



—HERMITAGE ON THE EASTERN SHORE—ASSISTED LIVING CALENDAR—

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Activities Are Subject To change. ***** Items in BOLD occur outside ALU <small>(RE,SE,S,N)</small></p>	<p>Coffee Clutch Daily "C" -Lounge 6:30 - 8 AM Join us for a cup and conversation before breakfast. <small>(SE,S)</small></p>	<p>Activities Key Code: Cognitive— C Physical— P Productive—PR Social— S Sensory— SE Reflective— RE Outdoor— O Nature— N</p>	<p>1 9:30-9:50 AM- Exercise <small>(C,P,SE,PR,S)</small> 10—11 AM BINGO <small>(S,PR,C,SE)</small> 10:00—11:00 AM Banking & Shopping-Meet In "B" Lounge <small>(PR,S,C)</small></p>	<p>2 9:30—10 AM TAI CHI— Social Hall <small>(C,P,SE,PR,S)</small> 11:00-11:30 AM- Fun Facts & Trivia <small>(C,S)</small> 11:00—12:00 AM Banking & Shopping-Meet In "B" Lounge <small>(PR,S,C)</small> 1—1:45 PM Bible Study With Pastor Bob— Conference Room <small>(RE,SE)</small> 2:00-2:30 PM- Episcopal Service— Social Hall <small>(RE,SE)</small> 3:15-3:45 PM- Social & Singing <small>(S,SE,RE,C)</small></p>	<p>3 9:30-9:50 AM- Exercise <small>(C,P,SE,PR,S)</small> 10:00-11:00 AM- Arts & Crafts— In the Health Center <small>(SE,S,C,PR)</small> 1:00-1:45 PM- One to One Visits <small>(SE,C,RE)</small> 2:00—3:00 PM Travel Video & Snacks <small>(SE,S,N,SE)</small></p>	<p>4 9:15—9:45 Exercise class <small>(C,P,SE,PR,S)</small> 9:50—10:50 AM Bingo <small>(S,PR,C,SE)</small> 2—4 PM Popcorn and a Movie <small>(RE,S,SE,C)</small></p>
<p>5 10:30 AM Market St. Church Service Video - Social Hall <small>(S,RE)</small> 6:00 PM Vespers-Social Hall <small>(S,RE)</small></p>	<p>6 9:30-9:50 AM- Exercise <small>(C,P,SE,PR,S)</small> 10:00-11 AM Crossword Puzzle <small>(C,S,PR)</small> 11:00 AM- Topics Of Interest-Conference Room 1:00-1:30 PM-Winter Nature -1:1 Visits <small>(N,O,SE,C)</small> 1:45-2:30 PM- Creative Cooking <small>(SE,S,C,PR,RE)</small> 2:30-2:45 PM- Snacks <small>(SE,S)</small> 3:00-3:30 PM- Reading Group <small>(S,SE,RE,C)</small></p>	<p>7 9:30-9:50 AM- Exercise <small>(C,P,SE,PR,S)</small> 10:00-11:30 AM- Art Class With E.S. Art League- Martyr-"G" Hall Art Studio <small>(SE,RE,C,PR,S)</small> 1:30—2:15 PM Pretty Nails <small>(SE,S)</small> 2:15-2:30 PM Coffee Break <small>(SE,S)</small> 3:15-3:45 PM- Bible Study With Jeannine <small>(RE,SE)</small></p>	<p>8 9:30-9:50 AM- Exercise <small>(C,P,SE,PR,S)</small> 10—11 AM BINGO <small>(S,PR,C,SE)</small> 10:00—11:00 AM Banking & Shopping-Meet In "B" Lounge <small>(PR,S,C)</small></p>	<p>99:30—10 AM TAI CHI— Social Hall <small>(C,P,SE,PR,S)</small> 11:00-11:30 AM- Fun Facts & Trivia <small>(C,S)</small> 11:00—12:00 AM Banking & Shopping-Meet In "B" Lounge <small>(PR,S,C)</small> 1—1:45 PM Bible Study With Pastor Bob— Conference Room <small>(RE,SE)</small> 2:00-2:30 PM- Episcopal Service— Social Hall <small>(RE,SE)</small> 3:15-3:45 PM- Social & Singing <small>(S,SE,RE,C)</small></p>	