

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>9:00 Silver Sneakers Club 10:00 Daily Chronicle Extra 10:30 Puzzle Valentine Craft 11:30 Nifty Nails / Hand Massage 1:00 Baking Cupcakes – Candy Hearts 3:00 Candy Trivia 6:30 Movie – Romeo & Juliet</p> <p>Decorating with Candy Day</p>	<p>9:00 Range of Motion Exercises 10:00 Daily Chronicle Extra 10:30 Junk Drawer Detective 11:30 Remember When? 1:00 Rhythm Band 3:00 Fascinating Facts - Groundhog Day 6:30 Movie – Groundhog Day</p> <p>Tator Tot Day</p>	<p>9:00 Chair Yoga 10:00 Daily Chronicle Extra 10:30 Carrot Top Comedy 11:30 Would You Rather? 1:00 Parachute 3:00 Carrot Facts 6:30 Social Hour</p> <p>Carrot Cake Day</p>	<p>9:00 Chair Exercise 10:00 Daily Chronicle Extra 10:30 Fun Facts 11:30 Room Visits 1:00 Memory Lane 3:00 Mindful Meditation 6:30 Hot Cocoa and Conversation</p> <p>Thank a Letter Carrier Day</p>
<p>9:00 Oldies but Goodies Walk 10:00 Daily Chronicle Extra 10:30 Bible Story 11:30 Spelling Bee 1:00 Hymns of Faith 3:00 UNO 6:30 Coloring Corner</p> <p>Western Monarch Day</p>	<p>9:00 Gentle Stretching 10:00 Daily Chronicle Extra 10:30 Tie Dye Coffee Filter Hearts 11:30 Food Trivia 1:00 Frozen Yogurt Smoothies 3:00 TV Travel – Yogurt Factory Tour 6:30 TV Classic – I Love Lucy</p> <p>Frozen Yogurt Day</p>	<p>9:00 Silver Sneaker Dance Workout 10:00 Daily Chronicle Extra 10:30 Send a Friend Valentines 11:30 Poetry Reading 1:00 Memory Lane 3:00 Bingo 6:30 Hot Cocoa & Current Events</p> <p>Send a Card to a Friend Day</p>	<p>9:00 Move and Groove 10:00 Daily Chronicle Extra 10:30 Heart Sun Catchers 11:30 Opera Fun Facts 1:00 Must Know Opera Songs 3:00 Room Visits 6:30 Social Hour</p> <p>Opera Day</p>	<p>9:00 Walking Workout 10:00 Daily Chronicle Extra 10:30 Making a List - Pizza 11:30 Remember When? 1:00 Rhythm Band 3:00 TV Travel – How to Make Perfect Pizza Dough 6:30 Read Aloud – Chicken Soup for the Soul</p> <p>Pizza Day</p>	<p>9:00 Standing Exercises 10:00 Daily Chronicle Extra 10:30 Nifty Nails and Hand Messages 11:30 Brownie History & Fun Facts 1:00 Baking – Cream Cheese Brownies 3:00 Checkers 6:30 Movie & Popcorn</p> <p>Cream Cheese Brownie Day</p>	<p>9:00 Balance Exercises 10:00 Daily Chronicle Extra 10:30 Would You Rather? 11:30 Trivia History Facts – York Peppermint Patty 1:00 Sensory Sounds 3:00 Hangman 6:30 Coffee & Conversation</p> <p>Peppermint Patty Day</p>
<p>9:00 Full Body Chair Workout 10:00 Daily Chronicle Extra 10:30 Hymn and Singalong 11:30 Bible Trivia 1:00 Celebrating Darwin Day – Daily Planet 3:00 This Day in History 6:30 Superbowl Tailgate Party – Superbowl Game – Fox</p> <p>Darwin Day</p>	<p>9:00 Silver Sneakers Club 10:00 Daily Chronicle Extra 10:30 How to Make Tortellini 11:30 Fun Food Facts 1:00 Name That Tune 3:00 Show and Tell 6:30 Guided Meditation</p> <p>Tortellini Day</p>	<p>9:00 Valentines Chair Exercises 10:00 Daily Chronicle Extra 10:30 Valentine Face Cloth Bears 11:30 History of the Red Cross 1:00 Quotes That Sum up Valentine's Day 3:00 Romantic Love Songs 6:30 Movie – Something's Gotta Give</p> <p>Donor Day</p>	