



Activities



Sun

Mon

Tue

Wed

Thu

Fri

Sat

Weekly Activity Reminder

Exercise Video : MWF 9:15A, T&TH 9:30

Bingo: MWF@2pm, Sat.@2pm, Sun.@2:30pm

Communion: Wednesday @ 1:15p

Rosary: Saturday @ 3:15pm

1

Wear Red Day

9:00 Sit-N-Fit
10:15 Pokeno-\$
2:00 Exercise
Video (Ch. 1960)
3:15 Sing Along

2

9:30 Tai Chi
(Ch. 1960)
1:30 Sudoku &
Word Search FUN
2:00 BINGO
4:00 Catholic Mass



3

9:00 Pledge of
Allegiance @
Front Entry
10:00 Tai Chi
(Ch. 1960)
2:00 Worship
2:30 BINGO
6:30 Super Bowl
LIII

4

9:00 Sit-N-Fit
10:15 Music
BINGO
2:00 Exercise
Video (Ch. 1960)
3:15 Sing Along

5



9:00 Joker
10:00 Poker
10:00 Avon
1:00 Crafting w/
Melody
2:00 Bible Study
3:00 Hand & Foot

6

9:00 Sit-N-Fit
9:45 FUMC -
Lunch
10:15 Sevens
2:00 Exercise
Video (Ch. 1960)
3:15 Canasta
5:30 Bridge

7

9:00 Walmart/
Dollar Tree
2:00 Town Hall
Meeting
4:00 Baptist Service

8

9:00 Sit-N-Fit
10:15 UNO
2:00 Exercise
Video (Ch. 1960)
3:15 Sing Along

9

9:30 Tai Chi
(Ch. 1960)
**1:15 Movie—The
Bells of St. Mary**
2:00 BINGO
4:00 Catholic Mass



10

9:00 Pledge of
Allegiance @
Front Entry
10:00 Tai Chi
(Ch. 1960)
2:00 Worship
2:30 BINGO

11

9:00 Sit-N-Fit
10:15 Mexican
Dominoes
2:00 Exercise
Video (Ch. 1960)
3:15 Sing Along

12



9:00 Joker
10:00 Poker
2:00 Bible Study
2:30 Zumba Gold-
Exercise Class
3:00 Hand & Foot
6:00 Kiwanis
BINGO

13

9:00 Sit-N-Fit
10:15 Karma
1:00 EBR Library
2:00 Exercise
Video (Ch. 1960)
3:15 Canasta
5:30 Bridge

14

Valentine's Day
9:00 Walmart
10:00 Art Class
2:00 Sweet Heart
Dance
4:00 Baptist Service

15

9:00 Sit-N-Fit
10:15 Pokeno-\$
2:00 Exercise
Video (Ch. 1960)
3:15 Sing Along

16

9:30 Tai Chi
(Ch. 1960)
1:30 Sudoku &
Word Search FUN
2:00 BINGO
4:00 Catholic Mass

17

9:00 Pledge of
Allegiance @
Front Entry
10:00 Tai Chi
(Ch. 1960)
2:00 Worship
2:30 BINGO

18

9:00 Sit-N-Fit
10:15 Music
BINGO
2:00 Exercise
Video (Ch. 1960)
3:15 Sing Along

19

9:00 Walmart/
Dollar Tree
9:00 Joker
10:00 Poker
1:00 Medicare
BINGO
2:00 Bible Study
3:00 Hand & Foot

20

9:00 Sit-N-Fit
10:15 Sevens
2:00 Exercise
Video (Ch. 1960)
3:15 Canasta
5:30 Bridge

21

10:15 Shuffleboard
2:00 Wheel of
Fortune
4:00 Baptist Service

22

**Party
Preparation**
2:00 Movie: Black
Beauty
6:00 -8:00
Mardi Gras Ball

23

9:30 Tai Chi
(Ch. 1960)
**1:15 Movie—You
Lucky Dog**
2:00 BINGO
4:00 Catholic Mass



24

9:00 Pledge of
Allegiance @
Front Entry
10:00 Tai Chi
(Ch. 1960)
2:00 Worship
2:30 BINGO

25

9:00 Sit-N-Fit
10:15 Mexican
Dominoes
2:00 Exercise
Video (Ch. 1960)
3:15 Sing Along

26



9:00 Walmart
9:00 Joker
10:00 Poker
2:00 Bible Study
2:30 Zumba Gold-
Exercise Class
3:00 Hand & Foot
4:15 Book Club

27



9:00 Sit-N-Fit
10:15 Karma
1:00 EBR Library
2:00 Exercise
Video (Ch. 1960)
5:30 Canasta

28

10:00 Art Class
10:30 BRQ -Lunch
Outing
2:00 Birthday
Party—Pennington
4:00 Methodist
Service

**Mark Your
Calendar!**
Art Class
**Feb. 14th &
18th at 10:00 am**