



THE PEAKS

A Senior Living Community

HEALTH CARE CENTER

FEBRUARY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Locations Alpine Room, ALP Bistro, B Computer Room, CR Exercise Room, ER First Hall Dining Room, 1DR Halls One, Two and Three, H 123</p>	<p>Lobby, L Malapais Room, MR Off-Campus, OC Outside, OS Second Hall Dining Room, 2DR Third Hall Dining Room, 3DR</p>		<p>Birthdays Mary S., 4th Jim V., 4th Mary S., 4th Benson S., 23rd Joe C., 28th</p>	<p>9:30 Restorative Exercise, ALP 1 10:00 Hot Coffee & Tea, 3DR 10:15 News & Views, 3DR 10:30 Threshold Choir, H 123 2:00 X Cape Room, OC 3:00 Indian Bible Church, 2DR 3:30 Music on the Move w/B, H 123</p>	<p>GROUNDHOG DAY 2 9:30 FIT to Be Strong®, ALP 10:00 P.A.L.S. W/Danny, H 123 10:15 Doughnuts & Tea, 3DR 10:30 News & Views, 3DR 2:45 Snacks & Drinks, 2DR 3:00 Bingo, 2DR 7:00 Movie, H 123 7:05 Groundhog Day Movie Night, ALP</p>	<p>8:00 Brain Teasers, H 123 3 9:30 Craft Corner, 2DR 11:00 Hot Coffee & Tea, 3DR 11:15 News & Views, 3DR 2:00 Bingo, 2DR 2:00 Jamming w/Joe, 2DR 8:00 Self-Led Cards Night, 1DR</p>
<p>Roaming Cart of Fun, H 123 4 8:00 Brain Teasers, H 123 10:30 FIT to Pedal®, ER 11:15 Hot Coffee & Tea, 3DR 11:30 News & Views, 3DR 1:00 Episcopal Church, MR 3:00 Flagstaff Tabernacle, ALP</p>	<p>5 9:30 Hangman, 3DR 10:00 Hot Coffee & Tea, 3DR 10:15 News & Views, 3DR 2:45 Snacks & Drinks, 2DR 3:00 Bingo, 2DR</p>	<p>6 9:30 FIT to Stretch®, ALP 10:15 Hot Coffee & Tea, 3DR 10:20 News & Views, 3DR 3:00 Uno Game, 2DR</p>	<p>7 10:00 Chair Yoga w/Karen, 3DR 11:00 Hot Coffee & Tea 11:05 News & Views, 3DR 1:35 Colorful Nails, 1DR 2:00 Navajo Bible Study, 2DR</p>	<p>9:30 Restorative Exercise, ALP 8 10:00 Hot Coffee & Tea, 3DR 10:15 News & Views, 3DR 10:30 Threshold Choir, H 123 3:00 Indian Bible Church, 2DR 3:30 Music on the Move w/B, H 123</p>	<p>9:30 FIT to Be Strong®, ALP 9 10:00 P.A.L.S. W/Danny, H 123 10:15 Doughnuts & Tea, 3DR 10:30 News & Views, 3DR 2:45 Snacks & Drinks, 2DR 3:00 Bingo, 2DR 7:00 Movie, H 123</p>	<p>8:00 Brain Teasers, H 123 10 9:30 Craft Corner, 2DR 11:00 Hot Coffee & Tea, 3DR 11:15 News & Views, 3DR 2:00 Bingo, 2DR 8:00 Self-Led Cards Night, 1DR</p>
<p>11 Roaming Cart of Fun, H 123 8:00 Brain Teasers, H 123 10:30 FIT to Pedal®, ER 11:15 Hot Coffee & Tea, 3DR 11:30 News & Views, 3DR 1:00 Episcopal Church, MR</p>	<p>12 9:30 Hangman, 3DR 10:00 Hot Coffee & Tea, 3DR 10:15 News & Views, 3DR 11:00 Aromatherapy Hand Massage, 3DR 2:45 Snacks & Drinks, 2DR 3:00 Bingo, 2DR</p>	<p>MARDI GRAS 13 9:30 FIT to Stretch®, ALP 10:15 Hot Coffee & Tea, 3DR 10:20 News & Views, 3DR 2:00 Creative Cooking, 2DR</p>	<p>ASH WEDNESDAY VALENTINE'S DAY 14 10:00 Chair Yoga w/Karen, 3DR 10:45 Hot Coffee & Tea, 3DR 11:00 