

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						African American History Month 9:30 Morning Wake up 10:00 Baking Club 10:30 Early bird Exercise 11:00 Snack and Hydration with Life Skills 1:30 Go4Life@ Walking Club 2:00 Arts and Crafts 2:00 Meet Me at M.O.M.A. 3:00 Quiche Social 3:00 Cheese & Crackers Social 6:00 SingFit@ 6:30 Evening Relaxation Circle
Groundhog Day 2 9:30 Morning Wake up 10:00 Joel Osteen on Television (ch.5) 10:00 Baking Club 10:30 Early bird Exercise 11:00 Snack and Hydration with Life Skills 11:00 Catholic Mass 1:30 Go4Life@ Walking Club 3:00 Music by Hector Munoz 3:00 Tortilla Social 6:00 SingFit@ 6:30 Evening Relaxation Circle	9:30 Morning Wake up 10:00 Baking Club 10:30 Early bird Exercise 10:30 Poetry Club w/ Helen 11:00 Snack and Hydration with Life Skills 12:00 Independent Living Lunch 1:30 Go4Life@ Walking Club 2:00 Life skills with LEM 3:00 Macaroni Social 4:00 Fun and Movement 6:00 SingFit@ 6:30 Evening Relaxation Circle	Rosa Parks Bday 4 9:30 Morning Wake up 10:30 National Ice Cream Day w/ Carla 11:00 Snack and Hydration with Life Skills 1:30 Go4Life@ Walking Club 2:00 Life skills with LEM 3:00 Wine & Cheese Social 3:00 Yoga w/ Rita 3:00 Chicken Social 4:00 Live with Reflection Social 6:00 SingFit@ 6:30 Evening Relaxation Circle	9:30 Morning Wake up 10:00 Baking Club 10:30 Community Outreach 11:00 Snack and Hydration with Life Skills 1:30 Hymns with Pastor Bill 1:30 Go4Life@ Walking Club 2:00 Life skills with LEM 3:00 Pohick Episcopal Church Service 3:00 Wine & Cheese Social 6:00 SingFit@ 6:30 Evening Relaxation Circle	9:30 Morning Wake up 10:00 Baking Club 10:30 National Nuttella Day w/LEM 11:00 Snack and Hydration with Life Skills 1:00 Music by Bob Clark 1:30 Go4Life@ Walking Club 2:00 Life skills with LEM 3:00 Quiche Social 6:00 SingFit@ 6:30 Evening Relaxation Circle	9:30 Morning Wake up 10:00 Baking Club 10:30 Scenic ride 11:00 Snack and Hydration with Life Skills 1:30 Go4Life@ Walking Club 2:00 8th Annual Chile Contest 2:00 Floral Arranging 3:00 Brie Social 4:00 Movie w/Popcorn 6:00 SingFit@ 6:30 Evening Relaxation Circle	9:30 Morning Wake up 10:00 Baking Club 10:30 Early bird Exercise 11:00 Snack and Hydration with Life Skills 1:30 Go4Life@ Walking Club 2:00 Arts and Crafts 2:00 Meet Me at M.O.M.A. 3:00 Quiche Social 3:00 Cheese & Crackers Social 4:00 Movie w/Popcorn 6:00 SingFit@ 6:30 Evening Relaxation Circle
9:30 Morning Wake up 10:00 Joel Osteen on Television (ch.5) 10:00 Baking Club 10:30 Early bird Exercise 11:00 Snack and Hydration with Life Skills 11:00 Catholic Mass 1:30 Go4Life@ Walking Club 3:00 Tortilla Social 4:00 Movie w/Popcorn 6:00 SingFit@ 6:30 Evening Relaxation Circle	9:30 Morning Wake up 10:00 Baking Club 10:30 Early bird Exercise 10:30 Poetry Club w/ Helen 11:00 Snack and Hydration with Life Skills 12:00 Independent Living Lunch 1:30 Go4Life@ Walking Club 2:00 Life skills with LEM 3:00 Macaroni Social 3:15 Music by Jerry Roman 4:00 Movie w/Popcorn 6:00 SingFit@ 6:30 Evening Relaxation