




February



THE GARDENS
a Bethesda Senior Living Community
Independent Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 8:05 Walking at the Mall-O 9:00 CD Exercise-CR 10:00 Dancing to Fridays-CR 1:30 Charming Echoes performs-CR 3:00 Braums Ice Cream-O 3:30 Sing Pop Songs w/Dave-F 6:00 Card Games	2 Groundhog day! 8:00 Walk outside/halls 9:00 CD Exercise-CR 9:45 Catholic Comm-L 1:00 Debbie plays the piano-F 2:30 Movie Matinee-T 6:00 Card Games 7:00 Movie Night-T
3 SUPERBOWL Party! 8:00 Walking 10:00 knitters/crochet meet-in front lobby by fireplace 1:30 Graceway Baptist-CR 4:30 Tailgate party for the SUPERBOWL-CR Wear Team colors!	4 Pool closed for maintenance 8:05 Walking at the Mall-O 9:00 CD exercise-CR 9:30 Play Rock Around Clock-CR 10:00 Cornerstone Jewelry cleaning/repair-CK 1:30 Yoga-CR 2:30 BP checks-CK 2:45 Tour Hotel Vandivort -O 6:00 Card Games 7:00 Movie-T	5 Wear Red for Heart disease 8:00 Walk outside/halls 8:30 Stretch band exercise-CR 9:00 CD Exercise-CR 9:15 Farmers Mkt/HyV/WalM -O 9:15 Catholic Communion -AL 10:00 Bible Study-L 1:30 Make Valentine Cards-CR 3:00 Bingo w/ Kim-CR 6:00 Card Games	6 8:00 Walk outside/halls 9:00 CD Exercise-CR 9:30 Work on Newborn blankets 11-1 Lincare table w/info table 1:00 Tech Help-CR 1:30 Smart than 5th grader-CR 3:00 Crosswords-CR 3:00 Painting class-CR 3:00 Chaplin Sandy chat-F 6:00 Card Games	7 8:30 Stretch band exercise-CR 9:00 CD exercise-CR <u>BONWORTH CLOTHING HERE!</u> 12:00 Short Shopping trips-O 12:00 Short Shopping Trips-O 1:30 Water Aerobics 2:00 Hot Tub social 2:00 Bus Ride w/Steve-O 3:30 Shelley plays piano-F 6:00 Card Games	8 8:05 Walking at the Mall-O 9:00 CD Exercise-CR 9:30 Ageless Grace Brain Health- 11:00 Lunch out-Vineyard Market-O 2:00 Spfld Art Museum-O 3:30 Sing Pop Songs w/Dave-F 6:00 Card Games	9 8:00 Walk outside/halls 9:00 CD Exercise-CR 2:00 Movie Matinee-T 6:00 Card Games 6:30 Spfld Symphony shuttle pickup-O 7:00 Movie Night-T
10 8:00 Walking 9:00 Ridgecrest-CR 1:30 Graceway Baptist-CR 3:00 indep Tri-dominos-CR 3:00 Manipulation card game-CR 6:00 Card Games	11 8:05 Walking at the Mall-O 9:00 CD exercise-CR 10:00 Water Aerobics w/Nathan-P 1:30 Yoga-CR 2:30 BP checks-CK 2:45 Book Club w/Kim-L 3:30 Men's Social w/Steve-B 6:00 Card Games	12 HUG DAY 8:00 Walk outside/halls 8:30 Stretch band exercise-CR 9:00 CD Exercise-CR 9:15 Farmers Mkt/HyV/WalM -O 9:15 Catholic Communion -AL 10:00 Bible Study-L 1:30 Chocolate Fondue 3:00 Bingo w/Visiting Angels--CR 6:00 Card Games	13 8:00 Walk outside/halls 9:00 CD Exercise-CR 9:30 Work on Newborn blankets 1:00 Tech Help-CR 1:30 Smart than 5th grader-CR 2:30 Harmonica Therapy-L 3:00 Crosswords-CR 6:00 Card Games	14 Valentines day! 8:30 Stretch band exercise-CR 9:00 CD exercise-CR 9:30 Wii Bowling-CR 12:00 Short Shopping trips-O 1:00 Short Shopping Trips-O 1:30 Water Aerobics 2:00 Hot Tub Social 2:00 Bus Ride w/ Steve-O 2:15 Games/Puzzle/coloring-CR 3:30 Shelley plays piano-F 6:00 Card Games	15 8:05 Walking at the Mall-O 9:00 CD Exercise-CR 9:00 Republic Hearing Care- FREE hearing aid cleaning/maint/checks-CK 10:00 Dancing to Fridays-CR 1:30 Music Fun w/ Alex-CR 3:00 Wine N Cheese-CR 3:30 Sing Pop Songs w/Dave-F 6:00 Card Games	16 8:00 Walk outside/halls 9:00 CD Exercise-CR 9:30 Who knows how to play BUNCO? Show up!