Hot Coffee & Tea 11:05 News & Views, 3DR 1:35 Colorful Nails, 1DR 2:00 Navajo Bible Study, 2DR 2:00 Dancing Love Bugs B Day Party, ALP 3:00 Catholic Mass, MR</p>	<p>9:30 Restorative Exercise, ALP 15 10:00 Hot Coffee & Tea, 3DR 10:15 News & Views, 3DR 10:30 Threshold Choir, H 123 3:00 Indian Bible Church, 2DR 3:30 Music on the Move w/B, H 123 11:30 Teppan Fuji, OC</p>	<p>9:30 FIT to Be Strong®, ALP 16 10:00 P.A.L.S. W/Danny, H 123 10:15 Doughnuts & Tea, 3DR 10:30 News & Views, 3DR 2:45 Snacks & Drinks, 2DR 3:00 Bingo, 2DR 7:00 Movie, H 123</p>	<p>8:00 Brain Teasers, H 123 17 9:30 Craft Corner, 2DR 11:00 Hot Coffee & Tea, 3DR 11:15 News & Views, 3DR 2:00 Bingo, 2DR 8:00 Self-Led Cards Night, 1DR</p>
<p>Roaming Cart of Fun, H 123 18 8:00 Brain Teasers, H 123 10:30 FIT to Pedal®, ER 11:15 Hot Coffee & Tea, 3DR 11:30 News & Views, 3DR 1:00 Episcopal Church, MR 3:00 Salvation Army Church, ALP</p>	<p>PRESIDENTS DAY 19 9:30 Hangman, 3DR 10:00 Hot Coffee & Tea, 3DR 10:15 News & Views, 3DR 1:00 Artistic Expressions, 2DR 2:45 Snacks & Drinks, 2DR 3:00 Bingo, 2DR</p>	<p>20 9:30 FIT to Stretch®, ALP 10:15 Hot Coffee & Tea, 3DR 10:20 News & Views, 3DR 10:25 News & Views, 3DR 3:00 Bingo, 2DR</p>	<p>21 10:00 Chair Yoga w/Karen, 3DR 11:00 Hot Coffee & Tea 11:05 News & Views, 3DR 1:35 Colorful Nails, 1DR 2:00 Navajo Bible Study, 2DR</p>	<p>9:30 Restorative Exercise, ALP 22 10:00 Hot Coffee & Tea, 3DR 10:15 News & Views, 3DR 10:30 Threshold Choir, H 123 3:00 Indian Bible Church, 2DR 3:30 Music on the Move w/B, H 123</p>	<p>9:30 FIT to Be Strong®, ALP 23 10:00 P.A.L.S. W/Danny, H 123 10:15 Doughnuts & Tea, 3DR 10:30 News & Views, 3DR 2:45 Snacks & Drinks, 2DR 3:00 Bingo, 2DR 3:00 Healthy Happy Hour, ALP 7:00 Movie, H 123</p>	<p>8:00 Brain Teasers, H 123 24 9:30 Craft Corner, 2DR 11:00 Hot Coffee & Tea, 3DR 11:15 News & Views, 3DR 2:00 Bingo, 2DR 8:00 Self-Led Cards Night, 1DR</p>
<p>25 Roaming Cart of Fun, H 123 8:00 Brain Teasers, H 123 10:30 FIT to Pedal®, ER 11:15 Hot Coffee & Tea, 3DR 11:30 News & Views, 3DR 1:00 Episcopal Church, MR</p>	<p>26 9:30 Hangman, 3DR 10:00 Hot Coffee & Tea, 3DR 10:15 News & Views, 3DR 11:00 Aromatherapy Hand Massage, 3DR 2:15 Artistic Expression, 2DR 2:45 Snacks & Drinks, 2DR 3:00 Bingo, 2DR</p>	<p>27 9:30 FIT to Stretch®, ALP 10:15 Hot Coffee & Tea, 3DR 10:20 News & Views, 3DR</p>	<p>28 10:00 Chair Yoga w/Karen, 3DR 10:45 Hot Coffee & Tea, 3DR 11:00 Hot Coffee & Tea 11:05 News & Views, 3DR 1:35 Colorful Nails, 1DR 2:00 Navajo Bible Study, 2DR 3:00 Ice Cream Social, 2DR</p>	<p>Calendar events are subject to change. The survey results are readily accessible to you and are located in the brown binder near the entrance to The Peaks Health Care Center.</p>		