

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				9:00 Walking Workout 10:00 Daily Chronicle Extra 10:30 Black History Puzzle Packet 11:30 Black History True or False 1:00 TV Travel-Historic Places of the Civil Rights Movement 3:00 Putting the Past in Order: Black History 6:00 Movie Time Freedom Day	9:00 Chair Exercises 10:00 Daily Chronicle Extra 10:30 Baking-Red Velvet Sandwich Cookies 11:00 Piano with Anne 1:00 Groundhog Day Trivia and coloring pages 3:00 Heart Expressions Hangman 6:00 Movie Time Wear Red Day	9:00 Chair Yoga Dance Polka 10:00 Daily Chronicle Extra 10:30 Songs with "Heart" 11:30 Heart Fun Facts and Trivia 1:00 Have a Heart Game and Adult Coloring 3:00 Heart Warming Movie and Popcorn 6:00 Movie Time Songs of the Heart Saturday
9:00 Pool Noodle Workout 10:00 Daily Chronicle Extra 10:30 Worship Service: Justice 11:30 Who Am I? 1:00 Rosa Parks Bus Sign Craft 3:00 "The Rosa Parks Story"-Movie 6:00 Movie Time Rosa Parks' Birthday	9:00 Chair Fitness 10:00 Daily Chronicle Extra 10:30 Butterfly Button Art 11:30 Monarch Butterfly Fun Facts 1:00 TV Travel- Monarch Butterfly Migration 3:00 Butterfly Songs Sing-along 6:00 Movie Time Monarch Day	9:00 Chair Exercises with Curtis 10:00 Daily Chronicle Extra 10:30 Baseball Bingo 11:30 Baseball Detective 1:00 Cooking- Babe Ruth Bars 3:00 Pool Noodle Ball 6:00 Movie Time Babe Ruth Day	9:00 Chair Yoga 10:00 Daily Chronicle Extra 10:30 Wisser Now Wednesday 11:30 Finish the Beatles Song Title 1:00 Beatles Trivia 3:00 Movie: How the Beatles Changed the World 6:00 Movie Time Beatles Arrive in the U.S. 60th Anniversary	9:00 Stronger Senior Aerobics 10:00 Daily Chronicle Extra 10:30 Baking-Baked Potato Hearts 11:30 Potato Fun Facts 1:00 Roll-A-Spud Game 3:00 Easy-Peasy Heart Art 6:00 Movie Time Hashbrowns Day	9:00 Gentle Range of Motion 10:00 Daily Chronicle Extra 10:30 Rolling a New York Pizza 11:30 Pizza Fun Facts 1:00 Baking-Stuffed Pepperoni Pizza Pie Bites 1:00 Bridgton Library 2:00 Pizza Party 3:00 Craft-Paper Plate Pizza 6:00 Movie Time National Pizza Day	9:00 Zumba in the Chair 10:00 Daily Chronicle Extra 10:30 Chinese New Year Bingo 11:30 Chinese New Year Puzzles 1:00 Craft- dragon Door Decor 3:00 Movie- How to Train Your Dragon 6:00 Movie Time Chinese New Year
9:00 Fun Seated Workout 10:00 Daily Chronicle Extra 10:30 Worship Service: Baptism & Water 11:30 Football Fill-in-the Blank 1:00 Big Game Bingo 3:00 Superbowl Commercials 6:30 Superbowl Kickoff (CBS) Super Bowl Sunday	9:00 World History Fitness Trivia 10:00 Daily Chronicle Extra 10:30 All About Abe 11:30 Lincoln Coloring Pages 1:00 Cooking- Peanut Butter and Pretzel Snack Mix 3:00 Movie & Popcorn-Sandburg's Lincoln 6:00 Movie Time Abe Day	9:00 Fun Seated Cardio Chair Workout with Paul Eugene 10:00 Daily Chronicle Extra 10:30 Who's Got the Baby? 11:30 Mardi Gras- True or False 1:00 Mardi Gras Bead Roll 3:00 TV Travel- Mardi Gras, New Orleans 6:00 Movie Time Fat Tuesday	9:00 Valentine Chair Yoga 10:00 Daily Chronicle Extra 10:30 No Bake- Strawberry Angel Food Cake 11:30 Feathered Friends Scavenger Hunt 1:00 Hearts Bingo 2:00 Wine and Cheese Social 3:00 Time-Lapse Nesting Boxes 6:00 Movie Time Nest Box Day	9:00 Pool Noodle Chair Exercises 10:00 Daily Chronicle Extra 10:30 Rise