<p>10 9:30-9:50 AM- Exercise <small>(C,P,SE,PR,S)</small> 10:00-11:00 AM- Arts & Crafts— In the Health Center <small>(SE,S,C,PR)</small> 1:00-1:45 PM- One to One Visits <small>(SE,C,RE)</small> 2:00—2:15 PM Snacks <small>(SE,S)</small> 2:30-3:30 PM Wii Bowling <small>(SE,S,P)</small></p>	<p>11 9:15—9:45 Exercise class <small>(C,P,SE,PR,S)</small> 9:50—10:50 AM Bingo <small>(S,PR,C,SE)</small> 2—4 PM Popcorn and a Movie <small>(RE,S,SE,C)</small></p>
<p>12 Lincoln's Birthday 10:30 AM Market St. Church Service Video - Social Hall <small>(S,RE)</small> 6:00 PM Vespers-Social Hall <small>(S,RE)</small></p>	<p>13 9:30-9:50 AM- Exercise <small>(C,P,SE,PR,S)</small> 10:00-11 AM Crossword Puzzle <small>(C,S,PR)</small> 11:00 AM- Love Songs Sing-a-long-Social Hall <small>(SE,C,S,RE)</small> 1:00-1:30 PM-Winter Nature -1:1 Visits <small>(N,O,SE,C)</small> 1:45-2:30 PM- Creative Cooking <small>(SE,S,C,PR,RE)</small> 2:30-2:45 PM- Snacks <small>(SE,S)</small> 3:00-3:30 PM- Poetry Reading <small>(S,SE,RE,C)</small></p>	<p>14 Valentine's Day 9:30-9:50 AM- Exercise <small>(C,P,SE,PR,S)</small> 10:00-11:30 AM- Art Class With E.S. Art League-Kit-"G" Hall Art Studio <small>(SE,RE,C,PR,S)</small> 11:00 AM-12:00 PM— Love Songs With Kirk Mariner on The Baby Grand Piano— Central Lounge 12:00-1:00 PM— Carrie Radcliffe Birthday Luncheon— Main Dining Room <small>(SE,S)</small> 1:30—2:15 PM Pretty Nails <small>(SE,S)</small> 2:15-2:30 PM Coffee Break <small>(SE,S)</small></p>	<p>15 9:30-9:50 AM- Exercise <small>(C,P,SE,PR,S)</small> 10—11 AM BINGO <small>(S,PR,C,SE)</small> 10:00—11:00 AM Banking & Shopping-Meet In "B" Lounge <small>(PR,S,C)</small></p>	<p>16 9:30—10 AM TAI CHI— Social Hall <small>(C,P,SE,PR,S)</small> 11:00-11:30 AM- Fun Facts & Trivia <small>(C,S)</small> 11:00—12:00 AM Banking & Shopping-Meet In "B" Lounge <small>(PR,S,C)</small> 1—1:45 PM Bible Study With Pastor Bob— Conference Room <small>(RE,SE)</small> 2:00-2:30 PM- Episcopal Service— Social Hall <small>(RE,SE)</small> 3:15-3:45 PM- Social & Singing <small>(S,SE,RE,C)</small> 6:30 PM— BINGO With Virginia Belote— Conference Room <small>(S,PR,C,SE)</small></p>	<p>17 9:30-9:50 AM- Exercise <small>(C,P,SE,PR,S)</small> 10:00-11:00 AM- Arts & Crafts— In the Health Center <small>(SE,S,C,PR)</small> 2:00—3:00 PM Travel Video & Snacks <small>(SE,S,N,SE)</small></p>	<p>18 9:15—9:45 Exercise class <small>(C,P,SE,PR,S)</small> 9:50—10:50 AM Bingo <small>(S,PR,C,SE)</small> 2—4 PM Popcorn and a Movie <small>(RE,S,SE,C)</small></p>
