

Sunday

Monday

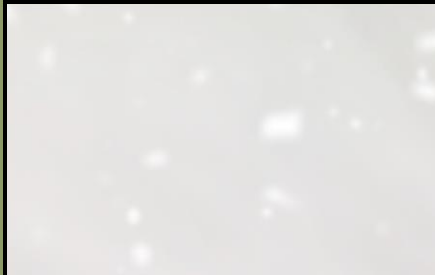
Tuesday

Wednesday

Thursday

Friday

Saturday



"I've learned that people will forget what you *said*, people will forget what you *did*, but people will never forget how you made them *feel*."

Maya Angelou



1

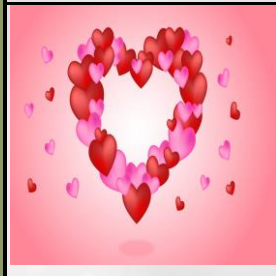
LOVEABLE LAUGHS
News and Coffee
10:30 Worship Service
Exercise: Bean Bag Toss
Lunch
Guest: Aging with Ace

2

LOVEABLE LAUGHS
News and Coffee
10:00 History Theater: The Root Beer Lady
Exercise
Pulled Pork Lunch
1:30 Classic TV
Ground Hog Day Trivia with Special Snack
Groundhog Day

3

LOVEABLE LAUGHS
News and Coffee
Groundhog Day Crossword
Exercise
Lunch
1:30 Piano by Heather
Craft: Paper bag Snowflakes



6

LOVEABLE LAUGHS
News and Coffee
10:30 MacPhail Music with Patsy
Exercise
Lunch
1:30 Classic TV
Black Musicians: Who Am I?

7

LOVEABLE LAUGHS
News and Coffee
10:30 Watercolor Class with Susan
Exercise: Noodle Balloon
Lunch
1:30 Classic TV
Football is a Kick
Snack: Nachos

8

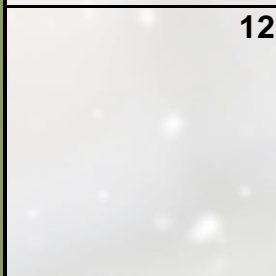
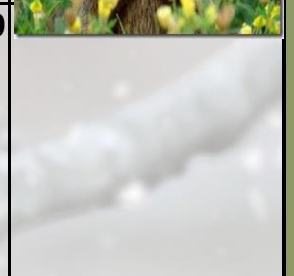
LOVEABLE LAUGHS
News and Coffee
10:30 Worship Service
Cooking with Karla: Soft Tacos
Exercise: Wii Bowling
Lunch
1:30 Music of Sammy P

9

LOVEABLE LAUGHS
News and Coffee
Armchair Travels VR Themed
Exercise: Tai Chi
Lunch
1:30 Virtual Passport Program
VR Themed Snack

10

LOVEABLE LAUGHS
News and Coffee
What Am I?
Exercise
Lunch
1:30 Classic TV
Food Craft: Cocoa Bombs



12

CANDY GUESS
News and Coffee
Let's Talk about Emotions
Exercise
Lunch
1:30 Classic TV
Yarn Hearts

14

CANDY GUESS
News and Coffee
Reflections with Pastor Beckman
Exercise
Lunch
1:30 Classic TV
Craft: Tissue Heart Canvas
Valentine's Day

15

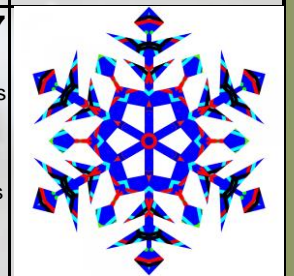
CANDY GUESS
News and Coffee
10:30 Worship Service
Exercise: Heart Bowling
Lunch
1:30 Classic TV
Service Project: Make Pattern and Cut Tie Blankets

16

CANDY GUESS
News and Coffee
Old Wives Tales
Exercise: Weights
Lunch
1:30 Health Rhythms Drumming
1:30 Aromatherapy and Hand Massages

17

CANDY GUESS
News and Coffee
Deep Dive: Making of Jesus Christ Superstar
Exercise: Noodle Balloon
11:30 Lunch
12:30 Broadway HD "Jesus Christ Superstar"



19

February Birthdays

20th Paul H

20

LOVEABLE LAUGHS
News and Coffee
10:30 MacPhail Music class with Patsy
Exercise: Chair Yoga
Lunch
1:30 Art with Heart with Debbie
Celebrate Paul H's Birthday
Presidents' Day

21

LOVEABLE LAUGHS
News and Coffee
History of Mardi Gras
Exercise
Lunch
1:30 Northern Clay Class with Susan
Snack: King Cake
Mardi Gras

22

LOVEABLE LAUGHS
News and Coffee
10:30 Worship Service
Cooking with Barb: Swedish Meatball
Lunch: Homemade Swedish Meatballs with Noodles
Music Jeopardy
Ash Wednesday

23

LOVEABLE LAUGHS
News and Coffee
Name That Farm Tool
Exercise: Stretchy Bands
Lunch
1:30 Classic TV
2 PM Guitar Music with Thom

24

LOVEABLE LAUGHS
News and Coffee
Reflections with Pastor Beckman
Exercise
11 AM Osaka Lunch Outing
1:30 Classic TV
Stained Glass Hearts



26

LOVEABLE LAUGHS
News and Coffee
The Man in Black
Exercise
Lunch
1:30 Piano by Heather
Monticello Gardens
Snack: Strawberry Ice Cream

27

LOVEABLE LAUGHS
News and Coffee
Cooking with Karla: Pupusas
Exercise
Pupusa Lunch
1:30 Classic TV
National Cherry Pie Day
Snack: Cherry Pie

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February 2023

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