

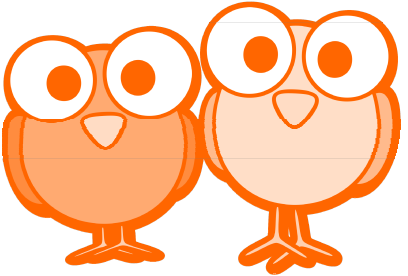





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Lovebirds Month! "We are spreading our wings this month and celebrating Bird-Feeding Month"			1 Rise the Rate *Bird Trivia Plaza Walking Club Historical Events Art Appreciation Hairstyling w/ Staff Bingo	2 Daily Chronicle Friday Documentary Snack Shack Balloon Volleyball Gather! Plaza Walking Club	3 Coffee & Chat Saturday Newspaper World Trivia Society Bingo Puzzles & Pondering Classic Movie
4 Coffee & Chat Weekly Inspirations Watercolor Painting Plaza Walking Club (2p) Scenic Drive (3p) Super Bowl Party	5 Chair Warm Ups Kickball Bean bag Toss Balloon Volleyball *DIY Feather Pens Plaza Walking Club Music w/ Bob Phillips Pop Movie	6 Sit & Be Fit Arts & Crafts Hand Massages Snack Shack What's Cooking (2p) Bowling Black & White Movie	7 Balance & Movement Instrumental Vowels Soccer Ball Kick Cooking Inspiration: Heart Shaped Cookies Happy Hour w/ Stefani Novel Reading Club	8 Rise the Rate *Calling All Birds –Short Story Plaza Walking Club Historical Events Art Appreciation Hairstyling w/ Staff Bingo	9 Daily Chronicle Friday Documentary Snack Shack Balloon Volleyball Gather! Plaza Walking Club	10 Coffee & Chat Saturday Newspaper World Trivia Bingo Puzzles & Pondering Classic Movie
11 Coffee & Chat Weekly Inspirations Watercolor Painting Plaza Walking Club (2p) Scenic Drive *Bird Brain Game	12 Chair Warm Ups Kickball Bean bag Toss Balloon Volleyball *Paper Nest Bowl Plaza Walking Club Music w/ Bob Phillips Pop Movie	13 Sit & Be Fit Arts & Crafts Hand Massages (2p) Shrove Tuesday Pancake Party! Bowling Black & White Movie	14 Balance & Movement (11:30) Scenic Drive Soccer Ball Kick Valentine Greeting Cards Happy Hour w/ Lee Durley Novel Reading Club	15 Rise the Rate *Bird Trivia Plaza Walking Club Historical Events Art Appreciation Hairstyling w/ Staff Bingo	16 Daily Chronicle Friday Documentary Snack Shack Balloon Volleyball Gather! Plaza Walking Club	17 Coffee & Chat Saturday Newspaper World Trivia Bingo Puzzles & Pondering Classic Movie
18 Coffee & Chat Weekly Inspirations Watercolor Painting Plaza Walking Club No Scenic Drive *Name That Bird Call	19 Chair Warm Ups Kickball Bean bag Toss Balloon Volleyball *Birdhouse Door Decor Plaza Walking Club Music w/ Bob Phillips Pop Movie	20 Sit & Be Fit Arts & Crafts Hand Massages Snack Shack What's Cooking (2p) Bowling Black & White Movie	21 Balance & Movement (11:30) Scenic Drive Soccer Ball Kick Cooking Inspiration Happy Hour w/ Stefani (2pm) Poetry Time w/ Stevenson School	22 Rise the Rate *Random Trivia Plaza Walking Club Historical Events *Cupcake Liner Birds Hairstyling w/ Staff Bingo	23 Daily Chronicle Friday Documentary Snack Shack Balloon Volleyball Plaza Walking Club	24 Coffee & Chat Saturday Newspaper World Trivia Bingo Puzzles & Pondering Classic Movie
25 Coffee & Chat Weekly Inspirations Watercolor Painting Plaza Walking Club (2p) Scenic Drive *Feathered Friends Scavenger Hunt	26 Chair Warm Ups Kickball Bean bag Toss Balloon Volleyball *Handyman: Building a Birdhouse Music w/ Bob Phillips Pop Movie	27 Sit & Be Fit Arts & Crafts Hand Massages Snack Shack What's Cooking (2p) Bowling Black & White Movie	28 Balance & Movement (11:30) Lunch Box Outing Soccer Ball Kick Cooking Inspiration Happy Hour w/ Lee Durley Novel Reading Club	Shrove Tuesday is also known as Fat Tuesday or Mardi Gras. We're celebrating by having all you can eat pancakes! Come hungry on Tuesday Feb. 13th at 2pm!	Valentine's Day is being celebrated with a dance! Grab your lovebird and join us on the 1st floor on Feb. 14th at 6:30p	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2/3 Victor McCullough 2/6 Peggy Winter 2/9 Sal Riso 2/13 Patricia Briscoe 2/14 Eugene Becker 2/14 Richard Fetherstonhaugh	2/15 Faith Olson 2/15 Don Hofmann 2/16 Kathryn Mullins 2/18 Ken Casanega 2/26 Antoinette Simmons 2/27 Lavonne Rilling		1 9:00 B/P & Hearing check 9:45 Morning Exercise 10:00 Shop Serendipity 10:30 Valentine's Crafts 1:00 Bookmobile 1:30 Scenic Drive 3:00 Curtain Call 4:00 HH w/ Ben Herod	2 9:15 Fitness w/ Wendy 9:45 Morning Exercise 11:00 Line Dancing 3:00 Build-A-Sandwich 3:15 Popcorn & Chat 4:00 Music w/ Jackson & Georgette 7:00 Evening Movie	3 9:30 Mental Gym 9:45 Chair Exercise 10:00 Shop Monterey 1:00 Shop Carmel 2:00 Knitting w/ Mrs. Torres 3:00 Bingo 7:00 Evening Movie
