



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<div><div><div><div><div><div></div></div></div><div><div><div>AnchorBay™</div><div>AT EAST PROVIDENCE</div><div>ASSISTED LIVING</div><div>MEMORY CARE</div></div></div></div><div>1440 Wampanoag Trail East Providence, RI 02915 401-433-5000</div></div></div>				<div><div>AE</div>Artistic Expression</div> <div><div>CC</div>Community Connections</div> <div><div>CE</div>Continuing Education</div> <div><div>LL</div>Lifestyle & Leisure</div> <div><div>PE</div>Physical Engagement</div> <div><div>SS</div>Spiritual Support</div>		Healthy Snacks & Hydration offered throughout each day!		<div>Location Keys</div> <div><div>Bistro</div><div>Bus Trip</div><div>Chapel</div><div>Craft Room</div><div>Crafts/Greenhouse</div><div>Dining Room</div><div>Great Room</div><div>Living Room</div><div>Lounge</div><div>Patio</div><div>Recreation Room</div></div> <div><div>B</div><div>BT</div><div>C</div><div>CR</div><div>C/G</div><div>D</div><div>G</div><div>LR</div><div>L</div><div>P</div><div>R</div></div>				9:00 Coffee & Headlines [LR]	1
9:00 Coffee & Prayers [B]		9:00 Coffee & Daily News [B]		9:00 Coffee & Devotions [B]		9:00 Coffee & Headlines [B]		9:00 Coffee & Prayers [B]		Happy Birthday Jo!		9:00 Coffee & Headlines [B]	8
10:00 SS Worship Service [C]		10:00 Chair Exercise [LR]		10:00 Stretch and Flex [LR]		10:00 Movin' and Groovin' [LR]		10:00 Morning Movement [LR]		9:00 Coffee & Daily News [B]		10:00 PE Gentle Stretching [LR]	
10:30 History of Groundhog Day [LR]		10:30 Toss & Talk [G]		10:30 CE Tuesday Trivia [LR]		10:30 Random Trivia with Irene [G]		11:00 Rosary [R]		10:00 Sit and Be Fit [LR]		10:30 What's Next? [G]	
1:30 Outdoor Enthusiasts [P]		11:00 Catholic Communion [R]		1:30 Morsels & More: Banana Dip [C/G]		10:30 Scenic Drive to Massachusettes [BT]		1:00 AE Lets Bake! [CR]		10:30 Furry Forecasters [C/G]		10:30 CC Coups for Troops [CR]	
2:00 Musical Memories [LR]		1:45 AE Let's Create: Bird Feeders [C/G]		2:00 Indoor Soccer [LR]		12:30 Arm Chair Travels [R]		1:45 PE Gentle Chair Yoga [L]		12:30 Cruising to Colt State Park [BT]		1:00 CC Coups for Troops [CR]	
3:00 Spiritual Sing Along with Rick Waugh [G]		2:00 Balloon Volleyball [LR]		3:00 Finish the Lyrics [G]		2:00 CC Coups For Troops [CR]		4:30 February Birthday Party [D]		2:00 Groovy Games [LR]		2:00 Move to Music [LR]	
6:30 Super Bowl LIV Watch Party [LR]		3:00 Live Music! Russ Morency [G]		6:00 SS Chicken Soup for the Soul [LR]		3:00 Arm Chair Travels [R]		6:00 Classic Movie Musical [LR]		3:00 LL Friday Happy Hour [B]		3:00 Spiritual Sing Along [LR]	
		6:00 Pamper Your Hands [LR]				6:00 Evening Stroll				6:00 Aromatherapy [LR]		6:00 Saturday Evening Flick	
9:00 Coffee & Prayers [B]		9:00 Coffee & Daily News [B]		9:00 Coffee & Devotions [B]		9:00 Coffee & Headlines [B]		9:00 Coffee & Prayers [B]		Valentine's Day		9:00 Coffee & Headlines [LR]	15
10:00 SS Worship Service [C]		10:00 Chair Exercise [LR]		9:00 Coffee & Devotions [B]		10:00 Movin' and Groovin' [LR]		10:00 Morning Movement [LR]		9:00 Coffee & Daily News [B]		10:00 Gentle Stretching [LR]	
10:30 Morning Stroll		10:30 Never Have I Ever! [G]		10:00 PE Stretch and Flex [LR]		10:30 Love is in the Air Trivia [G]		11:00 SS Rosary [R]		10:00 Sit and Be Fit [LR]		10:30 Saturday Sing Along [G]	
1:30 LL Bird Watching Group [P]		1:00 Busy Hands [B]		10:30 Witty Word Games [LR]		12:30 Cityside Sight Seeing [BT]		1:00 AE Crafty Corner [CR]		10:30 Heart Art [C/G]		1:00 CC Coups for Troops [CR]	
