

The Meadows February 2020

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

FEBRUARY



Family & Friends are always welcome to join in!

Questions?

Please Contact:
Activity Director,
Katy Hartigan at
610-728-5409

Thank you!

****Refer to weekly
schedule**

LOCATION KEY:

(C:LR) - 2nd Fl Liv. Rm
(C) - 2nd FL Activity Rm
(C:D) - 2nd FL Dining
(B:LR) - 1st FL Liv. Rm
(B) - 1st FL Activity Rm
(B:L) - 1st FL Library
(B: SR) - 1st FL Sitting Rm
(B: LR) - 1st FL Living Rm
(A) - Avondale
(I) = Independent activity/ at
your own leisure
(The Inn)= 4th floor rehab
(CC)= Chatham C unit



1 Celebrating African American History Month
9:00 Feeling Groovy Sit & Be Fit Express Toning: Chair Dancing DVD (C:LR)
10:00 February Month Trivia, American History Trivia, Word Searches & crossword puzzles (C)
1:00 Craft Corner Painting: Wooden Love Frame (C)
2:30– 4:00 BINGO (C)
4:00 Large Crossword Puzzle (C)
7:00 Flyers Game on TV (I)
8:00 TV Land shows & movies on Ch.67 (I)
8:30 76er's Game on TV (I)

2 Groundhog Day & Super Bowl LIV
9:30 Performer: **Bill Long (A)**
10:30am Catholic Communion Rite (C:LR) (I)
11:00 Coloring Pages & Music (C) (I)
1:00 WOGA (Wheelchair Yoga) Workout (C:LR) (I)
1:00 Football Tied Pillow Craft Kit (B)
2:00 Afternoon Pet Therapy with Lucy (C:LR) (I)
2:00-4:00 Independent Movie Matinee (C:LR) (I)
****No Wii Games Practicing****
4:00 Super Bowl Kick off Show on TV (I)
6:30 Super Bowl LIV on TV (I)
8:00 TV Land shows & movies on Ch.67 (I)

3 Mandala Month Monday!
9:00-12:00 Manicure Monday (C)
10:30 Look Who's Dancing Seated Aerobics' (A)
9:30-11:00 Rick Steves' Traveling Through Europe Episode (C:LR) (I)
1:30—2:15 Men's Group w/ Sim (BL)
2:30-4:00 BINGO (C)
3:00 (1:1 Room Visits)
4:00 Mandala Sand Art Pictures (B)
7:30 76er's Game on TV (I)
7:30 Flyers Game on TV (I)
8:00 TV Land shows & movies on Ch.67 (I)

4 Rosa Parks Anniversary
9:00 Tone is up Tuesday: Let's play golf! (C:LR)
10:00 Ben Soffer Presentation (C)
11:00 Men's group with Lakie (C:LR)
11:00 Who am I Game (C)
11:00 Pet Therapy w/ Brutus & Bailey
12:00 Monthly Featured Foods Special Lunch (C) ***must sign up ahead* Spots Limited***
1:00 Art Class (B)
2:30 Tuesday Ted Talk of Choice (C:LR)
3:30 Bible Study (B:LR)
3:30 Tea & Random Trivia Tuesday (B)
8:00 TV Land shows & movies on Ch.67 (I)

5 World Heart Month
9:00-11:30 Independent Wii Bowling Wednesday (B:LR)
9:30 Independent Walking Club Wednesday around the halls
11:00 Cognitive Kit :Valentines Day (C:LR)
1:30 I Love Lucy Episode (C:LR)
2:30 Band Performance: Musical Friends (C:LR)
3:30 Wednesday Word Association Game (C:LR)
6:00 Painting Class: Ceramic Heart Trinket Boxes (C)
8:00 TV Land shows & movies on Ch.67 (I)

