

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AL 2nd fl. Bistro AUD Auditorium Cam Camm Lounge CC Corner Cafe DW D-wing REM Reminiscence SN 3rd fl. Bistro						African American History Month 9:15 Good Morning Chat & Updates! 9:30 Morning Go4Life Stretch & Tone 10:00 Linked Senior Fun 11:30 Meet Me at MOMA 1:30 1:1/ Engagement Cart Rounds 2:00 Weekend Bingo (AL) 4:00 Cheese & Crackers Social
Groundhog Day 2 9:15 Protestant Service (AUD) 9:15 Good Morning Chat & Updates! 9:30 Aromatherapy & Music 10:00 Joel Olsteen on Television (ch.5) 10:30 Morning Hymns 11:00 Catholic Mass (AUD) 11:30 1:1/ Engagement Cart Rounds 2:00 Weekend Bingo (AL) 3:00 Music by Hector Munoz (AL) 4:00 Tortilla Social	9:15 Good Morning Chat & Updates! 3 9:30 Aromatherapy & Music 10:00 Exercise Essentials 10:00 Shoppers Club 10:30 Timeless Trivia 12:00 Go4Life® Walk 1:30 Rosary & Prayer Group 2:00 Bingo Club 4:00 Macaroni Social	Rosa Parks Bday 4 9:15 Good Morning Chat & Updates! 9:30 Aromatherapy, Music & Hand Massage 10:00 Linked Senior Fun 11:00 Resident Council Meeting 12:00 Go4Life® Walk 2:00 AL/SN Scenic Ride 2:00 Yoga w/ Rita (DW) 4:00 Chicken Social	9:15 Good Morning Chat & Updates! 5 9:30 Aromatherapy & Music 10:30 Residents Choice 12:00 Go4Life® Walk 2:00 Snacks on Wheels w/ Teneka 3:00 Pohick Episcopal Church Service 4:00 Wine & Cheese Social	9:15 Good Morning Chat & Updates! 6 9:30 Aromatherapy, Music & Hand Massage 10:00 Live w/ Learning (trivia, word games) 12:00 Go4Life® Walk 1:00 Bridge Club (DW) 1:00 Music by Bob Clark 2:00 Bingo Club (AL) 4:00 Quiche Social	9:15 Good Morning Chat & Updates! 7 9:30 Aromatherapy & Music 10:00 Morning Matinee 10:30 AL/SN Lunch Bunch 2:00 8th Annual Chile Contest (AUD) 2:00 Floral Arranging (AL) 4:00 Brie Social	9:15 Good Morning Chat & Updates! 8 9:30 Aromatherapy, Music & Hand Massage 10:00 Linked Senior Fun 11:30 A-Z Trivia 1:30 1:1/ Engagement Cart Rounds 2:00 Weekend Bingo (AL) 4:00 Cheese & Crackers Social
9:15 Protestant Service (AUD) 9 9:15 Good Morning Chat & Updates! 9:30 Aromatherapy & Music 10:00 Joel Olsteen on Television (ch.5) 10:30 Morning Hymns 11:00 Catholic Mass (AUD) 11:30 1:1/ Engagement Cart Rounds 2:00 Weekend Bingo (AL) 4:00 Tortilla Social	9:15 Good Morning Chat & Updates! 10 9:30 Aromatherapy & Music 10:00 Shoppers Club 10:30 Baking Group (SN) 10:30 Poetry Club w/ Helen 11:00 Crossword Puzzle 12:00 Go4Life® Walk 1:30 Rosary & Prayer Group 2:00 Bingo Club 3:15 Macaroni Social w/ Jerry Roman	9:15 Good Morning Chat & Updates! 11 9:30 Aromatherapy, Music & Hand Massage 10:00 Movie Matinee 12:00 Go4Life® Walk 2:00 Yoga w/ Rita (DW) 4:00 Chicken Social	9:15 Good Morning Chat & Updates! 12 9:30 Aromatherapy & Music 10:00 Exercise Essentials 10:30 Valentine's Day Candy Decorating 10:30 Residents Choice 12:00 Go4Life® Walk 12:00 Monthly Birthday Luncheon in Main Dining Room 2:00 Snack Cart Engagements 2:45 Music by Mike Surratt (AL) 3:00 Pohick Episcopal Church Service 4:00 Wine & Cheese Social	9:15 Good Morning Chat & Updates! 13 9:30 Aromatherapy, Music & Hand Massage 10:30 Crafting w/ Loyal (AL) 12:00 Go4Life® Walk 1:00 Bridge Club (DW) 2:00 Bingo Club (AL) 4:00 Quiche Social 6:30 Music by Brian Rudolph (AL)	9:15 Good Morning Chat & Updates! 14 9:30 Aromatherapy & Music 10:15 Residents Choice 12:00 Go4Life® Walk 1:30 1:1/ Engagement Cart Rounds 2:00 Floral Arranging (AL) 2:00 Tai Chi w/ Nan (AL) 3:30 Let's Share The Love Social (AUD)	9:15 Good Morning Chat & Updates! 15 9:30 Morning Go4Life Stretch & Tone 10:00 Linked Senior Fun 11:00 Live w/ Melody 11:30 Meet Me at MOMA 1:30 1:1/ Engagement Cart Rounds 2:00 Weekend Bingo (AL) 4:00 Pierre Family Ministry & Music 4:00 Cheese & Crackers Social
