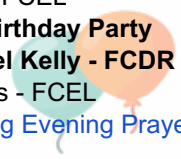


Programs & locations are subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00am Calendar Handout - FCRR 11:30am Who/What Am I? - FCEL 2:00pm Basketball - FCEL 3:00pm Church Service-RGDR 3:00pm Church Service - RGDR	2 11:00am Love Yourself-with Chaplain Megan MLDR 11:30am Manicure Monday - FCRR 2:30pm Sangrias & Spanish Music - FCDR 6:00pm Travelogue: Barcelona, Spain - FCEL  Cruise Week! PORTUGAL/ SPAIN	3 10:00am Pump it Up - FCEL 11:30am German Trivia with Erna - FCDR 2:30pm German Beer Tasting & Pretzels Social - CHAR GERMANY 	4 10:30am The Significance of Indian Sweets - FCEL 11:30am Travelogue: India - FCEL 2:30pm Bingo - FCDR 6:30pm 1:1 Travelling Evening Prayer INDIA 	5 10:00am Pump it Up - FCEL 11:30am Music Bingo: UK Artists - FCDR 2:00pm Baking Dundee Cake with Susan - FCDR 6:00pm Travelogue: Glasglow and Scottish Passions - FCEL UNITED KINGDOM 	6 11:00am Music Therapy Group - FCDR 2:30pm Cruise Week Finale with Blue Eyed Bill - FCDR National Wear Red Day! 6:00pm Short Stories - FCEL CARRIBEAN/ AFRICA 	7 9:30am 1:1 Chaplain Visits - FCRR 11:30am Reading the Newspaper - FCEL 2:30pm Community Movie - MLDR 6:00pm A-Z Game - FCEL
8 11:30am Chair Exercises - FCEL 3:00pm Church Service-RGDR 3:00pm Church Service - RGDR 6:00pm Discussion Group: Black History Month - FCEL 	9 10:30am Puzzles - FCDR 11:30am Manicure Monday - FCRR 2:30pm Finish the Song Lyrics - FCEL 3:30pm Guided Chocolate Tasting - FCEL	10 10:00am Pump it Up - FCEL 11:30am Bean Bag Toss - FCEL 2:00pm Sweetheart Craft - FCDR 6:00pm Short Stories - FCEL 	11 10:15am Travelling RC Communion - TC 11:00am Love Stories-with Chaplain Megan MLDR 11:30am Words in Words - FCEL 2:30pm Bingo - FCDR 6:30pm 1:1 Travelling Evening Prayer	12 10:00am True or False - FCWL 11:30am Chair Exercises - FCEL 2:30pm Strawberry Jello Whip Social - FCDR 3:30pm Reminiscing: Valentines Day - FCEL 	13 10:00am Music Bingo - FCDR 11:30am Basketball - FCEL 2:00pm Baking Red Velvet Cookies - FCDR 6:00pm Short Stories - FCEL	14 10:00am Colouring - FCDR 11:30am Words in Words - FCEL 3:00pm HAPPY Valentine's DAY Social 
15 10:30am Puzzles - FCDR 11:00am Poetry Reading - FCEL 2:00pm Baking Banana Loaf - FCDR 3:30pm Chinese New Year Horoscopes - FCEL	16 11:30am Chair Exercises - FCEL 1:30pm Manicure Monday - FCRR 3:00pm Church Service - VPDR - RGDR 6:00pm True or False: Old Wives Tales - FCWL 	17 10:00am Pump it Up - FCEL 11:30am Guess the Word - FCEL 2:30pm National Pancake Day Social - FCDR 3:30pm Balloon Badminton - FCEL	18 10:00am Basketball - FCDR 11:30am Fun Facts - FCEL 2:30pm Bingo - FCDR 	19 10:00am Reminiscing: Birthday Parties - FCEL 11:30am Table Games - FCDR 2:00pm Baking Lemon Tea Biscuits - FCDR 6:00pm Travelogue: Sicilian Delights - FCEL	20 11:00am Music Therapy Group - FCDR 11:30am Word Game: Sun Words - FCEL 2:00pm Tea Party - FCDR 6:00pm Short Stories - FCEL 	21 9:30am 1:1 Chaplain Visits - FCRR 11:30am Balloon Badminton - FCEL 2:30pm Community Movie - MLDR 6:00pm True or False: Outer Space - FCWL
22 11:30am Chair Exercises - FCEL 3:00pm Church Service-RGDR 3:00pm Church Service - RGDR 6:00pm Finish the Phrase - FCEL	23 11:30am Guess the Word - FCEL 1:30pm Manicure Monday - FCRR 2:30pm Memorial Service-RGDR 6:00pm Travelogue: Lisbon - FCEL	24 10:00am Pump it Up - FCEL 10:00am Resident Council- Family Room 11:30am Basketball - FCEL 2:30pm February Birthday Party with Michael Kelly - FCDR 6:00pm Short Stories - FCEL 6:30pm 1:1 Travelling Evening Prayer 	25 10:30am Catholic Mass-EPDR 11:30am Balloon Volleyball - FCDR 2:30pm Bingo - FCDR PINK SHIRT DAY 	26 10:00am Pump it Up - FCEL 11:30am Bean Bag Toss - FCEL 2:30pm Wine & Cheese Social - FCDR 6:00pm Pop Culture Trivia - FCWL 	27 8:30am Breakfast Club - GH 10:00am Music Bingo - FCDR 11:30am Homemade Pizza Lunch - FCDR 2:30pm Bookmark Craft - FCDR 6:00pm Short Stories - FCEL	28 9:30am 1:1 Chaplain Visits - FCRR 10:00am Nature Documentary - FCEL 11:30am Chair Exercises - FCEL 2:30pm Specialty Coffee Time - MLDR 

CHAR - Chicopee Hill Activity Room

GH - Grand Hall

FCDR - Frederick Community Dining Room

MLDR - Market Lane Dining Room

FCEL - Frederick Community East Lounge

RGDR - Rockway Gardens Dining Room

FCRR - Resident Room for 1-1 scoring

TC - Travelling Carts

FCWL - Frederick Community West Lounge