

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	OSHER BEGINS ON FRIDAY, FEBRUARY 1ST at 1:30pm (Van leaves at 1:00pm)	Rehearsal for Rip Van Winkle every Tuesday at 2:00pm in The Commons	Luncheon at the Dollhouse Restaurant Thursday, February 28 th at 11:30pm	Drum & Percussion Circle with Rob Zollman Wednesday, February 20 th at 1:00pm in the Living Room	1 9:30 - Bone Builders Class 10:00 - Chair Yoga 11:00 - Crafts with Darlene 1:00 - OSHER	2 
3 6:00 - Sunday Movie	4 9:30 - Bone Builders Class 1:00 - Mah Jongg 2:00 - Food Agenda Meeting (Fitness Room)	5 8:30 - Men's Breakfast Meeting in The Commons 10:00 - Blood Pressures 10:00 - Chair Aerobics 11:00 - Reading Aloud 1:30 - Shopping at Tops	6 9:00 - Price Chopper 9:30 - Hannaford 9:30 - Bone Builders Class 1:00 - Contract Rummy	7 8:00 - 11:30 - Manicures by Darlene (Activities Room) 11:00 - Reading Aloud 1:00 - Food Committee Meeting (Library) 1:30 - Chair Tai Chi	8 9:30 - Bone Builders Class 10:00 - Chair Yoga 11:00 - Crafts with Darlene 1:00 - OSHER 2:00 - February Birthday Social (Living Room)	9
10 6:00 - Sunday Movie	11 9:30 - Bone Builders Class 1:00 - Mah Jongg	12 10:00 - Blood Pressures 10:00 - Chair Aerobics 11:00 - Reading Aloud 1:30 - Shopping at Tops	13 9:00 - Price Chopper 9:30 - Hannaford 9:30 - Bone Builders Class 1:00 - Residents Committee Meeting (Library) 1:00 - Contract Rummy 5:30 - Monthly Meeting	14 Valentine's Day 8:00 - 11:30 - Manicures by Darlene (Activities Room) 11:00 - Reading Aloud 2:00 - Valentine's Day Party (The Commons)	15 9:30 - Bone Builders Class 10:00 - Chair Yoga 11:00 - Crafts with Darlene 1:00 - OSHER 2:00 - Balloon Volleyball (Fitness Room)	16 
17 2:00 - Hymn Sing with Connie Crossman in The Commons 6:00 - Sunday Movie	18 Presidents' Day  9:30 - Bone Builders Class 10:45 - Activities Committee Meeting (Activities Room) 1:00 - Mah Jongg	19 10:00 - Blood Pressures 10:00 - Chair Aerobics 11:00 - Reading Aloud 1:15 - Memoirs Group 1:30 - Shopping at Tops	20 9:00 - Price Chopper 9:30 - Hannaford 9:30 - Bone Builders Class 1:00 - Drum & Percussion Circle with Rob Zollman (Living Room) 2:00 - Contract Rummy 3:00 - Foot Clinic	21 8:00 - 11:30 - Manicures by Darlene (Activities Room) 11:00 - Reading Aloud 1:30 - Chair Tai Chi 6:30 - Piano Program by Alan Walker (The Commons)	22 9:30 - Bone Builders Class 10:00 - Chair Yoga 11:00 - Crafts with Darlene 1:00 - OSHER 1:45 - BINGO (in The Commons)	23
24 6:00 - Sunday Movie	25 9:30 - Bone Builders Class 2:00 - Mah Jongg 1:15 - Senior Discussion with Lynn Tucker	26 10:00 - Blood Pressures 10:00 - Chair Aerobics 11:00 - Reading Aloud 1:00 - Reading Group 1:30 - Shopping at Tops	27 8:00 - Price Chopper 9:30 - Hannaford 9:30 - Bone Builders Class 1:00 - Contract Rummy	28 8:00 - 11:30 - Manicures by Darlene (Activities Room) 11:00 - Reading Aloud 11:30 - Luncheon at the Dollhouse	Our Next Activities Meeting will be Monday, February 18 th at 10:45am. Any residents that would like to help plan the next calendar can join us in the Activities Room.	