6 Queen's Day
Trip ***must sign up ahead* Spots Limited***
9:00 Independent Walking the halls
9:30-11:00 Horticulture Therapy (1st Fl –R) ***Spots limited *Must Sign up Ahead***
9:30 Living Poetry Group (C)
1:30 Rummi Kub (B) (I)
2:30 Music Appreciation Lecture: Jeff Uhlig (C:LR)
3:30 Book Club (C:LR)
7:00 Flyers Game on TV (I)
8:00 76er's Game on TV (I)
8:00 TV Land shows & movies on Ch.67 (I)

7 Wear Red Day
9:00 Healthy Heart Workout: Seated Salsa Exercise DVD (C:LR)
10:00 Dr. Steve's Egypt Lecture (C:LR)
11:00 Shabbat Service w/ Irv (B:L)
1:00 Red & Pink Heart Charm Bracelet Making (B)
2:00 Ice Cream Social (C)
3:00– 4:00 BINGO (C)
3:00 Pet Therapy w/ Jackson
4:00 Finishing Red & Pink Heart Charm Bracelet Making (B)
7:00 76er's Game on TV (I)
8:00 TV Land shows & movies on Ch.67 (I)

8 Celebrate Mind Games Month
9:30 Mindfulness breathing CD program (C:LR)
10:30 Word Association Game (C:LR)
11:30 Cu1rrent Events Topics & Discussions (C:LR)
1:00 Craft corner: DIY Unfinished Wood Words (B) (I)
2:30-4:00 BINGO (C)
4:00 Large Crossword Puzzle (C)
7:00 Flyers Game on TV (I)
8:00 TV Land shows & movies on Ch.67 (I)