-CR 2:30 Bro David Curtman Entertains-DR 3:00 6 step game-CR 3:30 Adult coloring group-SF 6:00 Card Games 7:00 Movie Night-T
17 8:00 Walking 1:30 Graceway Baptist-CR sings for you-F 6:00 Card Games	18 8:05 Walking at the Mall-O 9:00 CD exercise-CR 10:00 Water Aerobics w/Nathan-P 1:30 Yoga -CR 2:30 BP checks-CK 2:45 Book Club w/Kim-L 3:30 Men's social w/ Steve-B 6:00 Card Games 7:00 Movie-T	19 8:00 Walk outside/halls 8:30 Stretch band exercise-CR 9:00 CD Exercise-CR 9:15 Farmers Mkt/HyV/WalM -O 9:15 Catholic Communion -AL 10:00 Bible Study-L 1:30 Spelling Bee-CR 3:00 Bingo w/Phoenix HC -CR 6:00 Card Games	20 8:00 Walk outside/halls 9:00 CD Exercise-CR 9:30 Work on Newborn blankets 1:00 Tech Help-CR 1:30 Smart than 5th grader-CR 2:30 Harmonica Therapy-L 3:00 Crosswords-CR 6:00 Card Games	21 8:30 Stretch band exercise-CR 9:00 CD exercise-CR 9:30 Wii Bowling-CR 12:00 Short Shopping trips-O 12:45 Jeni plays piano-F 1:00 Short Shopping Trips-O 1:30 Water Aerobics- 2:00 Hot Tub Social- 2:00 Bus Ride w/ Steve-O 2:15 Games/Puzzle/coloring-CR 3:30 Shelley plays piano-F 6:00 Card Games	22 8:05 Walking at the Mall-O 9:00 CD Exercise-CR 9:30 Ageless Grace Brain Health- 1:30 Birthday Bash!-CR 1:30 Entertainment w. RC Hopper " Happy Music" 3:00 shopping at the Mall-O 3:30 Sing Pop Songs w/Dave-F 6:00 Card Games	23 8:00 Walk outside/halls 9:00 CD Exercise-CR 2:00 Movie Matinee-T 6:00 Card Games 7:00 Movie Night-T
24 8:00 Walking 9:00 Ridgecrest-CR 1:30 Graceway Baptist-CR 3:00 indep Tri-dominos-CR 3:00 Manipulation card game-CR 6:00 Card Games	25 8:05 Walking at the Mall-O 9:00 CD exercise-CR 10:00 Water Aerobics w/Nathan-P 1:30 Yoga -CR 2:30 BP checks-CK 3:00 BINGO w/ Robert 3:30 Men's social w/ Steve-B 6:00 Card Games 7:00 Movie-T	26 8:00 Walk outside/halls 8:30 Stretch band exercise-CR 9:00 CD Exercise-CR 9:15 Farmers Mkt/HyV/WalM -O 9:15 Catholic Communion -AL 10:00 Bible Study-L 1:30 Wheel of Fortune-CR 3:00 Bingo w/ Kim-CR! 6:00 Card Games	27 8:00 Walk outside/halls 9:00 CD Exercise-CR 9:30 Work on Newborn blankets 1:00 Tech Help-CR 1:30 Smart than 5th grader-CR 2:30 Show N Tell in Lobby-F	28 Marketing Breakfast 12:00 Short Shopping trips-O 1:00 Short Shopping Trips-O 1:30 Water Aerobics 2:00 Hot Tub Social 2:00 Bus Ride w/ Steve-O 2:00 Heartland Singers perform-F 3:30 Shelley plays piano-F 6:00 Card Games		O-Outing CR-Comm Room T-Theatre F-Front Lobby L-Library P-Pool B-Billiards AL-Assisted Living SF-Soda Fountain