February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:00 Exercise 9:30 Coffee/Chat 10:00 Touch of Beauty 10:30 Arts/Crafts 11:00 Helping Hands 1:30 Simple Pleasures 2:00 Joe “Singer” 3:00 Table Games 3:30 Stretch & Flex 4:00 Neck/Hand Massage
2 9:00 Exercise 9:30 Coffee/Chat 10:00 Touch of Beauty 10:30 Arts/Crafts 11:00 Helping Hands 1:30 Simple Pleasures 2:00 Church with Russ 3:00 Super Bowl Party 3:30 Stretch & Flex 4:00 Neck/Hand Massage Chinese New Year	**3** 9:00 Exercise 9:30 Coffee/Chat 10:00 Massage 10:30 Baking 11:00 Helping Hands 1:30 Travis Wakerly 2:00 Bingo 3:00 Parachute 3:30 Whack a Noodle 4:00 Foot Massage	**4** 9:00 Exercise 9:30 Coffee/Chat 10:00 Touch of Beauty 10:30 Arts/Crafts 11:00 Helping Hands 1:30 Bethel Baptist 2:00 Table Games 3:00 Sing-Along 3:30 Stretch & Flex 4:00 Neck/Hand Massage	**5** 9:00 Exercise 9:30 Coffee/Chat 10:00 Massage 10:30 Baking 11:00 Helping Hands 1:30 Simple Pleasures 2:00 Bingo 3:00 Parachute 3:30 Whack a Noodle 4:00 Foot Massage	**6** 9:00 Exercise 9:30 Coffee/Chat 10:00 Touch of Beauty 10:30 Arts/Crafts 11:00 Helping Hands 1:30 Simple Pleasures 2:00 Gathan Graham 3:00 Sing-Along 3:30 Stretch & Flex 4:00 Neck/Hand Massage	**7** 9:00 Exercise 9:30 Coffee/Chat 10:00 Massage 10:30 Baking 11:00 Helping Hands 1:30 Simple Pleasures 2:00 Bingo 3:00 Parachute 3:30 Whack a Noodle 4:00 Foot Massage	**8** 9:00 Exercise 9:30 Coffee/Chat 10:00 Massage 10:30 Baking 11:00 Helping Hands 1:30 Simple Pleasures 2:00 Table Games 3:00 Parachute 3:30 Whack a Noodle 4:00 Foot Massage
9 9:00 Exercise 9:30 Coffee/Chat 10:00 Touch of Beauty 10:30 Arts/Crafts 11:00 Helping Hands 1:30 Simple Pleasures 2:00 Table Games 3:00 Sing-Along 3:30 Stretch & Flex 4:00 Neck/Hand Massage	**10** 9:00 Exercise 9:30 Coffee/Chat 10:00 Massage 10:30 Baking 11:00 Helping Hands 1:30 Simple Pleasures 2:00 Valentine’s Day Party 3:00 Parachute 3:30 Whack a Noodle 4:00 Foot Massage	**11** 9:00 Exercise 9:30 Coffee/Chat 10:00 Touch of Beauty 10:30 Arts/Crafts 11:00 Helping Hands 1:30 Simple Pleasures 2:00 Table Games 3:00 Sing-Along 3:30 Stretch & Flex 4:00 Neck/Hand Massage	**12** 9:00 Exercise 9:30 Coffee/Chat 10:00 Massage 10:30 Baking 11:00 Helping Hands 1:30 Simple Pleasures 2:00 Gary Parks 3:00 Parachute 3:30 Whack a Noodle 4:00 Foot Massage	**13** 9:00 Exercise 9:30 Coffee/Chat 10:00 Touch of Beauty 10:30 Arts/Crafts 11:00 Helping Hands 1:30 Simple Pleasures 2:00 Table Games 3:00 Sing-Along 3:30 Stretch & Flex 4:00 Neck/Hand Massage	**14** 9:00 Exercise 9:30 Coffee/Chat 10:00 Massage 10:30 Baking 11:00 Helping Hands 1:30 Simple Pleasures 2:00 Bingo 3:00 Parachute 3:30 Whack a Noodle 4:00 Foot Massage Valentine's Day	**15** 9:00 Exercise 9:30 Coffee/Chat 10:00 Massage 10:30 Baking 11:00 Helping Hands 1:30 Simple Pleasures 2:00 Bingo 3:00 Parachute 3:30 Whack a Noodle 4:00 Foot Massage
