

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

3 9:00 Worship Service
11:30 Lunch Time Devotional
2:00 Coffee and News
3:00 Bingo
5:30 National Day Recog.
6:00 Color Me Calm

4 10:30 Balance 101
11:30 Lunch, Devotional
1:00 Walk with EnerG
2:00 Coffee and News
2:30 Fun Facts
5:30 National Day Recog.

5 10:30 Stretch and Flex
11:30 Lunch, Devotional
1:00 Music and Instruments
2:00 Coffee and News
2:30 Brain Games
5:30 National Day Recog.
6:00 Pet Visit/Da'Vi

6 10:00 Bible Study (Church)
11:30 Lunch, Devotional
2:00 1:1's
3:15 Coffee and News
5:30 National Day Recog.
6:00 Yoga and Stretching

7 10:30 Muscle Movers
11:30 Lunch, Devotional
1:00 Active Games
2:00 Coffee and News
2:30 Puzzles, Mazes and More
4:00 Pet Visit/Nellie
5:30 National Day Recog.

1 10:00 Walk This Way
11:30 Lunch, Devotional
1:00 4-H/Home Explorers-social visit
2:00 Coffee and News
3:00 Trivia
5:30 National Day Recog.
6:00 Comm. Break Exercise

2 10:00 Manicures
11:30 Lunch Time Devotional
2:00 Coffee and News
3:00 Ring Toss/Horse Shoe
5:30 National Day Recog.
6:00 Pick A Flick/Popcorn

10 9:00 Worship Service
11:30 Lunch Time Devotional
2:00 Coffee and News
3:00 Hot Potato
5:30 National Day Recog.
6:00 Color Me Calm

11 10:30 Basic Flexibility
11:30 Lunch, Devotional
1:00 Walk with EnerG
2:00 Coffee and News
2:30 Fun Facts
5:30 National Day Recog.

12 10:30 Kickboxing
11:30 Lunch, Devotional
1:00 Crafty Creations
2:00 Coffee and News
2:30 Reminisce-Valentine's Day
5:30 National Day Recog.
6:00 Pet Visit/Da'Vi

13 10:00 Bible Study (Church)
11:30 Lunch, Devotional
2:00 1:1's
3:15 Coffee and News
5:30 National Day Recog.
6:00 Tai Chi

14 VALENTINES DAY
10:30 Chair Dancing
11:30 Lunch, Devotional
12:30 Balloon Volleyball
2:00 Entertainment/Greta Leen
3:00 Coffee and News
5:30 National Day Recog.

15 10:00 Walk This Way
11:30 Lunch Time Devotional
2:00 Coffee and News
3:00 Trivia
5:30 National Day Recog.
6:00 Commercial Break Exercise

16 10:00 Manicures
11:30 Lunch Time Devotional
2:00 Coffee and News
3:00 Ring Toss/Horse Shoe
5:30 National Day Recog.
6:00 Pick A Flick/Popcorn

17 9:00 Worship Service
11:30 Lunch Time Devotional
2:00 Coffee and News
3:00 Bingo
5:30 National Day Recog.
6:00 Color Me Calm

18 PRESIDENTS DAY
11:30 Lunch, Devotional
1:00 Walk This Way
2:00 Coffee and News
3:00 Activity Basket
5:30 National Day Recog.

19 10:30 Kickboxing
11:30 Lunch, Devotional
1:00 Crafty Creations
2:00 Coffee and News
2:30 Once Upon a Time
5:30 National Day Recog.

20 10:00 Bible Study (Church)
11:30 Lunch, Devotional
2:00 1:1's
3:15 Coffee and News
5:30 4-H/Refuge Rangers-Bingo

21 10:30 Muscle Movers
11:30 Lunch, Devotional
12:30 Active Games
2:00 Birthday Celebration/George Jundt
3:00 Coffee and News
5:30 National Day Recog.

22 10:30 Music and Motion
11:30 Lunch Time Devotional
1:00 Short Story/Discussion
2:00 Coffee and News
2:30 Trivia
5:30 National Day Recog.
6:00 Commercial Break Exercise

23 10:00 Dice/Cards
11:30 Lunch Time Devotional
2:00 Coffee and News
3:00 Baking
5:30 National Day Recog.
6:00 Pick A Flick/Popcorn

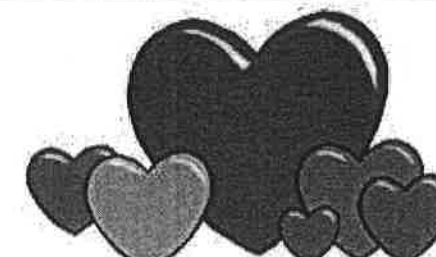
24 9:00 Worship Service
11:30 Lunch Time Devotional
2:00 Coffee and News
3:00 Hot Potato
5:30 National Day Recog.
6:00 Color Me Calm

25 11:30 Lunch, Devotional
1:00 Walk with EnerG
2:00 Coffee and News
2:30 Fun Facts
5:30 National Day Recog.

