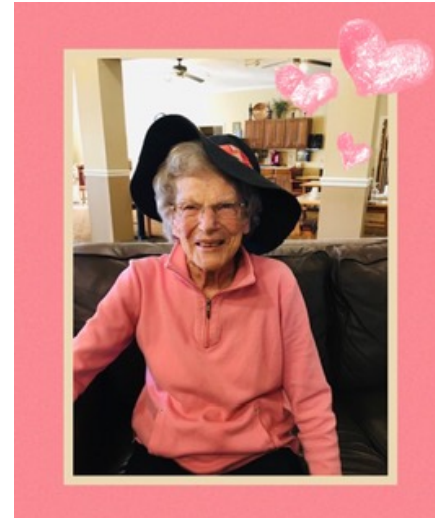
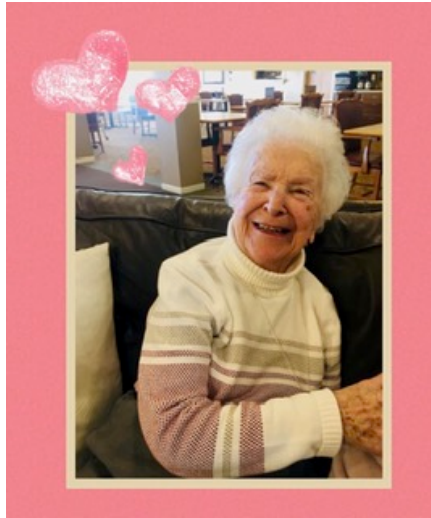


HAPPY NINGS.



LOVE IS IN THE AIR



NATIONAL HEART MONTH

February is the perfect time to learn more about your heart and how to take care of it. There are many ways to keep your heart in great shape as you age. You can keep your heart healthy no matter how old you are by making changes to your everyday habits. Here are some Heart Healthy tips to improving your heart health... * Get enough exercise, *Quit smoking, *Eat a heart healthy diet, *Reduce your alcohol intake, *Watch your weight, *Get better sleep, * Reduce stress factors.

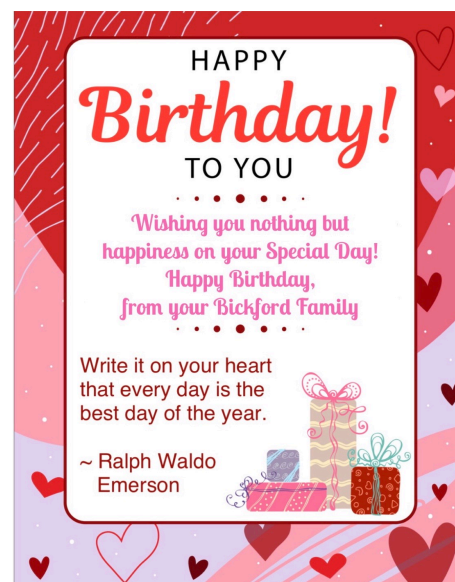
It's never to late to start living a healthy lifestyle and reducing your heart disease risks!

FEBRUARY BIRTHDAY'S

Irene Bixenmann -3
Tina Ramirez -24

SPECIAL HOLIDAYS & ACTIVITY THEME DAYS

- Chinese New Year -1
- Groundhog Day -2
- Carrot Cake Day -3
- National Wear Red Day -4
- World Nutella Day - 5
- National Frozen Yogurt Day - 6
- Send A Card To A Friend Day -7
- National Boy Scout Day - 8
- National Pizza Day -9
- Umbrella Day -10
- Galentine's Day -13
- Valentines Day -14
- Random Acts of Kindness Day -17
- Drink Wine Day -18
- Cherry Pie Day -20
- Presidents Day -21
- Margarita Day -22
- Play Tennis Day -23
- Chocolate Covered Nuts Day -25
- Johnny Cash Day -26
- Shrove Monday -28



