

Monday





Tuesday

Wednesday

Thursday

Friday

# February 2019

									
<p>9:15-10:15 Balance &amp; blues 10:15-11:30 Memories in the making 12:30-12:50 Compañeros 12:50-1:30 Discussion: How I want to age 1:30-2:30 B-I-N-G-O 2:30-3:00 Life Stories <b>3:00-4:00 Music with Pat</b> 4:30-5:00 Color by numbers</p>	4	<p>9:15-10:15 Beach Volleyball <b>10:15-11:30 Music with Bill S.</b> 12:30-12:50 7<sup>th</sup> inning stretch 12:50-2:00 FWF: Rice dumplings 2:00-3:00 Generations of hope 3:00-4:00 Choir with Alex &amp; Sky 4:30-5:00 IN2L Good News 5:00-5:30 Evening meditation</p>	5	<p>9:15-10:15 Inner Beat 10:15-11:30 Artists Club – Romanticism Discussion 12:30-12:50 Afternoon Stretch <b>12:50-2:00 Chinese New Year Celebration</b> 2:00-3:00 Story circle <b>3:00-4:00 Music with Pat</b> 4:30-5:00 Guess the Celebrity 5:00-5:30 Conversation Cards</p>	6	<p>9:15-10:15 Happening Joints 10:15-11:30 Moveable feast: Banana Splits 12:30-12:50 Afternoon Stretch 12:50-2:00 Scent Pillows 2:00-3:00 Tales from your server <b>3:00-4:00 Music with Alex</b> 4:30-5:00 Thankful Thursday 5:00-5:30 February trivia</p>	7	<p>9:15-10:15 Zumba 10:15-11:30 Paint and Sip – LOVE Painting 12:30-12:50 Range of motion 12:50-2:00 Veterans club 2:00-3:00 Story circle <b>3:00-4:00 Music with Pat</b> 4:30-5:00 TGIF Dance Party 5:00-5:30 Conversation Cards</p>	8
<p>9:15-10:15 Zumba <b>10:15-11:30 Music with Laurie D</b> 12:30-12:50 Walking backwards 12:50-1:30 Heart-healthy habits 1:30-2:30 B-I-N-G-O 2:30-3:00 Making valentines <b>3:00-4:00 Music with Pat</b> 4:30-5:00 Scent Guessing 5:00-5:30 Conversation Cards</p>	11	<p>9:15-10:15 Tai Bo 10:15-11:30 Kite Making 12:30-12:50 Balance exercise 12:50-2:00 Valentine's Day Boxes <b>1:30-2:30 Curious Dragon Fly</b> 2:00-3:00 Conversation Cards 3:00-4:00 Choir with Alex &amp; Sky 4:30-5:00 Terrific Tuesday 5:00-5:30 Hand massages</p>	12	<p>9:15-10:15 Flexibility &amp; Blues <b>10:15-11:30 Gospel Music with Kim O.</b> 12:30-1:00 Range of Motion 1-2:30 Artists Club - Adonna khare 2:30-3:00 Snack &amp; Discussion <b>3:00-4:00 Music with Pat</b> 4:30-5:00 Good News 5:00-5:30 Ladies' Choice</p>	13	<p>9:15-10:15 Balloon Exercises <b>10:15-11:30 Valentines Exchange (with children)</b> 12:30-12:50 Flexibility Exercise <b>12:50-2:00 Valentine's Day party</b> 2:00-3:00 First love stories 3:00-4:00 Poets Row 4:30-5:00 Celebrity Guessing 5:00-5:30 Reminiscing</p>	14	<p>9:15-10:15 Pedal Pushers 10:15-11:30 Wine Bottle Cardinals 12:30-12:50 Afternoon Stretch 12:50-2:00 Veterans club <b>1:30-2:30 – Sadie Hawkins dance</b> 2:00-3:00 Valentine Garland <b>3:00-4:00 Music with Pat</b> 4:30-5:00 TGIF Dance Party 5:00-5:30 Men's Choice</p>	15
<p>Closed for Presidents Day</p>	18	<p>9:15-10:15 Freeze Dance 10:15-11:30 Herbalism 101: Watermelon 12:30-12:50 7<sup>th</sup> inning Stretch 12:50-2:00 Letters to caregivers <b>1:30-2:30 Don T and the Melodics</b> 2:00-3:00 Packaged Craft 3:00-4:00 Choir with Alex &amp; Sky 4:30-5:00 Terrific Tuesday 5:00-5:30 Conversation Cards</p>	19	<p>9:15-10:15 Inner Beat 10:15-11:30 Tales from Retail 12:30-1:30 Afternoon Stretch/Word game <b>1:30-2:30 Sunshine Serenaders</b> 2:30-3:00- Snack &amp; Discussion <b>3:00-4:00 Music with Pat</b> 4:30-5:00 Guess the Celebrity 5:00-5:30 Conversation Cards</p>	20	<p>9:15-10:15 Beach Volleyball 10:15-11:30 Moveable feast: No Bake Cherry Dessert 12:30-12:50 Afternoon Stretch 12:50-2:00 Paper Flower Wreath 2:00-3:00 Stories with Donna <b>3:00-4:00 Music with Alex</b> 4:30-5:00 IN2L Good News 5:00-5:30 February trivia</p>	21	<p>9:15-10:15 Drumming &amp; blues <b>10:15-11:30 Music with Josh B</b> 12:30-12:50 Range of motion 12:50-2:00 Veterans club 2:00-3:00 President's Day trivia <b>3:00-4:00 Music with Pat</b> 4:30-5:00 TGIF Dance Party 5:00-5:30 Conversation Cards</p>	22
<p>9:15-10:15 Monday Meditation 10:15-11:30 Box step and waltzing 12:30-12:50 Flexibility 12:50-1:30 Memories in the making 1:30-2:30 B-I-N-G-O 2:30-3:00 Snack &amp; trivia <b>3:00-4:00 Music with Pat</b> 4:30-5:00 Color by numbers 5:00-5:30 Conversation Cards</p>	25	<p>9:15-10:15 Balance &amp; Blues 10:15-11:30 Ladies Club 12:30-12:50 Range of motion 12:50-2:00 Origami Folding 2:00-3:00 Conversation Cards 3:00-4:00 Choir with Alex &amp; Sky 4:30-5:00 Guess the Celebrity 5:00-5:30 Artist impression</p>	26	<p>9:15-10:15 Flexibility &amp; Blues 10:15-11:30 Artists Club – Modern Architecture Discussion 12:30-12:50 7<sup>th</sup> inning stretch 12:50-2:00 Artists Club - Modern Architecture Project 2:00-3:00 Puzzle <b>3:00-4:00 Music with Pat</b> 4:30-5:00 IN2L Happy neuron 5:00-5:30 Hand massages</p>	27	<p>9:15-10:15 Tai Bo <b>10:15-11:30 Music with Dave H.</b> 12:30-12:50 Balance exercise 12:50-2:00 Jewelry Making 2:00-3:00 Stories with Donna 3:00-4:00 Poets Row 4:30-5:00 IN2L Good News 5:00-5:30 Evening meditation</p>	28		

Activities are subject to change without notice to best meet the needs of our SRC Friends.