Tuesday Sunday Friday Saturday 9:45 Chair Aerobics LR 2 1 Happy Birthday February 2019 Delores! 10:00 Balloon Volleyball LR 2 10:30 Special Music 10:00 News! News! LR 2 Performance by The 11:00 Chair Zumba with Hurrah Players AR 6 **Nursing & Extensive Assisted Living** Peggy AR 2 2:00 Rosary with KOC C 6 2:00 Popcorn & a Movie: 3:00 Bingo with KOC A4 South Pacific AR4 4:00 Saturday Afternoon LOCATION & ACTIVITY KEY: A-Activity Room; AR- Assembly Room; C-Chapel; CA-Common Area; DR-Dining Room; LR- Living Room 4:30 Stretch & Strength A2 TV Residents' Choice 1-Cognitive/Creative, 2-Physical, 3-Productive, 4-Social, 5-Sensory, 6-Reflective, 7- Outdoor, 8-Nature 5:00 Brain Bootcamp A1 Groundhog Day Happy Birthday 4|9:45 Poetry in Motion LR2 5| 9:45 Body in Motion LR2 9:45 Chair Aerobics LR 27 9:45 Jazzercise LR 2 10:30 Bingo with Girl 9:45 Chair Aerobics LR 2 10:00 Ladder Ball LR 2 Kítty! 10:00 Balloon Volleyball 10:15 Catholic Mass AR 6 10:00 Balloon Volleyball 10:00 Balloon Volleyball LR 2 Scout Troop 917 AR4 10:30 Eucharistic Service 10:30 Spelling Bee A1 LR 2 11:00 Brain Bootcamp A 1 LR2 10:00 News! News! LR 2 2:00 String Music AR6 2:00 Special Guest Bible 10:30 News! News! A1 2:00 Protestant 10:00 Coffee & News A 1 11:00 Chair Zumba with Performance: 11:15 Coffee Chat A 1 Time AR 6 Communion 11:00 Cooking & Baking A1 Peggy AR 10:30 Aroma Therapy LR 5 "Symphonicity" 2:30 Christian Service 4:00 Celebrate Chinese 2:00 Fellowship with Service AR6 2:00 Karaoke AR 4 11:00 Creative Crafters A 1 AR5 with Gateway Freewill New Year with Trivia! 3:00 Pokeno A 4 Kempsville Baptist 4:30 Stretch & Strength A2 2:00 Bingo AR 4 Baptist Church AR 6 4:00 Saturday Afternoon A1 Church AR 6 4:00 Let's Talk Trivia LR 1 5:00 Brain Bootcamp A1 4:00 Dominoes A 1 4:00 Super Bowl Pregame TV Residents' Choice 5:00 Joyce on the Piano 4:00 Let's Get Moving! LR2 7:00 Valentine's Day 5:00 Joyce on the Piano 5:00 Let's Talk Trivia A1 Fun A4 LR 5 Sweetheart Dance DR 4 5:00 Brain Bootcamp LR1 LR5 Chinese New Year **10** 9:45 Jazzercise LR 2 Нарру Birthday 13 9:45 Chair Aerobics LR 24 16 9:45 Chair Aerobics LR 15 9:45 Poetry in Motion 10:30 Rosary with 10:00 Balloon Volleyball LR2 10:00 Balloon Volleyball 10:00 Balloon Volleyball Service AR 6 Elena! IR2 The Tan 10:00 Coffee & News A 1 LR 2 LR 2 9:45 Body in Motion LR2 Family C 6 10:00 Ladder Ball LR 2 10:30 Aroma Therapy LR 5 11:00 Cooking & Baking A1 10:00 News! News! LR 2 10:15 Catholic Mass AR 6 2:00 Bingo A 4 11:00 Creative Crafters A 1 10:30 Art for All AR1 2:00 Valentine's Day 11:00 Chair Zumba with 11:00 Brain Bootcamp A 1 3:30 Bible Study with Joyce 1:45 Scenic Jovride 8 2:00 Special Guest Bible **Entertainment: Lyle** Peggy AR 2:00 Nondenominational 2:00 Bingo A 4 LR 6 Time AR 6 & Linda Dowling 2:00 Southern Belles' Church Service AR6 3:00 Hot Chocolate Social 4:40 Saturday Afternoon 4:00 Let's Talk Trivia LR1 Tea AR 4 AR 5