The Meadows February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9 Celebrate Candy Heart Month 10:30am Catholic Communion Rite (C:LR) (I) 11:00 Coloring Pages & Music (C) (I) 1:00 Fit Express Toning: Chair Dancing DVD (C:LR) (I) 1:00 Candy Heart Decorated Cupcakes! (C) 2:00 Afternoon Pet Therapy with Lucy 2:00- 4:15 Movie Matinee (C:LR) (I) 3:30 Wii Games Practicing (B:LR) 6:00 76er's Game on TV (I) 6:30 92nd Academy Awards on TV(I) 8:00 TV Land shows & movies on Ch.67 (I)</p>	<p>10 Monday Muffin Day 9:00-12:00 Manicure Monday (C) 10:30 Look Who's Dancing Seated Aerobics' (C:LR) 1:00 Muffin Baking (C) 2:30-4:00 BINGO (C) 3:00 (1:1 Room Visits) 4:00-4:45 Muffins and Documentary of Choice (C:LR) (I) 7:00 Flyers Game on TV (I) 8:00 TV Land shows & movies on Ch.67 (I)</p>	<p>11 Peppermint Pattie Day 9:00 Morning Stretches (C:LR) 10:30 Men's group with Lakie (C:LR) 10:30 Women's Group: Baking w/ Peppermint Pattie's! (C) 1:00 Art Class (B) 2:30 Tuesday Ted Talk of Choice (C:LR) 3:30 Bible Study (B:LR) 7:00 76er's Game on TV (I) 7:00 Flyers Game on TV (I) 8:00 TV Land shows & movies on Ch.67 (I)</p>	<p>12 Lincoln's Birthday & Jell-O Day! 9:00-11:30 Independent Wii Bowling Wednesday (B:LR) 9:30 Independent Walking Club Wednesday around the halls 11:00 Cognitive Kit :Washington & Lincoln (C:LR) 1:00 Valentine Fill-in-the-Blank Cards (C) 2:30 Sing Along (C:LR) 3:30 Movie Matinee and Jell-O treats (C:LR) 4:00 (1:1 Room Visits) 6:30 Sweetheart Social: Performance by Kevin Galm (C:LR) 8:00 TV Land shows & movies on Ch.67 (I)</p>	<p>13 Madly in Love Day 9:00 Activity Connection: Daily Chronicle & Exercise Essentials DVD (C:LR) 10:30 Cards w/ Dee (B) 11:30 Aged for Action: Work out with Elastic Bands (C:LR) 1:30 DIY Ceramic Heart Mini Bowls (B) 3:30 Rummi Kub (B) (I) 7:00 Flyers Game on TV (I) 8:00 TV Land shows & movies on Ch.67 (I)</p>	<p>14 Happy Valentine's Day 9:00 Valentine Cookie Magnet Craft Kit (C) (I) 9:00-10:30 Handing out Valentines to residents (the halls) 11:00-12:00 Fitness Class w/ Carl Miranda (C:LR) 1:00 Fresh Flower Arranging (B) 2:00 Ice Cream Social (C) 3:00- 4:00 BINGO (C) 3:00 Pet Therapy w/ Jackson 4:00-5:00 Romance DVD Showing (C:LR) 8:00 TV Land shows & movies on Ch.67 (I)</p>	<p>15 Snack Food Saturday 9:00 Super Senior Saturday Sit & Be Fit DVD Workout (C:LR) 10:00 Color Your Own Valentine Cupcakes(B) 1:00 Oldies Movie of Choice w/ Snacks (C:LR) 2:30-4:00 BINGO (C) 4:00 Large Crossword Puzzle (C) 4:00 Flyers Game on TV (I) 8:00 TV Land shows & movies on Ch.67 (I)</p>
<p>16 Sports Sunday 9:30 Performer: Bill Long (CC) 10:30am Catholic Communion Rite (C:LR) (I) 11:00 Color Your Own Sports Visors & Music (C) (I) 1:00 Afternoon Meditation (C:LR) (I) 2:00 Pet Therapy with Lucy 2:00-4:15 Movie Matinee & Soda Social (C:LR) 2:30 62nd NASCAR Daytona 500 Race on TV (I) 3:30 Wii Games Practicing (B:LR) 8:00 TV Land shows & movies on Ch.67 (I) 8:00 NBA All-Star Game on TV (I)</p>	<p>17 Presidents Day 9:00-12:00 Manicure Monday (C) 10:30 Look Who's Dancing Seated Aerobics' (A) 9:30-11:00 Amazon Prime video on Presidents Day (C:LR) (I) 1:30 Pet Therapy w/ Star 1:30 Rev Hollaman: Afternoon Devotion service (B:LR) 2:30-4:00 BINGO (C) 3:00 (1:1 Room Visits) 4:00 President's Day Pets Discussion Group (C) 8:00 TV Land shows & movies on Ch.67 (I)</p>	<p>18 First Ladies Day & John Travolta's Birthday 9:30 Tone is up Tuesday: Seated Boxing Exercise DVD (C:LR) 10:30 First Ladies Discussion Group (C) 10:30 Men's group with Lakie (C:LR) 11:00 Pet Therapy w/ Brutus & Bailey 1:00 Art Class (B) 2:30 Movie Matinee: Grease! (C:LR) 3:30 Bible Study (B:LR) 7:00 Flyers Game on TV (I) 8:00 TV Land shows & movies on Ch.67 (I)</p>	<p>19 Random Acts of Kindness Day 9:00-10:30 Independent Wii Bowling Wednesday (B:LR) 9:30 Independent Walking Club Wednesday around the halls 11:00 Mass with Father Shea (C:LR) 1:00 Baking Triple Chocolate