Circle	9:30 Morning Wake up 10:30 Making Peppermint Patties w/LEM 11:00 Snack and Hydration with Life Skills 1:30 Music Therapy w/ Peggy 2:00 Life skills with LEM 3:00 Yoga w/ Rita 3:00 Chicken Social 4:00 Live with Reflection Social 4:00 Movie w/Popcorn 6:00 SingFit@ 6:30 Evening Relaxation Circle	9:30 Morning Wake up 10:00 Baking Club 11:00 Community Outreach 11:00 Snack and Hydration with Life Skills 12:00 Monthly Birthday Luncheon in Main Dining Room 1:30 Hymns with Pastor Bill 2:45 Entertainer: Mike Surratt 3:00 Pohick Episcopal Church Service 3:00 Wine & Cheese Social 4:00 Movie w/Popcorn 6:00 SingFit@ 6:30 Evening Relaxation Circle	9:30 Morning Wake up 10:00 Baking Club 10:30 Crafting w/ Loye 10:30 National Pudding Day w/Carla 11:00 Snack and Hydration with Life Skills 1:30 Go4Life@ Walking Club 2:00 Life skills with LEM 3:00 Quiche Social 4:00 Movie w/Popcorn 6:00 SingFit@ 6:30 Music by Brian Rudolph 6:30 Evening Relaxation Circle	9:30 Morning Wake up 10:00 Baking Club 10:30 Scenic ride 11:00 Snack and Hydration with Life Skills 1:30 Go4Life@ Walking Club 2:00 Floral Arranging 2:00 Life skills with LEM 3:00 Brie Social 3:30 Let's Share The Love Social 4:00 Movie w/Popcorn 6:00 SingFit@ 6:15 Movie Night 6:30 Evening Relaxation Circle	9:30 Morning Wake up 10:00 Baking Club 10:30 Early bird Exercise 11:00 Snack and Hydration with Life Skills 1:30 Go4Life@ Walking Club 2:00 Arts and Crafts 2:00 Meet Me at M.O.M.A. 3:00 Quiche Social 3:00 Cheese & Crackers Social 4:00 Pierre Family Ministry & Music 4:00 Movie w/Popcorn 6:00 SingFit@ 6:30 Evening Relaxation Circle
9:30 Morning Wake up 10:00 Joel Osteen on Television (ch.5) 10:00 Baking Club 10:30 Early bird Exercise 11:00 Snack and Hydration with Life Skills 11:00 Catholic Mass 1:30 Go4Life@ Walking Club 3:00 Tortilla Social 4:00 Movie w/Popcorn 6:00 SingFit@ 6:30 Evening Relaxation Circle	Presidents' Day 17 9:30 Morning Wake up 10:00 Baking Club 10:30 Early bird Exercise 10:30 Poetry Club w/ Helen 11:00 Snack and Hydration with Life Skills 12:00 Independent Living Lunch 1:30 Go4Life@ Walking Club 2:00 Life skills with LEM 3:00 Macaroni Social 4:00 Movie w/Popcorn 6:00 SingFit@ 6:30 Evening Relaxation Circle	9:30 Morning Wake up 10:00 Baking Club 10:30 National Choc/Mint Day w/LEM 11:00 Snack and Hydration with Life Skills 1:30 Go4Life@ Walking Club 2:00 Life skills with LEM 3:00 Music by Nashville Standard 3:00 Yoga w/ Rita 3:00 Chicken Social 4:00 Live with Reflection Social 4:00 Movie w/Popcorn 6:00 SingFit@ 6:30 Evening Relaxation Circle	9:30 Morning Wake up 10:00 Baking Club 10:30 Music by Eric Highsmith 10:30 Community Outreach 11:00 Snack and Hydration with Life Skills 1:30 Hymns with Pastor Bill 2:00 Life skills with LEM 3:00 Pohick Episcopal Church Service 3:00 Wine & Cheese Social 4:00 Movie w/Popcorn 6:00 SingFit@ 6:30 Evening Relaxation Circle	9:30 Morning Wake up 10:00 Early Bird Exercise 10:30 Balloon Game 11:00 Snack and Hydration with Life Skills 11:00 Entertainer: Bob Clark 1:30 