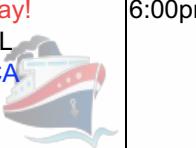


Programs &amp; locations are subject to change.

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

CHAR - Chicopee Hill Activity Room

FCDR - Frederick Community Dining Room

FCEL - Frederick Community East Lounge

FCRR - Resident Room for 1-1 scoring

FCWL - Frederick Community West Lounge

GH - Grand Hall

MLDR - Market Lane Dining Room

RGDR - Rockway Gardens Dining Room

TC - Travelling Carts