16 9:00 Exercise 9:30 Coffee/Chat 10:00 Touch of Beauty 10:30 Arts/Crafts 11:00 Helping Hands 1:30 Simple Pleasures 2:00 Table Games 3:00 Sing-Along 3:30 Stretch & Flex 4:00 Neck/Hand Massage	**17** 9:00 Exercise 9:30 Coffee/Chat 10:00 Low Down Leon 10:30 Baking 11:00 Helping Hands 1:30 Simple Pleasures 2:00 Bingo 3:00 Parachute 3:30 Whack a Noodle 4:00 Foot Massage St. Patrick's Day (US)	**18** 9:00 Exercise 9:30 Coffee/Chat 10:00 Touch of Beauty 10:30 Arts/Crafts 11:00 Helping Hands 1:30 Bethel Baptist 2:00 Table Games 3:00 Sing-Along 3:30 Stretch & Flex 4:00 Neck/Hand Massage	**19** 9:00 Exercise 9:30 Coffee/Chat 10:00 Massage 10:30 Baking 11:00 Helping Hands 1:30 Simple Pleasures 2:00 Bingo 3:00 Parachute 3:30 Whack a Noodle 4:00 Foot Massage	**20** 9:00 Gathan Graham 9:30 Coffee/Chat 10:00 Touch of Beauty 10:30 Arts/Crafts 11:00 Helping Hands 1:30 Simple Pleasures 2:00 Table Games 3:00 Sing-Along 3:30 Stretch & Flex 4:00 Neck/Hand Massage	**21** 9:00 Exercise 9:30 Coffee/Chat 10:00 Massage 10:30 Baking 11:00 Helping Hands 1:30 Simple Pleasures 2:00 Bingo 3:00 Parachute 3:30 Whack a Noodle 4:00 Foot Massage	**22** 9:00 Exercise 9:30 Coffee/Chat 10:00 Massage 10:30 Baking 11:00 Helping Hands 1:30 Simple Pleasures 2:00 Table Game 3:00 Parachute 3:30 Whack a Noodle 4:00 Foot Massage
23 9:00 Exercise 9:30 Coffee/Chat 10:00 Touch of Beauty 10:30 Arts/Crafts 11:00 Helping Hands 1:30 Simple Pleasures 2:00 Table Games 3:00 Sing-Along 3:30 Stretch & Flex 4:00 Neck/Hand Massage	**24** 9:00 Exercise 9:30 Coffee/Chat 10:00 Massage 10:30 Baking 11:00 Helping Hands 1:30 Simple Pleasures 2:00 Bingo 3:00 Parachute 3:30 Whack a Noodle 4:00 Foot Massage	**25** 9:00 Exercise 9:30 Coffee/Chat 10:00 Touch of Beauty 10:30 Arts/Crafts 11:00 Helping Hands 1:30 Simple Pleasures 2:00 Mardi Gras / Faith 3:00 Sing-Along 3:30 Stretch & Flex 4:00 Neck/Hand Massage Mardi Gras	**26** 9:00 Exercise 9:30 Coffee/Chat 10:00 Massage 10:30 Baking 11:00 Helping Hands 1:30 Simple Pleasures 2:00 Bingo 3:00 Parachute 3:30 Whack a Noodle 4:00 Foot Massage Ash Wednesday	**27** 9:00 Exercise 9:30 Coffee/Chat 10:00 Touch of Beauty 10:30 Arts/Crafts 11:00 Helping Hands 1:30 Simple Pleasures 2:00 Table Games 3:00 Sing-Along 3:30 Stretch & Flex 4:00 Neck/Hand Massage	**28** 9:00 Coffee/Donuts W/Sarah 9:30 Exercise 10:00 Massage 10:30 Baking 11:00 Helping Hands 1:30 Simple Pleasures 2:00 Bingo 3:00 Parachute 3:30 Whack a Noodle 4:00 Foot Massage	**29** 9:00 Exercise 9:30 Coffee/Chat 10:00 Massage 10:30 Baking 11:00 Helping Hands 1:30 Simple Pleasures 2:00 Bingo 3:00 Parachute 3:30 Whack a Noodle 4:00 Foot Massage Leap Day