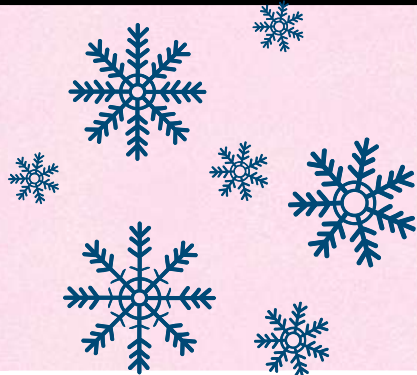



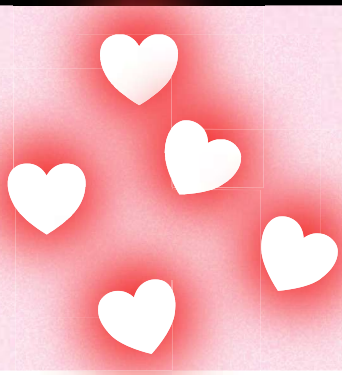


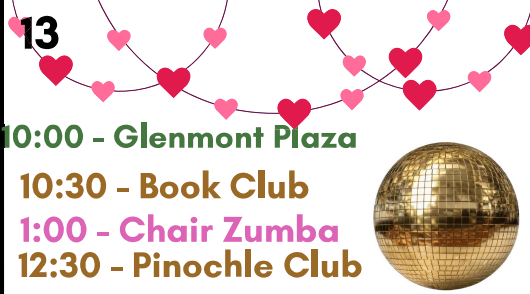





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>Color Code</div> <div>Exercise</div> <div>Transportation</div> <div>Social Events</div> <div>Seminars</div> <div>Spiritual Events</div>						
<div>1</div> <div>11:00 - Nondenominational Service</div> <div>12:00-5:00 Great Room Reserved</div> <div>3:00 - LRC (In Game Room)</div>	<div>2</div> <div>9:00 - Men's Coffee Club</div> <div>10:00- Market 32 Plaza</div> <div>12:00 - Chair Zumba</div> <div>1:00 - Mani's & Mamosa's</div> <div>3:00 - Bingo</div>	<div>3</div> <div>9:00am - 12:00pm - Dr Appt</div> <div>10:00 - Functional Training</div> <div>11:00 - Aqua Aerobics</div> <div>12:00 - Chair Yoga</div> <div>6:00- Mahjong</div>	<div>4</div> <div>9:30 - Stretch & Balance</div> <div>11:00 Del Lanes</div> <div>10:00 - Crochet Group</div> <div>3:00 - LRC</div> <div>4:00- 5:30pm - Open Swim</div>	<div>5</div> <div>9:00am - 12:00pm - Dr Appt</div> <div>11:00 - Aqua Aerobics</div> <div>12:00 - Chair Yoga</div> <div>1:00 - Medicare Seminar</div> <div>2:00 - Creative Crafts</div>	<div>6</div> <div>** NO BUS TODAY**</div> <div>1:00 - Chair Zumba</div> <div>12:30 - Pinochle Club</div> <div>3:00- Bingo with snacks</div>	<div>7</div> <div>9:00am-2:00pm Great Room Reserved</div> <div>5:00 - Resident Led Game Night with snacks</div>
<div>8</div> <div>11:00 - Nondenominational Service</div> <div>3:00 - LRC (Left, Right, Center)</div> <div>6:00 Superbowl Party</div> 	<div>9</div> <div>9:00 - Men's Coffee Club</div> <div>** NO BUS TODAY**</div> <div>12:00 - Chair Zumba</div> <div>1:00 - Comedy Hour</div> <div>3:00 - Bingo</div>	<div>10</div> <div>** NO BUS TODAY**</div> <div>10:00 - Functional Training</div> <div>11:00 - Aqua Aerobics</div> <div>12:00 - Chair Yoga</div> <div>6:00- Mahjong</div>	<div>11</div> <div>9:30 - Stretch & Balance</div> <div>** NO BUS TODAY**</div> <div>1:00 - Birthday Party</div> <div>3:00 - LRC</div> <div>4:00- 5:30pm - Open Swim</div>	<div>12</div> <div>9:00am - 12:00pm - Dr Appt</div> <div>11:00 - Aqua Aerobics</div> <div>12:00 - Chair Yoga</div> <div>2:00 - Creative Crafts</div>	<div>13</div> <div>10:00 - Glenmont Plaza</div> <div>10:30 - Book Club</div> <div>1:00 - Chair Zumba</div> <div>12:30 - Pinochle Club</div> <div>3:00 - Valentine's Day Ball</div> 	<div>14</div> <div>5:00 - Resident Led Game Night</div>