and Shine Detective 10:45 Music with Mary 1:00 Reminiscing: Tuning into Good Morning Music 3:00 Coffee & Conversation: February IQ and Monthly Gazette 6:00 Movie Time Think About it Thursday	9:00 Fitness Friday Exercises 10:00 Daily Chronicle Extra 10:30 Who Am I? 11:00 Piano with Anne 1:00 Craft- Flying Spring Birds 3:00 Birds Hangman A-Z 4:00 Guess the Bird Song 6:00 Movie Time Backyard Bird-Watching Day	9:00 Health Life Chair Exercises 10:00 Daily Chronicle Extra 10:30 No Bake- Simply Sweet Potato Candy 11:30 Surprising Facts About Snacks 1:00 Snack Attack Puzzles 2:00 Healthy Snack Bar 3:00 Saturday Sing-Along 6:00 Movie Time Snack Food Saturday
9:00 Fun and Easy Chair Exercises 10:00 Daily Chronicle Extra 10:30 Sing-Along Classic Hymns 11:30 Interesting Basketball Facts 1:00 Mini Basketball Game 3:00 Funny NBA All-Star Moments 6:00 Movie Time NBA All-Star Game	9:00 Get Fit While You Sit 10:00 Daily Chronicle Extra 10:30 Presidents' Day Guess-A-Letter 11:30 Presidential Riddles 1:00 Presidential Puzzles and Coloring Pages 3:00 TV Travel - Tour of the White House 6:00 Movie Time Presidents' Day	9:00 Memory Support Noodle Exercises 10:00 Daily Chronicle Extra 10:30 No Bake- Cherry Pie 11:30 Cherry Fun Facts 1:00 Craft- Cherry Blossom Tree 2:00 Music with Dan 3:00 Hi Ho! Cherry-O Game 6:00 Movie Time Cherry Pie Day	9:00 Chair Yoga Stretch and Strength 10:00 Daily Chronicle Extra 10:30 What First Lady Am I? 11:30 Little-Known Facts About Our First Ladies 1:00 Presidential Bingo 3:00 All the First Ladies 6:00 Movie Time First Ladies Day	9:00 Low Impact Cardio Workout 10:00 Daily Chronicle Extra 10:30 "Spirited" Hangman 11:30 Lindbergh's Flight Trivia Game 1:00 Mocktails and Music 3:00 One to One Nail Care 6:00 Movie Time Margarita Day	9:00 Full Brain and Body Workout 10:00 Daily Chronicle Extra 10:30 WW II Trivia and War Movie Puzzles 11:30 Coffee and Conversation: Raising the Flag 1:00 Bridgton Library 1:00 TV Travel- Iwo Jima Memorial 3:00 Patriotic Sing-Along 6:00 Movie Time Flag Raising on Iwo Jima Anniversary	9:00 Music and Movement 10:00 Daily Chronicle Extra 10:30 Safari Animals A-Z 11:30 African Safari Word Search 1:00 Virtual Safari 3:00 Craft- Safari Animals 6:00 Movie Time Safari Saturday
9:00 Strong from the Seat 10:00 Daily Chronicle Extra 10:30 Worship Service: Hope 11:30 Who Am I? 1:00 Craft- Hello Sunshine Door Decor 3:00 Movie Matinee- Yesterday 6:00 Movie Time "Here Comes the Sun" Day	9:00 Senior Workout 10:00 Daily Chronicle Extra 10:30 Dominoes 11:30 New Orleans Crossword 1:00 Fats Domino in Concert 3:00 Shake, Rattle & Rock! 6:00 Movie Time Fats Domino Day	9:00 Full Chair Workout for Health 10:00 Daily Chronicle Extra 10:30 Cooking- Peanut Butter Haystacks 11:30 Livestock Facts 1:00 Adult coloring- Majestic Horses 3:00 TV Travel- Houston Rodeo Parade 6:00 Movie Time Rodeo Day	9:00 Seated Workout for Health 10:00 Daily Chronicle Extra 10:30 Tooth Fairy Fun Facts 11:30 Bean Bag Toss 1:00 Hangman 3:00 Belly Laughs 6:00 Movie Time Winter Blah Buster	9:00 Brain and Body Workout, Adventure 10:00 Daily Chronicle Extra 10:30 Leapfrog Beanbag Toss 11:30 Craft- Paper Party Frog 1:00 Frogs Bingo 2:00 Leap Year Birthday Party 3:00 Reminiscing with the Senses 6:00 Movie Time Leap Day		