Brownies for residents and staff ! (C) 2:30 Sing Along (C:LR) 3:30 Movie Matinee & Devouring Brownies (C:LR) 6:30 Birthday Social Piano Performance by: Jay Daniels (C:LR) 8:00 TV Land shows & movies on Ch.67 (I)</p>	<p>20 Cherry Pie Day <i>Trip *must sign up ahead* Spots Limited*</i> 9:30 Let's play Volleyball (C:LR) (I) 9:30 Living Poetry Group (C) 10:30 -12:00 Cherry Pie & Morning Movie (C:LR) 1:30 Book Club (C:LR) 2:30 Christian Life Group (C) 3:30 Rummi Kub (B) (I) 4:00 Music w/ Methacton High School Group (C:LR) 7:00 Flyers Game on TV (I) 8:00 76er's Game on TV (I) 8:00 TV Land shows & movies on Ch.67 (I)</p>	<p>21 National Caregivers Day 9:00 Independent Flexing Friday: Wii Tennis (B:LR) 9:45-11:45 Kisses Sweet Spa Massages (1st Fl Act Rm) *must sign up ahead* Spots Limited* 11:00 Women's Knitting Group (B) (I) 1:00 Apple Card Writing for Caregivers (C) 2:00 Ice Cream Social (C) 3:00- 4:00 BINGO (C) 3:00 Pet Therapy w/ Jackson 4:00 Finishing the Lines Book! (C) 8:00 TV Land shows & movies on Ch.67 (I)</p>	<p>22 George Washington's Birthday 1732 9:00 Saturday Stretches (C:LR) 10:00 Cognitive Kit :Washington & Lincoln (B) 11:00 (1:1 Room Visits) 1:00 Baking Cookies! (C) 1:00 Oldies Movie of Choice & Freshly Baked Cookies C:LR) 1:00 Flyers Game on TV (I) 2:30-4:00 BINGO (C) 4:00 Large Crossword Puzzle (C) 8:00 TV Land shows & movies on Ch.67 (I) 8:30 76er's Game on TV (I)</p>
<p>23 Banana Baking Day 10:30am Catholic Communion Rite (C:LR) (I) 11:00 Coloring Pages & Music (C) (I) 1:00 Exercise Essentials DVD (C:LR) (I) 1:00 Banana Baking (C) 2:00 Afternoon Pet Therapy with Lucy 2:00-4:15 Movie Matinee & Banana Goodies (C:LR) 3:30 Wii Games Practicing (B:LR) 8:00 TV Land shows & movies on Ch.67 (I)</p>	<p>24 Celebrate Chocolate Month 9:00-12:00 Manicure Monday (C) 10:30 Look Who's Dancing Seated Aerobics' (C:LR) 1:00 Legions of Mary Catholic Room Visits 1:30 Chocolate Treats & Music (C) 2:30-4:00 BINGO (C) 3:00 (1:1 Room Visits) 4:00-4:45 Men's Group Documentary of Choice (C:LR) (I) 7:00 76er's Game on TV (I) 8:00 TV Land shows & movies on Ch.67 (I)</p>	<p>25 Mardi Gras 9:00 Tone is up Tuesday Tai Chi DVD (C:LR) 10:30 Mardi Gras Social Performance by Greg Albert! (C:LR) No Men's Group today! 1:00 Art Class (B) 2:30 Residents' Council * For Residents only (C) 3:30 Bible Study (B:LR) 3:30-5:00 Tuesday Ted Talk of Choice (C:LR) 7:00 Flyers Game on TV (I) :00 TV Land shows & movies on Ch.67 (I)</p>	<p>26 Ash Wednesday 9:00-10:00 Independent Wii Bowling Wednesday (B:LR) 9:30 Independent Walking Club Wednesday around the halls 10:00 Performer: Dann Pell (CC) (I) 10:00 Chair Ballet (C:LR) 1:00 Winter Stamping Fun (C) <i>Afternoon Ashes Distribution</i> 2:30 Bridge Group (B) 4:00 (1:1 Room Visits) 6:30-7:30 Facials & I Love Lucy Episodes (C:LR) 7:00 76er's Game on TV (I) 8:00 TV Land shows & movies on Ch.67 (I)</p>	<p>27 Polar Bear Day <i>Trip *must sign up ahead* Spots Limited*</i> 9:00 Activity Connection: Daily Chronicle & Cranium Crunches (C) 9:30 Beach Ball Exercise & Discussion (C:LR) 10:30 Cards w/ Dee (B) 1:30 Independent Art time (B) (I) 2:30 Polar Bear Documentary on YouTube (C:LR) 3:30 Rummi Kub (B) (I) 7:00 76er's Game on TV (I) 8:00 TV Land shows & movies on Ch.67 (I)</p>	<p>28 Fun Filled Friday! 9:30 Winter Water Color Pencil Fun (C) 11:00 Fitness Class w/ Carl Miranda (C:LR) 1:00 Fresh Flower Arranging (B) 2:00 Ice Cream Social (C) 3:00- 4:00 BINGO (C) 3:00 Pet Therapy w/ Jackson 4:00 Finishing Lyrics Fun! (C) 7:00 Flyers Game on TV (I) 8:00 TV Land shows & movies on Ch.67 (I)</p>	<p>29 Leap Day 9:00 Independent Geri-Fit Exercise DVD (C:LR) 10:00 Frog-Shaped Doorknob Hanger Craft (B) 11:00 (1:1 Room Visits) 1:00 Oldies Movie of Choice & Soda Social (C:LR) 1:00 Flyers Game on TV (I) 2:30-4:00 BINGO (C) 4:00 Large Crossword Puzzle (C) 8:00 TV Land shows & movies on Ch.67 (I) 8:30 76er's Game on TV (I)</p>