February

Sunday

Monday

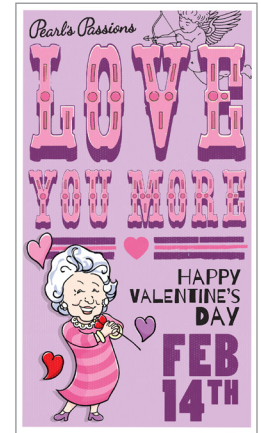
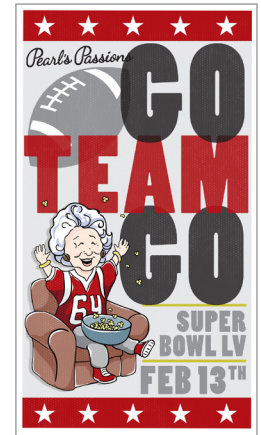
Tuesday

Wednesday

Thursday

Friday

Saturday



<p>9:45 Morning Stretch 10:30 Dvd Church Service 2:00 Colorful Teapots 4:00 Reminiscing - Favorite Cereal as a Kid 6:00 Funniest Home Videos</p> <p style="text-align: right;">6</p>	<p>9:45 Heart Match Up 10:30 Sittercise 11:00 Manicures & Massages 2:00 Bingo 3:00 Men's Group 6:00 Mixed Up Book Puzzle</p> <p style="text-align: right;">7</p>	<p>9:45 Welcome February 10:30 Tia Chi Exercise 11:00 Valentine Door Decoration 1:30 Bible Study 3:00 Groundhog Perdictions 6:00 Card Games</p> <p style="text-align: right;">1</p>	<p>9:45 Shadow Matching 10:30 Chair Zumba 11:00 Fun with Food -Groundhog Cupcakes 2:00 Shadow Charades 3:00 Hibernation Snack Box 6:00 Brain Busters</p> <p style="text-align: right;">2</p>	<p>9:45 Kindness Bookmarks 10:30 Noodle Hockey 11:00 Short Story Reads 2:00 Bingo 3:00 Handmade Valentine Cards 6:00 Coloring</p> <p style="text-align: right;">3</p>	<p>9:45 Heart to Heart Moments 10:30 Healthy Heart Exercise 11:00 Heart Target Toss 2:00 Fingerprint Hearts 3:00 Heart Healthy Snacks 6:00 Paint The Town Red</p> <p style="text-align: right;">4</p>	<p>9:45 Brain Teasers 10:30 Songs of The Heart 2:00 Word Finds & Refreshments 3:00 Afternoon Stroll 6:00 Classic T.V. Shows</p> <p style="text-align: right;">5</p>
<p>SUPERBOWL</p> <p>9:45 Football Predictions 10:30 Dvd Church Service 2:00 Super Bowl Sundae Bar 4:00 Tailgate Time 6:00 Football Games</p> <p style="text-align: right;">13</p>	<p>VALENTINE'S DAY</p> <p>9:45 Morning Walkers 10:00 Music-Kevin& Heidi 2:00 Bingo 3:00 Kissing Booth Party 6:00 Lovely Movie & Popcorn</p> <p style="text-align: right;">14</p>	<p>9:45 Helping Hands 10:30 Hunt the Heart Walkers 11:00 Wrapped In Love Tie Blankets 1:30 Bible Study 3:00 Decorate Sugar Cookies 6:00 Yarn Hearts</p> <p style="text-align: right;">8</p>	<p>9:45 Wiser Now Wednesday 10:30 Move to the Melody 11:00 Share The Love Stories Reminisce 2:00 Painting To Music 3:00 Relax & Hydrate 6:00 Jenga</p> <p style="text-align: right;">9</p>	<p>9:45 Hallmark Stories 10:00 Catholic Mass 11:00 Scavenger Hunt Walk 2:00 Queen of Hearts Card Game 3:00 Love Humor 6:00 Music - Paul Ramp</p> <p style="text-align: right;">10</p>	<p>9:45 Friday Facts 10:30 Music - Tim Mohanna 2:00 H-E-A-R-T Bingo 3:00 Cupids Arrow Spin & Sips 6:00 Valentine Necklace</p> <p style="text-align: right;">11</p>	<p>9:45 Daily Happinings 10:30 Valentine Word Scramble 2:00 Jewlery Making 3:00 Afternoon Walks 6:00 Table Top Games</p> <p style="text-align: right;">12</p>
