February 2019 Personal Care Lifes	tyle & Leisure					created with
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Keystone Villa AT DOUGLASSVILLE A DISTINCTIVE RETIREMENT COMMUNITY	1152A Ben Franklin Hwy Douglassville, PA 19518 610-385-2000	AE Artistic Expression CC Community Connections CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support	Location Keys Activity Room AR Living Room LR Meet in Lobby MIL Theater T		9:15 LL Coffee & Conversation [AR] 9:45 AE Baking [AR] 11:00 PE Fitness Fun [AR] 2:00 LL Happy Hour w/ Entertainment by Michael Kropp [AR] 3:15 SS Catholic Communion Service [T] 6:00 LL Friday Night Movie [T]	9:30 L Coffee & Conversation [AR] 10:00 L Funny Videos [AR] 10:30 Quarter Bingo [AR] 1:00 Trivia [AR] 2:15 Afternoon Movie [T] 6:00 TV Series - "Touched by an Angel" [T]
Happy Birthday Vi!! 9:15 LL Coffee & Conversation [AR] 9:45 LL Morning Movie [T] 1:00 AE Art/Puzzles [AR] 2:00 LL Sunday Sundaes [AR 6:00 LL TV Series - "Touched by an Angel" [T]	Puzzles [AR] 10:00 Science for Seniors [AR] 11:00 Exercise w/ Therapy [AR] 1:30 L Po-Ke-No [AR] 3:00 Wine Social w/ music w/	9:15 Coffee/Word Puzzles/Art [AR] 9:15 Mini Manicures [AR] 10:30 AE Arts & Crafts [AR] 11:15 Lunch Outing to Mission BBQ [MIL] 1:30 Bingo [AR] 2:45 Brain Games [AR] 3:30 AE Sing w/ Phoebe [LR] 6:00 TV Series - "Call the Midwife" [T]	9:15 LL Coffee & Brain Teasers [AR] 10:00 PE Seated Exercise w/ resistance bands [AR] 11:00 SS Church Service [AR] 1:30 E History Lecture by Cory Shaner [AR] 3:30 AE Painting w/ Tammy [AR] 6:00 LL TV Series - "Call the Midwife" [T]	Happy 100th Birthday Betty F.!! 9:15 LL Coffee/Word Puzzles/Art [AR] 9:15 LL Mini Manicures [AR] 10:45 AE Easy Make [AR] 1:00 PE Seated Volleyball [AR] 2:30 LL Bingo [AR] 3:30 PE Seated Exercise [AR] 6:00 LL TV Series - "Call the Midwife" [T]	Happy Birthday Bill B.!! 9:15 Coffee &	9:30 Coffee & Conversation [AR] 10:00 Funny Videos [AR] 10:30 Quarter Bingo [AR] 1:00 SS Hymn Sing w/ Phoebe [AR] 2:15 Afternoon Movie [T] 6:00 TV Series - "Touched by an Angel" [T]
9:15 Coffee & Conversation [AR] 9:30 CO St. Gabe's Sunday School children visit - craft & lesson [AR] 1:00 AE Art/Puzzles [AR] 2:00 Sunday Sundaes [AR] 6:00 TV Series - "Touched by an Angel" [T]	10:00 St. Gabe's Kids sing Valentine songs 10:15 Seated Yoga w/ Jane [AR] 11:00 Seated Yoga w/ Jane [AR] 11:00 Lunch & Learn w/ Health Calls - "Diabetes: Don't Sugar Coat It" w/ light lunch [AR] 1:30 Po-Ke-No [AR] 3:00 Wine Social w/ Tom Schlegel on	9:15 LL Coffee/Word Puzzles/Art [AR] 9:15 LL Mini Manicures [AR] 10:30 CE Crossword Puzzle [AR] 11:15 Lunch Outing to Longhorn Steakhouse [MIL] 1:30 LL Bingo [AR] 2:45 CE Brain Games [AR] 3:30 AE Sing w/ Phoebe [LR] 6:00 LL TV Series - "Call the Midwife" [T]	9:15 Coffee & Brain Teasers [AR] 10:00 Seated Exercise w/ resistance bands [AR] 11:00 Seated Exercise w/ resistance bands [AR] 11:00 Seated Exercise Afternoe Dands [AR] 2:30 Seated