

<p>ACTIVITIES IN THIS SECTION ARE REGULARLY SCHEDULED</p> <p>8:40-10:15 Church Service - O 10:15 Westminster Presbyterian Church Shuttles - O</p>	<p>10:30 Chair Exercise - DR 11:00 Rosary - DR 1:30 WU - Flow-Motion - FC</p>	<p>1:15 WU-Stabilization Endurance - FC 1:30 Community Work - Flower Arrangements - M 3:00 Bible Hour - TC -5th</p>	<p>10:00 Seamstress Visit - DS 10:30 Strengthen Exercise - M 1:30 Bingo and Prizes - M 3:45 Ice Cream Social - M</p>	<p>8:00 Making Breakfast - DR 9:30 Tai Chi - FC 10:30 Catholic Service - DR 11:15 Chair Aerobics - M 1:15 WU-Strength Resistance Training - FC</p>	<p>9:30 1:1 Walking Fitness - O 9:45 Dance Aerobics - FC 10:30 Ball Fitness - S 2:00 Shabbat Service - Conf</p>	<p>2:00 Matinee Movie-Whth-Ch-2 7:00 Evening Movie-Whth-Ch.2</p>
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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<p>If you are planning to sign up for any outings, please see Maricel Obaniil</p>	<p>Programs are subject to change.</p>			<p>11:15 Lunch Outing : Pho Restaurant - O 3:30 Mr. Music man Bob, vocals/keyboard - DR</p>	<p>11:15 Making Soup - Broccoli Cheese Soup - DR 1:15 Aromatherapy - M 3:00 Mix and Mingle & February Birthday Celebration w/ Stan Hamrick, vocals/guitar - SR</p>	<p>10:15 Chair Fitness - Inn-3rd 11:15 Accordion Music w/Sylvia -SDR 1:15 Trivia Challenge - Springs-M 2:15 Weekend Bingo - SR 3:30 Farkle Dice Game - Inn-3rd</p>
<p>10:30 WH Church Service - DR 5:00 Christian Worship Service - C</p>	<p>1:30 UNO Madness - M 2:30 WU - Health Talk - "Mechanisms of Stroke" by Roger Koment, PhD 3:45 Popcorn Social - M 4:00 Coping w/ Life Changes - M</p>	<p>10:30 Baking Session : Crescent Rolls - M 11:00 Crafts Session - Hearts in a stick - M 3:30 Music Therapy w/ Cheryl - DR 6:15 Balloon Volleyball - M</p>	<p>10:30 WU-Acrylic Painting - ART 11:00 WU-Famous People: Charles Dickerson - M 4:00 WU-Famous Place: New Orleans - M</p>	<p>1:15 Crafts Session : Creating Valentine Cards - M 1:30 Scenic Ride - O 3:30 Piano w/ James - DR 4:45 Kennedy Center Free Concert - O 6:00 Caregivers Support - Conf. 6:15 Bowling Night - M</p>	<p>11:15 Making Soup - Potato and Bacon Soup 1:15 Lovely Manicure - M 3:00 Mix & Mingle w/ Jerry Roman, piano " Songs of Love" - SR</p>	<p>10:30 Chair Fitness - Inn-3rd 1:15 Word Challenge - How many words can you create? - M 2:15 Bingo Bonanza - ART 6:45 WSH Artist Series: David Pedraza, viola & Anna, piano - SR</p>
<p>10:30 WH Church Service - DR 1:30 Marine Chamber Orchestra at Schlesinger Hall - O 2:30 Students' Piano and Cello Recital - SR 5:00 Christian Worship Service - Lobby</p>	<p>11:30 Moving Accordion - DR 1:30 Making Mardi Gras Mask - M 2:30 WU - Culinary Concept Class - MDR 3:45 Popcorn Social - M 4:00 Discussion - Abraham Lincoln - M</p>	<p>10:30 Baking Session: Red Velvet Cake - M 11:00 Storytelling w/ Winoka - M 1:30 Mardi Gras slideshow - M 4:30 Mardi Gras "Fat