<p>9:00 Chair Yoga 10:00 Daily Chronicle Extra 10:30 Making a List – Animals 11:30 Hippo Fun Facts 1:00 Planet Zoo – World Hippo Day 3:00 Crossword Puzzles 6:30 Nature Sounds</p> <p>Hippo Day</p>	<p>9:00 Dance Along Workout 10:00 Daily Chronicle Extra 11:00 Music with Mary 1:00 How It's Made - Almonds 3:00 Taste Testing Flavored Almonds 6:30 Coloring Corner</p> <p>Almond Day</p>	<p>9:00 Gentle Seated Exercises 10:00 Daily Chronicle Extra 10:30 Lets Build a Snowflake 11:30 Acts of Kindness 1:00 Celebrating Staff Social 3:00 Bowling 6:30 Classic Films & Popcorn</p> <p>Random Acts of Kindness Day</p>	<p>9:00 Chair Yoga 10:00 Daily Chronicle Extra 10:30 Fun Facts 11:30 Would You Rather? 1:00 TV Travel – Wine Country 3:00 Spelling Bee 6:30 Social Hour</p> <p>Drink Wine Day</p>
<p>9:00 Range of Motion Exercises 10:00 Daily Chronicle Extra 10:30 Fun Facts – History of Chocolate Mint 11:30 Aerobics for the Mind 1:00 Where Are They Now? 3:00 Taste Test – Chocolate Mint 6:30 Hangman</p> <p>Chocolate Mint Day</p>	<p>9:00 Silver Sneakers Club 10:00 Daily Chronicle Extra 10:30 Cherry Facts 11:30 Ring Toss 1:00 Baking – Cherry Pie 3:00 TV Travel – Harvesting Cherries 6:30 Social Hour - Cherry Pie and Ice-Cream</p> <p>Cherry Pie Day</p>	<p>9:00 Classics 70's Workout 10:00 Daily Chronicle Extra 10:30 Crossword/Word Search 11:30 Catchy Slogans 1:00 Painting – Mini Welcome Signs 1 3:00 How to Make Sticky Buns 6:30 Old Time Radio & Popcorn</p> <p>Sticky Bun Day</p>	<p>9:00 Gentle Stretching 10:00 Daily Chronicle Extra 10:30 Margarita Day Around the World 11:30 Family Feud 1:00 Mocktails and Music 3:00 Walking Club 6:30 Movie: Titanic Museum in Pigeon Forge</p> <p>Margarita Day</p>	<p>9:00 Chair Exercise 10:00 Daily Chronicle Extra 10:30 Matching Puzzles 11:30 Nifty Nails and Hand Messages 1:00 Hangman – Tennis Terms 3:00 Root Beer Floats and Old Time Tunes 6:30 Funniest Moments in Tennis History</p> <p>Play Tennis Day</p>	<p>9:00 Move and Groove 10:00 Daily Chronicle Extra 10:30 Name the Scent 11:30 Room Visits 1:00 Painting - Mini Welcome Signs 2 3:00 Parchessi 6:30 Identify Your Backyard Birds</p> <p>I Hate Coriander Day</p>	<p>9:00 Oldies but Goodies Workout 10:00 Daily Chronicle Extra 10:30 Coloring Corner 11:30 Reminiscing Country Fairs 1:00 TV Travel – Maine Clamming 3:00 Baking – Grandma's Chocolate Chip Cookies 6:30 Coffee and Conversation</p> <p>Clam Chowder Day</p>
<p>9:00 Chair Yoga 10:00 Daily Chronicle Extra 10:30 History of Levi Strauss 11:30 Finish the Sentence 1:00 Remember When 3:00 Worship Service Friendship 6:30 Bible Stories</p> <p>Levi Strauss Day</p>	<p>9:00 Senior Gold Dance Fitness 10:00 Daily Chronicle Extra 10:30 Cool Facts About Polar Bears 11:30 Crossword/Word Search 1:00 Klondike Ice-cream 3:00 Polar Bear Craft 6:30 Kingdom of the Polar Bears</p> <p>Polar Bear Day</p>	<p>9:00 Silver Sneakers Club 10:00 Daily Chronicle Extra 10:30 Tooth Fairy Fun Facts 11:30 Bean Bag Toss 1:00 Hangman 2:00 Music – CUKES-Ukulele Group 3:00 Belly Laughs 6:30 Movie – Tooth Fairy</p> <p>Tooth Fairy Day</p>				

