




# FEBRUARY 2012

—HEALTH CENTER CALENDAR—

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>Activities Are Subject To change.</b> ***** <b>Items in BOLD occur outside of The Health Center</b></p>		<p><b>1</b> 9:30—10 AM Exercise-"C" Lounge (C,P,SE,PR,S) <b>10—11 AM BINGO-"C" Lounge</b> (S,PR,C,SE) 10:30-11:00 AM—Categories (C,S) 1:30-2:30 P.M—Primetime (S,SE,C)</p>	<p><b>2</b> 9:15-9:45 AM-Greetings (SE,S) <b>9:30—10 AM TAI CHI- Social Hall</b> (C,P,SE,PR,S) 10:15-10:45 AM-Fun Facts &amp; Trivia (C,S) 11:00—11:30 AM Bible Study With Pastor Bob (RE,SE) 1:00-1:30 PM- Friendly Visits (SE,S) <b>2:00-2:30 PM- Episcopal Service- Social Hall</b> (RE,SE) 3:15-3:45 PM-Social &amp; Singing—"C" Lounge (S,SE,RE,C)</p>	<p><b>3</b> 9:15-9:45 AM—Strolls-(SE,O,S) <b>9:30-9:50 AM-Exercise-"C" Lounge</b> (C,P,SE,PR,S) 10:00-11:00 AM-Arts &amp; Crafts (SE,PR,S,P) 11:00-11:30 AM-Clarinet Music (C,S,PR) <b>2—4 PM Travel Video</b> (S,SE,N)</p>	<p><b>4</b> 9:15—9:45 Exercise class-"C" Lounge (C,P,SE,PR,S) <b>9:50—10:50 AM Bingo-"C" Lounge</b> (S,PR,C,SE) 11:00-11:30 AM-Trivia &amp; Word Games (C,S,RE) <b>2—4 PM Popcorn and a Movie-"C" Lounge</b> (RE,S,SE,C)</p>
<p><b>5</b> 9:00 AM Market St. Church Service Video (S,RE) 10:30—11:30 AM Popcorn and a Movie (RE,S,SE,C) <b>6:00 PM Vespers-Social Hall</b> (S,RE)</p>	<p><b>6</b> <b>9:30-9:50 AM-Exercise-"C" Lounge</b> (C,P,SE,PR,S) <b>10:00-11 AM-Crossword Puzzle-"C" Lounge</b> (C,S,PR) <b>11:00 AM-Topics Of Interest-Conference Room</b> (PR,C,S,RE) 1:00-2:00 PM-Beauty Club- 1:1 (S,SE) 3:30-4:00 PM-Sing-a-long (S,SE,RE,C)</p>	<p><b>7</b> 9:15-9:45 AM-Greetings (SE,S) <b>9:30—10 AM Exercise-"C" Lounge</b> (S,PR,C,SE) 10:30-10:45 AM-Love Songs Wordgames (C,S) 10:45-11:00 AM-Music &amp; Movement (P,SE) 1:30-2:00 PM-1:1 Visits (S,SE) 3:30-4:15 PM-Creative Arts With Ellie (SE,PR,S,P)</p>	<p><b>8</b> 9:30—10 AM Exercise-"C" Lounge (C,P,SE,PR,S) <b>10—11 AM BINGO-"C" Lounge</b> (S,PR,C,SE) 10:30-11:00 AM—Categories (C,S) 1:30-2:30 P.M—Primetime (S,SE,C)</p>	<p><b>9</b> 9:15-9:45 AM-Greetings (SE,S) <b>9:30—10 AM TAI CHI- Social Hall</b> (C,P,SE,PR,S) 10:15-10:45 AM-Fun Facts &amp; Trivia (C,S) 11:00—11:30 AM Bible Study With Pastor Bob (RE,SE) 1:00-1:30 PM- Friendly Visits (SE,S) <b>2:00-2:30 PM- Episcopal Service- Social Hall</b> (RE,SE) 3:15-3:45 PM-Social &amp; Singing—"C" Lounge (S,SE,RE,C)</p>	<p><b>10</b> 9:15-9:45 AM—Strolls-(SE,O,S) <b>9:30-9:50 AM-Exercise-"C" Lounge</b> (C,P,SE,PR,S) 10:00-11:00 AM-Arts &amp; Crafts (SE,PR,S,P) 11:00-11:30 AM-Clarinet Music (C,S,PR) <b>2—4 PM Travel Video</b> (S,SE,N)</p>	<p><b>11</b> 9:15—9:45 Exercise class-"C" Lounge (C,P,SE,PR,S) <b>9:50—10:50 AM Bingo-"C" Lounge</b> (S,PR,C,SE) 11:00-11:30 AM-Trivia &amp; Word Games (C,S,RE) <b>2—4 PM Popcorn and a Movie-"C" Lounge</b> (RE,S,SE,C)</p>