<div>15</div> <div>11:00 - Nondenominational Service</div> <div>12:00-3:30 Great Room Reserved</div> <div>3:00 - LRC (In Game Room)</div>	<div>16</div> <div>9:00 - Men's Coffee Club</div> <div>9:30 - Library (Game Day)</div> <div>12:00 - Chair Zumba</div> <div>1:00 - Mani's & Mamosa's</div> <div>3:00 - Bingo</div>	<div>17</div> <div>9:00am - 12:00pm - Dr Appt</div> <div>10:00 - Functional Training</div> <div>11:00 - Aqua Aerobics</div> <div>12:00 - Chair Yoga</div> <div>1:00 Chinese New Year Lunch</div> <div>6:00- Mahjong</div> 	<div>18</div> <div>9:30 - Stretch & Balance</div> <div>11:00 Walmart Plaza</div> <div>10:00 - Crochet Group</div> <div>3:00 - LRC</div> <div>4:00- 5:30pm - Open Swim</div>	<div>19</div> <div>9:00am - 12:00pm - Dr Appt</div> <div>11:00 - Aqua Aerobics</div> <div>12:00 - Chair Yoga</div> <div>1:00 - Murder Mystery Game</div>	<div>20</div> <div>11:00 - Lanies</div> <div>1:00 - Chair Zumba</div> <div>12:30 - Pinochle Club</div> <div>3:00- Bingo with snacks</div>	<div>21</div> <div>5:00 - Resident Led Game Night with snacks</div>
<div>22</div> <div>11:00 - Nondenominational Service</div> <div>3:00 - LRC (Left, Right, Center)</div>	<div>23</div> <div>9:00 - Men's Coffee Club</div> <div>11:00 Hannaford</div> <div>12:00 - Chair Zumba</div> <div>3:00 - Bingo</div>	<div>24</div> <div>9:00am - 12:00pm - Dr Appt</div> <div>10:00 - Functional Training</div> <div>11:00 - Aqua Aerobics</div> <div>12:00 - Chair Yoga</div> <div>4:00 - WOW dinner with ELVIS</div> <div>6:00- Mahjong</div> 	<div>25</div> <div>9:30 - Stretch & Balance</div> <div>10:00 Emma Cleary's Cafe</div> <div>11:00 Daughters for Hire</div> <div>3:00 - LRC</div> <div>4:00- 5:30pm - Open Swim</div>	<div>26</div> <div>9:00am - 12:00pm - Dr Appt</div> <div>11:00 - Aqua Aerobics</div> <div>12:00 - Chair Yoga</div> <div>4pm - WOW dinner with ELVIS</div> 	<div>27</div> <div>11:00 - Applebee's</div> <div>12:30 - Pinochle Club</div> <div>1:00 - Chair Zumba</div> <div>3:00- Bingo</div>	<div>28</div> <div>5:00 - Resident Led Game Night</div>

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COME CELEBRATE
THE LUNAR NEW
YEAR WITH US
FEB 17TH AT 1:00PM



Valentine's
Dance
2/13 4:00pm

Join us for another dance after dinner
on the 24th or 25th Elvis Presley will be
in attendance! So put on your **blue
suede shoes**, get out of that
heartbreak hotel and have a little
less conversation! It's time to dance!



The Abbey Salon

By Josie Knack

Book Your Appointment TODAY!

Call 518.275.2216

Tuesday | Thursday | Saturday

February
Calendar


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