

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



February 2019

Heart Health Month

 <h1>February 2019</h1> <h2>Heart Health Month</h2>					<p>9:30 Newspaper 10:15 Chair Yoga 11 Manicures 11 Watercolors 2:30 Memorial Service 4 Heart Healthy Social 7 Documentary</p> <p>1</p>	<p>10:15 Exercise 11 Book Club 2:15 BINGO 3:45 Drinks & Conversation</p> <p>2</p> <p style="text-align: right;"><small>Groundhog Day</small></p>
					<p>10:15 Sunday Exercise 11 News & Views 1:30 Trivia 3:15 Apps & Spirits w/ Musical Guest 6:30 Patriots Party!</p> <p>3</p>	<p>9:30 Newspaper 10:15 Exercise 11 Scrabble 2 Improv Games 3:15 TED Talks 4 Social Hour</p> <p>4</p>
<p>10:15 Sunday Exercise 11 Sunday News & Views 2 BINGO 3:30 Apps & Spirits</p> <p>10</p>	<p>9:30 Newspaper 10:15 Exercise 11 Scrabble 2 Word Games 3:15 Part 2 of Historical Talk with Carol 4 Social Hour</p> <p>11</p>	<p>10:15 Strength 11:30 Lunch Bunch 2 Scenic Ride 3:45 Hand Massages w/ Lynne 4 Social Hour</p> <p>12</p>	<p>9:30 Newspaper 10:15 Dance Aerobics 11 Protestant Srvc w/ Deb 2 Strengthen Your Mind 3:15 Rosary 3:30 Communion 4 Social Hour 6:30 Vintage Voices "A Night for Love"</p> <p>13</p>	<p>10 Wiggles & Wisdom 11:15 Love Poems 2 Scenic Ride 2:15 Do You Hear What I Hear? 4 A Lovely Social Hour</p> <p>14</p> <p style="text-align: center;"><small>Valentine's Day</small></p>	<p>9:30 Newspaper 10:15 Chair Yoga 11 Manicures 11 Watercolors 2 Classical Music 3 Veterans Coffee Hr 4 Trivia @ Social 7 Documentary</p> <p>15</p>	<p>10:15 Exercise 11 Book Club 2:15 BINGO 3:45 Drinks & Conversation</p> <p>16</p>
<p>10:15 Sunday Exercise 11 Sunday News & Views 1:30 Trivia 3:15 Apps & Spirits</p> <p>17</p>	<p>9:30 Newspaper 10:15 Exercise 11 Scrabble 2 Puzzle Walking Challenge 3:15 INFO Meeting 4 Cheers to our Presidents</p> <p>18</p> <p style="text-align: center;"><small>Presidents' Day (US)</small></p>	<p>10 Shopping 10:15 Strength 11 Word Games 2 Scenic Ride 2:15 Cork Crafts 4 Social Hour 7 Movie</p> <p>19</p>	<p>9:30 Newspaper 10:15 Dance Aerobics 11 Grand Pals 1:45 Rosary 2 Communion 2:30 Newsletter Committee 3:30 Peter Mezoian Banjo Concert</p> <p>20</p>	<p>10 Wiggles & Wisdom 11 :15 Book Club 2 Scenic Ride 2:15 Strengthen Your Mind 4 Social Hour 6:30 Discussion with Laura</p> <p>21</p>	<p>9:30 Newspaper 10:15 Stretch 10:15 Adv Yoga 11 Manicures 11 Watercolors 2 Coping with Loss Group 2:30 Yahtzee 4 Social Hour 7 Documentary</p> <p>22</p>	<p>10:15 Exercise 11 Crosswords 2:30 Southern NH Ukulele Group Concert</p> <p>23</p>
<p>10:15 Sunday Exercise 11 Sunday news & Views 2 BINGO 3:30 Apps & Spirits</p> <p>24</p>	<p>9:30 Newspaper 10:15 Exercise 11 Scrabble 1:45 Baking w/ First Lady Eisenhower 3 Armchair Traveler w/ Amy Smith 4:15 Social Hour</p> <p>25</p>	<p>10 Shopping 10:15 Strength 11 Word Games 2 Scenic Ride 4 Social Hour 7 Movie</p> <p>26</p>	<p>9:30 Newspaper 10:15 Dance Aerobics 11 Strengthen Your Mind 1:45 Rosary 2 Communion 2:15 Protestant Srvc w/ St Johns 3 Book Club 4 Social Hour</p> <p>27</p>	<p>10:15 Strength 11 Food Meeting 2 Scenic Ride 2:15 Armchair Traveler: Philadelphia, PA 4 February Birthday Party!</p> <p>28</p>	<p>Heart Healthy Tips: Exercise 30 minutes a day Eat berries, nuts, dark chocolate Drink Red Wine Relax!</p>	