

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Remember to check your daily Briefing for changes to this schedule.

<p>Transportation: APPT. Day 1</p> <p>9:30 Cardio/Strength Fitness</p> <p>1:00 Sit & Fit</p> <p>2:00 Bingo</p> <p>Chinese New Year (Year of the Tiger)</p>	<p>Transportation: APPT. Day 2</p> <p>9:30 S.A.I.L. Fitness</p> <p>10:30 *Catholic Prayer Service</p> <p>1:00 Sit & Fit</p> <p>6:30 Bingo</p> <p>Groundhog Day</p>	<p>Transportation: APPT. Day 3</p> <p>9:30 Cardio/Strength Fitness</p> <p>1:00 Sit & Fit</p> <p>2:00 Jeopardy</p>	<p>Transportation: APPT. Day 4</p> <p>9:30 SAIL Fitness</p> <p>1:00 Sit & Fit</p> <p>2:00 Bingo</p>	<p>Transportation: APPT. Day 5</p> <p>9:15 Support Run 2 Remember Meet on McNeil St.</p> <p>3:00 Cribbage (subject to change)</p>	
<p>6</p> <p>8:20 Depart St. Frances Cabrini Church</p> <p>9:30 Church @ Patriots Landing</p> <p>2:00 Bingo</p>	<p>Transportation: APPT. Day 7</p> <p>9:30 SAIL Fitness</p> <p>1:00 Sit & Fit</p> <p>2:00 Patti's Game D'Jour Bean Bag Toss</p>	<p>Transportation: APPT. Day 8</p> <p>9:30 Cardio/Strength Fitness</p> <p>1:00 Sit & Fit</p> <p>2:00 Bingo</p> <p>3:00 New Comer Happy Hour *Subject to change* check your daily briefing.</p>	<p>Transportation: APPT. Day 9</p> <p>9:30 S.A.I.L. Fitness</p> <p>10:30 *Catholic Prayer Service</p> <p>1:00 Sit & Fit</p> <p>6:30 Bingo</p>	<p>Transportation: APPT. Day 10</p> <p>9:30 Cardio/Strength Fitness</p> <p>10:15 Bible Study</p> <p>1:00 Sit & Fit</p> <p>2:00 Jeopardy</p> <p>3:00 Happy Hour</p>	<p>Transportation: APPT. Day 11</p> <p>9:30 SAIL Fitness</p> <p>1:00 Sit & Fit</p> <p>2:00 Bingo</p> <p>12</p> <p>9:15 Support Run 2 Remember Meet on McNeil St.</p> <p>3:00 Cribbage (subject to change)</p>
<p>13</p> <p>8:20 Depart St. Frances Cabrini Church</p> <p>9:30 Church @ Patriots Landing</p> <p>1:00 Putting Practice</p> <p>2:00 Bingo</p> <p>6:30 Triominos</p> <p>7:00 Movie Night</p>	<p>Transportation: APPT. Day 14</p> <p>Legendary Donuts 10am-2pm by Flag poloes – FREE!!</p> <p>9:30 SAIL Fitness</p> <p>10:30 Water Aerobics</p> <p>1:00 Sit & Fit</p> <p>6:30 Mexican Train</p> <p>6:30 Poker</p> <p>7:00 Valentines Social</p> <p>Valentine's Day</p>	<p>Transportation: APPT. Day 15</p> <p>9:30 Cardio/Strength Fitness</p> <p>1:00 Sit & Fit</p> <p>2:00 Bingo</p> <p>3:30 Happy Hour</p> <p>6:30 Triomino's</p> <p>7:00 Movie Night</p>	<p>Shopping Transportation 16</p> <p>9:30 Ft Lewis Commissary/PX</p> <p>9:30 S.A.I.L. Fitness</p> <p>10:30 Water Aerobics</p> <p>10:30 *Catholic Prayer Service</p> <p>1:00 Sit & Fit</p> <p>1:15 Walmart Lacy</p> <p>3:00 Needle Group</p> <p>6:30 