



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<h2 style="font-family: cursive;">February</h2>						<p>1 <u>Wear Red Day for Heart Health!</u> 10:30 Chair Exercise 1:00 Valentine Craft <u>2:45 Guitar w/ Bobby</u> 4:15 ConnectFit Well-Grounded – 2nd Floor <u>6:30 Ask the Doctor Documentary & Discussion: Obesity</u></p>	<p>2 10:00 Jeopardy 1:30 Bingo! <u>2:00 ConnectFit Music Therapy w/ Sheryl- 2nd Floor</u> 3:30 Groundhog Day Mad Libs GROUNDHOG DAY </p>
<p>3 10:00 Mass w/ Father Mike 11:00 Coffee Social 1:30 Flower Making w/ Shareda 3:00 Church w/ Royal Oak COC <u>6:30 Super Bowl Party- 1st Floor Lounge</u></p>	<p>4 <u>10:30 Music and Movement w/ Lori K.- 3rd Floor</u> 1:30 Bible Study 2:30 Movie & Snack: <u>Disney Nature Born in China</u> 3:00 ConnectFit: Art Group – 2nd Floor 6:30 Bingo!</p>	<p>5 10:00 Inspiration w/ Chaplain Jim 10:30 Fitness Club w/ Katie <u>1:30 Resident Council</u> 3:30 Piano w/ Henry</p>	<p>6 <u>10:00 Bingo!</u> 10:30 ConnectFit: Football Bowling – 2 East 1:00 Communion <u>1:30 CMPL Visit w/ Cody the Therapy Dog!/Presentation</u> 3:30 Valentine Craft</p>	<p>7 9:45 ConnectFit: Hymns w/ Chaplain Jim – 2nd Floor 10:30 Fitness Club w/ Katie: Armchair Travel 1:00 Short Stories <u>2:00 Zumba Gold w/ Michelle- 3rd Floor</u> <u>3:00 Health Seminar: Know Your Heart</u></p>	<p>8 <u>10:30 Music Memories w/ Dr. Butler- 2nd Floor</u> 1:30 Pamper Hands 3:30 Hot Tea Social 6:30 Friday Night Fun</p>	<p>9 10:00 Wellness Jeopardy 1:30 Bingo! 3:30 Game: Solo Cup Challenge</p>	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>10 10:00 Mass w/ Father Mike 11:00 Coffee Social 2:00 Church w/ Chaplain Jim 3:00 Ask the Doctor Documentary & Discussion:</p>	<p>11 10:30 Zumba Gold w/ Dorothy- 2nd Floor 1:30 Bible Study 2:30 Movie & Popcorn 3:00 ConnectFit: Art Group – 2nd Floor 6:30 Bingo!</p>	<p>12 10:00 Inspiration w/ Chaplain Jim 10:30 Fitness Club w/ Katie 1:30 Presentation: Westminster Dog Show 3:30 Piano w/ Henry</p>	<p>13 10:00 Hymns w/ Chaplain Jim 10:30 Fitness Club w/ Katie 1:00 Communion 2:00 Bingo! 2:30 ConnectFit: Baby Doll Visit – 2nd Floor 3:30 Make Valentines</p>	<p>14 9:45 ConnectFit: Hymns w/ Chaplain Jim – 2nd Floor 10:30 Fitness Club w/ Katie: Armchair Travel 1:30 ConnectFit: Name that Heart Tune – 2nd Floor 1:30 Mass w/ Father Brian (St. Thecla) 3:00 Makeup January Birthday Party/Valentine's Day Party w/ Paul Goodrow</p> <p style="text-align: center;"><i>Happy Valentine's Day</i></p>	<p>15 10:30 Fitness Club: Ring Toss w/ Katie 1:00 Heart Health Fair! - 3rd Floor  4:00 ConnectFit: Brain Games – 2nd Floor 6:30 Friday Night Fun</p>	<p>16 10:00 Jeopardy 1:30 Bingo! 3:30 Craft w/ Megan</p>
<p>17 10:00 Mass w/ Father Mike 11:00 Coffee Social 1:30 Scrabble 3:00 Church w/ Elmwood Park COC</p>	<p>18 10:30 Music and Movement w/ Lori K.- 3rd Floor 1:30 Bible Study 2:30 Cupcake Decorating Class w/ Jade D.!  6:30 Bingo!</p>	<p>19 10:00 Inspiration w/ Chaplain Jim 10:30 Fitness Club w/ Katie 1:30 Resident Memorial Service w/ Chaplain Jim 2:00 Outing: Sanders Ice Cream Parlor 3:30 Piano w/ Henry</p>	<p>20 10:00 Hymns w/ Chaplain Jim 10:30 Flow & Restore w/ Mandy – 3rd Floor 1:00 Rosary 1:30 Mass w/ Father DeHondt 2:30 Bingo! 3:30 ConnectFit: My Favorite Pet – 2nd Floor</p>	<p>21 9:45 ConnectFit: Hymns w/ Chaplain Jim – 2nd Floor 10:30 Fitness Club w/ Katie: Armchair Travel 1:00 Short Stories 2:00 Zumba Gold w/ Michelle- 3rd Floor 3:00 Foodie Group: Heart Health – 1 East Dining Room</p>	<p>22 10:30 Nintendo Wii Tennis – 1st Floor Lounge 1:30 ConnectFit: Let's Go to the Zoo Part II – 2nd Floor 3:30 Smoothie Social 6:30 Friday Night Fun</p>	<p>23 10:00 Bingo! 1:30 Birthday Party w/ Cake, Ice Cream, and Entertainment by Tom Birchler! </p>
<p>24 10:00 Mass w/ Father Mike 11:00 Coffee Social 2:00 Church w/ Chaplain Jim 3:00 Bracelet Making w/ Bre</p>	<p>25 10:30 Zumba Gold w/ Dorothy- 3rd Floor 12:00 Bingo Pizza Lunch 1:30 Game: "Places & Faces" 2:30 Movie & Snack 3:00 ConnectFit: Art Group – 2nd Floor 6:30 Bingo!</p>	<p>26 10:30 Fitness Club w/ Katie 1:30 Travelogue: The Underground Railroad 3:30 Piano w/ Henry</p>	<p>27 10:30 Fitness Club w/ Katie 1:00 Communion 2:00 Bingo! 3:00 ConnectFit: Baby Doll Visit – 2nd Floor 4:00 Bingo Shopping!</p>	<p>28 9:45 ConnectFit: Hymns w/ Chaplain Jim – 2nd Floor 10:30 Fitness Club w/ Katie: Armchair Travel 11:00 Makeup Outing to Ms. Mary's 1:30 YouTube & You: How One Man Changed the High Jump Forever 3:00 Short Stories</p>	<p>FEBRUARY</p> 	

