


February 2018
Independent Living Lifestyle & Leisure



created with **Sageley**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>2311 E. Division St. Mt. Vernon, WA 98274 360-428-0222</p>				<p>10:00 Casino run 1 11:00 Flyswatter Volleyball 1:00 Nails 4:00 Surprise movie</p>	<p>Groundhog Day 2 11:00 Yoga with Brian 2:30 Ice cream Social</p>	<p>1:00 Movie 3 6:00 Resident Choice Game</p>
<p>1:00 Bingo 4 3:30 Super Bowl Sunday</p>	<p>10:00 Parkinson's Meeting 5 11:00 Exercise 3:00 Nails 4:00 Surprise movie</p>	<p>10:00 Errands 6 11:00 Mens coffee and Chat 3:00 Rummikub 4:00 Wine Social</p>	<p>10:30 Stretch-N Flex Exercises 7 11:00 Meeting with Blake (voice your concerns and needs) 4:00 Current Events/ Coffee and pastries</p>	<p>11:00 All About Hearing 8 1:15 Donut Run 4:00 Spaghetti Feed at the Methodist Church</p>	<p>Jan Harman's Birthday 9 11:00 Stretch -N-Flex Exercises 2:30 Ice cream Social 4:00 Connect Four Game</p>	<p>1:00 Movie 10 6:00 Resident Choice Game</p>
<p>1:00 Movie 11 3:30 Bingo</p>	<p>10:00 Parkinson's Meeting 12 11:00 Stretch-N Flex Exercises 1:00 Music with Matt Audette 3:30 Meditation in the TV Room</p>	<p>10:00 Errands 13 11:00 Flyswatter Volleyball 4:00 Music with Jim T. / Wine social</p>	<p>Viola Richardson's Birthday 14 Valentine's Day 10:30 Stretch -N-Flex Exercises 11:00 Meeting with Blake (voice your concerns and needs) 2:30 Valentine Party with the Esquires</p>	<p>11:00 Ladies Coffee and Chat 15 1:15 Going to the Thrift Store Outing 3:00 wii Bowl</p>	<p>11:00 Yoga with Brian 16 2:30 Ice cream Social 4:00 wii Bowl</p>	<p>1:00 Movie 17 6:00 Resident Choice Game</p>
<p>1:00 Movie 18 3:30 Bingo</p>	<p>Presidents' Day 19 11:00 Stretch -N-Flex Exercises 3:00 Nails 4:00 Rummikub Game</p>	<p>10:00 Errands 20 3:00 Music with Logan Fox 4:00 Wine Social</p>	<p>10:30 Stretch -N-Flex Exercises 21 11:00 Meeting with Blake (voice your concerns and needs) 2:30 Melody Makers 4:00 Current Events/ Coffee and pastries</p>	<p>11:00 Lunch outing and Mystery trip with Bob 22 3:00 Mens coffee and Chat 4:00 Pinochle</p>	<p>11:00 Stretch -N-Flex Exercises 23 2:30 Ice cream Social 4:00 wii Bowl</p>	<p>1:00 Movie 24 6:00 Resident Choice Game</p>
<p>1:00 Movie 25 3:30 Bingo</p>	<p>11:00 Stretch -N-Flex Exercises 26 1:00 Voting on Resident of the Month 3:00 Mystery Movie</p>	<p>10:00 Errands 27 1:00 Women's Coffee and Chat – Winner of Resident of the month party/ Wine Social</p>	<p>10:30 Stretch -N-Flex Exercises 28 11:00 Meeting with Blake (voice your concerns and needs) 4:00 Current Events/ Coffee and pastries</p>			