

Sunday

Monday

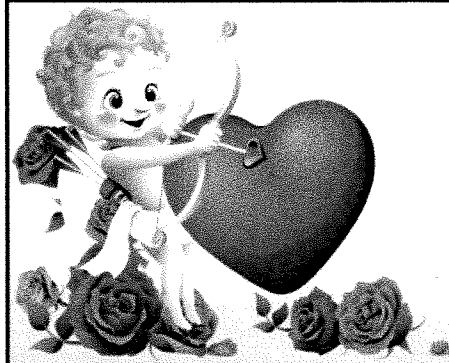
Tuesday

Wednesday

Thursday

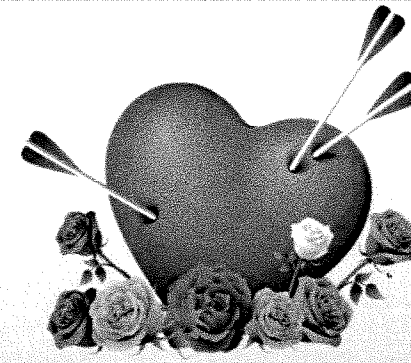
Friday

Saturday



February 2019

Independent Living Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>10:00 Morning Prayer-PDR 11:00 First Baptist Church Sunday Service-WLTX 2:45 Chapel Service w/Chaplain Mark-MPR 6:30 Super Bowl Sunday Social-MPR <i>(come & enjoy the game with snacks & drinks)</i></p>	<p>9:30 Chair Aerobics-MPR 10:30 Sparkle Nails-FL 2:00 Bingo-MPR</p>	<p>9:30 Arthritis Foundation Exercise Program-MPR 11:00 Bus departs for Tuesday w/friends-FL 2:30 Chinese New Year Social-MPR 3:15 Resident Council Meeting-PDR <i>(review calendar)</i> <small>Chinese New Year</small></p>	<p>9:30 A Matter of Balance Exercise-MPR 10:00 Shopping Shuttle-GF 3:30 Word Search Wednesday's-PDR</p>	<p>BEAUTY SHOP 9:30 Arthritis Foundation Exercise Program-MPR 10:30 Scripture & Song-MPR 2:30 Star of the Month "Oprah Winfrey" Presentation-MPR 3:30 Bridge Game-PDR</p>	<p>NATIONAL WEAR RED DAY 1 9:30 Warm-up/Stairs-MPR 10:00 Wellness Clinic-FL 2:00 Bus departs for Kroger Shopping-GF 2:00 Groundhog Day Trivia-PDR 6:00 Movie in the Library</p>	<p>9:30 Coffee & Conversation-PDR 2:00 Movie in Library 5:00pm Saints Alive w/Living Springs "Let it Snow Dinner Party"-FL (sign-up) <small>Groundhog Day</small></p>
<p>10:00 Morning Prayer-PDR 11:00 First Baptist Church Sunday Service-WLTX 2:45 Chapel Service w/Chaplain Mark-MPR</p>	<p>9:30 Chair Aerobics-MPR 10:30 Bingo-MPR 2:30 Pizza Social-PDR</p>	<p>9:30 Arthritis Foundation Exercise Program-MPR 10:15 Bus departs for Laura's Tea Room for lunch-FL 3:15 Food Committee w/Chef Zack-DR</p>	<p>BARBER SERVICE 9:30 A Matter of Balance Exercise-MPR 10:00 Shopping Shuttle-GF 2:00 Remembering Valentine's w/Alex-MPR 3:30 Word Search Wednesday's-PDR</p>	<p>BEAUTY SHOP 9:30 Arthritis Foundation Exercise Program-MPR 10:30 Scripture & Song-MPR 12:00 Piano music w/John McCullough-DR 3:00 Tea w/Chaplain Mark-LL <small>Valentine's Day</small></p>	<p>9:30 Warm-up/Stairs-MPR 10:00 Wellness Clinic-FL 2:00 Movie of the Month... "Selma"-MPR 6:00 Movie in the Library</p>	<p>9:30 Coffee & Conversation-PDR 2:00 Book Club-L (come and share or hear reviews)</p>
<p>10:00 Morning Prayer-PDR 11:00 First Baptist Church Sunday Service-WLTX 2:45 Chapel Service w/Chaplain Mark-MPR</p>	<p><small>**change in wine & cheese location**</small> 9:30 Chair Aerobics-MPR 10:30 History w/John Miles... "Mary Queen of Scots"-MPR 10:30 Sparkle Nails-FL 2:30 Wine & Cheese Social-LL 3:30 Bible Study w/EGKM-LL 3:30 President's Day Trivia-PDR <small>Presidents' Day (US)</small></p>	<p><small>**Change in exercise location**</small> 9:30 Arthritis Foundation Exercise Program-LL 10:30 Dollar Tree-GF 12:00 Lunch & Learn-MPR "Balance Wellness to stay active" (reservation only) 2:00 Bingo-MPR</p>	<p>9:30 A Matter of Balance Exercise-MPR 10:00 Shopping Shuttle-GF 2:00 Guitar Music w/Stan-MPR 3:15 Left, Right, Center (Dice Game)-PDR 3:30 Pet Therapy visits w/Marcia & Scamp-FL</p>	<p>BEAUTY SHOP 9:30 Arthritis Foundation Exercise Program 10:30 Scripture & Song-MPR 2:00 Meeting w/Lisa The Administrator-MPR 3:30 Bridge Games-PDR</p>	<p>9:30 Warm-up/Stairs-MPR 10:00 Wellness Clinic-FL 10:30 Music w/Pastor Jackie & Ron-MPR 2:00 Wine & Design w/Artist Cheryl-MPR 6:00 Movie in the Library</p>	<p>9:30 Coffee & Conversation-PDR 2:00 Movie in the Library</p>
<p>10:00 Morning Prayer-PDR 11:00 First Baptist Church Sunday Service-WLTX 2:45 Chapel Service w/Chaplain Mark-MPR</p>	<p>9:30 Chair Aerobics-MPR 10:30 Traveling the Underground Railroad Presentation-MPR 2:30 Monthly Birthday Celebration-PDR</p>	<p>9:30 Arthritis Foundation Exercise Program-MPR 10:30 Bingo-MPR 3:30 Trivia-PDR</p>	<p>BARBER SERVICE 9:30 A Matter of Balance Exercise-MPR 10:00 Shopping Shuttle-GF 3:30 Word Search Wednesday's-PDR 5:00 Ukulele Music w/Sydney Jackson-DR</p>	<p>BEAUTY SHOP 9:30 Arthritis Foundation Exercise Program-MPR 10:30 Scripture & Song-MPR 3:30 Bridge Games-PDR</p>	<p>Activity Locations Multi-Purpose Room-MPR Laurel Lane-LL Library-L Front Lobby -FL Private Dining Room-PDR Dining Room-DR Gym-G Garden Floor-GF Conference Room-CR</p> 	

Activities are subject to change. Any change in schedule will be posted. 9am Prayer Mon-Fri. Everyone is invited to attend.