

HAPPY NINGS.

HAPPINESS...IS SMILING



FEBRUARY IS NATIONAL HEART MONTH

February is the month for valentines, flowers and paper hearts, but it's also a good time to reflect on the health of your real heart.

We've all heard it: change your diet, maintain a healthy weight, be physically active, quit smoking, but why? Can this advice really help you lower your cholesterol and improve your heart? YES! Making small changes in your daily routine can add up to big benefits and help you live a healthier, more balanced life.

FEBRUARY BIRTHDAY'S

Irene Bixenmann -3
Wilma Keown -10

Nancy Kaufmann -26
Tina Ramirez -24



FEBRUARY HOLIDAYS & FUN DAYS

Groundhog Day - 2
National Carrot Cake Day -3
Thank A Mail Carrier Day -4
National Wear Red Day -5
Frozen Yogurt Day -6
Super Bowl Sunday -7
Potato Lover's Day -8
Chocolate Kiss Day - 9
World Radio Day -13
Valentine's Day - 14
President's Day -15

Mardi Gras - 16
Ash Wednesday - 17
Chocolate Mint Day - 19
World Penguin Day - 20
National Sticky Bun Day -21
National Margarita Day - 22
Banana Bread Day - 23
Tortilla Chip Day -24
National Chili Day - 25
Polar Bear Day - 27
Floral Design Day - 28



February

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Feb 7th

Feb 14th

Feb 15th

Feb 17th

9:45 Morning Stretch
10:30 Dvd Church Service
2:00 Football Toss
4:00 Gospel Hymns
6:00 Superbowl Festivities

7

9:45 Sunday Funnies
10:30 Dvd Church Service
2:00 I Love Lucy Chocolate Factory
4:00 Gospel Hymns
6:00 Lovely Movie & Popcorn

14

9:45 Morning Stretch
10:30 Dvd Church Service
1:30 Afternoon Walks
2:00 Color Me Happy
4:00 Gospel Hymns
6:00 Funniest Home Videos

21

9:45 Sunday Funnies
10:30 Dvd Church Service
1:30 Afternoon Walks
2:00 Floral Design
4:00 Gospel Hymns
6:00 Movie & Popcorn

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9:45 Welcome Feb.
10:30 Sittercise
11:00 Nail Care
2:00 Bingo
3:00 Groundhog Perdictions
6:00 Decorating with Candy

1

9:45 Youtub & You Men's Addition
10:30 Sittercise
11:00 Manicures & Massages
2:00 Bingo
3:00 Potato Lovers Day
6:00 Hearty Laughter

8

9:45 President's Trivia
10:30 Sittercise
11:00 Nail Care
2:00 Bingo
3:00 Log Cabin Challenge
6:00 Name That President

15

9:45 Men At Work
10:30 Sittercise
11:00 Manicures & Massages
2:00 Bingo
3:00 Fun with Food
6:00 Puzzle Time

22

9:45 Winter Walkers
10:30 Helping Hands
2:00 Groundhog Ceremony
3:00 Hibernation Snack Box
6:00 Word Search

2

9:45 Morning Stroll
10:30 Paint A Picture
2:00 Would You Rather -Valentine's Addition
3:00 Pin The Kisses
6:00 Evening Sing & Stretch

9

9:45 Winter Walkers
10:30 Pancake Race
2:00 Travel to New Orleans
3:00 Pancake Flop Game
6:00 Evening Stretching

16

9:45 Morning Stroll
10:30 Helping Hands
2:00 Bible Study
3:00 Riddles & Jokes
6:00 Knitters Nook

23

9:45 Heart Matching
10:30 Chair Zumba
2:00 Door Heart Decorations
3:00 Happy Hour Karaoke
6:00 Heart Target Toss

3

9:45 Lovely Jokes
10:30 Cupid Says Exercise
2:00 Lovely Headbands
3:00 Fun with Food
6:00 Bowling For Hearts

10

9:45 Ash Wednesday Service
10:30 Chair Zumba
2:00 Name That Gospel Tune
3:00 Prayer & Pretzels
6:00 Midweek Movie

17

9:45 Aromatherapy
10:30 Chair Zumba
2:00 Finish The Lyrics
3:00 January Birthday Bash
6:00 Evening Stroll

24

9:45 Morning Walkers
10:30 Fingerprint Hearts
2:00 Bingo
3:00 Heart Attack Messages
6:00 Kindness Bookmarks

4

9:45 Hallmark Stories
10:30 Scavenger Hunt Walkers
2:00 String Beads-Necklaces
3:00 Coffee & Chat
6:00 Giving Hearts Project

11

9:45 Morning Walkers
10:30 Sensational Sensory
2:00 Bingo
3:00 What Makes You Happy
6:00 Italian Poetry

18

9:45 Morning Stroll
10:30 Making Music
2:00 Bingo
3:00 Managers Special
6:00 Tell Me A Story

25

9:45 Heart To Heart Moments
10:30 Healthy Heart Exercise
2:00 Valentine Cards
3:00 Heart Healthy Snacks
6:00 SweetHeart Game

5

9:45 Morning Mingles
10:30 Fun Friday Exercise
2:00 Cupid Party Games
3:00 Cupid Dance & Floats
6:00 Penny Coin Pack

12

9:45 Fun Friday Jokes
10:30 Noodle Ball
2:00 My Two Cents
3:00 Scrapbooking & Smoothies
6:00 Cornhole

19

9:45 Facebook Friday
10:30 Stretch Band Exercise
2:00 Family Fued
3:00 Balloon Bop
6:00 Word Scrambles

26

9:45 Daily Happinings
10:30 Songs of The Heart Saturday
2:00 Home Run Game
3:00 Word Finds & Refreshments
6:00 Classic T.V. Shows

6

9:45 News & Views
10:30 Valentine Word Scramble
2:00 Color Me Happy
3:00 Afternoon Walks
6:00 Table Top Games

13

9:45 Daily Happinings
10:30 Chair Exercise
2:00 I Hear Memories
3:00 Conversation Ball & Refreshments
6:00 Classic T.V. Shows

20

9:45 News & Views
10:30 Brain Teasers
2:00 Table Talks
3:00 Afternoon Walks
6:00 Uno

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