4 7:30a-1:00 Church Transportation 2:00-3:00 Downton Abbey Series 3:30 Super Bowl LII Party	5 9:15 Fitness w/ Wendy 10:00 Shop Serendipity 11:00 <u>Veteran's Coffee Chat</u> 12:30 New Beginnings w/ Mick 2:00 Music w/ Bob Phillips 7:00 Evening Movie	6 9:45 Morning Exercise 10:30 Documentary Movie 11:00 Tai Chi 1:00 Shop Pacific Grove 2:00 What's Cooking 4:00 Social Happy Hour	7 9:15 Fitness w/ Wendy 10:00 Catholic Service 11:00 Lunch Box Outing 1:00 Bridge 2:30 Yoga w/ Mae 3:00 Mini Manicures 4:00 Happy Hour w/ Mike Noonan	8 9:45 Gentle Chair Exercise 10:00 Shop Serendipity 1:00 Bookmobile 2:00 Mexican Train Game 3:00 Curtain Call 4:00 Happy Hour w/ Wendy	9 9:15 Fitness w/ Wendy 9:45 Morning Exercise 11:00 Line Dancing 3:00 Build-A-Sandwich 3:15 Popcorn & Chat 4:00 Music w/ Jackson & Georgette 7:00 Evening Movie	10 9:30 Mental Gym 9:45 Chair Exercise 10:00 Shop Monterey 1:00 Shop Carmel 2:30 Hot Chocolate Social 3:00 Bingo 7:00 Evening Movie
11 7:30a-1:00 Church Transportation 1:15 Music w/ Christian Hymns 1:00 Carmel Theatre Transportation (Funhome Musical) 2:00-4:00 Downton Abbey	12 9:15 Fitness w/ Wendy 10:00 Shop Serendipity 12:30 New Beginnings w/ Mick 2:00 Music w/ Bob Phillips 7:00 Evening Movie	13 9:45 Morning Exercise 10:15 Cupcake Decorating w/ Santa Catalina 11:00 Tai Chi 1:00 Shop Carmel 2:00 What's Cooking 3:00 History Talks w/ Pat 4:00 Social Happy Hour	14 9:15 Fitness w/ Wendy 9:45 Gentle Chair Exercise 10:00 Catholic Service 2:30 Yoga w/ Mae 3:00 Mini Manicures 6:30-8p Be My Valentine Dance w/ Thom Cuneo Jazz Band	15 9:00 B/P & Hearing check 9:45 Gentle Chair Exercise 10:00 Shop Serendipity 1:00 Bookmobile 1:30 17-Mile Drive 2:00 Chef Chat 3:00 Curtain Call 4:00 HH w/ Lee Durley	16 9:15 Fitness w/ Wendy 9:45 Morning Exercise 11:00 Line Dancing 3:00 Build-A-Sandwich 3:30 Popcorn & Chat 4:00 Music w/ Jackson & Georgette 7:00 Evening Movie	17 9:30 Mental Gym 9:45 Chair Exercise 2:00 Shop Monterey 1:00 Shop Carmel 2:00 Knitting w/ Mrs. Torres 3:00 Bingo 7:00 Evening Movie
18 7:30a-1:00 Church Transportation 1:30 Symphony Transportation 2:00-4:00 Downton Abbey	19 9:15 Fitness w/ Wendy 10:00 Shop Serendipity 12:30 New Beginnings w/ Mick 2:00 Music w/ Bob Phillips 7:00 Evening Movie	20 9:45 Morning Exercise 10:30 Documentary Movie 11:00 Tai Chi 1:00 Shop Marina/Sand City 2:00 What's Cooking 4:00 Social Happy Hour	21 9:15 Fitness w/ Wendy 9:45 Gentle Chair Exercise 10:00 Catholic Service 1:00 Bridge 2:30 Yoga w/ Mae 3:00 Mini Manicures 4:00 Happy Hour w/ Ben Herod	22 9:45 Gentle Chair Exercise 10:00 Shop Serendipity 1:00 Bookmobile 1:30 Scenic Drive 2:00 Mexican Train Game 3:00 Curtain Call 4:00 Happy Hour w/ Barbara Brussels	23 9:15 Fitness w/ Wendy 9:45 Morning Exercise 11:00 Line Dancing 11:30 Restaurant Outing 3:00 Build-A-Sandwich 3:30 Popcorn & Chat 4:00 Music w/ Jackson & Georgette	24 9:30 Mental Gym 9:45 Chair Exercise 10:00 Shop Monterey 1:00 Shop Carmel 2:30 Hot Chocolate Social 3:00 Bingo 7:00 Evening Movie
25 7:30a-1:00 Church Transportation 2:00-4:00 Downton Abbey 4:00 Musical Tunes	26 9:15 Fitness w/ Wendy 10:00 Shop Serendipity 12:30 New Beginnings w/ Mick 2:00 Music w/ Bob Phillips 3:00 Program Chat 7:00 Evening Movie	27 9:45 Morning Exercise 10:30 Documentary Movie 11:00 Tai Chi 1:00 Shop Monterey 2:00 Health & Vitality Lecture Series 4:00 Happy Hour w/ Young at Heart	28 9:15 Fitness w/ Wendy 9:45 Gentle Chair Exercise 10:00 Catholic Service 1:00 Bridge 3:00 Community Town Hall 4:00 Happy Hour w/ Lee Durley		www.facebook.com/theparklane	