

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
							
7:15 Breakfast Club 4 9:00 Namaste 10:30 Sunday Spiritual 11:30 life Skills 1:00 Serene Transitions 2:00 Creative Corner 3:15 Bingo 6:15 Sunday Movie	7:15 Breakfast Club 5 9:00 Namaste 10:30 Sing-Along 11:30 Table Talk 1:00 Serene Transitions 2:00 What's in a word 3:15 Sketching 6:15 Tranquility Time	7:15 Breakfast Club 6 9:00 Namaste 10:30 Sit N be fit 11:30 Table Talk 1:00 Serene Transitions 2:30 <u>Resident Birthday party/ W entertainment</u> 6:15 Tranquility Time	7:15 Breakfast Club 7 9:00 Namaste 10:30 <u>Communion</u> 11:30 Table Talk 1:00 Serene Transitions 2:00 Baking Cupcakes 3:15 Card Sharks 6:15 Tranquility Time	7:15 Breakfast Club 8 9:00 Namaste 10:30 Senior Stretch 11:30 Table Talk 1:00 Serene Transitions 2:00 Thursday Trivia 3:30 <u>Lila's Guitar</u> 6:15 Tranquility Time	7:15 Breakfast Club 9 9:00 Namaste 10:30 Friday Fitness 11:30 Table Talk 1:00 Serene Transitions' 2:00 Adult Coloring 3:15 Love Detective 6:15 Tranquility Time <small>Groundhog Day</small>	7:15 Breakfast Club 10 9:00 Namaste 10:30 Saturday Stretch 11:30 Table Talk 1:00 Serene Transitions 2:00 Puzzles & More 3:15 Bingo 6:15 Tranquility Time	
7:15 Breakfast Club 11 9:00 Namaste 10:30 Sunday Spiritual 11:30 Life Skills 1:00 Serene Transitions 2:00 Creative Corner 3:15 Valentine Cards 6:15 Sunday Movie	7:15 Breakfast club 12 9:00 Namaste 10:30 Sing-Along 11:30 Table Talk 1:00 Serene Transitions 2:00 Cookie & Cocoa Social 6:15 Tranquility Time	7:15 Breakfast Club 13 9:00 Namaste 10:30 <u>Cherry/fluff</u> 11:30 Table Talk 1:00 Serene Transitions 2:30 <u>Jorge/Mardi Gras</u> 3:30 Tuesday Trivia 6:15 Tranquility Time <small>Mardi Gras</small>	7:15 Breakfast Club 14 9:00 Namaste 10:00 <u>Ash Wednesday</u> 11:30 Table Talk 1:00 Serene Transitions 2:30 <u>Valentine Social Entertainment MDR</u> 6:15 Tranquility Time <small>Valentine's Day</small>	7:15 Breakfast Club 15 9:00 Namaste 10:30 Senior Stretch 11:30 Table Talk 1:00 Serene Transitions 2:00 Puzzles/games 3:15 Painting/Drawing 6:15 Tranquility Time	7:15 Breakfast Club 16 9:00 Namaste 10:30 Friday Fitness 11:30 Table Talk 1:00 Serene Transitions 2:00 Rhymes With 3:15 Manicures 6:15 Tranquility Time <small>Chinese New Year</small>	7:15 Breakfast Club 17 9:00 Namaste 10:30 Friday Fitness 11:30 Table Talk 1:00 Serene Transitions 2:00 Remember When 3:15 Wildlife Wonder 6:15 Tranquility Time	
7:15 Breakfast Club 18 9:00 Namaste 10:30 Sunday Spiritual 11:30 Life Skills 1:00 Serene Transitions 2:00 Creative Corner 3:15 Game Circle 6:15 Sunday Movie	7:15 Breakfast Club 19 9:00 Namaste 10:30 Sing-Along 11:30 Table Talk 1:00 Serene Transitions 2:00 Monday Manicures 3:15 Word Games 6:15 Tranquility Time <small>Presidents' Day (US)</small>	7:15 Breakfast Club 20 9:00 Namaste 10:30 Fan Exercise 11:30 Table Talk 1:00 Serene Transitions 2:00 Magazines/ Cards 3:15 Tuesday Trivia 6:15 Tranquility Time	7:15 Breakfast Club 21 9:00 Namaste 10:30 Senior Stretch 11:30 Table Talk 1:00 Serene Transitions 2:30 <u>Around The World Mexico and Music</u> 6:30 Tranquility Time	7:15 Breakfast Club 22 9:00 Namaste 10:30 Sit N Be Fit 11:30 Table Talk 1:00 Serene Transitions 2:00 Adult Coloring 3:15 Ring Toss 6:15 Tranquility Time	7:15 Breakfast Club 23 9:00 Namaste 10:30 Friday Fitness 11:30 Table Talk 1:00 Serene Transitions 2:00 Ball Toss 3:15 Painting 6:15 Tranquility Time	7:15 Breakfast Club 24 9:00 Namaste 10:30 Saturday Stretch 11:30 Table Talk 1:00 Serene Transitions 2:00 Good Times 3:15 Crafts 6:15 Tranquility Time	
7:15 Breakfast Club 25 9:00 Namaste 10:30 Sunday Spiritual 11:30 Life Skills 1:00 Serene Transitions 2:00 Creative Corner 3:15 Remember When 6:15 Sunday Movie	7:15 Breakfast Club 26 9:00 Namaste 10:30 Sing-Along 11:30 Table Talk 1:00 Serene Transitions 2:30 <u>Jorge/ Yoga</u> 4:00 Faces & Places 6:15 Tranquility Time	7:15 Breakfast Club 27 9:00 Namaste 10:30 Senior Stretch 11:30 Table Talk 1:00 Serene Transitions 2:00 Tuesday Trivia 3:15 Begins With..... 6:15 Tranquility Time	7:15 Breakfast club 28 9:00 Namaste 10:30 Senior Stretch 11:30 Table Talk 1:00 Serene Transitions 2:30 Magazine Corner 3:15 Toss & Sing 6:15 Tranquility Time	<b>Treasured Moments Neighborhood Evening Namaste program offered @ 6:15pm</b> <b>Daily Evening Tea Social offered @ 8:15 pm</b> 			