<p>9:45 Morning Stretch 10:30 Dvd Church Service 2:00 Table Talk Tidbits 4:00 Listen to the Music 6:00 Funniest Home Videos</p> <p style="text-align: right;">20</p>	<p>PRESIDENT'S DAY</p> <p>9:45 "I Cannot Tell A Lie" 10:30 Sittercise 11:00 Manicures & Massages 2:00 Bingo 3:00 Log Cabin Challenge 6:00 Penny Toss</p> <p style="text-align: right;">21</p>	<p>9:45 Can You Find the Difference 10:30 Walking Group 11:00 Fun with Food 1:30 Bible Study 3:00 Craft Corner & Coffee 6:00 Triominos</p> <p style="text-align: right;">15</p>	<p>9:45 Riddle Me This 10:30 Chair Zumba 11:00 Geuss The Song 2:00 Midweek Movie & Popcorn 6:00 Connect Four</p> <p style="text-align: right;">16</p>	<p>9:45 You Be The Judge 10:30 Walk & Talk 11:00 Put Put Golf 2:00 Bingo 3:00 Afternoon Humor & Snacks 6:00 Cornhole</p> <p style="text-align: right;">17</p>	<p>9:45 Fun Friday Jokes 10:30 Pool Noodle Exercise 11:00 Scrapbooking 2:00 Music - Delores K. 3:00 Ice Cream Social 6:00 Fireplace Friends</p> <p style="text-align: right;">18</p>	<p>9:45 Morning Cup of Joe & Chats 10:30 Sit & Stretch 2:00 Puzzle Pals 3:00 Darts & Drinks 6:00 Classic T.V. Shows</p> <p style="text-align: right;">19</p>
<p>9:45 Friendly Walkers 10:30 Dvd Church Service 2:00 Color & Chat 4:00 Gosple Hymns 6:00 Movie & Popcorn</p> <p style="text-align: right;">27</p>	<p>9:45 Jambalaya Box 10:30 Sittercise 11:00 Manicures & Aroma Therapy 2:00 Bingo 3:00 Men's Group 6:00 Mardi Gras Masks</p> <p style="text-align: right;">28</p>	<p>9:45 Feed The Birds 10:30 Hallway Walkers 11:00 Travel Talks - City of Love 1:30 Bible Study 3:00 Would You Rather 6:00 Card Games</p> <p style="text-align: right;">22</p>	<p>9:45 Aroma Therapy 10:30 Tennis Ball Exercise 11:00 Name That Sound 2:00 February Birthday Bash 6:00 Music - Tim Javorsky</p> <p style="text-align: right;">23</p>	<p>9:45 Random Trivia 10:00 Catholic Mass 11:00 Sit & Be Fit 2:00 Bingo 3:00 Manager's Special 6:00 Movie & Popcorn</p> <p style="text-align: right;">24</p>	<p>9:45 Lifesong Baskets 10:30 Kickball 11:00 Facebook Friday 2:00 Family Fued 3:00 Paint by Number & Refreshments 6:00 Getting To Know Your Neighbors</p> <p style="text-align: right;">25</p>	<p>9:45 Daily Happinings 10:30 Knitters Nook & Johnny Cash Music 2:00 Ring Around The Bottle 3:00 Afternoon Walks 6:00 Uno</p> <p style="text-align: right;">26</p>
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