Go4Life@ Walking Club 3:00 Quiche Social 4:00 Movie w/Popcorn 6:00 SingFit@ 6:30 Music by Brian Rudolph 6:30 Evening Relaxation Circle	9:30 Morning Wake up 10:00 Baking Club 10:30 Early bird Exercise 10:30 Scenic ride 11:00 Music by Ronald Doria 11:00 Snack and Hydration with Life Skills 1:30 Go4Life@ Walking Club 2:00 Floral Arranging 2:00 Life skills with LEM 3:00 Brie Social 4:00 Movie w/Popcorn 6:00 SingFit@ 6:30 Evening Relaxation Circle	9:30 Morning Wake up 10:00 Baking Club 10:30 Early bird Exercise 11:00 Snack and Hydration with Life Skills 1:30 Go4Life@ Walking Club 2:00 Arts and Crafts 2:00 Meet Me at M.O.M.A. 3:00 Quiche Social 3:00 Cheese & Crackers Social 4:00 Movie w/Popcorn 6:00 SingFit@ 6:30 Evening Relaxation Circle
9:30 Morning Wake up 10:00 Joel Osteen on Television (ch.5) 10:00 Baking Club 10:30 Early bird Exercise 11:00 Snack and Hydration with Life Skills 11:00 Catholic Mass 1:30 Go4Life@ Walking Club 3:00 Tortilla Social 4:00 Movie w/Popcorn 6:00 SingFit@ 6:30 Evening Relaxation Circle	9:30 Morning Wake up 10:00 Baking Club 10:30 Early bird Exercise 10:30 Poetry Club w/ Helen 11:00 Snack and Hydration with Life Skills 12:00 Independent Living Lunch 1:30 Go4Life@ Walking Club 2:00 Life skills with LEM 3:00 Monthly Birthday Bash w/ Ordinary People 4:00 Movie w/Popcorn 6:00 SingFit@ 6:30 Evening Relaxation Circle	Mardi Gras 25 9:30 Morning Wake up 10:00 Baking Club 10:30 National Pancake Day w/LEM 11:00 Snack and Hydration with Life Skills 1:30 Music Therapy w/ Peggy 2:00 Life skills with LEM 3:00 Mardi Gras Social w/ Gurda Williams 3:00 Yoga w/ Rita 4:00 Live with Reflection Social 4:00 Movie w/Popcorn 6:00 SingFit@ 6:30 Evening Relaxation Circle	9:30 Morning Wake up 10:00 Baking Club 10:30 Community Outreach 11:00 Snack and Hydration with Life Skills 1:30 Hymns with Pastor Bill 2:00 Life skills with LEM 2:45 Entertainer: Mike Surratt 3:00 Pohick Episcopal Church Service 3:00 Wine & Cheese Social 4:00 Movie w/Popcorn 6:00 SingFit@ 6:30 Evening Relaxation Circle	9:30 Morning Wake up 10:00 Baking Club 10:30 National Strawberry Day w/LEM 11:00 Snack and Hydration with Life Skills 1:30 Go4Life@ Walking Club 2:00 Life skills with LEM 3:00 Joyful Entertainment w/ Loye 3:00 Quiche Social 4:00 Movie w/Popcorn 6:00 SingFit@ 6:30 Evening Relaxation Circle	9:30 Morning Wake up 10:00 Baking Club 10:30 Scenic ride luncheon 10:30 Early bird Exercise 11:00 Snack and Hydration with Life Skills 1:30 Go4Life@ Walking Club 2:00 Floral Arranging 2:00 Life skills with LEM 3:00 Brie Social 4:00 Movie w/Popcorn 6:00 SingFit@ 6:30 Evening Relaxation Circle	Leap Day 29 9:30 Morning Wake up 10:00 Baking Club 10:30 Early bird Exercise 11:00 Snack and Hydration with Life Skills 1:30 Go4Life@ Walking Club 2:00 Arts and Crafts 2:00 Meet Me at M.O.M.A. 3:00 Quiche Social 3:00 Cheese & Crackers Social 4:00 Movie w/Popcorn 6:00 SingFit@ 6:30 Evening Relaxation Circle

FEBRUARY 2020
Reminiscence
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LIVE WITH PURPOSE