<p>19 10:30 AM Market St. Church Service Video - Social Hall <small>(S,RE)</small> 6:00 PM Vespers-Social Hall <small>(S,RE)</small></p>	<p>20Presidents' Day 9:15-9:45 AM- Hope's Exercise Class-Art Studio <small>(C,P,SE,PR,S)</small> 9:30-9:50 AM- Exercise <small>(C,P,SE,PR,S)</small> 10:00-11 AM Crossword Puzzle <small>(C,S,PR)</small> 11:00 AM- Topics Of Interest-Arthur King Fisher Conference Room <small>(PR,C,S,RE)</small> 2:00-3:00 PM- Sweet Treats Bake Off-Central Lounge <small>(SE,S,C,RE)</small></p>	<p>21 9:30-9:50 AM- Exercise <small>(C,P,SE,PR,S)</small> 10:00-11:30 AM- Art Class With E.S. Art League- Martyr-"G" Hall Art Studio <small>(SE,RE,C,PR,S)</small> 1:30—2:15 PM Pretty Nails <small>(SE,S)</small> 2:15-2:30 PM Coffee Break <small>(SE,S)</small> 2:30—3:00 PM Helping Hands <small>(SE,S,C,PR)</small> 3:15-3:45 PM- Bible Study With Jeannine <small>(RE,SE)</small></p>	<p>22 Washington's Birthday Ash Wednesday 9:30-9:50 AM- Exercise <small>(C,P,SE,PR,S)</small> 10—11 AM BINGO <small>(S,PR,C,SE)</small></p>	<p>23 9:30—10 AM TAI CHI— Social Hall <small>(C,P,SE,PR,S)</small> 11:00-11:30 AM- Fun Facts & Trivia <small>(C,S)</small> 11:00—12:00 AM Banking & Shopping-Meet In "B" Lounge <small>(PR,S,C)</small> 1—1:45 PM Bible Study With Pastor Bob— Conference Room <small>(RE,SE)</small> 2:00-2:30 PM- Episcopal Service— Social Hall <small>(RE,SE)</small> 3:15-3:45 PM- Social & Singing <small>(S,SE,RE,C)</small></p>	<p>24 9:15-9:45 AM- Hope's Exercise Class-Art Studio <small>(C,P,SE,PR,S)</small> 9:30-9:50 AM- Exercise <small>(C,P,SE,PR,S)</small> 10:00-11:00 AM- Arts & Crafts— In the Health Center <small>(SE,S,C,PR)</small> 1:00-1:45 PM- One to One Visits <small>(SE,C,RE)</small> 2:00—2:15 PM Snacks <small>(SE,S)</small> 2:30-3:30 PM Table Games <small>(SE,S,P)</small></p>	<p>25 9:15—9:45 Exercise class <small>(C,P,SE,PR,S)</small> 9:50—10:50 AM Bingo <small>(S,PR,C,SE)</small> 2—4 PM Popcorn and a Movie <small>(RE,S,SE,C)</small></p>
<p>26 10:30 AM Market St. Church Service Video - Social Hall <small>(S,RE)</small> 6:00 PM Vespers-Social Hall <small>(S,RE)</small></p>	<p>27Eastern Orthodox Lent Begins 9:15-9:45 AM- Hope's Exercise Class-Art Studio <small>(C,P,SE,PR,S)</small> 9:30-9:50 AM- Exercise <small>(C,P,SE,PR,S)</small> 10:00-11 AM Crossword Puzzle <small>(C,S,PR)</small> 11:00 AM- Topics Of Interest-Conference Room <small>(PR,C,S,RE)</small> 1:00-1:30 PM-Winter Nature -1:1 Visits <small>(N,O,SE,C)</small> 1:45-2:30 PM- Creative Cooking <small>(SE,S,C,PR,RE)</small> 3:00-3:30 PM- Poetry Reading <small>(S,SE,RE,C)</small></p>	<p>28 9:30-9:50 AM- Exercise <small>(C,P,SE,PR,S)</small> 10:00-11:30 AM- Art Class With E.S. Art League- Irene-"G" Hall Art Studio <small>(SE,RE,C,PR,S)</small> 1:30—2:15 PM Pretty Nails <small>(SE,S)</small></p>	<p>29 9:30-9:50 AM- Exercise <small>(C,P,SE,PR,S)</small> 10—11 AM BINGO <small>(S,PR,C,SE)</small> 10:00—11:00 AM Banking & Shopping-Meet In "B" Lounge <small>(PR,S,C)</small> 6:30 PM-7:30 PM— Hymn Sing-Social Hall <small>(S,SE,RE,C)</small></p>	<p align="center"><i>Happy Birthday To: Mr. Eskil Anderson Feb. 26</i></p>	<p align="center">Monday-Friday Devotions <small>(S,RE)</small> 8:35 AM Social Hall</p>	<p align="center">Boston Terrier Pet Room Visits Mondays 10:30-11:00 A.M. <small>(SE,S,N)</small></p>