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Sunday Monday Tuesday Wednesday Thursday Friday Saturday



Family & Friends are welcome to join in!
Questions?
 Please Contact:
 Activity Director,
 Katy Hartigan at
 610-728-5409
 Thank you!
 **Refer to weekly
 schedule
 for recent changes**
 (I)= Independent



1 Celebrating African American History Month
 9:00 Independent Walking Club (the halls)
 11:00 Independent American History Trivia, Word Searches & crossword puzzles (4th Fl Act Rm)
 2:00-4:00 Movie Matinee (4th Fl Theatre)
 7:00 Flyers Game on TV (I)
 8:00 TV Land shows & movies on Ch.67 (I)
 8:30 76er's Game on TV (I)

2 Groundhog Day & Ukulele Day
 9:00 Independent Puzzles & Adult coloring sheets (1st & 4th Fl Act Rm) (I)
 11:00 Catholic Communion Rite (4th Fl Living Room) (I)
 2:30 Ukulele Day Performance by: Lisa (4th Fl LR)
 2:30 Pet Therapy with Scout (Room Visits)
 4:00 Super Bowl Kick off Show on TV (I)
 6:30 Super Bowl LIV on TV (I)
 8:00 TV Land shows & movies on Ch.67 (I)

3 Mandala Month Monday!
 10:30 Daily Chronicle & Independent Trivia Sheets (4th Fl LR)
 11:15 -12:00 Look Who's Dancing Seated Aerobics' (4th Fl LR)
 1:00-2:00 Eagle Scout Troops Project Musicians Performance (4th Fl LR)
 2:30 Muffin Monday Baking & Mandala Art (1st Fl Act Rm)
 3:30 1:1 Visits
 7:30 76er's Game on TV (I)
 7:30 Flyers Game on TV (I)
 8:00 TV Land shows & movies on Ch.67 (I)

4 Rosa Parks Anniversary
 9:30 Ted Talk of Choice (1st Fl)
 10:00 Who am I Game (1st Fl Act Rm)
 10:30 Inspirational Flipbook Making (1st Fl Act Rm)
 12:00 Monthly Featured Foods Special Lunch (1st Fl Act Rm) *must sign up ahead* Spots Limited*
 1:00-3:30 Manicures (4th Fl Act Rm)
 2:00 Legions of Mary Catholic Room Visits
 8:00 TV Land shows & movies on Ch.67 (I)

5 Celebrate Mind Games Month
 9:00-11:00 The Price is Right Wii Ga, Trivia Sheets & Wii Wednesday (4th Fl Act Rm)
 1:30 Jeopardy Episodes (Theatre)
 2:00 Christian Prayer Room visits
 2:30 BINGO with Helene! (4th Fl Activity Room)
 3:30 Large Crossword Puzzle & Wednesday Word Association (4th Fl Act Rm)
 8:00 TV Land shows & movies on Ch.67 (I)

