wind Down</div>	<div>6</div> <div>10:30am - Cardio Drumming 11:10am - I-Is 2:00pm - Friday Film 5:00pm - Soothing Music Hour and Aroma Therapy</div>	<div>7</div> <div>10:30am - Chronicles and Knowledge Journey Playlist 2pm Saturday Cinema 2:30pm Mobile Cart 5:00pm Relaxation Hour and Aroma Therapy</div>
<div>8</div> <div>Grab and Go Morning Chronicles 2:00pm - Word Puzzles 5:00pm Relaxation Hour and Aroma Therapy</div>	<div>9</div> <div>10:00am:MCA Daily Chronicles Knowledge Journey 11:20am MCB Daily Chronicles Knowledge Journey 12:30pm Lunch 2:00pm - Ben Rosales Performance 5:00pm - Soothing Music Hour and Aroma Therapy</div>	<div>10</div> <div>10:00am:MCA Daily Chronicles Word Games 11:20am MCB Daily Chronicles Word Games 12:30pm Lunch 2:00pm - Outing 5:00pm - Book Club</div>	<div>11</div> <div>10:00am:MCA Daily Chronicles Learn About: Pop Culture 11:20am MCB Daily Chronicles Learn About: Pop Culture 12:30pm Lunch 2:00pm - 🎵Happy Hour 🎵 5:00pm - Soothing Music Hour and Aroma Therapy</div>	<div>12</div> <div>10:00am:MCA Daily Chronicles Guess the Song 11:20am MCB Daily Chronicles Guess the Song 12:30pm Lunch 2:00pm - Manicures 5:00pm - Symphony and Settle</div>	<div>13</div> <div>10:30am - Cardio Drumming 11:10am - I-Is 2:00pm - Valentines Day Social 5:00pm - Soothing Music Hour and Aroma Therapy</div>	<div>14</div> <div>Valentines Day 10:30am - Chronicles and Knowledge Journey Playlist 2:00 - Saturday Cinema 2:30 - Mobile Cart 5:00pm Relaxation Hour and Aroma Therapy</div>
<div>15</div> <div>Grab and Go Morning Chronicles 2:00pm - Word Puzzles 5:00pm Relaxation Hour and Aroma Therapy</div>	<div>16</div> <div>President's Day 10:00am:MCA Daily Chronicles Balloon Ball 11:20am MCB Daily Chronicles Balloon Ball 12:30pm Lunch 2:00pm - Bowling 5:00pm - Soothing Music Hour and Aroma Therapy</div>	<div>17</div> <div>Lunar New Year 10:00am:The music Man Performance 11:00 post music Chronicles 12:30pm Lunch 2:00pm - Outing 5:00pm - Wine and Wind Down</div>	<div>18</div> <div>10:00am:MCA Daily Chronicles Learn About: History 11:20am MCB Daily Chronicles Learn About: History 12:30pm Lunch 2:00pm - 🎵Happy Hour 🎵 5:00pm - Soothing Music Hour and Aroma Therapy</div>	<div>19</div> <div>10:00am:MCA Daily Chronicles Sing-a-Long 11:20am MCB Daily Chronicles Sing-a-Long 12:00: resident council 12:30pm Lunch 2:00pm - SingFit Music Program 3:00pm - one-on-ones 5:00pm - Hand Massages</div>	<div>20</div> <div>10:30am - Cardio Drumming 11:10am - I-Is 2:00pm - Foodie Friday 5:00pm - Soothing Music Hour and Aroma Therapy</div>	<div>21</div> <div>10:30am - Chronicles and Knowledge Journey Playlist 2pm Saturday Cinema 2:30pm Mobile Cart 5:00pm Relaxation Hour and Aroma Therapy</div>
<div>22</div> <div>10:30am - Grab and Go Chronicles 11:00 Online Church Service 2pm - Coloring Pages 5:00pm Relaxation Hour and Aroma Therapy</div>	<div>23</div> <div>10:00am MCA Daily Chronicles Knowledge Journey 11:20am MCB Daily Chronicles Knowledge Journey 12:30pm Lunch 2:00pm - Manicures 5:00pm - Soothing Music Hour and Aroma Therapy</div>	<div>24</div> <div>10:00am:MCA Daily Chronicles Name That Object 11:20am MCB Daily Chronicles Name That Object 12:30pm Lunch 2:00pm - Outing 5:00pm - Classical and Coco</div>	<div>25</div> <div>10:00am:MCA Daily Chronicles Learn About: Science 11:20am MCB Daily Chronicles Learn About: Science 12:30pm Lunch 2:00pm - 🎵Happy Hour 🎵 5:00pm - Soothing Music Hour and Aroma Therapy</div>	<div>26</div> <div>10:00am:MCA Daily Chronicles Who is that singing? 11:20am MCB Daily Chronicles Who is that singing? 12:30pm Lunch 2:00pm - SingFit Music Program 3:00pm - one-on-ones 5:00pm - Calming Teas</div>	<div>27</div> <div>10:30am - Cardio Drumming 11:10am - I-Is 2:00pm - Cook with Arden 5:00pm - Soothing Music Hour and Aroma Therapy</div>	<div>28</div> <div>10:30am - Chronicles and Knowledge Journey Playlist 2pm Saturday Cinema 2:30pm Mobile Cart 5:00pm Relaxation Hour and Aroma Therapy</div>
					<div>What happens during Knowledge Journey? We take stories from the daily chronicle that residents are interested in and learn more about it. Also during this time between stories we engage in a movement activity as well! (Such as yoga, stretches or Tai Chi)</div>	