

FEBRUARY

Sunday **Monday** *Tuesday* **Wednesday** *Thursday* **Friday** *Saturday*




ABRAMS RESIDENCE

1 SALON DAY
 10:15 FITNESS FUN
 11:15 MEMORY GAME-
 WORDS THAT START W/
 LETTER A, B, C ALL)
 2:00 ENTERTAINMENT
 3:00 MANICURES

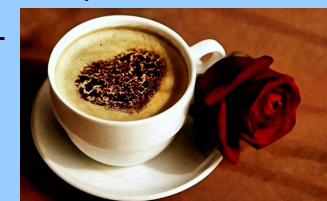


2
 10:15 EXERCISE
 11:15 WORD GAMES
 2:00 DJ -Oldies, Trivia
 3:00 PAINTING



4:00 TRIVIA


3
 10:15 MORNING stretch
 and exercise
 11:15 Shabbat Service
 (synagogue)
 1:45 TEA/COFFEE SO-
 CIAL



3:00 CARD GAMES OR
 CRAFT

4
 10:30 FITNESS
 11:15 WORD
 CHALLENGES
 1:45 MOVIE/
 refreshments

5
 10:15 EXERCISE
 11:15 WORD GAME
 1:45 MOVIE



3:00 MAHJONG

6
 10:15 CHAIR YOGA




11:15 TEXT TWIST
 1:45 CRAFT
 3:15 Live Musical En-
 tertainment


7
 10:15 EXERCISE
 11:15 WORD SEARCH)
 2.00 MUSIC AND
 TRIVIA
 3:00 BINGO



8 SALON DAY
 10:15 FITNESS FUN
 11:15 WHO AM I
 1:45 MATCH GAME
 3:00 MANICURES




9
 10:15 EXERCISE
 11:15 WORD GAMES
 2:00 DJ -Oldies, Trivia
 3:00 PAINTING



4:00 TRIVIA

10
 10:15 MORNING stretch
 and exercise
 11:15 TEXT TWIST
 1:45 RUMMY CUBE OR
 CRAFT
 TEA/COFFEE SOCIAL




4:00 PM Shabbat (GWH)

11
 10:30 FITNESS
 11:15 WORD
 CHALLENGES
 1:45 MOVIE/
 refreshments
 4:00 PM Shabbat
 (GWH)

FEBRUARY

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

12
10:15 EXERCISE
11:15 WORD GAME
1:45 MOVIE

3:00 POKENO


13
10:15 CHAIR YOGA


11:15 TEXT TWIST
1:45 CRAFT
3:15 Live Musical Entertainment

14
10:15 EXERCISE
11:15 WORD SEARCH)
2.00 TRIVIA
3:00 BINGO



15 SALON DAY
10:15 FITNESS FUN
11:15 TRIVIA
1:45 YIDDISH CLUB


3:00 MANICURES

16
10:15 EXERCISE
11:15 WORD GAMES
2:00 DJ -Oldies, Trivia
3:00 PAINTING

4:00 SERVICE

17 10:15 MORNING stretch and exercise
11:15 TEXT TWIST
1:45 JEWELRY making
TEA/COFFEE SOCIAL

3:00 BOWLING
4:00 PM Shabbat (GWH)

18
10:30 FITNESS
11:15 WORD CHALLENGES
1:45 MOVIE/ refreshments

19
10:15 EXERCISE
11:15 WORD GAME
1:45 MOVIE

3:00 DOMINOES OR CARD GAMES

20
10:15 CHAIR YOGA

11:15 TEXT TWIST
1:45 CRAFT
3:15 Live Musical Entertainment


21
10:15 EXERCISE
11:15 THIS WEEK IN HISTORY
2.00 TRIVIA
3:00 BINGO


22 SALON DAY


10:15 FITNESS FUN
11:15 TRIVIA
2:00 SING ALONG W/ AVI
3:00 MANICURES

23
10:15 EXERCISE
11:15 WORD GAMES
2:00 DJ -Oldies, Trivia
3:00 PAINTING BUTTERFLIES

4:00 SERVICE

24
10:15 MORNING stretch and exercise
11:15 TEXT TWIST

1:45 RUMMY CUBE
TEA/COFFEE SOCIAL
3:00 WORD SEARCHES
4:00 PM Shabbat (GWH)

25
10:30 FITNESS
11:15 UNO
1:45 MOVIE/ refreshments

26
10:15 EXERCISE
11:15 WORD GAME
1:45 MOVIE

3:00 ADULT COLORING BOOK

27
10:15 CHAIR YOGA

11:15 TEXT TWIST
1:45 CRAFT
3:15 Live Musical Entertainment

28
10:15 EXERCISE
11:15 THIS WEEK IN HISTORY
2.00 TRIVIA
3:00 BINGO


Happy Birthday!
Party!!!
FEBRUARY 27
3:15PM