Exercise Afternoe Dands [AR] 6:00 TV Series - "Call the Midwife" [T]	Valentine's Day 9:15 LL Coffee/Word Puzzles/Art [AR] 9:15 LL Mini Manicures [AR] 11:00 LL Pizza Party [AR] 1:15 PE Wii Bowling [AR] 2:30 LL Bingo [AR] 3:30 PE Seated Exercise [AR] 6:00 LL TV Series - "Call the Midwife" [T]	Happy Birthday Jeanette W.!! 9:15 Coffee & Conversation [AR] 9:30 Cake Decorating w/ Sharon [AR] 11:00 Fitness Fun [AR] 2:00 Happy Hour w/ Entertainment by Lori Woodward [AR] 3:15 Catholic Communion Service [T] 6:00 Friday Night Movie [T]	9:30 Coffee & Conversation [AR] 10:00 Funny Videos [AR] 10:30 Quarter Bingo [AR] 1:00 Frivia [AR] 2:15 Afternoon Movie [T] 6:00 TV Series - "Touched by an Angel" [T]
Happy Birthday Richard B.! 9:15 LL Coffee & Conversation [AR] 9:45 LL Morning Movie [T] 1:00 AE Art/Puzzles [AR] 2:00 LL Sunday Sundaes [AR 6:00 LTV Series - "Touched by an Angel" [T]	1 0.00 1 1 V Selies - Call the Midwife	9:15 Coffee/Word Puzzles/ Art [AR] 9:15 Mini Manicures [AR] 9:30 Outing to Walmart [MIL] 10:30 A Arts & Crafts [AR] 11:30 Lunch Outing to Chili's [MIL] 1:30 Bingo [AR] 2:30 Dining Meeting [AR] 3:00 E Brain Games [AR] 3:30 A Sing w/ Phoebe [LR] 6:00 TV Series - "Call the Midwife" [T]	Happy Birthday Mary P.!! 9:15 L. Coffee & Brain Teasers [AR] 10:00 PE Seated Exercise w/ resistance bands [AR] 11:00 SS Church Service [AR] 1:30 PE Afternoon Tea w/ Gemologist Bonnie Betz - "Gemstones & the Bible" [AR] 2:30 PE Brain Games [AR] 6:00 LL TV Series - "Call the Midwife" [T]	Happy Birthday Eleanor!! Happy Birthday Marian!! Happy Birthday Roberta!! 9:15	Happy Birthday Dorothy K.!! 9:15	Happy Birthday Katherine S.!! Happy Birthday Patricia A.! 9:30 Coffee & Conversation [AR] 10:00 Cylin Funny Videos [AR] 10:30 Cylin Quarter Bingo [AR] 1:00 Sylin Hymn Sing w/ Phoebe [AR] 2:15 Cylin Afternoon Movie [T] 6:00 Cylin TV Series - "Touched by an Angel" [T]
9:15 LL Coffee & Conversation [AR] 9:45 LL Morning Movie [T] 1:00 AE Art/Puzzles [AR] 2:00 LL Sunday Sundaes [AR 6:00 LL TV Series - "Touched by an Angel" [T]	10:00 E Arm Chair Travel 11:00 E Exercise w/ Therapy [AR] 1:30 L Po-Ke-No [AR] 3:00 Wine Social w/ entertainment by Kris	9:15 LL Coffee/Word Puzzles/Art [AR] 9:15 LL Mini Manicures [AR] 10:30 CE Crossword Puzzle [AR] 11:15 Lunch Outing to Tokyo Hibachi [MIL] 1:30 LL Bingo [AR] 2:45 CE Brain Games [AR] 3:30 AE Sing w/ Phoebe [LR] 6:00 LL TV Series - "Call the Midwife" [T]	9:15 Coffee & Brain Teasers [AR] 10:00 Seated Exercise w/ resistance bands [AR] 11:00 Seated Exercise w/ resistance bands [AR] 11:30 Villa Bucks Auction [AR] 2:30 Resident Council Meeting [AR] 3:00 Seated Exercise w/ Resident Council Meeting [AR] 3:00 Seated Exercise w/ Resident Council Meeting [AR] 6:00 Ty Series - "Call the Midwife" [T]	9:15 Coffee/Word Puzzles/Art [AR] 9:15 Mini Manicures [AR] 11:00 Pizza Party [AR] 1:15 Wii Bowling [AR] 2:30 Bingo [AR] 3:30 Seated Exercise [AR] 6:00 TV Series - "Call the Midwife" [T]		