

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
February is Black History Month MLK Quotes 1. "We must accept finite disappointment, but never lose infinite hope." 2. "Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that." 3. "Forgiveness is not an occasional act. It is a permanent attitude."						9:30 Introduction to The Day 10:30 Exercise 1:00 Snacks 1:30 To Tell The Truth 2:00 Social Hour 3:30 Snacks/Kings in a Corner 6:00 Unwind w/Tranquility Music
Groundhog Day 2 9:30 Devotion 10:30 Exercise 11:00 Snacks 1:30 Ring Toss 2:00 Social Hour 3:30 Snacks/Bingo 6:00 Evening Stretching	National Popcorn Day 3 9:30 Devotion 10:30 Exercise 11:00 Snacks 1:30 Word Game 2:00 Social Hour 3:30 Snacks/Bingo 6:00 Evening Stretching	African-American Coaches Day 4 9:30 Introduction to The Day 10:30 Exercise 11:00 Snacks 11:15 Nail Care 1:30 I Remember When 2:00 Social Hour 3:30 Snacks/Ring Toss 6:00 Unwind w/Tranquility Music	9:30 Devotion 10:30 Exercise 11:00 Snacks 1:30 Civil Rights Museum 2:00 Social Hour 3:30 Snacks 6:00 Evening Stretching 5	National Frozen Yogurt Day 6 9:30 Introduction to The Day 10:30 Exercise 1:00 Snacks/Family Feud 2:00 Social Hour 3:30 Snack Theme Dinner A Taste of Argentina 3:30 - 7:30 (S)	National Wear Red Day 7 9:30 Devotion 10:30 Exercise 11:00 Snacks 1:30 Fun w/Colors 2:00 Social Hour 3:30 Popcorn & Movie 6:00 Evening Stretching	9:30 Introduction to The Day 10:30 Exercise 1:00 Snacks 1:30 To Tell The Truth 2:00 Social Hour 3:30 Snacks/Kings in a Corner 6:00 Unwind w/Tranquility Music 8
9:30 Devotion 10:30 Exercise 11:00 Snacks 1:30 Ring Toss 2:00 Social Hour 3:30 Snacks/Bingo 6:00 Evening Stretching 9	9:30 Devotion 10:30 Exercise 11:00 Snacks 1:30 Word Game 2:00 Social Hour 3:30 Snacks/Bingo 6:00 Evening Stretching 10	National Peppermint Patty Day 11 9:30 Introduction to The Day 10:30 Exercise 11:00 Snacks 11:15 Nail Care 1:30 I Remember When 2:00 Social Hour 3:30 Snacks/Ring Toss 6:00 Unwind w/Tranquility Music	9:30 Devotion 10:30 Exercise 11:00 Snacks 1:30 The Year was 1950 2:00 Social Hour 3:30 Snacks 6:00 Evening Stretching 12	9:30 Introduction to The Day 10:30 Exercise 1:00 Snacks/Family Feud 2:00 Social Hour 3:30 Snack 4:00 Kings in a Conner 6:00 Unwind w/Tranquility Music 13	Valentine's Day 14 9:30 Devotion 10:30 Exercise 11:00 Snacks 1:30 Fun w/Colors 2:00 Valentine's Day Celebration Good Food & Good Music	9:30 Introduction to The Day 10:30 Exercise 1:00 Snacks 1:30 To Tell The Truth 2:00 Social Hour 3:30 Snacks/Kings in a Corner 6:00 Unwind w/Tranquility Music 15
9:30 Devotion 10:30 Exercise 11:00 Snacks 1:30 Ring Toss 2:15 Pet Therapy 2:30 Social Hour 3:30 Snacks/Bingo 6:00 Evening Stretching 16	Presidents Day 17 9:30 Devotion 10:30 Exercise 11:00 Snacks 1:30 Word Game 2:00 Social Hour 3:30 Snacks/Bingo 6:00 Evening Stretching	9:30 Introduction to The Day 10:30 Exercise 11:00 Snacks 11:15 Nail Care 1:30 I Remember When 2:00 Social Hour 3:30 Snacks/Ring Toss 6:00 Unwind w/Tranquility Music 18	9:30 Devotion 10:30 Exercise 11:00 Snacks 1:30 The Year was 1950 2:00 Social Hour 3:30 Snacks 6:00 Evening Stretching 19	National Cherry Pie Day 20 9:30 Introduction to The Day 10:30 Exercise 1:00 Snacks/Family Feud 2:00 Social Hour 3:30 Snack 4:00 Kings in a Conner 6:00 Unwind w/Tranquility Music	National Sticky Bun Day 21 9:30 Devotion 10:30 Exercise 11:00 Snacks 1:30 Fun w/Colors 2:00 Social Hour 3:30 Popcorn & Movie 6:00 Evening Stretching	9:30 Introduction to The Day 10:30 Exercise 1:00 Snacks 1:30 To Tell The Truth 2:00 Social Hour 3:30 Snacks/Kings in a Corner 6:00 Unwind w/Tranquility Music 22
9:30 Devotion 10:30 Exercise 11:00 Snacks 1:30 Ring Toss 2:00 Social Hour 3:30 Snacks/Bingo 6:00 Evening Stretching 23	9:30 Devotion 10:30 Exercise 11:00 Snacks 1:30 Word Game 2:00 Free Movie at Hoover Library "The Greenbook" 3:30 Snacks/Bingo 6:00 Evening Stretching 24	9:30 Introduction to The Day 10:30 Exercise 11:00 Snacks 11:15 Nail Care 1:30 I Remember When 2:00 Social Hour 3:30 Snacks/Ring Toss 6:00 Unwind w/Tranquility Music 25	9:30 Devotion 10:30 Exercise 11:00 Snacks 1:30 The Year was 1950 2:00 Social Hour 3:30 Snacks 6:00 Evening Stretching 26	9:30 Introduction to The Day 10:30 Exercise 1:00 Snacks/Family Feud 2:00 Social Hour 3:30 Snack 4:00 Kings in a Conner 6:00 Unwind w/Tranquility Music 27	9:30 Devotion 10:30 Exercise 11:00 Snacks 1:30 Fun w/Colors 2:00 Social Hour 3:30 Popcorn & Movie 6:00 Evening Stretching 28	9:30 Introduction to The Day 10:30 Exercise 1:00 Snacks 1:30 To Tell The Truth 2:00 Social Hour 3:30 Snacks/Kings in a Corner 6:00 Unwind w/Tranquility Music 29