

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						African American History Month 1
Groundhog Day 2	9:00 News & Coffee 9:30 Good Morning Chat & Updates! 10:00 Stretch & Exercise 10:15 Linked Senior 10:30 Poetry Club w/ Helen 11:40 Go4Life® Walk 1:30 Rosary Prayer Group 2:00 Afternoon Conversations 2:00 Bingo Club 3:00 Macaroni Social 3	Rosa Park Bday 4 9:00 News & Coffee 9:30 Good Morning Chat & Updates! 10:00 Stretch & Exercise 10:15 Linked Senior 10:45 Baking Club 11:40 Go4Life® Walk 2:00 Yoga w/ Rita 3:00 Chicken Social	9:00 News & Coffee 5 9:30 Good Morning Chat & Updates! 10:00 Stretch & Exercise 10:15 Linked Senior 10:45 Valentine's Baking Activity 11:40 Go4Life® Walk 1:30 Hymns with Pastor Bill 3:00 Wine & Cheese Social	9:00 News & Coffee 6 9:30 Good Morning Chat & Updates! 10:00 Stretch & Exercise 10:15 Linked Senior 10:45 First Ladies Trivia 11:40 Go4Life® Walk 1:00 Music by Bob Clark 2:00 Sing-a-Long 2:00 Bingo Club 3:00 Quiche Social	9:00 News & Coffee 7 9:30 Good Morning Chat & Updates! 10:00 Stretch & Exercise 10:15 Linked Senior 11:00 Cookies, Music & Meditation 11:40 Go4Life® Walk 2:00 8th Annual Chile Contest 2:00 Floral Arranging 3:00 Brie Social	8
9	9:00 News & Coffee 9:30 Good Morning Chat & Updates! 10:00 Stretch & Exercise 10:15 Linked Senior 10:30 Poetry Club w/ Helen 11:40 Go4Life® Walk 1:30 Rosary Prayer Group 2:00 Afternoon Conversations 2:00 Bingo Club 3:15 Macaroni Social w/ Jerry Roman 10	9:00 News & Coffee 11 9:30 Good Morning Chat & Updates! 10:00 Stretch & Exercise 10:15 Linked Senior 10:45 Baking Club 11:40 Go4Life® Walk 1:30 Music Therapy w/ Peggy 2:00 Yoga w/ Rita 3:00 Chicken Social	9:00 News & Coffee 12 9:30 Good Morning Chat & Updates! 10:00 Stretch & Exercise 10:15 Linked Senior 11:00 February Art Project 11:40 Go4Life® Walk 12:00 Monthly Birthday Luncheon in Main Dining Room 1:30 Hymns with Pastor Bill 2:45 Music by Mike Surratt 3:00 Wine & Cheese Social	9:00 News & Coffee 13 9:30 Good Morning Chat & Updates! 10:00 Stretch & Exercise 10:15 Linked Senior 10:30 Crafting w/ Loye 10:30 Community Service Outing 11:40 Go4Life® Walk 2:00 Sing-a-Long 2:00 Bingo Club 3:00 Quiche Social	9:00 News & Coffee 14 9:30 Good Morning Chat & Updates! 10:00 Stretch & Exercise 10:15 Linked Senior 11:40 Go4Life® Walk 2:00 Floral Arranging 2:00 Tai Chi w/ Nan 3:30 Let's Share The Love Social	15
16	Presidents' Day 17 9:00 News & Coffee 9:30 Good Morning Chat & Updates! 10:00 Stretch & Exercise 10:15 Linked Senior 10:30 Poetry Club w/ Helen 11:40 Go4Life® Walk 1:30 Rosary Prayer Group 2:00 Afternoon Conversations 2:00 Bingo Club 3:00 Macaroni Social	9:00 News & Coffee 18 9:30 Good Morning Chat & Updates! 10:00 Stretch & Exercise 10:15 Linked Senior 11:00 Resident Council Meeting 11:40 Go4Life® Walk 2:00 Yoga w/ Rita 3:00 Chicken Social w/ Nashville Standard	9:00 News & Coffee 19 9:30 Good Morning Chat & Updates! 10:00 Stretch & Exercise 10:15 Linked Senior 10:30 Music by Eric Highsmith 11:40 Go4Life® Walk 1:30 Hymns with Pastor Bill 3:00 Wine & Cheese Social	9:00 News & Coffee 20 9:30 Good Morning Chat & Updates! 10:00 Stretch & Exercise 10:15 Linked Senior 11:00 Music by Bob Clark 11:40 Go4Life® Walk 2:00 Sing-a-Long 2:00 Bingo Club 3:00 Quiche Social	9:00 News & Coffee 21 9:30 Good Morning Chat & Updates! 10:00 Stretch & Exercise 10:15 Linked Senior 11:00 Music by Ronald Doria 11:00 Music Bingo 11:40 Go4Life® Walk 2:00 Floral Arranging 2:15 Craftroom Friday 3:00 Brie Social	22
23	9:00 News & Coffee 9:30 Good Morning Chat & Updates! 10:00 Stretch & Exercise 10:15 Linked Senior 10:30 Poetry Club w/ Helen 11:40 Go4Life® Walk 1:30 Rosary Prayer Group 2:00 Afternoon Conversations 2:00 Bingo Club 3:00 Monthly Birthday Bash w/ Ordinary People 24	Mardi Gras 25 9:00 News & Coffee 9:30 Good Morning Chat & Updates! 10:00 Stretch & Exercise 10:15 Linked Senior 10:45 Baking Club 11:40 Go4Life® Walk 1:30 Music Therapy w/ Peggy 2:00 Yoga w/ Rita 3:00 Mardi Gras Social w/ Gurda Williams	Ash Wednesday 26 9:00 News & Coffee 9:30 Good Morning Chat & Updates! 10:00 Stretch & Exercise 10:15 Linked Senior 10:45 February Craft Project 11:40 Go4Life® Walk 1:30 Hymns with Pastor Bill 2:45 Music by Mike Surratt 3:00 Wine & Cheese Social	9:00 News & Coffee 27 9:30 Good Morning Chat & Updates! 10:00 Stretch & Exercise 10:15 Linked Senior 10:30 Lunch Outing 11:40 Go4Life® Walk 2:00 Bingo Club 3:00 Quiche Social w/ Joyful Entertainment	9:00 News & Coffee 28 9:30 Good Morning Chat & Updates! 10:00 Stretch & Exercise 10:15 Linked Senior 10:45 Bowling Game 11:40 Go4Life® Walk 2:00 Floral Arranging 2:15 Name That Tune 3:00 Brie Social	Leap Day 29

FEBRUARY 2020
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