

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May this month be filled with peace, joy, happiness and love.

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| <p>10:00 Cookies & Social Chat 1st & 2nd fl 11:30 Chair Aerobics 1st & 2nd fl 2:15 Cooking w/ Yaritza 1st fl 3:15 Black History Month Discussion Group 1st & 2nd fl History Month Begins</p> | <p>2 10:00 Cookies & Social Chat 1st & 2nd fl 11:30 Body Rhythms 1st & 2nd fl 2:15 Veronica, Voxstar Entertainment 1st fl 3:15 Ground Hog Day Trivia 1st & 2nd fl Honor WWII Veterans Day Groundhog Day</p> | <p>3 10:00 Cookies & Social Chat 1st & 2nd fl 11:30 Chair Aerobics 1st & 2nd fl 2:15 Bingo 2nd fl 3:15 Cranium Crunches 1st & 2nd fl Half Winter Day</p> | <p>4 10:00 Cookies & Social Chat 1st & 2nd fl 11:30 Exercise 1st & 2nd fl 2:15 All About Rosa Parks 1st fl 3:15 All About Rosa Parks 2nd fl Rosa Parks' Birth Anniversary</p> |
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| <p>5 10:00 Cookies & Social Chat 1st & 2nd fl 11:30 Inspirational Music 1st & 2nd fl 2:15 First Church Worship 1st fl 3:15 All About Thurgood Marshall 2nd fl Family on the Fifth</p> | <p>6 10:00 Cookies & Social Chat 1st & 2nd fl 11:30 Chair Aerobics 1st & 2nd fl 2:15 Monday Manicure 1st & 2nd fl 3:15 Valentine Day Craft 1st fl Queen's Day Bob Marley's Birthday</p> | <p>7 10:00 Cookies & Social Chat 1st & 2nd fl 11:30 Body Rhythms 1st & 2nd fl 2:15 Bingo 1st 3:15 All About Martin Luther King 2nd fl Storytelling Day Film Festival Day</p> | <p>8 10:00 Cookies & Social Chat 1st & 2nd fl 11:30 Chair Aerobics 1st & 2nd fl 2:15 Cooking w/ Veronica 1st fl 3:15 Humor Day 1st & 2nd fl Laugh and Grow</p> | <p>9 10:00 Cookies & Social Chat 1st & 2nd fl 11:30 Body Rhythms 1st & 2nd fl 2:15 Bingo 2nd fl 3:15 Black History Trivia 1st & 2nd fl Chocolate Kiss Day</p> | <p>10 10:00 Cookies & Social Chat 1st & 2nd fl 11:30 Chair Aerobics 1st & 2nd fl 2:15 African American Cinema 1st & 2nd fl Happy Birthday, Roberta Flack</p> | <p>11 10:00 Cookies & Social Chat 1st & 2nd fl 11:30 Exercise 1st & 2nd fl 2:15 House of Healing Church 1st or 2nd fl 3:15 Who is Babe Ruth? Make A Friend Day</p> |
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| <p>12 10:00 Cookies & Social Chat 1st & 2nd fl 11:30 Inspirational Music 1st & 2nd fl 2:15 God's Glory Ministries-Holy Communion 1st fl 3:15 NAACP Facts 2nd fl NAACP Anniversary Day</p> | <p>13 10:00 Cookies & Social Chat 1st & 2nd fl 11:30 Chair Aerobics 1st & 2nd fl 2:15 Bingo 1st fl 3:15 Holiday Hearts Crafts 2nd fl Play More Mind Games Day</p> | <p>14 10:00 Cookies & Social Chat 1st & 2nd fl 11:30 Body Rhythms 1st & 2nd fl 2:15 Valentine's Day Celebration 1st & 2nd fl Wear Red or Pink Day Fredrick Douglass Day Valentine's Day</p> | <p>15 10:00 Cookies & Social Chat 1st & 2nd fl 11:30 Chair Aerobics 1st & 2nd fl 2:15 Catholic Church Services with Albert Gordy Villarsom, OME 1st fl 3:15 The Tuskegee Airmen 2nd fl Heart to Heart Day</p> | <p>16 10:00 Cookies & Social Chat 1st & 2nd fl 11:30 Body Rhythms 1st & 2nd fl 2:15 Bingo 2nd fl 3:15 Who is Jessie Owens 1st fl Happy Birthday Michael Jordan</p> | <p>17 10:00 Cookies & Social Chat 1st & 2nd fl 11:30 Chair Aerobics 1st & 2nd fl 2:15 Bowling 1st fl 3:15 Friday Cinema 2nd fl Drink Wine Day</p> |
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| <p>19 10:00 Cookies & Social Chat 1st & 2nd fl 11:30 Inspirational Music 1st & 2nd fl 2:15 Salem Baptist Church 1st fl 3:15 Motown Trivia 2nd fl King Of Motown Day</p> | <p>20 10:00 Cookies & Social Chat 1st & 2nd fl 11:30 Chair Aerobics 1st & 2nd fl 2:15 Bingo 1st fl 2:15 All About President Obama 1st & 2nd fl Honoring President Day Presidents' Day</p> | <p>21 10:00 Cookies & Social Chat 1st & 2nd fl 11:30 Body Rhythms 1st & 2nd fl 2:15 Mardi Gras Celebration 1st & 2nd fl Celebrating Mardi Gras Mardi Gras</p> | <p>22 10:00 Cookies & Social Chat 1st & 2nd fl 11:30 Chair Aerobics 1st & 2nd fl 2:15 Food Committee & Resident Council Meeting 1st fl 3:15 Who is Duke Ellington 2nd fl Ash Wednesday</p> | <p>23 10:00 Cookies & Social Chat 1st & 2nd fl 11:30 Body Rhythms 1st & 2nd fl 2:15 Bingo 1st fl 3:15 Du Bois Day 2nd fl Right Brain vs Left Brain Day</p> | <p>24 10:00 Cookies & Social Chat 1st & 2nd fl 11:30 Chair Aerobics 1st & 2nd fl 2:15 Birthday Bash- 1st & 2nd fl 3:15 Toss A cross 2nd fl Mexican Flag Day</p> | <p>25 10:00 Cookies & Social Chat 1st & 2nd fl 11:30 Exercise 1st & 2nd fl 2:15 Black History Month Trivia 1st & 2nd fl 2:15 House of Healing Church 1st or 2nd fl 3:15 Relax & Reminisce 2nd fl Shhh Day</p> |
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| <p>26 10:00 Cookies & Social Chat 1st & 2nd fl 11:30 Inspirational Music 1st & 2nd fl 2:15 Enon Baptist Church 1st & 2nd fl 3:15 Black History Month Trivia 2nd fl Fats Domino Day</p> | <p>27 10:00 Cookies & Social Chat 1st & 2nd fl 11:30 Chair Aerobics 1st & 2nd fl 2:15 Jimmy Wells Entertainment 1st fl 3:15 Monday Manicure 2nd fl Full Snow Moon</p> | <p>28 10:00 Cookies & Social Chat 1st & 2nd fl 11:30 Body Rhythms 1st & 2nd fl 2:15 Bingo 1st fl 3:15 February Trivia 2nd fl Floral Design Day</p> |
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February 2023

"The most wasted of all days is one without laughter."

~ E.E. Cummings