9:15 Protestant Service (AUD) 16 9:15 Good Morning Chat & Updates! 9:30 Aromatherapy & Music 10:00 Joel Olsteen on Television (ch.5) 10:30 Morning Hymns 11:00 Catholic Mass (AUD) 11:30 1:1/ Engagement Cart Rounds 2:00 Weekend Bingo (AL) 4:00 Tortilla Social	Presidents' Day 17 9:15 Good Morning Chat & Updates! 9:30 Aromatherapy & Music 10:00 Shoppers Club 10:30 Exercise Essentials 10:30 Poetry Club w/ Helen 11:00 Trivia Fun 12:00 Go4Life® Walk 1:30 Rosary & Prayer Group 2:00 Bingo Club 4:00 Macaroni Social	9:15 Good Morning Chat & Updates! 18 9:30 Aromatherapy, Music & Hand Massage 10:00 Exercise Essentials 10:30 Linked Senior Fun 12:00 Go4Life® Walk 2:00 AL/SN Scenic Ride 2:00 Yoga w/ Rita (DW) 3:00 Music by Nashville Standard 4:00 Chicken Social	9:15 Good Morning Chat & Updates! 19 9:30 Aromatherapy & Music 10:00 Exercise Essentials 10:30 Music by Eric Highsmith (SN) 12:00 Go4Life® Walk 1:30 Hymns w/ Pastor Bill (REM) 2:00 Snacks on Wheels w/ Teneka 3:00 Pohick Episcopal Church Service 4:00 Wine & Cheese Social	9:15 Good Morning Chat & Updates! 20 9:30 Aromatherapy, Music & Hand Massage 10:00 Live w/ Learning (trivia, word games) 11:00 AL/SN Lunch Bunch 11:00 Music by Bob Clark 12:00 Go4Life® Walk 1:00 Bridge Club (DW) 2:00 Bingo Club (AL) 4:00 Quiche Social	9:15 Good Morning Chat & Updates! 21 9:30 Aromatherapy & Music 10:00 Word Games 11:00 Music by Ronald Doria (SN) 12:00 Go4Life® Walk 1:30 1:1/ Engagement Cart Rounds 2:00 Afternoon Karaoke (AL) 2:00 Floral Arranging (AL) 4:00 Brie Social	9:15 Good Morning Chat & Updates! 22 9:30 Aromatherapy, Music & Hand Massage 10:00 Linked Senior Fun 1:30 1:1/ Engagement Cart Rounds 2:00 Weekend Bingo (AL) 4:00 Cheese & Crackers Social
9:15 Protestant Service (AUD) 23 9:15 Good Morning Chat & Updates! 9:30 Aromatherapy & Music 10:00 Joel Olsteen on Television (ch.5) 10:30 Morning Hymns 11:00 Catholic Mass (AUD) 11:30 1:1/ Engagement Cart Rounds 2:00 Weekend Bingo (AL) 4:00 Tortilla Social	9:15 Good Morning Chat & Updates! 24 9:30 Aromatherapy & Music 10:00 Shoppers Club 10:30 Baking Group (SN) 10:30 Poetry Club w/ Helen 11:00 Crossword Puzzle 12:00 Go4Life® Walk 1:30 Rosary & Prayer Group 2:00 Bingo Club 3:00 Monthly Birthday Bash w/ Ordinary People 4:00 Cake & Ice Cream Social	Mardi Gras 25 9:15 Good Morning Chat & Updates! 9:30 Aromatherapy, Music & Hand Massage 10:30 Trivia Tuesday 12:00 Go4Life® Walk 2:00 Yoga w/ Rita (DW) 3:00 Mardi Gras Social w/ Gurda Williams	Ash Wednesday 26 9:15 Good Morning Chat & Updates! 9:30 Aromatherapy & Music 10:30 Residents Choice 12:00 Go4Life® Walk 1:30 Hymns w/ Pastor Bill (REM) 2:45 Music by Mike Surratt (AL) 3:00 Pohick Episcopal Church Service 4:00 Wine & Cheese Social	9:15 Good Morning Chat & Updates! 27 9:30 Aromatherapy, Music & Hand Massage 10:00 Exercise Essentials 10:00 Live w/ Learning (trivia, word games) 12:00 Go4Life® Walk 1:00 Bridge Club (DW) 2:00 Bingo Club (AL) 3:00 Joyful Entertainment w/ Loyal (AL) 4:00 Quiche Social	9:15 Good Morning Chat & Updates! 28 9:30 Aromatherapy & Music 10:00 Exercise Essentials 10:30 Word Games/Anagram 11:00 News Currents Sr. 12:00 Go4Life® Walk 1:30 1:1/ Engagement Cart Rounds 2:00 Floral Arranging (AL) 4:00 Brie Social 6:15 Bingo Night (AL)	Leap Day 29 9:15 Good Morning Chat & Updates! 9:30 Morning Go4Life Stretch & Tone 10:00 Linked Senior Fun 11:00 Live w/ Melody 11:30 Meet Me at MOMA 1:30 1:1/ Engagement Cart Rounds 2:00 Weekend Bingo (AL) 4:00 Cheese & Crackers Social

FEBRUARY 2020
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