

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
					9: Morning Walk 10:00 Penny Auction w/ Chris (Cornerstone Caregivers) 10:00 Devotional w/ Rob Steinbrook (Oasis Hospic) 1:30 Valentine's Day Canvas Craft	1 FUN-tastic Friday: Red Carpet/ Hollywood Day 9:00 Morning Meditation 10:00 BINGO 2:00 Spade Card Game 3:00 Resistance Bands & Lower Back	2 9:00 Morning Walk 10:00 Hands in Paws Pet Therapy 2:00 Cranium Crunches 3:00 UNO Attack 4:00 Evening Stroll	3
9:00 Sunday School w/ Jimmy Singley 9:30 Church Worship w/ John & Peggy McKay 10:00 Manager Special 11:00 Fine China Luncheon 2:00 Daily Delight 3:00 Enjoy a Nice Breeze in the Courtyard	4 9:00 Morning Walk 9:30-11:30 Connect Outing w/ Lori 10:00 BINGO 2:00 Lift Students (Culverhouse School of Accountancy) 3:00 Resistance Bands & Lower Back	5 9:00 Morning Meditation 10:00 Bible Study w/ Harry Garrett 10:00 Connect Outing w/ Lori 1-2 BOOK MOBILE VISIT 2:00 Alzheimer's & Dementia Support Group w/ Laura Raschilla (Southern Care New Beacon) 3:00 Sittercise Exercise	6 9:00 Morning Walk 10:00 Bible Study w/ John McKay 12:30-2 Manicures w/ Shelton State Community College 2:00 Cotton Ball Heart Painting Craft 3:00 Resistance Bands & Lower Back	7 9:00 Morning Meditation 10:00 Devotional w/ Rob Steinbrook (Oasis Hospic) 1:30 Valentine's Day Wreath Craft 3:00 Sittercise Exercise	8 9:00 Morning Walk 10:00 BINGO 2:00 National Pizza Day Make Your Own Pizza 3:30 Resistance Bands & Lower Back	9 9:00 Morning Meditation 10:00 Manager Special TBD 2:00 Word Search 3:00 Board Game of Choice 4:00 Evening Stroll	10	
9:00 Sunday School w/ Jimmy Singley 9:30 Church Worship w/ John & Peggy McKay 10:00 Manager Special 11:00 Fine China Luncheon 2:00 Card Game 3:00 Enjoy a Nice Breeze in the Courtyard	11 9:00 Morning Walk 10:00 BINGO 11:00 JULIET Group- Blue Plate 2:00 Lift Students (Culverhouse School of Accountancy) 3:00 Resistance Bands & Lower Back	12 9:00 Morning Meditation 10:00 Bible Study w/ Harry Garrett 10:00 Connect Outing w/ Lori 2:00 Mardi Gras Social w/ Kiara (Alabama Hospice Care) 2:30 Mardi Gras True or False Trivia 3:00 Mardi Gras Music Social	13 9:00 Morning Walk 10:00 Bible Study w/ John McKay 2:00 Valentine's Day Social 3:00 Remembering Love Songs 4:00-6:00 Valentine's Day Banquet	14 9:00 Morning Meditation 10:00 Devotional w/ Rob Steinbrook (Oasis Hospice) 1:30 I Love You to Pieces Craft 3:00 Sittercise Exercise	15 9:00 Morning Walk 10:00 Connect: Where Love Never Forgets w/ Lori 10:00 BINGO 1:30 Movie Matinee 2:30 Popcorn Friday 3:30 Resistance Bands & Lower Back	16 9:00 Morning Meditation 10:00 Manager Special TBD 2:00 Spade Card Game 3:00 Daily Delight 4:00 Evening Stroll	17	
9:00 Sunday School w/ Jimmy Singley 9:30 Church Worship w/ John & Peggy McKay 10:00 Manager Special 11:00 Fine China Luncheon 2:00 Board Game of Choice 3:00 Enjoy a Nice Breeze in Courtyard	18 9:00 Morning Walk 10:00 BINGO 11:00 ROMEO Group- Logan's Steakhouse 2:00 Lift Students (Culverhouse School of Accountancy) 3:00 Resistance Bands & Lower Back	19 9:00 Morning Meditation 10:00 Bible Study w/ Harry Garrett 10:00 Connect Outing w/ Lori 1:30 Manicures 2:30 Cranium Crunches 3:00 Sittercise Exercise	20 9:00 Morning Walk 10:00 Bible Study w/ John McKay 2:00 Heart Painting Craft 3:00 Resistance Bands & Lower Back 3:30 Cool Down Stroll	21 9:00 Morning Meditation 10:00 Devotional w/ Rob Steinbrook (Oasis Hospice) 1:30 Black History True or False Trivia 2:00 Who,What, When 3:00 Sittercise Exercise	22 9:00 Morning Walk 10:00 BINGO 2:00 Penny Auction w/ Lisa Nixon (Forest Manor Rehab) 3:30 Resistance Bands & Lower Back	23 9:00 Morning Meditation 10:00 Manager Special TBD 2:00 Word Search 3:00 Board Game of Choice 4:00 Evening Stroll	24	
9:00 Sunday School w/ Jimmy Singley 9:30 Church Worship w/ John & Peggy McKay 10:00 Manager Special 11:00 Fine China Luncheon 2:00 Card Game 3:00 Enjoy a Nice Breeze in the Courtyard	25 9:00 Morning Walk 10:00 BINGO 1:30 Country Ride 2:00 Lift Students (Culverhouse School of Accountancy) 3:00 Resistance Bands & Lower Back	26 9:00 Morning Meditation 10:00 Bible Study w/ Harry Garrett 10:00 Connect Outing w/ Lori 2:00 Penny Auction w/ Lisa (Southern Care New Beacon) 2:30 Hearts Card Game 3:00 Sittercise Exercise 3:30 Cool Down Stroll	27 9:00 Morning Walk 10:00 Bible Study w/ John McKay 1:30 Spade Card Game 2:00 Resistance Bands & Lower Back	28 9:00 Morning Meditation 10:00 Diabetes Talk w/ Suzanne Henson 2:00 Birthday Celebration for February Birthdays w/Beau (Journey's Hospice) 3:00 February Test Your IQ 3:30 Sittercise	29			