Tuesday" Themed Event Tim Ford's Duo "Dixieland Music" - DR 5:00 Cajun Cuisine Dinner and music - DR 6:15 Evening Social: Treasure Hunt - M</p>	<p>Valentine's Day Ash Wednesday 10:00 -11:00 Valentine's Spa Day- Hand Massages, Manicure - M 12:00 Valentine's Day piano music w/ James - DR 4:00 WU-Famous Places: Venice - M</p>	<p>1:15 Crafts Session : Hearts Garland - M 3:30 String Music w/ Marta - DR</p>	<p>11:15 Making Soup - Vegetable Wanton Soup - DR 1:15 Resident Council Meeting - AR 3:00 Mix & Mingle w/ The Old Dominion Trio "40s,50s,60s - SR</p>	<p>10:30 Wakeup & Work out- Inn-3rd 11:30 Art w/Coloring -Springs-M 1:15 Trivia Challenge -Springs-M 2:15 Weekend Bingo - SR 3:30 Farkle (Dice Game) -Inn-3rd</p>
<p>10:30 WH Church Service - DR 5:00 Christian Worship Service - SR</p>	<p>1:30 UNO Card Game - M 3:00 Sing - Along w/ Gideon - DR 6:45 "Wintertime Jazz" with Christiana Drapkin's Jazz Trio - SR</p>	<p>10:30 Baking Session : Blueberry Muffin - M 11:00 WU-Art w/Pencil by Aref - M 3:30 Bluegrass/ Country Duo - DR 6:15 Balloon Volleyball - M</p>	<p>10:30 WU-Acrylic Painting -ART 11:00 Health Talk w/ Peter, ADON Cause of Pressure Ulcer - M 4:00 WU- Famous Places: Bahamas - M</p>	<p>1:30 WU-Famous People: George Washington - M 3:15 Battle of the Sexes - SR 3:30 Piano w/James - DR 6:15 Bowling Night - M 7:00 The US Air Force Band Concert at Schlesinger - O</p>	<p>10:30 Making Soup - Tomato Soup - DR 1:15 Aromatherapy - M 3:00 Mix & Mingle w/ Me and Martha "Bluegrass/ Country/Folk music"- SR</p>	<p>10:30 Chair Fitness - Inn-3rd 11:15 Accordion Music w/ Sylvia - DR 1:15 Card Conversation - M 2:30 Bingo - SR 3:45 Trivia - Who Am I? - M</p>
<p>10:30 WH Church Service - DR 2:00 Students' String Recital - SR 5:00 Christian Worship Service - SR</p>	<p>1:30 UNO Card Game - M 3:45 Popcorn Social - M 4:00 Bereavement Group - M</p>	<p>10:30 Open Communion - C 10:30 Baking Session : Chocolate Cake - M 11:00 Heart Coloring - M 2:00 WU - Book Review - LL 3:30 Swing Music w/ Ernie, vocals/guitar - DR 6:15 Frisbee Social - M</p>	<p>10:30 WU-Art w/Pencil by Aref - ART 11:00 Washington House Hockey League - M 4:00 WU-Famous Places: Australia - M</p>	<p>February Resident Birthdays Marlon Willson 5 Claudia Gault 8 Nancy Wallace 9 Akiko Lloyd 10 Joseph McMillan 10 Peggy Ross 10</p>	<p>February Resident Birthdays Mildred Kashmere 14 Rabieh Malik 15 Caroline Seeger 17 Robert Coffey 18 Karl Duff 18 Anna-Marie Cahoon 24</p>	<p>February Resident Birthdays Mary Conley 24 Eleanor Loud 26</p>

ACTIVITY LOCATOR KEY

<p>TC- Town Center C- Chapel L- Lobby LL- Lobby Library FC - Fitness Center</p>	<p>PDR- Private Dining Room ART - Art Room DR- Dining Room AR - Activity Room MDR - Main Dining Room S- Solarium M - Martha Hall</p>	<p>Inn- Assisted Living O - Outing SR - Sky Room Conf- Conference Room T- Theater G - George Hall</p>
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FEBRUARY 2018

The Springs