

February 2024 Calendar

Independent Living - Life Enrichment & Wellness

China



February Birthdays

Wendell Anderson 2/3
 Irmagard McGonagil 2/3
 Carlton Heustess 2/6
 Johnnie Robinson 2/9

Dicksie Ward 2/23
 Gaylon Syrett 2/28



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9:30 Healthy Lower Body - HH 11:00 Neurobics - MT 1:30 Balance & Core - HH 2:00 History of Christianity in China - CR 6:00 Dominoes - CR	2 8:30 Men's Devotion w/ David 9:30 Seated Tai Chi - CH99 10:00 Water Walking - P 11:00 Communion - HC 11:30 IHOP 2:00 Men's Program Classic Military Vehicles - CR 6:00 Evening Stroll w/ Neighbor <i>National Wear Red Day</i>	3 10:30 Choir Practice - HH 11:00 Election Transportation 2:00 Saturday Matinee - MT 3:00 Rummikub - CR 4:00 Scavenger Hunt - L 6:30 Bingo - HH <i>National Carrot Cake Day</i>
4 9:00 WPC Service - CH98 2:00 Board Games - CR 4:00 Vespers 6:00 Friendly Game of Pool - BR	5 9:30 Healthy Upper Body - HH 11:00 Who Am I? - MT 1:30 Full Body Stretch - HH 2:00 Activity Com. Meeting - 2L 2:30 Aqua Move & Groove - P 3:30 Newport Walmart 6:00 Movie Night - MT	6 9:30 Healthy Lower Body - HH 10:15 Lou Ardrey's Bible Study - HH 11:00 Brain Games - L 1:30 Balance & Core - HH 3:00 Bingo - HH 3:45 YCL Bookmobile - L 6:30 Hymn Sing - HH <i>Pay a Compliment Day</i>	7 9:00 Publix and Food Lion 9:30 Healthy Upper Body - HH 9:45 Tour of 911 Center w/ lunch at Ruby Tuesday's 1:30 Full Body Stretch - CR 3:00 Church Service - HH 6:00 Winthrop V. Charleston 6:00 Card Games - CR	8 9:30 Healthy Lower Body - HH 10:00 Agape - HH 11:00 Neurobics 1:30 Balance & Core - HH 6:00 Dominoes - CR	9 8:30 Men's Devotion w/ David 9:30 Seated Tai Chi - HH 10:00 Water Walking - P 11:00 Laura's Tea Room 2:00 Men's Program Most Daring Missions of WWII - CR 6:00 Evening Stroll w/Neighbor <i>National Pizza Day</i>	10 10:30 Choir Practice - HH 2:00 Saturday Matinee - MT 3:00 Chinese New Year Celebration - HH 3:00 Rummikub - CR 4:00 Scavenger Hunt - L 6:30 Bingo - HH <i>Chinese New Year</i>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11 9:00 WPC Service - CH98 2:00 Board Games - CR 3:00 St. Ann's Comm. Service - HH 4:00 Vespers - HH 6:00 Friendly Game of Pool - BR <i>Super Bowl Sunday</i>	12 9:30 Healthy Upper Body - HH 11:00 What Am I? - MT 1:30 Full Body Stretch - HH 2:30 Aqua Move and Groove - P 3:30 CVS/Walgreens/Dollar Tree 6:00 Movie Night - MT	13 9:00 Fresh Pancakes - CB 9:30 Healthy Lower Body - HH ##### Lou Ardrey's Bible Study - HH 11:00(Brain Games - L 1:30 Balance & Core - HH 3:00 Bingo - HH 6:30 Hymn Sing - HH <i>Pancake Tuesday</i>	14 Valentines Day 9:00 Publix and Food Lion 9:30 Healthy Upper Body - HH 11:30(Lunch at Front Porch 1:30 Full Body Stretch - HH 3:00 Church