

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:15 The Daily Perk- LR 10:00 Adult Coloring- LR 1:30 Piano Music- LR 3:00 Spiritual Eldercare Video Church Service- LR *8pm 88 th Grammy Awards on CBS tv	2 Groundhog Day 10:30 Monday Movement -DR 11:15 Groundhog Story- DR 11:45 The Perk/ Music 1:45 "Groundhog Day"movie-LR 2:30 Sing Along- LR 3:30 Name Five-LR 6:15 Ladies' Nail Polish- LR 8:15 Monday Night Football-LR	3 *10:00 Catholic Rosary in AL 10:30 Swat the Fly -DR 11:00 Things that Go Together -DR 11:45 The Perk/ Music 1:45 - LR 2:30 Sequence Game- DR 3:30 Uno Card Game -DR 6:30 Nature Video- LR	4 10:30 Handbell Choir- DR 11:00 Exercise with Lauryn from Total Care Therapy- DR 11:45 The Perk/ Music 1:45 Relaxing Music -LR 2:30 Bible Study- LR 3:00 Bingo -DR 4:00 Classic TV Game Show- LR 6:30 Adult Coloring- LR	5 10:30 Kickball -DR 11:15 Hearthside Book Club- DR 11:45 The Perk/ Music 1:30 Adult Dot to Dot Puzzles- LR 2:00 Thirsty Thursday Cranberry Mocktail 4:00 Ladies' Nail Polish- LR 6:15 Sing Along with Rebel	6 Olympics begin! 10:30 Danbury Drummers Cardio Exercise-DR 11:15 Olympic Fun Facts-DR 11:45 The Perk/ Music 1:45 Olympic Game- LR 2:30 Olympic Opening Ceremony on TV 3:30 True/ False Trivia- LR 6:30 Friday Night Flick- LR	7 9:15 The Daily Perk- LR 10:00 Saturday Stretches- DR 10:30 Olympic Ring Toss- DR 11:00 Golden Memories-DR 1:30 Olympic Cup Game- LR 3:00 Classic Game Shows-LR 7:00 "Lawrence Welk" (TV ch.16)
8 Super Bowl Sunday 9:15 The Daily Perk- LR 10:00 Chair Yoga- DR 10:45 Parachute Fun- DR 11:30 Finish the Phrase- DR 1:30 Piano Music- LR 3:00 Spiritual Eldercare Video Church Service- LR 6:30 Watch Super Bowl LX (NE vs SEA) on TV with us!	9 10:30 Monday Movement -DR 11:15 Parachute Fun-DR 11:45 The Perk/ Music 1:30 Piano Music -LR 2:30 Paper Craft -DR 3:00 Kickball-DR 6:15 Balloon Bop- LR 8:15 Monday Night Football-LR	10 9:15 The Daily Perk- LR *10:00 Catholic Rosary in AL 10:30 Table Top Balloon Bop- DR 1:45 Hidden Picture Puzzles- LR 2:15 Chef Connor's Tasting Event- DR 4:00 Old Time Radio- LR 6:30 Adult Coloring- LR	11 10:30 Handbell Choir- DR 11:00 Exercise with Lauryn from Total Care Therapy- DR 11:45 The Daily Perk- LR 1:45 Hand Massages-LR 2:30 Bible Study- DR 3:00 Bingo- DR 4:00 "Little House on the Prairie"-LR 6:15 Keep It Moving- LR	12 10:30 Kickball- DR 11:15 Hearthside Book Club- DR 11:45 The Perk/ Music 1:30 Story Time- LR 2:00 Thirsty Thursday- DR Pina Coladas 3:30 Dot Art- LR 4:00 Ladies' Nail Polish- LR	13 10:30 Kickball -DR 11:00 Brukner Nature Center in AL 11:30 Chocolate Tasting- DR 11:45 The Perk/ Music 1:45 Relax with Spa Music- LR 2:30 Interactive Music with Krissy Senior Music Connection- DR 4:00 True/ False Trivia- LR 6:30 Friday Night Flick- LR	14 Valentine's Day 9:15 The Daily Perk- LR 10:00 Seated Exercises- DR 11:00 Heart Art- DR 1:45 Keep it Moving- DR 2:30 Valentine Treat Bags 3:00 "Retro Valentine TV" - LR 7:00 "Lawrence Welk" (TV ch.16)
