

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# February 2019

## Westmont of Brentwood Compass Rose Lifestyle Calendar

<h1>February 2019</h1> <h2>Westmont of Brentwood Compass Rose Lifestyle Calendar</h2>						1	2
						<p>9:00 Chair Exercise 10:00 Board Games W/ Our High School Volunteers 1:30 Happy Hour! Live Entertainment! 3:00 Stretch &amp; Flex 6:00 Evening Movie</p>	<p>9:00 Move &amp; Groove To Music 10:00 Arts &amp; Crafts W/ Trinh 1:00 Get To Know Your Neighbor 3:00 Scenic Drive 6:00 Evening Movie <small>Groundhog Day</small></p>
3	4	5	6	7	8	9	
<p>9:00 Move With Music 9:30 Pet Visit W/ Bullseye 10:00 Karaoke 1:00 Balloon Toss 3:00 Super Bowl Kick Off!! 6:00 Evening Movie</p>	<p>9:00 Chair Exercise 10:00 Bible Study W/ Wendy &amp; Lee 1:00 Chair Bowling 3:00 Bingo W/ Candy 6:00 Evening Movie</p>	<p>9:00 Morning Stretch 10:00 Arts &amp; Crafts W/ Helen 1:00 Chair soccer 3:00 Trivia 6:00 Evening Movie <small>Chinese New Year</small></p>	<p><b>Richard Kray's Birthday!</b> 9:00 Chair Exercise 9:30 Bible Study W/ Wendy &amp; Lee 1:30 Book Club W/Kim 3:00 Chair Volleyball 6:00 Evening Movie</p>	<p>9:00 Morning Stretch 10:00 Cooking: Making Chinese Dessert 1:00 Golden Hills Bible Study, AL Side 2:00 Ice Cream Social/ Birthdays &amp; Bingo For Prizes 6:00 Evening Movie</p>	<p>9:00 Chair Exercise 10:00 Board Games W/ Our High School Volunteers 1:30 Happy Hour! Live Entertainment W/ Jim Kennedy 3:00 Chair Stretch &amp; Flex 6:00 Evening Movie</p>	<p>9:00 Move &amp; Groove To Music 10:00 Arts &amp; Crafts. Making Valentine's Gift 1:00 Get To Know Your Neighbor 3:00 Scenic Drive 6:00 Evening Movie</p>	
10	11	12	13	14	15	16	
<p>9:00 Morning Stretch 9:30 Pet Visit W/ Bullseye 10:00 Sing Along 1:00 Chair Volleyball 3:00 Bingo With Candy 6:00 Evening Movie</p>	<p>9:00 Morning Exercise 10:00 Bible Study W/ Wendy &amp; Lee 1:00 Chair Soccer 3:00 Board Games &amp; Prizes 6:00 Evening Movie</p>	<p>9:00 Morning Stretch 10:00 Arts &amp; Crafts W/ Helen 1:00 Chair Soccer 3:00 Trivia 6:00 Evening Movie</p>	<p>9:00 Chair Exercise 9:30 Bible Study W/ Wendy &amp; Lee 1:30 Book Club W/Kim 3:00 Chair Volleyball 6:00 Evening Movie</p>	<p>9:00 Morning Stretch 10:00 Cooking: Try Out Different Type of Citruses 1:00 Golden Hills Bible Study. AL Side 3:00 Chair Soccer 6:00 Evening Movie <small>Valentine's Day</small></p>	<p>9:00 Chair Exercise 10:00 Hand Spa 1:30 Happy Hour! Live Entertainment W/ Muzeke 3:00 Arm Chair Stretch &amp; Flex 6:00 Evening Movie</p>	<p>9:00 Move &amp; Groove 10:00 Arts &amp; Crafts W/ Trinh 1:00 Get To Know Your Neighbor 3:00 Scenic Drive 6:00 Evening Movie</p>	
17	18	19	20	21	22	23	
<p>9:00 Morning Stretch 9:30 Pet Visit W/ Bullseye 10:00 Reminiscing W/ Staff 1:00 Chair Volleyball 3:00 Bingo &amp; Prizes 6:00 Evening Movie</p>	<p>9:00 Morning Exercise 10:00 Bible Study W/ Wendy &amp; Lee 1:00 Chair Soccer 3:00 Board Games &amp; Prizes 6:00 Evening Movie <small>Presidents' Day (US)</small></p>	<p>9:00 Morning Stretch 10:00 Arts &amp; Craft W/ Helen 1:00 Chair Soccer 3:00 Trivia 4:30 Men's Group Diner (AL Side) 6:00 Evening Movie</p>	<p>9:00 Chair Exercise 9:30 Bible Study W/ Wendy &amp; Lee 1:30 Book Club W/Kim 3:00 Chair Swatball 6:00 Evening Movie</p>	<p>9:00 Morning Stretch 10:00 Cooking: Making Apple Gallette 1:00 Golden Hills Bible Study. AL Side 3:00 Family Treat Bingo(AL) 6:00 Evening Movie</p>	<p>9:00 Chair Exercise 10:00 Board Games W/ Our High School Volunteers 1:30 Happy Hour! Live Entertainment W/ JD &amp; Friend 3:00 Arm Chair Stretch &amp; Flex 6:00 Evening Movie</p>	<p>9:00 Move &amp; Groove 10:00 Arts &amp; Crafts W/ Trinh 1:00 Get To Know Your Neighbor 3:00 Scenic Drive 5:15 Chinese New Year's Parade.</p>	
24	25	26	27	28	<h3>WE WISH YOU LOVE, HAPPINESS &amp; PEACE.</h3>		
<p>9:00 Morning Stretch 9:30 Pet Visit W/ Bullseye 10:00 IN2L 1:00 Chair Volleyball 3:00 Bingo &amp; Prizes 6:00 Evening Movie</p>	<p>9:00 Morning Exercise 10:00 Bible Study W/ Wendy &amp; Lee 1:00 Chair Bowling 3:00 Reminiscent W/ Staff 6:00 Evening Movie</p>	<p>9:00 Morning Stretch 10:00 Arts &amp; Crafts W/ Helen 1:00 Chair Soccer 3:00 Trivia 6:00 Evening Movie</p>	<p>9:00 Move To The Music 9:30 Bible Study W/ Wendy &amp; Lee 1:30 Book Club W. Kim 3:00 Chair Swatball 6:00 Evening Movie 6:00 Dementia Support Group. AL Side</p>	<p>9:00 Morning Stretch 10:00 Cooking: Cooking Family Recipe 1:00 Golden Hills Bible Study. AL Side 3:00 Chair Volleyball 6:00 Evening Movie</p>			