26 10:00 Music and Motion
11:30 Lunch, Devotional
2:00 Coffee and News
3:00 Activity Basket
5:30 National Day Recog.
6:00 Pet Visit/Da'Vi

27 10:00 Bible Study (Church)
11:30 Lunch, Devotional
2:00 1:1's
3:15 Coffee and News
5:30 National Day Recog.
6:30 Youth Group-Bingo

28 10:00 Catholic Mass
11:30 Lunch, Devotional
12:30 Balloon Volleyball
2:00 Entertainment/Rick Brix
3:00 Coffee and News
5:30 National Day Recog.



Sunday

Monday

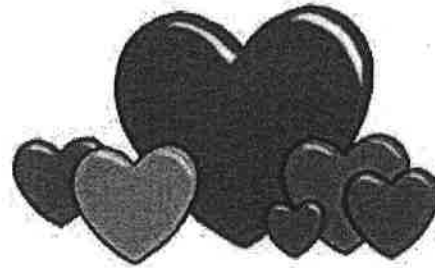
Tuesday

Wednesday

Thursday

Friday

Saturday



3 9:00 Worship Service
10:15 Bible Study
1:30 No Peek Thirty-One

4 10:00 Trivia
1:30 Pokeno
3:30 Balance 101
6:00 Shake Dice/Barb

5 9:00 Caramel Rolls
Coffee Shop
9:30 Exercise with Sandy
1:30 Farkel
3:30 Balloon Volleyball
6:00 No Peek Thirty One

6 10:00 Bible Study
(Church)
2:00 Bingo
3:30 Crafty Creations
6:00 Whist/Barb

7 9:30 Exercise with
Sandy
3:30 Tai Chi
6:00 Rummikub/Connie
6:00 Board Games

1 1:30 Shake Dice/Barb
2:00 Coffee and Chat
6:00 Whist/Barb

2 9:30 Exercise with
Sandy
1:30 Dominos

10 9:00 Worship Service
10:15 Bible Study
1:30 No Peek Thirty-One

11 10:00 Trivia
1:30 Pokeno
2:00 Movie/2nd floor Activity
Room
3:30 Chair Pilates
6:00 Shake Dice/Barb

12 9:00 Caramel Rolls/
Coffee Shop
9:30 Exercise with Sandy
1:30 Farkel
3:30 Active Games
6:00 No Peek Thirty One

13 10:00 Bible Study
(Church)
2:00 Bingo
3:30 Music and Movement
6:00 Whist/Barb

14 VALENTINES DAY
9:30 Exercise with
Sandy
2:00 Entertainment/Greta
Leen
3:30 Name That "Heart" Tune
6:00 6,5,4, with Bea

15 1:30 Shake Dice/Barb
2:00 Coffee and Chat
6:00 Whist/Barb

16 9:30 Exercise with
Sandy
1:30 Dominos

17 9:00 Worship Service
10:15 Bible Study
1:30 No Peek Thirty-One

18 PRESIDENTS DAY
10:00 Trivia
1:30 Pokeno
6:00 Shake Dice/Barb

19 9:00 Caramel Rolls
Coffee Shop
9:30 Exercise with Sandy
1:30 Farkel
3:30 Balloon Volleyball
6:00 No Peek Thirty One

20 10:00 Bible Study
(Church)
2:00 Bingo
3:30 Kickboxing
6:00 Whist/Barb

21 2:00 Birthday
Celebration/George Jundt
2:30 Pet Visits/Nellie
3:30 Tai Chi
6:00 Rummikub/Connie
6:00 Board Games

22 9:15 Store Trip
1:30 Shake Dice/Barb
2:00 Coffee and Chat
3:30 Chair Dancing
6:00 Whist/Barb

23 9:30 Exercise with
Sandy
1:30 Dominos

24 9:00 Worship Service
10:15 Bible Study
1:30 No Peek Thirty-One

25 10:00 Trivia
1:30 Pokeno
3:30 Chair Pilates
6:00 Shake Dice/Barb

26 9:00 Caramel Rolls
Coffee Shop
9:30 Exercise with Sandy
1:30 Farkel
6:00 Horse Racing

27 10:00 Bible Study
(Church)
2:00 Bingo
3:30 Yoga and Stretching
6:00 Whist/Barb

28 10:00 Catholic Mass
2:00 Entertainment/Rick
Brix
3:30 Brain Power
6:00 6,5,4, with Bea