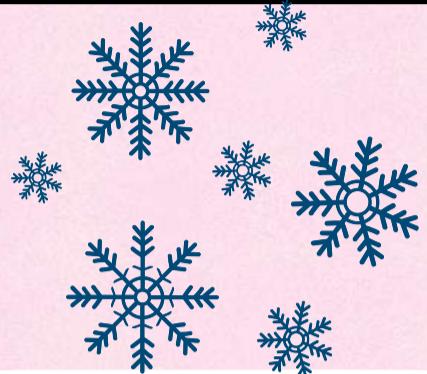
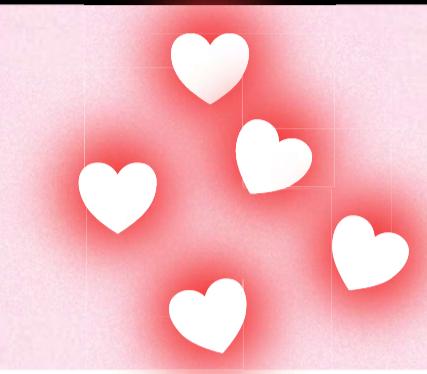
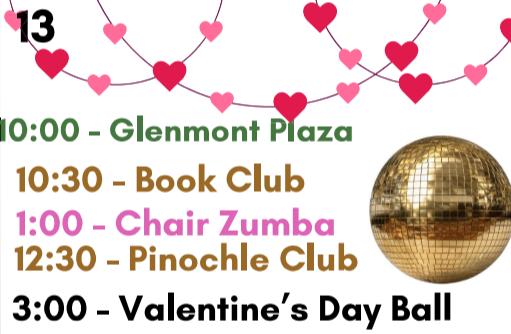
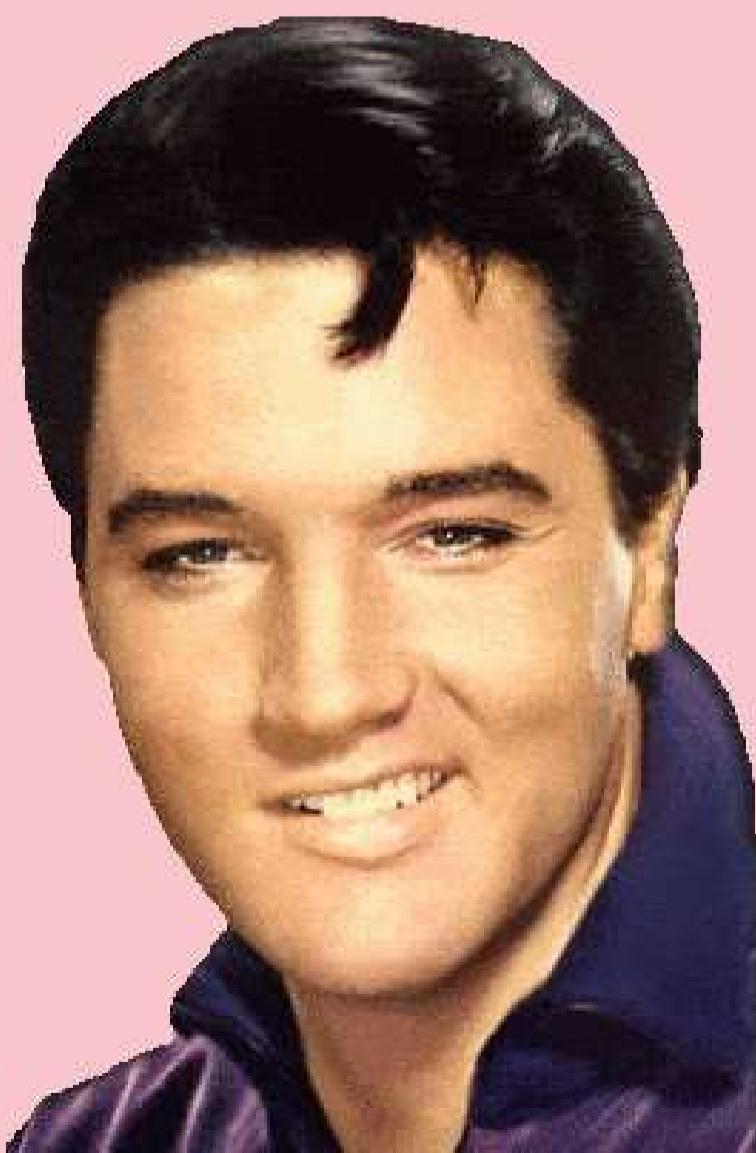


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>Color Code</u> Exercise Transportation Social Events Seminars Spiritual Events						
1 11:00 - Nondenominational Service 12:00-5:00 Great Room Reserved 3:00 - LRC (In Game Room)	2 9:00 - Men's Coffee Club 10:00- Market 32 Plaza 12:00 - Chair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

the **life**
LIFESTYLE. INDEPENDENCE.
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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
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