Service - HH 6:00 Card Games - CR <i>Ash Wednesday</i>	15 9:30 Healthy Lower Body - HH 11:00(Neurobics 1:30 Balance & Core - HH 2:00 Learn to Write your name in Chinese - CR 6:00 Dominoes - CR	16 8:30 Men's Devotion w/ David 9:00 Donuts - CB 9:30 Seated Tai Chi - CH99 10:00(Water Walking - P 11:00(Communion - HC 2:00 Men's Program Robin Miller goes back in time with A.J. Foyt - CR 6:00 Evening Stroll w/Neighbor	17 10:30(Choir Practice - HH 2:00 Saturday Matinee - MT 3:00 Rummikub - HH 4:00 Scavenger Hunt - L 6:30 Bingo - HH
18 9:00 WPC Service - CH98 2:00 Board Games - CR 4:00 Vespers - HH 6:00 Friendly Game of Pool - BR	19 9:30 Healthy Upper Body - HH 11:00(When Am I? - MT 1:30 Full Body Stretch - HH 2:00 Wellness Social - CR 2:30 Aqua Move & Groove - P 3:00 Newport Walmart 6:00 Movie Night - MT	20 9:30 Healthy Lower Body - HH 10:15 Lou Ardrey's Bible Study - HH 11:00(Brain Games - L 1:30 Balance & Core - HH 3:00 Bingo - HH 3:45 YCL Bookmobile - L 6:30 Hymn Sing - HH	21 9:00 Publix and Food Lion 9:30 Healthy Upper Body 1:30 Full Body Stretch - HH 3:00 Church Service - HH 6:00 Winthrop V. Presbyterian 6:00 Card Games - CR	22 10:15 Calvary Lunch with Trader Joe's 11:00(Neurobics 1:30 Balance & Core 12:00(Chili cook-off - HH 2:00 The Most Beautiful Places to visit in China - CR 6:00 Dominoes - CR <i>National Chili Day</i>	23 8:30 Mens Devotion w/David 9:30 Seated Tai Chi - Ch99 9:30 Noises Off! Winthrop 10:00(water Walking - P 11:00(Traditional Chinese Paper paper folding 2:00 Top Baseball players of 2023 - CR 6:00 Evening Stroll w/Neighbor	24 10:30(Choir Practice - HH 11:00(Election Transportation 2:00 Saturday Matinee - MT 3:00 Rummikub - CR 4:00 Scavenger Hunt - L 6:30 Bingo - HH
25 9:00 WPC Service - CH98 2:00 Board Games - CR 4:00 Vespers 6:00 Friendly Game of Pool - BR	26 9:30 Healthy Upper Body - HH 11:00 Who are we? - MT 1:30 Full Body Stretch - HH 2:30 Aqua Move & Groove - P 3:00 CVS/Walgreens/Dollar Tree 6:00 Movie Night - MT	27 9:30 Healthy Lower Body - HH 10:15 Lou Ardrey's Bible Study - HH 11:00(Brain Games - L 1:30 Balance & Core - HH 3:00 Bingo - HH 6:30 Hymn Sing - HH	28 9:00 Publix and Food Lion 9:30 Healthy Upper Body - HH 11:30(Lunch at Luigi's 1:30 Full Body Stretch - HH 3:00 Church Service - L 6:00 Card Games - CR	29 9:30 Healthy Lower Body - HH 11:00(Neurobics 1:30 Balance & Core - HH 2:00 Chinese Square Dancing - HH 4:00 Bob and Sue Start - HH 6:00 Dominoes - CR <i>Leap Day</i>	# + L - #Floor Lounge. AS- Art Studio in the Lower Level CB - Coffee Bar in the Dining Room CH 99 - Channel 99 CR - Community Room CY - Courtyard DR - Dining Room GR - Garden Room in the Health Center HH - Heritage Hall L - Lobby LL - Lower Level MDR - Manor Dining Room MT - Movie Theater	