



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>“Love is the expansion of two natures in such fashion that each include the other, each is enriched by the other.” – Felix Adler</p>			<p>Welcome to February Cranium Crunches Fun & Fitness Active Games: Ladder Ball History of Canned Food Stretch & Flex Table Games: Dominoes</p>	<p>1 Morning News Scattergories Groundhog Day Balloon Volleyball Afternoon Fitness Sit & Fit Ukulele Concert</p> <p style="text-align: center;">Groundhog Day</p>	<p>2 Weekly Update What's the Word Music with Sonja Exercise Club Guess Who? Relaxation Spa Have a Laugh or Two</p>	<p>3 Good Mornings Brain Teasers Rhythm and Move Bean Bag Toss Name that Tune! Exercise Club MozART</p> <p>4</p>
<p>Sunday Catch Ups Hot Seat Game Spin the Wheel Fitness Ageless Spirit Full Snow Moon Sit & Fit Tommy Dorsey Orchestra</p> <p>5</p>	<p>Breakfast Club Scattergories Stretch & Flex Shuffleboard Ballet Fitness Fitness with Doug Mystery Monday</p> <p>6</p>	<p>Tuesday Chronicles Word Games Sit & Fit Table Games: Dominoes Balloon Tennis Love to Move National Ballet Concert</p> <p>7</p>	<p>In The News 5 Second Rule Rise & Shine Stretch Reading Circle Art Club: Valentines Craft Exercise Club Fruit Dominoes</p> <p>8</p>	<p>Highlights Fun with Words Fitness & Games History of Pizza In The Kitchen: Pizza Active Games Happy Hour</p> <p>9</p>	<p>News & Views Spin the Wheel Yoga with Sally Ring Toss Wonderful Inventions Stretch & Flex Golf</p> <p>10</p>	<p>Saturday News Old Wives Tale Love to Move Reading Club Basketball Relaxation Stretches Walking Songs</p> <p>11</p>
<p>Good Mornings Mind Benders Sunday Fitness Stargazing: Abraham Lincoln Birthday Celebration Dominoes</p> <p>12</p>	<p>News & Views Word games Exercise Club At the Spa History of Radio Movement to Music Blue Danube Waltz</p> <p>13</p>	<p>Breakfast Club Cranium Crunches Tuesday Fitness Table Games: Guess Who History of Valentine's Day Spin the Wheel Fitness Valentine's Day Party</p> <p style="text-align: center;">Valentine's Day</p> <p>14</p>	<p>Wednesday Chronicles Fun with Words Musical Balls You be the Judge Dice Bowling Sit & Fit Balloon Volleyball</p> <p>15</p>	<p>Table Topics Hot Seat Game Morning Fitness Social Club Riddle Me This! Exercise Sing Along</p> <p>16</p>	<p>Friday News Trivia Music with Sonja Shuffleboard Spot the Difference Love to Move Have a Laugh or Two</p> <p>17</p>	<p>Weekend News Fun with Words Movement to Music Balloon Volleyball Black History Month Afternoon Fitness Dice Bowling</p> <p>18</p>
<p>Sunday Mornings Cranium Crunches Hymn Sing Ball Games The Day Music Died Let's Get Moving Volleyball</p> <p>19</p>	<p>Monday Chronicles 5 Second Rule Fitness with Promodha Ping Pong Toss Scrapbooking Fun & Games Name that Tune!</p> <p style="text-align: center;">Presidents' Day (US)</p> <p>20</p>	<p>Rise & Shine Chat Scattergories Tuesday Fitness New Orleans Mardi Gras Mardi Gra Celebrations Social Club</p> <p style="text-align: center;">Mardi Gras</p> <p>21</p>	<p>Table Topics Spiritual Wisdom Let's Get Moving At the Spa All About: Humpback Whale Afternoon Fitness Ladder Ball</p> <p style="text-align: center;">Ash Wednesday</p> <p>22</p>	<p>Morning News Cranium Crunches Exercise with Doug Table Games: Scrabble Balloon Tennis Fun & Fitness Riddle Me This!</p> <p>23</p>	<p>Breakfast Club Mind Benders Yoga with Sally Golf Table Games Fun & Fitness Happy Hour</p> <p>24</p>	<p>Week in Review Fun with Words Sit & Fit Old Wives Tales Bean Bag Toss Let's get Moving Concert: Handel</p> <p>25</p>
<p>Weekend News Spiritual Wisdom Rise & Shine Stretch Tabletop Curling Stargazing: Johnny Cash Active Games Walking Songs</p> <p>26</p>	<p>Highlights Scattergories Monday Fitness Poetry Club Wine & Cheese Social Stretch & Flex Dance Concert</p> <p>27</p>	<p>Headline News What's the Word Fun & Fitness Spot the Difference Art Class Sit & Fit Orchestra: Ted Lewis</p> <p>28</p>	 <h1>February 2023</h1>			

*Timing and length of activities may change as they are driven by residents' interest and engagement. *Individual visits also occur.