

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Locations Alpine Room, ALP Bistro, B Desert Sheep Dining Room, DSDR Exercise Room, ER</p>	<p>Lobby, L Malapais, MR Second Floor Balcony, SFB Second Floor Dining Room, SFDR</p>		<p>Birthdays Andrew B., 5th Lavon B., 8th Doris N., 20th Bill D., 21st Mary D., 23rd</p>	<p>8:30 P.A.L.S. With Cooper 1 9:30 FIT to Be Strong® 10:15 Aromatherapy Hand Massage 12:30 Daily Devotions 1:30 Xscape Room Flagstaff Mall 4:00 Yesterday's Short Stories</p>	<p>GROUNDHOG DAY 2 9:30 Doughnut Shop 9:45 News & Views 10:15 FIT to Stretch® 10:30 Lavish Lunch Decor 1:30 Treasures of the Heart® 3:00 Happy Hour Music Performance, MR</p>	<p>3 9:15 Holy Catholic Communion 9:30 Brain Busters 12:45 Walking Club 2:00 Bingo 3:30 FIT to Balance®</p>
<p>4 9:30 Spiritual Music 9:45 News & Views 1:15 FIT to Pedal® 1:45 Sunday Matinee 2:00 Ice Cream Social</p>	<p>5 9:30 FIT to Be Strong® 10:00 FIT to Stretch® 10:30 Lavish Lunch Decor 1:00 Rhythm Music w/Sarah 1:35 Walking Club 2:00 Creative Cooking 3:00 Beautiful Nails</p>	<p>6 9:30 Morning Munchies 10:00 FIT to Pedal® 10:30 Piano w/Adrienne 2:15 Bingo 3:15 Music w/B.</p>	<p>7 10:15 FIT to Balance® 10:30 Lavish Lunch Decor 12:30 February Trivia 1:00 Rhythm Music w/Sarah 1:35 Walking Club 2:30 Table Games</p>	<p>8 8:30 P.A.L.S. With Cooper 9:30 FIT to Be Strong® 10:15 Aromatherapy Hand Massage 12:30 Daily Devotions 2:30 Burnin' Love Party</p>	<p>9 9:15 Guitar w/ Dan Graves 9:30 Doughnut Shop 10:15 News & Views 10:30 FIT to Stretch® 12:45 Walking Club 1:30 Painting w/Pam 3:00 Happy Hour Music Performance, MR</p>	<p>10 9:15 Holy Catholic Communion 9:30 Brain Busters 1:00 Tea & Cookies w/Elsie 2:00 Bingo 3:30 FIT to Balance®</p>
<p>11 9:30 Spiritual Music 9:45 News & Views 1:00 Patti & Bill Music Performance, ALP 1:15 FIT to Pedal® 1:45 Sunday Matinee 2:00 Ice Cream Social</p>	<p>12 9:30 FIT to Be Strong® 10:00 FIT to Stretch® 10:30 Lavish Lunch Decor 1:00 Rhythm Music w/Sarah 1:35 Walking Club 2:15 Pre Cupid Music Performance, ALP 3:15 Crafter's Corner</p>	<p>MARDI GRAS 13 9:30 Morning Munchies 10:00 FIT to Pedal® 10:30 Piano w/Adrienne 2:15 Bingo 3:15 Music w/B.</p>	<p>ASH WEDNESDAY VALENTINE'S DAY 14 10:00 Intro to Tai Chi, ALP 12:30 Valentine's Day Trivia 1:00 Rhythm Music w/Sarah 1:35 FIT to Balance® 2:25 Love Bug B Day Party, ALP</p>	<p>15 8:30 P.A.L.S. With Cooper 9:30 FIT to Be Strong® 10:15 Aromatherapy Hand Massage 12:30 Daily Devotions 4:00 Yesterday's Short Stories 11:30 Teppan Fuji Outing</p>	<p>16 9:30 Doughnut Shop 9:45 News & Views 10:15 FIT to Stretch® 10:30 Lavish Lunch Decor 1:30 Chair Yoga w/Karen 2:00 Valiant Veterans®, DSDR 3:00 Happy Hour Music Performance, MR</p>	<p>17 9:15 Holy Catholic Communion 9:30 Brain Busters 12:45 Walking Club 2:00 Bingo 3:30 FIT to Balance®</p>
<p>18 9:30 Spiritual Music 9:45 News & Views 1:15 FIT to Pedal® 1:45 Sunday Matinee 2:00 Ice Cream Social 3:00 Music Meditation, MR</p>	<p>PRESIDENTS DAY 19 9:30 FIT to Be Strong® 10:00 FIT to Stretch® 10:30 Lavish Lunch Decor 1:00 Rhythm Music w/Sarah 1:35 Walking Club 2:00 Creative Cooking 3:00 Beautiful Nails</p>	<p>20 9:30 Morning Munchies 10:00 FIT to Pedal® 10:30 Piano w/Adrienne 2:15 Bingo 3:15 Music w/B.</p>	<p>21 10:15 FIT to Balance® 10:30 Lavish Lunch Decor 12:30 National Heart Month Trivia 1:00 Rhythm Music w/Sarah 1:35 Walking Club 2:30 Around the World: Brazil</p>	<p>22 8:30 P.A.L.S. With Cooper 9:30 FIT to Be Strong® 10:15 Aromatherapy Hand Massage 12:30 Daily Devotions 2:30 Western Chili Party 3:30 Did You Know?</p>	<p>23 9:15 Guitar w/ Dan Graves 9:30 Doughnut Shop 10:15 News & Views 10:30 FIT to Stretch® 12:45 Walking Club 1:30 Chair Yoga w/Karen 3:00 Happy Hour Music Performance, MR</p>	<p>24 9:15 Holy Catholic Communion 9:30 Brain Busters 1:00 Tea & Cookies w/Elsie 2:00 Bingo 3:30 FIT to Balance®</p>
<p>25 9:30 Spiritual Music 9:45 News & Views 1:15 FIT to Pedal® 1:45 Sunday Matinee 2:00 Ice Cream Social</p>	<p>26 9:30 FIT to Be Strong® 10:00 FIT to Stretch® 10:30 Lavish Lunch Decor 1:00 Rhythm Music w/Sarah 1:35 Walking Club 2:00 Crafter's Corner 3:00 Beautiful Nails</p>	<p>27 9:30 Morning Munchies 10:00 FIT to Pedal® 10:30 Piano w/Adrienne 2:15 Bingo 3:15 Music w/B.</p>	<p>28 9:00 Music w/Meghan 10:00 Intro to Tai Chi, ALP 10:30 Lavish Lunch Decor 12:30 Timeless Trivia 1:00 Rhythm Music w/Sarah 1:35 Walking Club 3:30 FIT to Balance®</p>	<p>Calendar events subject to change.</p>		