

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

		<p>AM Walk for Health 1 9:30 UNO Card Games 1:00 Crocheting and Knitting (in the Piano room) 1:30 M. Train Dominos 3:30 Puzzles PM Walking for Health</p> <p>Chinese New Year (Year of the Tiger)</p>	<p>AM Walk for Health 2 9:15 Walmart 10:00 Puzzles <u>1:30 Rick Playing for Birthday Bash!</u> 2:30 Bingo <u>3:30 Show video about Groundhog Day! (In the Piano Room)</u> PM Walk for Health</p> <p>Groundhog Day</p>	<p>AM Walk for Health 3 9:30 Chair Exercise <u>10:00-12:00 A Matter of Balance Class</u> 1:30 Horse Racing 2:30 Word Games 3:30 Wii Bowling PM Walk for Health</p>	<p>AM Walk for Health 4 9:30 Chair Exercise 10:00 Bunko 1:30 Bingo 2:00 Open Games 3:00 Puzzles PM Walking for Health</p>	<p>AM Walk for Health 5 9:30 Puzzles 9:30 Social Time! 1:30 Open Games 3:00 Puzzles PM Walking for Health</p>
<p>AM Walk for Health 6 9:30 Puzzles 9:30 Social Time! <u>1:30 Teresa Spa Day (doing your Nails)</u> 2:30 Open Games 3:00 Puzzles</p>	<p>AM Walk for Health 7 9:30 Chair strength training exercise class 10:00 Card Games 1:30 Bingo 2:30 Left/ Right/Center 3:30 Open Games PM Walking for Health</p>	<p>AM Walk for Health 8 <u>9:30 Weights and Blood Pressure Clinic</u> 1:00 Crocheting and Knitting (in the Piano room) 1:30 M. Train Dominos 3:30 Puzzles PM Walking for Health</p>	<p>AM Walk for Health 9 9:15 HEB 10:00 Puzzles 1:30 Bingo <u>2:30 Crafts</u> 3:30 Open Game PM Walk for Health</p>	<p>AM Walk for Health 10 9:30 Chair Exercise <u>10:00-12:00 A Matter of Balance Class</u> 1:30 Horse Racing 2:30 Word Games 3:30 Wii Bowling PM Walk for Health</p>	<p>AM Walk for Health 11 9:30 Chair Exercise 10:00 Bunko 1:30 Bingo <u>2:30 Tea Party (Valentine Celebration)</u> 3:30 M. Train Dominoes 4:00 Puzzles</p>	<p>AM Walk for Health 12 9:30 Puzzles 9:30 Social Time! 1:30 Open Games 3:00 Puzzles PM Walking for Health</p>
<p>AM Walk for Health 13 9:30 Puzzles 9:30 Social Time! 1:30 Open Games 3:00 Puzzles <u>5:00 Super Bowl Party! (food served)</u></p>	<p>AM Walk for Health 14 9:30 Chair strength training exercise class 10:00 Card Games <u>11:00 Jean Playing Piano and Karen singing</u> <u>11:30-12:30 Lunch Valentine Party! (We will crown our King and Queen) (Music by Paul Davis)</u> 1:30 Bingo 2:30 Open Games Valentine's Day</p>	<p>AM Walk for Health 15 9:30 UNO Card Games 1:00 Crocheting and Knitting (in the Piano room) 1:30 M. Train Dominos 3:30 Puzzles PM Walking for Health</p>	<p>AM Walk for Health 16 9:15 Walmart 10:00 Puzzles 1:30 Bingo <u>2:30 Crafts</u> 3:30 Open Game</p>	<p>AM Walk for Health 17 9:30 Chair Exercise <u>10:00-12:00 A Matter of Balance Class</u> 1:30 Horse Racing <u>2:30 Movie and Popcorn (Piano Room)</u> 3:30 Puzzles PM Walk for Health</p>	<p>AM Walk for Health 18 9:30 Chair Exercise 10:00 Bingo <u>1:00 Animal Show</u> 2:00 Open Games 3:00 Puzzles PM Walking for Health</p>	<p>AM Walk for Health 19 9:30 Puzzles 9:30 Social Time! 1:30 Open Games 3:00 Puzzles PM Walking for Health</p>
<p>AM Walk for Health 20 9:30 Puzzles 9:30 Social Time! <u>1:30 Teresa Spa Day (doing your Nails)</u> 2:30 Open Games 3:00 Puzzles</p>	<p>AM Walk for Health 21 9:30 Chair strength training exercise class 10:00 Card Games 1:30 Bingo 2:30 Left/ Right/Center <u>3:30 Video showing the Presidents as we Celebrate Presidents Day!</u> PM Walking for Health Presidents' Day (US)</p>	<p>AM Walk for Health 22 9:30 UNO Card Games 1:00 Crocheting and Knitting (in the Piano room) 1:30 M. Train Dominos 3:30 Puzzles PM Walking for Health</p>	<p>AM Walk for Health 23 9:15 HEB 10:00 Puzzles <u>11:30-12:30 Country Boy Lunch Celebrating SA Rodeo</u> <u>1:30-2:30 Country Music Social with Jerry & Randy in the Piano Room</u> <u>3:00 Rodeo Bingo</u></p> 	<p>AM Walk for Health 24 9:30 Chair Exercise <u>10:00-12:00 A Matter of Balance Class</u> 1:30 Horse Racing 2:30 Word Games 3:30 Wii Bowling PM Walk for Health</p>	<p>AM Walk for Health 25 9:30 Chair Exercise 10:00 Bunko 1:30 Bingo 2:00 Open Games 3:00 Puzzles PM Walking for Health</p>	<p>AM Walk for Health 26 9:30 Puzzles 9:30 Social Time! 1:30 Open Games 3:00 Puzzles PM Walking for Health</p>
<p>AM Walk for Health 27 9:30 Puzzles 9:30 Social Time! <u>1:30 Teresa Spa Day (doing your Nails)</u> 2:30 Open Games 3:00 Puzzles</p>	<p>AM Walk for Health 28 9:30 Chair strength training exercise class 10:00 Card Games <u>11:00 Jean Playing Piano and Karen singing</u> 1:30 Bingo 2:30 Left/ Right/Center 3:30 Open Games PM Walking for Health</p>	<p>Love is in the Air!</p> <h1>February 2022</h1>  <p>Esplanade Gardens Assisted Living</p>				

Calendar is subject to change at any time!