10:30 Eucharistic 11:15 Coffee Chat A 1 2:00 Drum Circle with Arthur "Drum Your Dreams" Lopez AR1 4:00 Movie Matinee -3:00 Pokeno A 4 TV Residents' 5:00 Joyce on the Piano Residents' 4:00 Let's Talk Trivia LR 1 4:00 Let's Get Moving! LR2 4:30 Stretch & Strength A2 4:00 Dominoes A 1 Choice A4 LR 5 5:00 Joyce on the Piano LR5 5:00 Brain Bootcamp LR1 Choice LR 4 5:00 Brain Bootcamp A1 5:00 Let's Talk Trivia! A1 Valentine's Day **17** 9:45 Jazzercise 1 R 2 18 19 9:45 Body in Motion LR20 Happy Birthday 21 9:45 Chair Aerobics LR 2 10:30 Eucharistic 23 9:45 Poetry in Motion 10:30 Gospel Choir: Service AR6 10:00 Balloon Volleyball 10:15 Catholic Mass Bernice P.1 LR2 10:00 Balloon Volleyball "Sweet Inspirations" LR2 11:15 Coffee Chat A1 AR 6 9:45 Chair Aerobics LR 2 10:00 Ladder Ball LR 2 10:00 Coffee & News A 1 LR 2 AR 6 2:30 Christian 11:00 Brain Bootcamp A 1 10:00 Balloon Volleyball 10:30 Rosary-Legion of 10:00 News! News! LR 2 10:30 Aroma Therapy LR 5 2:00 Bingo A4 Fellowship with 2:00 Nondenominational LR 2 Mary C6 11:00 Creative Crafters A 1 11:00 Chair Zumba with 3:30 Bible Study with Joyce **Brother Britt** 11:00 Cooking & Baking A1 2:00 Presidents' Day Social 2:00 Special Guest Bible Church Service AR6 Peggy AR LR 6 11:30 Lunch Outing: Rib Hoskins AR 6 AR4 3:00 Pokeno A 4 Time AR 6 2:00 Bingo Store AR 4 4:30 Saturday Afternoon City 8 4:00 Movie Matinee -4:00 Dominoes A 1 4:00 Let's Talk Trivia LR1 4:00 Let's Talk Trivia LR 1 4:30 Stretch & Strength A2 TV Residents' 2:00 Bingo A4 5:00 Let's Talk Trivia! A1 Residents' Choice 5:00 Joyce on the Piano 5:00 Joyce on the Piano 5:00 Brain Bootcamp A1 Choice A4 4:00 Let's Get Moving! LR2 LR4 LR 5 LR5 Presidents' Day (US) 5:00 Brain Bootcamp LR1

10:00 Balloon Volleyball 10:00 Ladder Ball LR 2 Service AR6 10:00 Balloon Volleyball Ellen! Love me tender, Love me long, LR2 10:30 Rosary-Legion of 11:15 Coffee Chat A1 LR 2 9:45 Body in Motion LR2 10:00 Coffee & News A 1 Mary C6 Take me to your heart. 2:30 Christian 11:00 Cooking & Baking A1 10:30 Aroma Therapy LR 5 10:15 Catholic Mass C 6 2:00 Special Guest Bible 2:00 "The Echoes" Choir Fellowship with For it's there that I belong, 11:00 Creative Crafters A 1 11:00 Brain Bootcamp A 1 Time AR 6 from London Bridge 2:00 Celebrate Residents with **Brother Britt** 2:00 Nondenominational 3:30 Outing: Delivery of And we'll never part. **Baptist Church AR6** February Birthdays with Hoskins AR 6 Church Service C6 **Gratitude Gift to First** 2:30 Outing: Dollar Tree 7 Frank Sings Frank AR 4 3:00 Pokeno A 4 4:00 Movie Matinee -Responders 3 - Love Me Tender, Elvis Presley 4:00 Dominoes A 1 4:00 Let's Get Moving! LR2 4:00 Let's Talk Trivia LR 1 Residents' Choice 4:00 Let's Talk Trivia LR1 5:00 Let's Talk Trivia! A1 5:00 Brain Bootcamp LR1 5:00 Joyce on the Piano LR5

9:45 Chair Aerobics LR 28

25 9:45 Poetry in Motion LR226 Happy Birthday 27

5:00 Joyce on the Piano LR 5

24 9:45 Jazzercise LR 2

10:30 Eucharistic

LR4