

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
10:00am Morning Social 10:30am Morning Stretch 11:15am Hymns W/ Jerry roman 2:00pm Daily Word and Devotion 3:00pm Room Visits 4:30pm Package Delivery Tu B'Shevat Begins	2 10:00am Morning Social 10:30am Morning Exercise 11:00am Jazz history W/ Quentin 2:00pm Balloon Badminton 3:00pm Happy Hour 4:30pm Mail Delivery Groundhog Day	3 10:00am Morning Social 10:30am Morning Exercise 11:00am Garden Club W/ Mr. Ohara 2:00pm Bingo 3:00pm Popcorn Social 4:30pm Mail Delivery	4 10:00am Morning Social 10:30am Black History Facts 11:00am Yoga W/ Tiffany 2:30pm Residents Council 4:30pm Mail Delivery	5 10:00am Morning Social 10:30am Morning Exercise 11:00am Current Events 2:00pm Bingo 3:00pm Happy Hour 4:30pm Mail Delivery	6 10:00am Morning Social 10:30am Morning Exercise 11:00am Piano Tunes W/ Jerry Roman 1:45pm Forest Hills Choir W/ Vicky Merlo 2:45pm Catholic Communion 3:00pm Friday Movie 4:30pm Mail Delivery	7 10:00am Morning Social 10:30am Morning Cardio 11:00am Armchair Travel 2:00pm Bingo 3:00pm Ice Cream Social 4:30pm Package Delivery
8 10:00am Morning Social 10:30am Morning Stretch 11:00am Puzzle Time 2:00pm Daily Word and Devotion 3:00pm Room Visits 4:30pm Package Delivery 6:30pm Superbowl Sunday	9 10:00am Morning Social 10:30am Morning Exercise 11:00am Card Games 1:30pm Book Club W/ Vicky Parker 2:00pm Balloon Badminton 3:00pm Happy Hour 4:30pm Mail Delivery	10 10:00am Morning Social 10:30am Morning Exercise 11:00am Garden Club W/ Mr. Ohara 1:00pm Bus Outing (Walmart) 4:30pm Mail Delivery	11 10:00am Morning Social 10:30am Black history Trivia 11:00am Yoga W/ Tiffany 2:00pm Bingo 3:00pm Nail Spa 4:30pm Mail Delivery	12 10:00am Morning Social 10:30am Morning Exercise 11:00am Valentines Day Card Crafts 2:00pm Memorial Service 3:00pm Happy Hour 4:30pm Mail Delivery 6:00pm Indoor Walking Club	13 10:00am Morning Social 10:30am Morning Exercise 2:00pm King & Queens Valentines Ball 2:45pm Catholic Communion 4:30pm Mail Delivery	14 10:00am Morning Social 10:30am Morning Cardio 11:00am Ice Breakers 2:00pm Bingo 3:00pm Candy Social 4:30pm Package Delivery Valentine's Day
15 10:00am Morning Social 10:30am Morning Stretch 11:00 Table Games 2:00pm Daily Word and Devotion 3:00pm Room Visits 4:30pm Package Delivery	16 10:00am Morning Social 10:30am Morning Exercise 11:00am Presidents Day Trivia 2:00pm Balloon Badminton 3:00pm Happy Hour W/ Rearview Mirror 4:30pm Mail Delivery Presidents' Day (U.S.)	17 10:00am Morning Social 10:30am Morning Exercise 11:00am Garden Club W/ Mr. Ohara 2:00pm Mardi Gras Celebration 4:30pm Mail Delivery Ramadan Begins Mardi Gras Chinese New Year (Year of the Horse)	18 10:00am Morning Social 10:30am Famous Black Inventors 11:00am Yoga W/ Tiffany 2:00pm Chinese New Year Crafts (Year of the Dragon) 4:30pm Mail Delivery	19 10:00am Morning Social 10:30am Morning Exercise 11:00am Brain Games 2:00pm Bingo 3:00pm Happy Hour 4:30pm Mail Delivery	20 10:00am Morning Social 10:30am Morning Exercise 11:00am Paint & Sip 1:45pm Forest Hills Choir W/ Vicky Merlo 2:00pm Men's Club 2:45pm Catholic Communion 3:00pm Friday Movie 4:30pm Mail Delivery	21 10:00am Morning Social 10:30am Morning Cardio 11:00am Trip Down Memory Lane 2:00pm Bingo 3:00pm Popcorn Social 4:30pm Package Delivery
22 10:00am Morning Social 10:30am Morning Stretch 11:00am Ted Talks 2:00pm Daily Word and Devotion 3:00pm Room Visits 4:30pm Package Delivery	23 10:00am Morning Social 10:30am Morning Exercise 11:00am Cornhole Tournament 2:00pm Balloon Badminton 3:00pm Cooking Class W/ Chef Gerald 4:30pm Mail Delivery	24 10:00am Morning Social 10:30am Morning Exercise 11:00am Garden Club W/ Mr. Ohara 2:00pm Rehab Fun W/ Frankie 2:30pm Bingo 4:30pm Mail Delivery	25 10:00am Morning Social 10:30am Black History Trivia 11:00am Yoga W/ Tiffany 1:00pm Bus Trip (Movie Theatre) 3:00pm Monicas Creations 4:30pm Mail Delivery	26 10:00am Morning Social 10:30am Morning Exercise 11:00am Creative Writing 2:00pm Bingo 3:00pm Happy Hour 4:30pm Mail Delivery 6:00pm Indoor Walking Club	27 10:00am Morning Social 10:30am Morning Exercise 11:00am Art History 1:45pm Forest Hills Choir W/ Vicky Merlo 2:45pm Catholic Communion 3:15 Last Friday w/ Bruce 4:30pm Mail Delivery	28 10:00am Morning Social 10:30am Morning Cardio 2:00pm Bingo W/ Howard Nursing Club 3:00pm Cookies & Punch Social 4:30pm Package Delivery

All activities are subject to change