6 Queen's Day
 Movie Lunch Trip *must sign up ahead* Spots Limited*
 9:30-11:00 Horticulture Therapy (1st Fl - R) *Spots limited *Must Sign up Ahead*
 9:30 Queen Elizabeth YouTube Documentary (Theatre) & 1:1 Visits
 1:30 Book Club (4th Fl Living Room)
 2:30 Ice Cream Social, Activity Connection: Daily Chronicle & Large Crossword (1st Fl Act Rm)
 3:30 Shannondell Sing Along (2nd Fl Act Rm)
 7:00 Flyers Game on TV (I)
 8:00 76er's Game on TV (I)
 8:00 TV Land shows & movies on Ch.67 (I)

7 Wear Red Day
 9:30 Exercise Can Beat Arthritis DVD (1st Fl Act Rm) (I)
 10:30 Cozy Winter Movie of Choice (1st Fl Act Rm)
 10:30 Walk to 11:00 Shabbat Service w/ Irv (Berwyck Library)
 2:00 Red & Pink Heart Charms Bracelet Making (I) (1st Fl Act Rm)
 7:00 76er's Game on TV (I)
 8:00 TV Land shows & movies on Ch.67 (I)

8 Potato Lover's Day
 9:00 Independent Walking Club (the halls)
 11:00 Independent Coloring Sheets (1st Fl Act Rm)
 2:00-4:00 Potato Treat & Movie Matinee (4th Fl Theatre)
 7:00 Flyers Game on TV (I)
 8:00 TV Land shows & movies on Ch.67 (I)



