

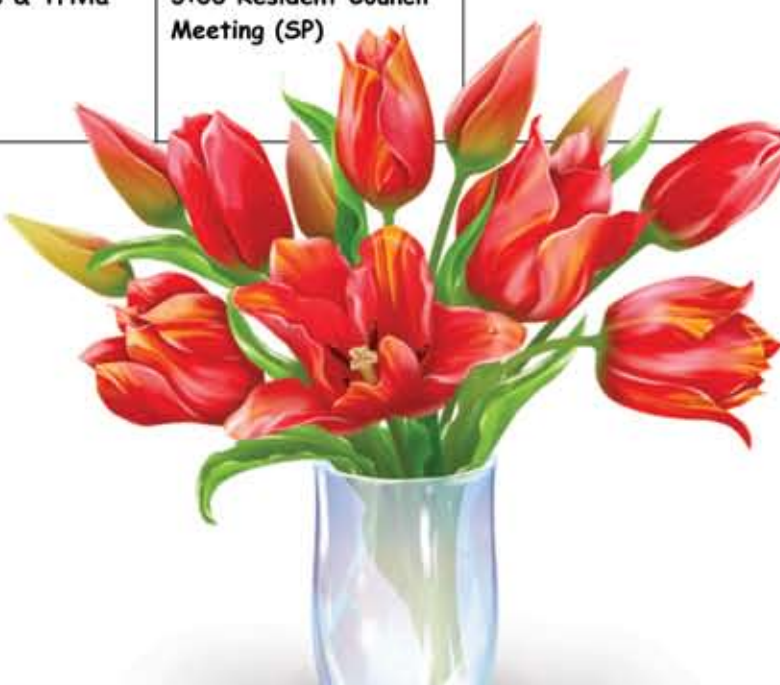


# February 2012 Activities

## Tranquillity at Fredericktowne

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1</p> <p>9:30 Communion (3) 10:00 Bingo with Sandy (2) 10:00 News Group and Coffee (SP) 11:00 Bend &amp; Stretch (SP) 12:15 Dine In Dine Out Roy Roger's (SP) 2:00 Arm Chair Travels (SP) 2:30 Dominoes with Beatrice (SP)</p>	<p>2</p> <p>10:00 Yoga (SP) 11:15 Daily Buzz (SP) 2:00 Spa Makeover (SP) 2:30 Rosary (3) 3:00 Lifelong Learning (SP)</p>	<p>3</p> <p>9:30 Communion (3) 10:00 Exercise Chair Cardio (sp) 11:30 Residence Choice (SP) 2:00 Indoor Walk &amp; Wheels (L) 2:00 Mountain Man Karaoke (GR) 3:00 Vote/Winner's &amp; Red Snacks (SP)</p> <p>WEAR RED DAY CONTEST</p>	<p>4</p> <p>10:00 News and Coffee (SP) 11:00 Move and Bend (SP) 11:30 Devotion (SP) 2:15 Bingo (2)</p>
			<p>5</p> <p>9:30 Church (SP) 10:00 Communion (3) 10:00 News Group &amp; Coffee Chat (SP) 11:00 Bend and Stretch (SP) 11:30 Word Games (SP) 2:00 Valentine Crafts (SP) 3:30 Happy Hour (SP) 4:30 Trivia (L)</p>	<p>6</p> <p>9:30 Communion (3) 10:00 Arthritis Exercise (SP) 11:15 Daily Buzz (SP) 2:00 Avon Calling (SP) 2:00 Mountain Man Karaoke (GR) 3:00 Life Stories (SP)</p>	<p>7</p> <p>10:00 News Group &amp; Coffee Chat (SP) 11:15 Out To Lunch "Old Towne Restaurant" 2:00 It Takes 2 Band (GR) 3:30 Happy Hour (SP) 4:30 Trivia (L)</p>	<p>8</p> <p>9:30 Communion (3) 10:00 Bingo with Sandy (2) 10:00 News Group and Coffee (SP) 11:00 Bend &amp; Stretch (SP) 11:30 Name That Tune (SP) 2:00 Computer Time (GR) 2:30 Dominoes with Beatrice (SP)</p>
<p>12</p> <p>9:30 Church (SP) 10:00 Communion (3) 10:00 News Group &amp; Coffee Chat (SP) 11:00 Bend and Stretch (SP) 11:3 Devotion 2:00 Cooks in The Kitchen "Fried Potatoes &amp; Onion's" (2) 4:00 Tea &amp; Trivia (SP)</p>	<p>13</p> <p>9:30 Communion (3) 10:00 Arthritis Exercise (SP) 11:15 Brain Boost (SP) 2:00 Red Elephant Gift Exchange (SP) 3:00 Relaxing Hand Massages (SP)</p>	<p>14</p> <p>10:00 News Group &amp; Coffee Chat (SP) 11:00 Bend and Stretch (SP) 2:00 Valentine's Day Party with TEP 4:00 Games (SP)</p> 	<p>15</p> <p>9:30 Communion (3) 10:00 Bingo with Sandy (2) 9:45 Trip to The Dollar Store 2:00 Word Games (SP) 2:30 Dominoes with Beatrice (SP) 6:30 The Baptist Church hosting Bingo (2)</p>	<p>16</p> <p>10:00 Yoga (SP) 11:15 Show &amp; Tell (SP) 2:00 Craft Time (SP) 2:30 Rosary (3) 3:00 Manicures (SP)</p>	<p>17</p> <p>9:30 Communion (3) 10:00 Exercise Chair Cardio (sp) 11:15 Everything Red Charades (SP) 2:00 Indoor Walk &amp; Wheels (L) 3:00 Movie &amp; Popcorn (GR)</p>	<p>18</p> <p>10:00 Visit from the SDA kids (GR)  Independent Activities</p>
<p>19</p> <p>9:30 Church (SP) 10:00 Communion (3) 10:00 News Group &amp; Coffee Chat (SP) 11:00 Bend and Stretch (SP) 11:30 Chicken Soup for The Golden Soul (SP) 2:00 Hang Man (SP) 3:00 Ice Cream Social (SP) 4:30 Trivia (L)</p>	<p>20</p> <p>9:30 Communion (3) 10:00 Arthritis Exercise (SP) 11:15 Daily Buzz (SP) 2:00 Learn to Dance (SP) 3:00 Guest Speaker (GR)</p>	<p>21</p> <p>10:00 Baking and Devotions with Adam (2) 11:45 Bend and Stretch (2) 1:30 Country Ride 4:00 Mardi Gras Fun (SP)</p>	<p>22</p> <p>9:30 Communion (3) 10:00 Bingo with Sandy (2) 10:00 Trip to Walmart 2:00 Computer Time (GR) 2:30 Dominoes with Beatrice (SP)</p> <p>Ash Wednesday</p>	<p>23</p> <p>10:00 Yoga (SP) 11:15 Get Physical (SP) 1:00 Book Mobile (PL) 2:00 Comedy Club (SP) 2:30 Rosary (3) 3:00 February Birthday's &amp; Trivia (SP)</p>	<p>24</p> <p>9:30 Communion (3) 10:00 Exercise Chair Cardio (sp) 11:15 Faith Matters (SP) 2:00 Entertainment with The Normoyle &amp; Bongioanni Family (GR) 3:00 Resident Council Meeting (SP)</p>	<p>25</p> <p>10:00 Ruth Carson's Student Piano Recital (GR) 11:00 Current Events &amp; Coffee (SP) 2:15 Bingo (2)</p>
<p>26</p> <p>9:30 Church (SP) 10:00 Communion (3) 10:00 News Group &amp; Coffee Chat (SP) 11:00 Bend and Stretch (SP) 11:30 Devotions (SP) 1:30 The Peoples Baptist Church (GR) 2:00 Remember When (SP) 3:00 Ice Cream Social (SP) 4:30 Trivia (L)</p>	<p>27</p> <p>9:30 Communion (3) 10:00 Arthritis Exercise (SP) 11:15 Brain Boost (SP) 2:00 Heart Health Social &amp; Strawberries (SP) 3:00 Sing-a-Long Love Songs (SP)</p>	<p>28</p> <p>10:00 Exercise with Sally (SP) 11:00 Coffee Chat (SP) 2:00 Trivia Games (SP) 3:00 Happy Hour (SP)</p>	<p>29</p> <p>9:30 Communion (3) 9:45 Trip to Charlestown Racetrack 10:00 Bingo with Sandy (2) 2:30 Dominoes with Beatrice (SP)</p>			

Calendar is subject to change