<p><b>12 Lincoln's Birthday</b> 9:00 AM Market St. Church Service Video (S,RE) 10:30—11:30 AM Popcorn and a Movie (RE,S,SE,C) <b>6:00 PM Vespers-Social Hall</b> (S,RE)</p>	<p><b>13</b> <b>9:30-9:50 AM-Exercise-"C" Lounge</b> (C,P,SE,PR,S) <b>10:00-11 AM-Crossword Puzzle-"C" Lounge</b> (C,S,PR) <b>11:00 AM-Love Songs Sing-a-long-Social Hall</b> (SE,C,S,RE) 1:00-2:00 PM-Beauty Club- 1:1 (S,SE) 3:30-4:00 PM-Sentimental Reflections (S,SE,RE,C)</p>	<p><b>14 Valentine's Day</b> 9:15-9:45 AM-Greetings (SE,S) <b>9:30—10 AM Exercise-"C" Lounge</b> (S,PR,C,SE) <b>11:00 AM-12:00 PM—Love Songs With Kirk Mariner on The Baby Grand Piano—Central Lounge</b> 1:30-2:00 PM-1:1 Visits (S,SE) 3:30-4:15 PM-Valentine's Creative Arts With Ellie (SE,PR,S,P)</p>	<p><b>15</b> 9:30—10 AM Exercise-"C" Lounge (C,P,SE,PR,S) <b>10—11 AM BINGO-"C" Lounge</b> (S,PR,C,SE) 10:30-11:00 AM—Categories (C,S) 1:30-2:30 P.M—Primetime (S,SE,C)</p>	<p><b>16</b> 9:15-9:45 AM-Greetings (SE,S) <b>9:30—10 AM TAI CHI- Social Hall</b> (C,P,SE,PR,S) 10:15-10:45 AM-Fun Facts &amp; Trivia (C,S) 11:00—11:30 AM Bible Study With Pastor Bob (RE,SE) <b>2:00-2:30 PM- Episcopal Service- Social Hall</b> (RE,SE) 3:15-3:45 PM-Social &amp; Singing—"C" Lounge (S,SE,RE,C) <b>6:30 PM— BINGO With Virginia Belote—Conference Room</b> (S,PR,C,SE)</p>	<p><b>17</b> 9:15-9:45 AM—Strolls-(SE,O,S) <b>9:30-9:50 AM-Exercise-"C" Lounge</b> (C,P,SE,PR,S) 10:00-11:00 AM-Arts &amp; Crafts (SE,PR,S,P) 11:00-11:30 AM-Clarinet Music (C,S,PR) <b>2—4 PM Travel Video</b> (S,SE,N)</p>	<p><b>18</b> 9:15—9:45 Exercise class-"C" Lounge (C,P,SE,PR,S) <b>9:50—10:50 AM Bingo-"C" Lounge</b> (S,PR,C,SE) 11:00-11:30 AM-Trivia &amp; Word Games (C,S,RE) <b>2—4 PM Popcorn and a Movie-"C" Lounge</b> (RE,S,SE,C)</p>