FEBRUARY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9 Celebrate Candy Heart Month 9:00 Independent Puzzles & Adult coloring sheets (1st & 4th Fl Act Rm) (I) 11:00 Catholic Communion Rite (4th Fl Living Room) (I) 2:30 Smell Good Sunday Baking! Candy Heart Decorated Cupcakes! (1st Fl Act Rm) 6:00 76er's Game on TV (I) 6:30 92nd Academy Awards on TV (I) 8:00 TV Land shows & movies on Ch.67 (I)</p>	<p>10 Muffin Monday 10:00 Independent Exercise DVD & Trivia Sheets (1st Fl Act Rm) 1:00 Muffin Monday Baking (1st Fl) 2:30 Movie Matinee with Muffins (1st Fl Act rm) (I) 1:30 Pet Therapy w/ Star (Room Visits) 7:00 Flyers Game on TV (I) 8:00 TV Land shows & movies on Ch.67 (I)</p>	<p>11 International Day of Women & Girls in Science ! 9:15 Women in Science Discussion (Theatre) 10:00-10:45 Chair Yoga with Sarah (3rd Fl Act Rm) 1:00-2:30 Manicures & Cards (4th Fl Activity Room) 2:00 Legions of Mary Catholic Room Visits 2:30 Gospel Music w/ Danielle T. (4th Fl LR & halls) 3:30-5:00 Manicures (4th Fl Activity Room) & Movie Matinee:Hidden Figures (4th Fl Theatre) 7:00 76er's Game on TV (I) 7:00 Flyers Game on TV (I) 8:00 TV Land shows & movies on Ch.67 (I)</p>	<p>12 Lincoln's Birthday & Jell-O Day! 9:30 Puzzle Time & 1:1 Visits 10:00 Chair Ballet Aerobics Class (4th Fl Living Room) 11:00 Card Group (4th Fl Living Room) 1:00 Wii Wednesday (4th Fl Act Rm) 2:00 Christian Prayer Room visits 2:30 BINGO with Helene! (4th Fl Activity Room) 3:30 Movie Matinee and Jell-O treats (4th Fl Theatre) 6:30-7:30 Birthday Social Performance by: Tom Tolnay (4th Fl LR) 8:00 TV Land shows & movies on Ch.67 (I)</p>	<p>13 World Radio Day 9:00 Independent Stretching Session (1st Fl Act Rm) 10:30 Book Club (4th Fl Living Room) 11:30 Name that Tune w/ I pad (4th Fl LR) 2:30 Ice Cream Social (1st Fl Act Rm) 3:30 Valentine Stampers with Card (1st Fl Act Rm) 7:00 Flyers Game on TV (I) 8:00 TV Land shows & movies on Ch.67 (I)</p>	<p>14 Valentine's Day 9:00 WOGA Exercises DVD (4th Fl Theatre) (I) 10:00 Independent Color Your Own Plush Heart Lacing Craft Kit, Valentine's Day Coloring Pages, Trivia, Word Searches, and Crossword Puzzles (1st & 4th Fl Act Rm) (I) 2:30 Sweetheart Social Performance by: Maria Damore (4th Fl LR) 8:00 TV Land shows & movies on Ch.67 (I)</p>	<p>15 Snack Food Saturday 9:00 Independent Walking Club (the halls) 11:00 Independent Coloring Sheets (1st Fl Act Rm) 2:00-4:00 Movie Matinee & Snacks (4th Fl Theatre) 4:00 Flyers Game on TV (I) 8:00 TV Land shows & movies on Ch.67 (I)</p>
<p>16 Sports Sunday 9:00 Independent Puzzles & Adult coloring sheets (1st & 4th Fl Act Rm) (I) 11:00 Catholic Communion Rite (4th Fl Living Room) (I) 2:30 Pet Therapy with Scout (Room Visits) 2:30 Color Your Own Sports Visors (1st Fl Act Rm) 2:30 62nd NASCAR Daytona 500 Race on TV (I) 8:00 TV Land shows & movies on Ch.67 (I) 8:00 NBA All-Star Game on TV (I)</p>	<p>17 President's Day 9:30 Daily Chronicle, Large Crossword Puzzle & 4:00 President's Day Pets Discussion Group (4th Fl LR) 11:15 -12:00 Look Who's Dancing Seated Aerobics' (4th Fl LR) 1:30 Fleece Heart Tied Pillow Craft Kit (1st Fl Act Rm) 3:00 Movie Matinee and Peppermint Hershey Kisses (1st Fl Act Rm) 3:30 Room Visits 8:00 TV Land shows & movies on Ch.67 (I)</p>	<p>18 First Ladies Day & John Travolta's Birthday 9:30 First Ladies Discussion Group (4th Fl LR) 10:45-11:30 Seated Yoga Exercise w/ Heather (4th Fl LR) 11:00 (1:1 Room visits) 1:00-4:00 Manicures & Movie Matinee: Grease! (4th Fl Activity Room) 2:00 Legions of Mary Catholic Room Visits 7:00 Flyers Game on TV (I) 8:00 TV Land shows & movies on Ch.67 (I)</p>	<p>19 Random Acts of Kindness Day 9:00-11:00 Independent Trivia Sheets & Wii Wednesday (4th Fl Act Rm) 11:00 Card Group (4th Fl Living Room) 2:00 Christian