2:00 Musical Memories [LR]		1:45 AE Jazzy Jewelry Making [C/G]		1:00 Sentimental Sing Along [LR]		2:00 CE Hollywood Stars [R]		1:00 AE Crafty Corner [CR]		12:30 LL Coffee Shop Club [BT]		2:00 Move to Music [LR]	
3:00 Sit Down Dancing [LR]		2:00 Fitness in 15 [LR]		2:00 Toss & Talk [LR]		3:00 Does It Rhyme? [D]		2:00 Cheerful Chair Dancing [LR]		2:00 Fitness Fun [LR]		3:00 Classic Hymns	
6:00 Rosary [LR]		3:00 Live Music! Bobby Bourassa [G]		3:00 Flower Arranging [D]		6:00 Evening Stroll		3:00 Fresh Flower Arranging		4:30 Candlelight Dinner [D]		6:00 Popcorn Theater [LR]	
		6:00 Spa Sensations		6:00 Chicken Soup for the Soul [LR]				6:00 Western Classics [LR]		6:00 CE This Day in History [LR]			
9:00 Coffee & Prayers [B]		9:00 Coffee & Daily News [B]		9:00 Coffee & Devotions [B]		9:00 CE Coffee & Headlines [B]		9:00 Coffee & Prayers [B]		Happy Birthday Sandy!		9:00 Coffee & Headlines [LR]	22
10:00 SS Worship Service [C]		10:00 Chair Exercise [LR]		10:00 PE Stretch and Flex [LR]		10:00 Movin' and Groovin' [LR]		10:00 Morning Movement [LR]		9:00 Coffee & Daily News [B]		10:00 Gentle Stretching [LR]	
10:30 Busy Hands [D]		10:30 Presidential Pets Discussion [G]		10:30 Tuesday Trivia [LR]		10:30 Everybody Knows Trivia		11:00 SS Rosary [R]		10:00 Sit and Be Fit [LR]		10:30 George Washington's Birthday [G]	
1:30 Outdoor Enthusiasts [P]		1:00 President's Day Puzzles [B]		1:30 Wheel of Fortune Game [R]		12:30 Exploring the East Bay [BT]		1:00 Can You Name? [LR]		10:30 AE Writing Circle [C/G]		1:00 CC Coups for Troops [CR]	
2:00 Musical Memories [LR]		1:45 Random Acts of Kindness Project [C/G]		2:00 Indoor Soccer [LR]		2:00 CC Coups For Troops [CR]		1:45 PE Gentle Chair Yoga [L]		11:45 Lunch Outing to Gregg's Restaurant [BT]		2:00 Move to Music [LR]	
3:00 Moving & Grooving [R]		2:00 Balloon Volleyball [LR]		3:00 AE Art Therapy [B]		3:00 Arm Chair Travels [R]		3:00 Cooking with Class [C/G]		2:00 Providence County Kennel Club Show [G]		3:00 Spiritual Sing Along [LR]	
6:00 Rosary [LR]		3:00 Live Music! The Country Duo: Don & Dave [G]		6:00 Chicken Soup for the Soul [LR]		6:00 Evening Stroll		6:00 Movie Musical Night [LR]		3:00 Friday Happy Hour [B]		6:00 Saturday Evening Flick	
		6:00 LL Pamper Your Hands [LR]								6:00 Aromatherapy [LR]			
9:00 Coffee & Prayers [B]		9:00 LL Coffee & Daily News [B]		9:00 Coffee & Devotions [B]		9:00 Coffee & Headlines [B]		9:00 SS Coffee & Prayers [B]		9:00 Coffee & Daily News [B]		9:00 Coffee & Headlines [LR]	29
10:00 SS Worship Service [C]		10:00 Chair Exercise [LR]		10:00 Stretch and Flex [LR]		10:00 Countryside Touring [BT]		10:00 Morning Movement [LR]		10:00 Sit and Be Fit [LR]		10:00 Gentle Stretching [LR]	
10:30 Morning Stroll		10:30 Good Guess [G]		10:30 Tuesday Trivia [LR]		10:30 Movin' n Groovin' [D]		11:00 Rosary [R]		10:30 Snap, Crackle, Pop! Month [C/G]		10:30 Let's Talk Leap Day [G]	
1:30 Bird Watching Group [P]		1:00 CE Creative Cooking with Chef Dave [C/G]		11:30 Fat Tuesday Mardi Gras Luncheon [D]		1:00 Finish the Lyrics [LR]		1:00 AE Lets Bake! [CR]		12:30 Discover Rhode Island [BT]		1:00 CC Coups for Troops [CR]	
2:00 Musical Memories [LR]		2:00 Fitness in 15 [LR]		1:30 Mardi Gras Munchies [C/G]		2:00 Hollywood Stars [BT]		2:00 Cheerful Chair Dancing [LR]		2:00 Fitness Fun [LR]		2:00 Move to Music [LR]	
3:00 PE Sit Down Dancing [LR]		3:00 Live Music! Chuck Dee [G]		3:00 AE Flower Arranging [D]		3:00 Does It Rhyme? [D]		3:00 Speedy Recall [G]		3:00 LL Weekend Welcome [B]		3:00 Classic Hymns	
6:00 Rosary [LR]		6:00 Spa Sensations		6:00 Chicken Soup for the Soul [LR]		6:00 PE Evening Stroll		6:00 Western Classics [LR]		6:00 CE This Day in History [LR]		6:00 Popcorn Theater [LR]	