

**February 2020**

**“Groundhog found fog. New snows and blue toes. Fine and dandy for Valentine candy. Snow spittin'; if you're not mitten-smitten, you'll be frostbitten! By jing-y feels spring-y.”  
— The Old Farmer's Almanac**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 11:30am Twist And Shout Exercise 2:00pm Hula in the Coola Luau 3:00pm Music Therapy
2 <b>Groundhog Day</b> 10:30am Video Chair Exercise 2:00pm Bible Study 3:00pm Groundhog Predictions	3 11:30am Noodlesize Exercise 2:00pm Bingo Blast 3:00pm Ring Toss	4 11:30am Move And Groove Exercise 2:00pm Scavenger Collage 3:00pm Bowling	5 10:30am Bible Study 2:00pm Bingo Blast 3:00pm Ball Darts	6 <b>BEAUTY SHOP DAY</b> 11:30am Hand and Foot Stretch 2:00pm Fro-Yo Social 3:00pm Walk With a Buddy	7 11:30am Dancercize 2:00pm Bingo Blast 3:00pm Color/Puzzles/Social Time	8 <b>Happy Birthday Marie Mays</b> 11:30am Twist And Shout Exercise 3:00pm Music Therapy
9 10:30am Video Chair Exercise 2:00pm Bible Study 3:00pm Hokey Pokey	10 11:00am First Baptist Church Singers 11:30am Noodlesize Exercise 2:00pm Bingo Blast 3:00pm Ring Toss	11 11:30am Move And Groove Exercise 2:00pm Valentine Box Craft 3:00pm Bowling	12 10:30am Bible Study 2:00pm Bingo Blast 3:00pm Ball Darts	13 <b>BEAUTY SHOP DAY</b> 11:30am Hand and Foot Stretch 2:00pm Valentine Heart Craft 3:00pm Walk With a Buddy	14 <b>Happy Valentine's Day</b> 11:30am Dancercize 2:00pm Bingo Blast 3:00pm Valentine Exchange	15 11:30am Twist And Shout Exercise 2:00pm Simon Says 3:00pm Music Therapy
16 10:30am Video Chair Exercise 2:00pm Bible Study 3:00pm Horseshoes	17 <b>Presidents' Day</b> 11:30am Noodlesize Exercise 2:00pm Bingo Blast 3:00pm Ring Toss	18 11:30am Move And Groove Exercise 2:00pm Gratitude Game 3:00pm Bowling	19 10:30am Bible Study 2:00pm Bingo Blast 3:00pm Ball Darts	20 <b>BEAUTY SHOP DAY</b> 11:30am Hand and Foot Stretch 2:00pm Popcorn and a Movie 3:00pm Walk With a Buddy	21 11:30am Dancercize 2:00pm Bingo Blast 3:00pm Color/Puzzles/Social Time	22 11:30am Twist And Shout Exercise 2:00pm Word Search 3:00pm Music Therapy
23 10:30am Video Chair Exercise 2:00pm Bible Study 3:00pm Walk With a Buddy	24 11:30am Noodlesize Exercise 2:00pm Bingo Blast 3:00pm Ring Toss	25 <b>Mardi Gras</b> 11:30am Move And Groove Exercise 2:00pm Mardi Gras Craft 3:00pm Bowling	26 10:30am Bible Study 2:00pm Bingo Blast 3:00pm Ball Darts	27 <b>BEAUTY SHOP DAY</b> 11:30am Hand and Foot Stretch 2:00pm Corn Hole 3:00pm Walk With a Buddy	28 11:30am Dancercize 2:00pm Bingo Blast 3:00pm Color/Puzzles/Social Time	29 11:30am Twist And Shout Exercise 2:00pm Let's Get Pampered 3:00pm Music Therapy