Bingo</p> <p>6:30 Cribbage</p> <p>6:30 Poker</p>	<p>Transportation: APPT. Day 17</p> <p>9:30 Cardio/ Fitness</p> <p>10:15 Bible Study</p> <p>1:00 Sit & Fit</p> <p>2:00 Resident Birthday Party & Trivia</p> <p>6:30 Mexican Train</p> <p>7:00 Historian/Story Teller</p>	<p>9:30 Fred Meyer Shopping 18</p> <p>9:30 SAIL Fitness</p> <p>10:30 Water Aerobics</p> <p>1:00 Sit & Fit</p> <p>2:00 Bingo</p> <p>3:15 "Story Time" Dee&Patti</p> <p>4:00 Bar Trivia</p> <p>6:30 Poker</p> <p>6:30 Triomino's</p> <p>7:00 Friday Night Movie</p> <p>19</p> <p>9:15 Support Run 2 Remember Meet on McNeil St.</p> <p>3:00 Cribbage</p> <p>6:30 Mexican Train</p> <p>7:00 Saturday Movie Night</p>
<p>20</p> <p>8:20 Depart St. Frances Cabrini Church</p> <p>9:30 Church @ Patriots Landing</p> <p>1:00 Putting Practice</p> <p>2:00 Bingo</p> <p>6:30 Triominos</p> <p>7:00 Movie Night</p>	<p>Transportation: APPT. Day 21</p> <p>9:30 SAIL Fitness</p> <p>11:00 Brain Fitness</p> <p>10:30 Water Aerobics</p> <p>1:00 Sit & Fit</p> <p>6:30 Mexican Train</p> <p>6:30 Poker</p> <p>Presidents' Day</p>	<p>Transportation: APPT. Day 22</p> <p>9:30 Cardio/Strength Fitness</p> <p>10:30 Techi Tuesday</p> <p>1:00 Sit & Fit</p> <p>2:00 Bingo</p> <p>3:30 Happy Hour</p> <p>6:30 Triomino's</p> <p>7:00 Movie Night</p>	<p>Shopping Transportation 23</p> <p>9:30 McChord Commissary/BX</p> <p>9:30 S.A.I.L. Fitness</p> <p>10:30 *Catholic Prayer Service</p> <p>10:30 Water Aerobics</p> <p>1:00 Sit & Fit</p> <p>2:00 Town Hall</p> <p>6:30 Bingo</p> <p>6:30 Cribbage</p> <p>6:30 Poker</p>	<p>Transportation: APPT. Day 24</p> <p>9:30 Cardio/Strength Fitness</p> <p>10:15 Bible Study</p> <p>1:00 Sit & Fit</p> <p>2:00 CRAFTERS CORNER</p> <p>3:00 Happy Hour</p> <p>3:00 Pinochle</p> <p>6:30 Mexican Train</p>	<p>10:00 RED WIND CASINO 25</p> <p>9:30 SAIL Fitness</p> <p>10:30 Water Aerobics</p> <p>1:00 Sit & Fit</p> <p>2:00 Bingo</p> <p>3:15 "Story Time" Alan Z</p> <p>4:00 Bar Trivia</p> <p>6:30 Poker</p> <p>6:30 Triomino's</p> <p>7:00 Friday Night Movie</p> <p>26</p> <p>9:15 Support Run 2 Remember Meet on McNeil St.</p> <p>3:00 Cribbage</p> <p>6:30 Mexican Train</p> <p>7:00 Saturday Movie Night</p>
<p>27</p> <p>8:20 Depart St. Frances Cabrini Church</p> <p>9:30 Church @ Patriots Landing</p> <p>1:00 Putting Practice</p> <p>2:00 Bingo</p> <p>6:30 Triominos</p> <p>7:00 Movie Night</p>	<p>Transportation: APPT. Day 28</p> <p>9:30 SAIL Fitness</p> <p>11:00 Brain Fitness</p> <p>10:30 Water Aerobics</p> <p>1:00 Sit & Fit</p> <p>6:30 Mexican Train</p> <p>6:30 Poker</p>	<h1>February 2022</h1> <p>Patriots Landing Independent & Assisted Living Life Enrichment</p>			