



FEBRUARY 2019 INDEPENDENT LIVING



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



					<p>1 10:30AM – Exercise 11:00AM – Meditation 1:00PM – 2:00PM – Bible Study 1:30PM – Game of Jenga 2:00PM – 3:30PM Crafts with Valerie</p>	<p>2 <u>Ground Hog Day</u> 10:30AM – ROSARY 1:30PM –BINGO</p>
<p>3 1:30PM – Movie 3:00PM– Table Games 6:00PM – Super Bowl Sunday in the Community Room</p>	<p>4 9:00AM – TD Bank 10:30AM -Exercise 11:00AM –Technology Questions 1:30PM – 3:30PM – Pokeno 3:30PM – 4:30PM– Popcorn Hour 6:00PM - Bridge</p>	<p>5 10:30AM -Exercise 11:00AM – Scrabble Groups 2:00PM – Live Entertainment with Peter Lieberman 3:30PM – Valentine’s Day Trivia</p>	<p>6 9:00AM – Shop Rite 10:30AM – Exercise 11:00AM – Today’s News Discussion 2:00PM – Town Hall Meeting 3:30PM – Shop Rite Nutritional Seminar</p>	<p>7 9:00AM – Aldi’s 10:30AM -Exercise 11:00 AM – German Church Service 1:30PM – 3:30PM – Pokeno 2:00PM – What the Health Program 3:30PM – What the Health Q&A</p>	<p>8 9:45AM -Exercise 10:30AM – Church Service 11:00AM – Meditation 11:45AM- PF Chang’s 1:30PM – Bible Study 3:00PM – Walking Exercise</p>	<p>9 10:30AM – ROSARY 1:30PM –BINGO</p>
<p>10 1:30PM – Movie 3:00PM– Table Games</p>	<p>11 9:00AM – TD Bank 10:30AM -Exercise 11:00AM – Tech Questions 1:30PM – 3:30PM – Pokeno 2:30PM – Black History Month Discussion Group 6:00PM - Bridge</p>	<p>12 9:45AM- Catholic Mass 10:30AM -Exercise 11:00AM – Chair Yoga 1:30PM – Racing Hearts (Bring Your Pennies) 3:00PM – Paint to the Music</p>	<p>13 9:00AM - Shop Rite 10:30AM – Exercise 11:00AM – Today’s News 12:30PM – National Geographic 1:30PM- Walmart 3:30PM – Wii Sports</p>	<p>14 <u>Valentine’s Day</u> 10:30AM -Exercise 11:00PM – Movie Love Quotes 12:30PM – Current Events 1:30PM – 4:00PM Valentine’s Day Social</p>	<p>15 9:45AM -Exercise 10:39AM- Church Service 11:00AM – Meditation 1:00PM – Uncle Giuseppe’s Marketplace 1:30PM – Bible Study 1:30PM – Pokeno 2:30PM – Presidential Trivia</p>	<p>16 10:30AM – ROSARY 1:30PM –BINGO</p>



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Saturday

<p>17</p> <p>1:30PM – Movie</p> <p>3:00PM– Table Games</p>	<p>18 <u>President's Day</u></p> <p>9:00AM-TD Bank</p> <p>10:30AM -Exercise</p> <p>11:00AM – Tech Questions</p> <p>2:00PM – Big Buck Bingo!</p>	<p>19</p> <p>10:30AM -Exercise</p> <p>11:00AM – Chair Yoga</p> <p>1:30PM – Family Dollar</p> <p>2:00PM – Live Entertainment with Harry Maitland</p> <p>3:30PM – Resident's Choice</p>	<p>20</p> <p>9:00AM – Shop Rite</p> <p>10:30AM – Exercise</p> <p>11:00AM – Book Exchange Meeting</p> <p>2:00PM-3:30 Crafts with Valerie</p> <p>3:30PM – Ring Toss Challenge</p>	<p>21</p> <p>10:30AM – Exercise</p> <p>11:00AM –Hand Massages</p> <p>1:30PM – Trader Joe's</p> <p>1:30PM – 3:30PM – Pokeno</p> <p>2:00PM – Romantic Movie Matinee & Popcorn</p>	<p>22</p> <p>9:45AM -Exercise</p> <p>10:30AM – Church Service</p> <p>11:00AM – Meditation</p> <p>11:45AM- Brownstone Pancake Factory</p> <p>1:30PM – Bible Study</p> <p>2:30PM – Karaoke</p> <p>3:30PM – Wii Sports</p>	<p>23</p> <p>10:30AM – ROSARY</p> <p>1:00PM –BINGO</p>
<p>24</p> <p>1:30PM – Movie</p> <p>3:00PM– Table Games</p>	<p>25</p> <p>9:00AM – TD Bank</p> <p>10:30AM – Exercise</p> <p>11:00AM – Tech Questions</p> <p>1:30PM – 3:30PM – Pokeno</p> <p>2:00PM – Travel France with Rick Steves</p> <p>6:00PM - Bridge</p>	<p>26</p> <p>9:00AM – Shop Rite</p> <p>10:30AM – Exercise</p> <p>11:00AM – Trivia Teams</p> <p>1:30PM – Shut the Box Number Game</p> <p>2:30PM – Comedy Hour</p> <p>3:30PM – Stretch & Bend</p>	<p>27</p> <p>9:30AM – Catholic Mass</p> <p>10:30AM – Exercise</p> <p>11:00AM – Stretch & Flex</p> <p>1:30PM – 4:00PM Nail Spa Open for Men/Women</p>	<p>28</p> <p>9:00AM- Aldi's</p> <p>10:30AM – Exercise</p> <p>11:00AM – Chair Yoga</p> <p>1:30PM – 3:30PM – Pokeno</p> <p>2:30PM – Art Therapy</p> <p>3:30PM – Walking Exercise</p>		<p>** ALL ACTIVITIES AND TRIPS ARE SUBJECT TO CHANGE**</p> <p>**Hair Dresser for Men and Women Wednesdays and Thursdays 8:30AM-12:00PM**</p>