Prayer Room visits 2:30 BINGO with Helene! (4th Fl Activity Room) 3:00 Baking Triple Chocolate Brownies for residents and staff ! (1st Fl Act Rm) 6:30 Crochet Club & Snowflake Stamping Fun & Devouring Brownies (4th Fl Act Rm) 8:00 TV Land shows & movies on Ch.67 (I)</p>	<p>20 Cherry Pie Day <i>Trip *must sign up ahead* Spots Limited*</i> 9:30 Aged for Action : 15 minute Stretching Session (4th Fl LR) 10:30 Book Club (4th fl LR) 1:00 Christian Life Group (4th Fl Theatre) 2:30 Cherry Pie & Ice Cream Social (1st Fl Act Rm) 3:30 1:1 Visits & 1st Fl Act Rm Movie 7:00 Flyers Game on TV (I) 8:00 76er's Game on TV (I) 8:00 TV Land shows & movies on Ch.67 (I)</p>	<p>21 National Caregiver Day 9:45-11:45 Kisses Sweet Spa Massages (1st Fl Act) *must sign up ahead* Spots Limited* 1:00 Independent Apple Cards to fill out for Caregivers (1st Fl Act Rm) 2:00 Movie Matinee of Choice (I) (1st Fl Act Rm) 8:00 TV Land shows & movies on Ch.67 (I)</p>	<p>22 George Washington's Birthday 1732 9:00 Walking Club (the halls) (I) 10:00 President's Day Puzzle (1st Fl Act Rm)(I) 1:00 Flyers Game on TV (I) 2:00-4:00 Movie Matinee (4th Fl Theatre) 8:00 TV Land shows & movies on Ch.67 (I) 8:30 76er's Game on TV (I)</p>
<p>23 Banana Baking Day 9:00 Independent Puzzles & Adult coloring sheets (1st & 4th Fl Act Rm) (I) 11:00 Catholic Communion Rite (4th Fl Living Room) (I) 1:00 Baking Banana Muffins (1st Fl Act Rm) 2:30 The Sunshine Girls Sing Along (4th Fl LR) 3:45 Movie & Devouring Banana Muffins (4th Fl Theatre) 8:00 TV Land shows & movies on Ch.67 (I)</p>	<p>24 Celebrate Chocolate Month 10:00 Morning Movie (1st Fl Act rm) (I) 1:00 Independent Exercise DVD (1st Fl Act Rm) 1:30 Pet Therapy w/ Star (Room Visits) 2:00 Chocolate treat and Movie Matinee of Choice (I) (1st Fl Act Rm) 7:00 76er's Game on TV (I) 8:00 TV Land shows & movies on Ch.67 (I)</p>	<p>25 Mardi Gras/ Fat Tuesday 9:30 Independent Tone it up Tuesday Exercise DVD (Theatre) 10:00-10:45 Chair Yoga with Sarah (3rd Fl Act Rm) 11:00 You Tub Live Stream Mardi Gras Parade (4th Fl Theatre) 12:00-1:00 Mardi Gras Fat Pancake Tuesday Social (1st & 4th Fl DR) 1:00-2:00 Manicures & Cards (4th Fl Activity Room) 2:00-5:00 Seminarians Room Visits 2:00 Legions of Mary Catholic Room Visits <i>2:00 Walk over to 2:30 Residents' Council (Chatham Activity Room)</i> 3:00-4:30 Manicures (4th Fl Activity Room) 7:00 Flyers Game on TV (I) 8:00 TV Land shows & movies on Ch.67</p>	<p>26 Ash Wednesday 9:00 Puzzle Time & 1:1 Visits 10:00 Wii Workout Wednesday (4th Fl Theatre) 11:00 Card Group (4th Fl Living Room) <i>Afternoon Ashes Distribution</i> 1:30 Large Crossword Puzzle (4th Fl act Rm) 2:00 Christian Prayer Room visits 2:30 BINGO with Helene! (4th Fl Activity Room) 3:30 Baking Cupcakes! (1st Fl Act Rm) 6:30 Independent Movie of Choice (4th Fl Theatre) 7:00 76er's Game on TV (I) 8:00 TV Land shows & movies on Ch.67 (I)</p>	<p>27 Polar Bear Day <i>Trip *must sign up ahead* Spots Limited*</i> 9:00 Independent Stretching Session (1st Fl Act Rm) 10:30 Book Club (4th Fl Living Room) 1:30 Polar Bear Documentary (1st Fl Act Rm) 2:30 Fresh Flower Arranging & Ice Cream Social (1st Fl Act Rm) 3:30 1:1 Visits & 1st Fl Act Rm Movie 7:00 76er's Game on TV (I) 8:00 TV Land shows & movies on Ch.67 (I)</p>	<p>28 Fun Filled Friday! 9:30 Feel Good Friday Work Out w/ Maria (4th Fl LR) 10:30 Cranium Crunches (4th Fl Living Rm) 1:30 Winter Craft Corner (4th Fl Act Rm) 2:30 Face time Friends & Family Fun (1st Fl Act Rm) 7:00 Flyers Game on TV (I) 8:00 TV Land shows & movies on Ch.67 (I)</p>	<p>29 Leap Day 9:00 Independent Walking Club (the halls) 11:00 Independent Coloring Sheets (1st Fl Act Rm) 2:00-4:00 Movie Matinee (4th Fl Theatre) 4:00 Flyers Game on TV (I) 8:00 TV Land shows & movies on Ch.67 (I)</p>