

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					9:30am Exercise 11:00am Wear Red Photos 2:00pm Trip to Bangor Waterfront 4:00pm Heart Painting 6:00pm Exercise 7:00pm Movie	9:30am Exercise 11:00am Hand Massages 2:00pm Movie Matinee 4:00pm Heart Crafts 6:00pm Exercise 7:00pm Movie
3	4	5	6	7	8	9
9:00am Exercise 11:00am Coffee & News 2:00pm Movie 4:00pm Make Game Day Treats 6:00pm Superbowl Party! 7:00pm Movie	9:30am Exercise 11:00am Ball Toss 1:00pm Catholic Services 2:00pm Scenic Drive 4:00pm Cooks Corner 6:00pm Exercise 7:00pm Movie	9:30am Zumba 11:00am Snacks with Nutella 1:00pm Nostalgia- Music 2:00pm Ring Toss 4:00pm Parachute Game 6:00pm Exercise 7:00pm Movie	9:30am Exercise 11:00am Paint & Sip 2:00pm Heart Sponge Paiting 4:00pm Word Scrambler 6:00pm Exercise 7:00pm Movie	9:30am Exercise 11:00am Sing A Long 1:00pm Music w/Julie Paiting 4:00pm Send a Friend a Letter 6:00pm Exercise 7:00pm Movie	9:30am Exercise 11:00am Crafters' Station 2:00pm Trip to Bangor Waterfront 4:00pm Arts & Crafts 6:00pm Exercise 7:00pm Movie	9:30am Exercise 11:00am Morning News 2:00pm Movie Matinee 4:00pm Color Your Stress Away 6:00pm Exercise
10	11	12	13	14	15	16
9:00am Exercise 11:00am Coffee & News 2:00pm Movie & Snacks 4:00pm Coloring Corner 6:00pm Exercise 7:00pm Movie	9:30am Exercise 11:00am Catholic Services 2:00pm Dollar Store Trip 4:00pm Valentine's Day Treats 6:00pm Exercise	9:30am Zumba 11:00am Color By Number 2:00pm Harp with Judy 4:00pm Highest Roller 6:00pm Exercise 7:00pm Movie	9:30am Exercise 11:00am Wellness Clinic 2:00pm Griffiths- Music 4:00pm Valentine's Day Cards 6:00pm Exercise 7:00pm Movie	9:30am Exercise 11:00am Share Valentine's Cards 2:00pm Valentine's Party & Treats 6:00pm Exercise 7:00pm Movie	9:30am Exercise 11:00am Sing A Long 2:00pm Trip to the Brewer Waterfront 4:00pm Crosswords 6:00pm Exercise 7:00pm Movie	9:30am Exercise 11:00am Indoor Walking Club 2:00pm Movie Matinee 4:00pm Bowling 6:00pm Exercise 7:00pm Movie
17	18	19	20	21	22	23
9:30am Exercise 11:00am Coffee & News 2:00pm Movie Matinee 4:00pm Ring Toss 6:00pm Exercise 7:00pm Movie	9:30am Exercise 11:00am Cheese & Cider Social 1:00pm Catholic Services 2:00pm Make Slime 4:00pm Puzzles 6:00pm Exercise 7:00pm Movie	9:30am Zumba 11:00am Make Heart Wreaths 2:00pm Velvet Art 4:00pm Heart Sponge Painting 6:00pm Exercise 7:00pm Movie	9:30am Exercise 11:15am Duane- Music 2:00pm Lydick's- Music 4:00pm Basketball 6:00pm Exercise 7:00pm Movie	9:30am Exercise 11:00am Cooks Corner - Sticky Buns 2:00pm Water Color Painting 4:00pm Manicures 6:00pm Exercise 7:00pm Movie	9:30am Exercise 11:00am Paint & Sip 2:00pm Brewer Drive 4:00pm Margarita Day- Make Mock Margaritas! 6:00 pm Exercise 7:00pm Movie	9:30am Exercise 11:00am Indoor Walking Club 2:00pm Movie Matinee 4:00pm Card Game 6:00pm Exercise 7:00pm Movie
24	25	26	27	28		
9:30am Exercise 11:00am Parachute Games 2:00pm Movie Matinee 4:00pm Puzzles 6:00pm Exercise 7:00pm Movie	9:30am Exercise 11:00am Jewelry Making 1:00pm Catholic Services 2:00pm Let's Drive 4:00pm Volleyball 6:00pm Exercise 7:00pm Movie	9:30am Zumba 11:00am Rock Decorating 2:00pm Harp with Judy 4:00pm Trivia 6:00pm Exercise 7:00pm Movie	9:30am Exercise 11:00am Bowling 2:00pm Griffith's- Music 4:00pm Corling Corner 6:00pm Exercise 7:00pm Movie	9:30am Exercise 11:00a Chili & Socialize 2:00pm Color by Number 4:00pm Balloon Volleyball 6:00pm Exercise 7:00pm Movie		