15 9:15 The Daily Perk- LR 10:00 Chair Yoga- DR 11:00 Snowflake Painting-DR 1:30 Piano Music- LR 2:00 Table Games- LR 3:00 Spiritual Eldercare Video Church Service- LR	16 President's Day 10:30 Monday Movement-DR 11:15 Fill in the Blank-DR 11:45 The Perk/ Music 1:45 Presidential Riddles -LR 2:30 Adult Coloring- LR 3:30 Presidents Trivia-DR 6:15 Puzzle Pals- LR 8:15 Monday Night Football- LR	17 Mardi Gras *10:00 Catholic Rosary in AL 10:00 Decorate a Hat or Mask 11:30 Indoor Parade! 1:45 Mardi Gras Travel Vlog-LR 2:30 King Cake Snack- LR 3:30 Jigsaw Puzzle Time- LR 6:30 Word Puzzle-LR	18 10:30 Handbell Choir- DR 11:00 Exercise with Lauryn from Total Care Therapy- DR 11:45 The Daily Perk- LR 1:30 Nature Video Relaxation-LR 2:30 Bible Study- DR 3:00 Bingo- DR 4:00 Classic TV Game Show-LR 6:15 Adult Coloring- LR	19 10:30 Kickball -DR 11:15 Hearthside Book Club- DR 11:45 The Perk/ Music 1:30 Walk to the Movie Theater for a Matinee Movie 3:30 Thirsty Thursdays-DR 4:00 Ladies' Nail Polish- LR 6:30 Group Crosswords- LR	20 10:30 Danbury Drummers Cardio Exercise- DR 11:15 Name Five -DR 11:45 The Perk/ Music- DR 1:45 Relax with Spa Music- LR 3:00 Table Top Corn Hole-DR 4:00 True/ False Trivia- LR 6:30 Friday Night Flick- LR	21 Black History Month 9:15 The Daily Perk- LR 10:00 Saturday Stretches- DR 10:30 Ring Toss- DR 11:00 -DR 1:45 Nature Video- LR 2:30 Table Top Corn Hole- LR 3:00 "TV in Black: The First 50 Years"-T 7:00 "Lawrence Welk" (TV ch.16)
22 Olympics End 9:15 The Daily Perk- LR 10:00 Seated Stretches- DR 10:45 Noodle Ball- DR 11:30 Puzzle Pals- LR 1:30 Piano Music- LR 2:00 Word Games- LR 3:00 Spiritual Eldercare Video Church Service- LR	23 10:30 Monday Movement -DR 11:15 Parachute Fun-DR 11:45 The Perk/ Music 1:45 Golden Memories- LR 2:30 Dice Game -DR 3:30 Finish the Phrase-DR 6:30 Golden Memories- LR 8:15 Monday Night Football-LR	24 *10:00 Catholic Rosary in AL 10:30 Toss a Memory- DR 11:15- Junk Drawer Detective 11:45 The Perk/ Music- DR 1:45 50s Sing Along- LR 2:30 Painting Craft-DR 3:30 Uno Card Game -DR 6:30 Clue Puzzles- LR	25 10:30 Handbell Choir- DR 11:00 Exercise with Lauryn from Total Care Therapy- DR 11:45 The Daily Perk- LR 1:30-Hidden PicturesLR 2:30 Bible Study- DR 3:00 Bingo- DR 4:00 "Little House" -LR 6:15 Balloon Bop- LR	26 Johnny Cash Bday 10:30 Kickball -DR 11:15 Hearthside Book Club-DR 11:45 The Perk/ Music 1:30 "Man in Black" JCash Movie 2:00 Thirsty Thursday- LR 3:30 Jigsaw Puzzle- LR 4:00 Ladies' Nail Polish- LR	27 10:30 Danbury Drummers Cardio Exercise-DR 11:15 Word Games-DR 11:45 The Perk/ Music 1:45 Relax with Spa Music- LR 2:30 Kickball- DR 4:00 True/ False Trivia- LR 6:30 Friday Night Flick- LR	28 9:15 The Daily Perk- LR 10:00 Seated Exercises- DR 11:00 Travel Talk- DR 1:45 Keep it Moving- DR 2:00 Hot Cocoa Cart- LR 3:00 Hidden Pictures- LR 7:00 "Lawrence Welk" (TV ch.16)

Calendar Key:
*Activities listed as "in AL"
take place in the other side
of the building. If you would

like to attend these events,
please let a staff member
know so we can make
arrangements as needed.

DR= dining room
LR= living room

