

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



February 2019

Personal Care – “Kings & Queens of Hearts”

<p>3</p> <p>9:30 St. Paul Cathedral Shuttle 10:30 Fitness with Mark (3) 1:30 Super Bowl Trivia (4) 2:30 Super Bowl Documentary (4) 6:30 Super Bowl Sunday (4)</p>	<p>4</p> <p>9:30 Feb. Birthday Quiz (3) 10:00 Strengthening with Ed (3) 1:00 Giant Eagle Trip 1:30 Breast Health Presentation (ck) 2:30 L.C.R. Game (ck) 3:30 Legend Rosa Parks (ck)</p>	<p>5</p> <p>10:00 Fitness with Susannah (3) 11:30 Guest Chef/Your Choice of Stir Fry 1:30 Make a Good Luck Character Banner (ck) 2:30 Learn to write your Chinese Name (ck) 3:30 Chopsticks Game (ck) 6:00 Prize Bingo (ck) <small>Chinese New Year</small></p>	<p>6</p> <p>10:00 Fitness with Ed (3) 11:00 Lunch trip to Hokkaido Seafood Buffet 1:30 Table games (ck) 2:00 World News with Joel (ck) 3:30 Which Queen am I? (ck)</p>	<p>7</p> <p>10:00 Chair exercise with Ed (3) 1:00 Heart Healthy: Learn about EKGs (ck) 2:00 Cooking Club: Zucchini Corn Skillet (ck) 3:30 Purim play practice (ck) 5:30 Southern & Western Life Wealth Management seminar (ck)</p>	<p>1</p> <p>10:00 Communion (4) 10:00 Lean & limber w/Ed (3) 1:00 Person, place, or thing? (ck) 2:00 Happy Hour w/Joe & Margie (dr) 3:30 Shabbat Service (ck) 5:45 Animal Friends (3)</p>	<p>2</p> <p>10:30 Sittercise (3) 11:00 Rejuvenation bar (3) 1:00 Groundhog myths (ck) 2:30 Prize Bingo (ck) 3:30 Skip-Bo card game (ck)</p> <p><small>Groundhog Day</small></p>
<p>10</p> <p>9:30 St. Paul Cathedral Shuttle 10:00 Move n’ groove (3) 1:30 Movie at the gardens: “The Young Victoria” (4) 2:30 Uno Card game (ck)</p>	<p>11</p> <p>9:30 Finish that phrase (3) 10:00 Strengthening with Ed (3) 1:00 Giant Eagle Trip 1:30 Feb. IQ Quiz (ck) 2:00 Modern Jeopardy (ck) 3:00 Fashion Show with Oakland Catholic students (DR)</p>	<p>12</p> <p>9:30 Hand Massages (3) 10:00 Fitness with Susannah (3) 1:30 Cooking club: Valentine Pretzels (ck) 3:00 Purim Play Practice (ck) 6:00 Prize Bingo (ck)</p>	<p>13</p> <p>10:00 Fitness with Ed (3) 10:30 Trip to Playmor Bowl and Lunch 1:30 Sorry Game (ck) 2:30 Wedding traditions from around the world (ck) 3:30 Dynamic ball toss (ck)</p>	<p>14</p> <p>9:30 February Gazette (3) 10:00 Chair exercise with Ed (3) 1:30 Famous Love Songs (ck) 2:30 Be My Valentine Ice Cream Social party (ck) 3:30 Love Themed Jeopardy and Fun Trivia game (ck)</p> <p><small>Valentine’s Day</small></p>	<p>15</p> <p>10:00 Communion (4) 10:00 Lean & limber w/Ed (3) 1:00 Wikipedia game (ck) 2:00 Happy Hour with Devin Arrington (dr) 3:30 Shabbat Service (ck)</p>	<p>16</p> <p>10:30 Sittercise (3) 11:00 Fruit Rejuvenation (3) 1:00 Brain Games (ck) 2:30 Prize Bingo (ck) 3:30 Rummikub game (ck)</p>
<p>17</p> <p>9:30 St. Paul Cathedral Shuttle 10:30 Fitness with Mark (3) 1:30 Symphony Trip 2:30 Learn about Bobby Seale and the Black Panthers (ck) 3:30 Card games (ck)</p>	<p>18</p> <p>10:00 Strengthening with Ed (3) 1:00 Giant Eagle Trip 1:30 Name and rate the Presidents (ck) 2:30 Favorite presidential snacks (ck) 3:30 Mythical creatures: Tale of a Dragon (ck) <small>Presidents’ Day (US)</small></p>	<p>19</p> <p>10:00 Fitness with Susannah (3) 1:30 A beginner’s guide to heraldry (ck) 2:30 Art workshop: Design your own family crest (ck) 3:30 Purim Play Practice (ck) 6:00 Prize Bingo (ck)</p>	<p>20</p> <p>10:00 Fitness with Ed (3) 12:00 Movie trip to Loews Theatre (Time to be Determined) 1:00 Word search games (ck) 2:00 World new with Joel (4) 3:30 Name that Monarch (4)</p>	<p>21</p> <p>9:30 Chair exercise with Ed (3) 10:00 Strengthening with Ed (3) 1:30 Manicures with Phi Sigma Rho Sorority (ck) 2:30 Heart Healthy Diet Daily Log (4) 3:30 Crossword puzzles (ck)</p>	<p>22</p> <p>10:00 Lean & limber w/Ed (3) 1:00 Resident Entertainment Committee (ck) 2:00 Happy Hour with Tom Lamb (dr) 3:30 Shabbat Service (ck)</p>	<p>23</p> <p>10:30 Sittercise (3) 11:00 Juice Bar (3) 1:00 Famous Castles (ck) 2:30 Prize Bingo (ck) 7:00 Sweetheart Ball sponsored by Phi Sigma Rho Sorority (dr)</p>
<p>24</p> <p>9:30 St. Paul Cathedral 10:00 Move n’ groove (3) 1:30 Sorry! Game (ck)a 2:30 Apples to Apples (ck) 3:30 Oscar Trivia & nomination speculation for 2019 (ck) 8:00 Oscar Ceremony on ABC (4)</p>	<p>25</p> <p>9:30 Who am I? (3) 10:00 Strengthening with Ed (3) 1:00 Giant Eagle Trip 1:30 Artist of the Month: Norman Rockwell (ck) 3:00 Spa day for a queen with Oakland Catholic students (ck)</p>	<p>26</p> <p>9:30 Daily Chronicles (3) 10:00 Fitness with Susannah (3) 2:00 Resident Council (dr) 3:30 Purim Play Practice (ck) 6:00 Prize Bingo (ck)</p>	<p>27</p> <p>10:00 Fitness with Ed (3) 1:30 Bulletin Board Trivia (ck) 2:00 Famous Painters: Impressionist (ck) 3:00 Men’s Club with Chris (4) 6:00 Movie at the Gardens: “The Queen” (4)</p>	<p>28</p> <p>9:30 Daily Chronicle (3) 10:00 Chair exercise with Ed (3) 1:00 A Heartfelt Wellness program (ck) 2:00 Chatham Baroque (dr) 3:30 Famous Kings and Queens From around the world (ck)</p>	<p>“I have learned over the years that when one’s mind is made up, this diminishes fear; knowing what must be done does away with fear.”</p> <p>-Rosa Parks</p>	