

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Locations Alpine Room, ALP Bistro, B Desert Sheep Dining Room, DSDR Exercise Room, ER			Birthdays Dottie W., 11th Doris N., 20th Mary D., 23rd		10:15 Doughnuts & Coffee 1 10:45 News & Views 11:00 FIT to Stretch® 12:00 <u>Crushing Hearts Employee Game, ALP</u> 2:00 Balloon Tennis 3:00 Happy Hour Music Performance, MR	GROUNDHOG DAY 2 9:15 Holy Catholic Communion 9:45 FIT to Balance® 1:15 Afternoon Walk 2:00 Bingo 3:15 <u>Sensory Saturdays</u>
3 9:30 Sunday Devotion 9:45 News & Views 1:30 FIT to Pedal® 2:00 TV Time 3:15 <u>Ice Cream Social</u>	4 10:15 FIT to Be Strong® 10:45 FIT to Stretch® 11:15 Rhythm Music w/Sarah 1:00 Family Feud, B 2:00 <u>Creative Painting, ALP</u> 3:10 Chair Yoga w/Karen	5 10:15 Morning Munchies 10:30 Piano w/Ronda 11:00 FIT to Pedal® 11:30 Lavish Lunch Decor 1:30 <u>Pets, Puppies & Smiles, ALP</u> 2:15 Creative Cooking 3:15 Colorful Nails & Aromatherapy 4:30 <u>Dinner & A Show: Feat. B</u>	6 9:30 FIT to Balance® 10:00 <u>Imagination Station w/Patsy</u> 11:15 Rhythm Music w/Sarah 2:30 <u>Chinese New Year Party, ALP</u> 3:00 Horoscope Trivia	7 10:00 FIT to Be Strong® 10:45 <u>Moving Breath w/Pegge</u> 11:00 <u>Red Lobster Lunch Outing</u> 2:30 Tea & Talk 3:10 Chair Yoga w/Karen 5:00 <u>Dinner & A Show: Feat. Gina M.</u>	8 10:00 Guitar w/Dan Graves 10:15 Doughnuts & Coffee 11:00 News & Views 11:15 FIT to Stretch® 2:00 Bowling Tourney 3:00 Happy Hour Music Performance, MR	9 9:15 Holy Catholic Communion 9:45 FIT to Balance® 1:30 Afternoon Walk 2:00 Bingo 3:15 Sensory Saturdays
10 9:30 Sunday Devotion 9:45 News & Views 11:30 <u>Austin's Piano Performance, MR</u> 1:30 FIT to Pedal® 2:00 TV Time 3:15 Sunday Fun Day 5:00 <u>Dinner & A Show: Feat. Parker</u>	11 10:15 FIT to Be Strong® 10:45 FIT to Stretch® 11:15 Rhythm Music w/Sarah 2:00 Bingo 3:15 Country Music Performance	12 10:15 Morning Munchies 10:30 Piano w/Ronda 11:00 FIT to Pedal® 11:30 Lavish Lunch Decor 1:30 <u>Pets, Puppies & Smiles, ALP</u> 2:15 Crafter's Corner 3:15 Colorful Nails & Aromatherapy 4:30 <u>Dinner & A Show: Feat. B</u>	13 9:30 FIT to Balance® 10:00 Chair Dancing, ALP 11:15 Rhythm Music w/Sarah 12:30 <u>Young Hearts Music Concert, ALP</u> 2:30 <u>4-H Club Valentine's Visit</u>	VALENTINE'S DAY 14 10:00 FIT to Be Strong® 10:45 <u>Moving Breath w/Pegge</u> 2:00 <u>4 H Club Valentine's Visit</u> 3:00 Valentine's Day Craft 3:30 Music of Love	15 10:15 Doughnuts & Coffee 10:45 News & Views 11:00 FIT to Stretch® 11:30 Lavish Lunch Decor 2:00 Bean Bag Toss 3:00 Happy Hour Music Performance, MR	16 9:15 Holy Catholic Communion 9:45 FIT to Balance® 1:15 Afternoon Walk 2:00 Bingo 3:15 <u>Sensory Saturdays</u>
17 9:30 Sunday Devotion 9:45 News & Views 1:30 FIT to Pedal® 2:00 TV Time 3:15 <u>Ice Cream Social</u>	PRESIDENTS DAY 18 10:15 FIT to Be Strong® 10:45 FIT to Stretch® 11:15 Rhythm Music w/Sarah 1:00 Family Feud, B 2:00 Bingo 3:15 Country Music Performance	19 10:15 Morning Munchies 10:30 Piano w/Ronda 11:00 FIT to Pedal® 11:30 Lavish Lunch Decor 12:00 <u>Peaks Best Gravy Contest, B</u> 1:30 <u>Pets, Puppies & Smiles, ALP</u> 2:15 Creative Cooking 3:15 Colorful Nails & Aromatherapy 4:30 <u>Dinner & A Show: Feat. B</u>	20 9:30 FIT to Balance® 10:00 <u>Imagination Station w/Patsy</u> 11:15 Rhythm Music w/Sarah 2:30 <u>Sprinkle of Love B Day Party, ALP</u> 2:45 Live Music Performance, ALP	21 10:00 FIT to Be Strong® 10:45 <u>Moving Breath w/Pegge</u> 11:00 <u>Museum of Northern Arizona</u> 2:30 Tea & Talk 3:00 Yesterday's Short Stories 5:00 <u>Dinner & A Show: Feat. Gina M.</u>	22 10:00 Guitar w/Dan Graves 10:15 Doughnuts & Coffee 11:00 News & Views 11:15 FIT to Stretch® 2:00 Chair Golf 3:00 Happy Hour Music Performance, MR	23 9:15 Holy Catholic Communion 9:45 FIT to Balance® 1:30 Afternoon Walk 2:00 Bingo 3:15 Sensory Saturdays
24 9:30 Sunday Devotion 9:45 News & Views 1:30 FIT to Pedal® 2:00 TV Time 3:15 Sunday Fun Day 5:00 <u>Dinner & A Show: Feat. Parker</u>	25 10:15 FIT to Be Strong® 10:45 FIT to Stretch® 11:15 Rhythm Music w/Sarah 2:00 Bingo 3:15 <u>Sip & Chat: 1800s Poetry</u>	26 10:15 Morning Munchies 10:30 Piano w/Ronda 11:00 FIT to Pedal® 11:30 Lavish Lunch Decor 1:30 <u>Pets, Puppies & Smiles, ALP</u> 2:15 Crafter's Corner 3:15 Colorful Nails & Aromatherapy 4:30 <u>Dinner & A Show: Feat. B</u>	27 9:30 FIT to Balance® 10:00 Chair Dancing, ALP 11:15 Rhythm Music w/Sarah 2:45 <u>Fabulous '50s Party</u> 2:50 Live Music Feat: Greg D.	28 10:00 FIT to Be Strong® 10:45 <u>Moving Breath w/Pegge</u> 2:00 <u>Valiant Veterans®, DSDR</u> 2:45 Afternoon Walk 3:10 Chair Yoga w/Karen	Calendar events subject to change.	