<p><b>19</b> 9:00 AM Market St. Church Service Video (S,RE) 10:30—11:30 AM Popcorn and a Movie (RE,S,SE,C) <b>6:00 PM Vespers-Social Hall</b> (S,RE)</p>	<p><b>20 Presidents' Day</b> <b>9:30-9:50 AM-Exercise-"C" Lounge</b> (C,P,SE,PR,S) <b>10:00-11 AM-Crossword Puzzle-"C" Lounge</b> (C,S,PR) <b>11:00 AM-Topics Of Interest-Arthur King Fisher Conference Room</b> (PR,C,S,RE) <b>2:00-3:00 PM-Sweet Treats Bake Off-Central Lounge</b> (SE,S,C,RE)</p>	<p><b>21</b> 9:15-9:45 AM-Greetings (SE,S) <b>9:30—10 AM Exercise-"C" Lounge</b> (S,PR,C,SE) 10:30-10:45 AM-Sweethearts Wordgames (C,S) 10:45-11:00 AM-Music &amp; Movement (P,SE) 1:30-2:00 PM-1:1 Visits (S,SE) 3:30-4:15 PM-Creative Arts With Ellie (SE,PR,S,P)</p>	<p><b>22</b> 9:30—10 AM Exercise-"C" Lounge (C,P,SE,PR,S) <b>10—11 AM BINGO-"C" Lounge</b> (S,PR,C,SE) 10:30-11:00 AM—Categories (C,S) 1:30-2:30 P.M—Primetime (S,SE,C)</p>	<p><b>23</b> 9:15-9:45 AM-Greetings (SE,S) <b>9:30—10 AM TAI CHI- Social Hall</b> (C,P,SE,PR,S) 10:15-10:45 AM-Fun Facts &amp; Trivia (C,S) 11:00—11:30 AM Bible Study With Pastor Bob (RE,SE) 1:00-1:30 PM- Friendly Visits (SE,S) <b>2:00-2:30 PM- Episcopal Service- Social Hall</b> (RE,SE) 3:15-3:45 PM-Social &amp; Singing—"C" Lounge (S,SE,RE,C)</p>	<p><b>24</b> 9:15-9:45 AM—Strolls-(SE,O,S) <b>9:30-9:50 AM-Exercise-"C" Lounge</b> (C,P,SE,PR,S) 10:00-11:00 AM-Arts &amp; Crafts (SE,PR,S,P) 11:00-11:30 AM-Clarinet Music (C,S,PR) <b>2—4 PM Travel Video</b> (S,SE,N)</p>	<p><b>25</b> 9:15—9:45 Exercise class-"C" Lounge (C,P,SE,PR,S) <b>9:50—10:50 AM Bingo-"C" Lounge</b> (S,PR,C,SE) 11:00-11:30 AM-Trivia &amp; Word Games (C,S,RE) <b>2—4 PM Popcorn and a Movie-"C" Lounge</b> (RE,S,SE,C)</p>
<p><b>26</b> 9:00 AM Market St. Church Service Video (S,RE) 10:30—11:30 AM Popcorn and a Movie (RE,S,SE,C) <b>6:00 PM Vespers-Social Hall</b> (S,RE)</p>	<p><b>27 Eastern Orthodox Lent Begins</b> <b>9:30-9:50 AM-Exercise-"C" Lounge</b> (C,P,SE,PR,S) <b>10:00-11 AM-Crossword Puzzle-"C" Lounge</b> (C,S,PR) <b>11:00 AM-Topics Of Interest-Conference Room</b> (PR,C,S,RE) 1:00-2:00 PM-Beauty Club- 1:1 (S,SE) 3:30-4:00 PM-Sing-a-long (S,SE,RE,C)</p>	<p><b>28</b> 9:15-9:45 AM-Greetings (SE,S) <b>9:30—10 AM Exercise-"C" Lounge</b> (S,PR,C,SE) 10:30-10:45 AM-Poetry Wordgames (C,S) 10:45-11:00 AM-Music &amp; Movement (P,SE) 3:30-4:15 PM-Helping Hands With Ellie (SE,PR,S,P)</p>	<p><b>29</b> 9:30—10 AM Exercise-"C" Lounge (C,P,SE,PR,S) <b>10—11 AM BINGO-"C" Lounge</b> (S,PR,C,SE) 10:30-11:00 AM—Categories (C,S) 1:30-2:30 P.M—Primetime (S,SE,C) <b>6:30 PM-7:30 PM—Market St. UMC Hymn Sing-Social Hall</b> (S,SE,RE,C)</p>	<p><b>Monday-Friday Devotions (S,RE) 8:35 AM Social Hall</b></p> 	<p><b>Activities Key Code:</b> Cognitive— C Physical— P Productive— PR Social— S Sensory— SE Reflective— RE Outdoor— O Nature— N</p>	