

-SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Van Departures</p> <p>Please meet in the lobby 15 minutes prior to all van departures.</p>	<p>KEY</p> <p>C – Courtyard A – Activity Room</p>			<p>1. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Senior Moments (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Dark Chocolate Trivia 2:00 – Sing-Along with Susie Q 2:00 – Crafting with Kristia (A) 3:00 – Gorgeous Grams Nail Painting 3:00 – Creative Coloring 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Dark Chocolate Day</p>	<p>2. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Red Trivia 2:00 – Friday Matinee Movie 3:00 – Nerf Target Shooting 3:30 – Music Mania! 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Wear Red Day</p>	<p>3. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – PCHS Spanish Club Valentine's Activity (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Carrot Trivia 2:00 – Saturday Matinee Movie 2:00 – Zumba with Annette (A) 3:00 – Hangman Word Game 3:30 – Hidden Pictures 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Carrot Cake Day</p>
<p>4. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sensory Shenanigans 10:00 – Movie 10:00 – Van Ride 11:30 – Exercise 12:15 – Water & Bathroom Break 12:30 – Lunch 1:30 – Soup Trivia 2:00 – Sensory Shenanigans 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) 3:00 – Mini Golf 3:30 – Word Search 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Homemade Soup Day</p>	<p>5. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Nutella Trivia 2:00 – Sensory Shenanigans 2:00 – Movie 2:15 – Van Ride 3:30 – Bracelet Beading 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Nutella Day</p>	<p>6. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Chopsticks Trivia 2:00 – Sing-Along with Susie Q 2:00 – Afternoon Tea in the Courtyard (C) 2:30 – Pet Therapy with Lii Lii (C) 3:00 – Plaza Casino: Blackjack 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Chopsticks Day</p>	<p>7. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Hank the Singing Dutchman (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Card Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:00 – Hidden Pictures 3:00 – Word Search 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Send A Card To A Friend Day</p>	<p>8. 8:30 – Breakfast 9:30 – Sing-Along with Susie Q 9:30 – Karaoke Gang (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Kite Trivia 2:00 – Sing-Along with Susie Q 2:00 – Crafting with Kristia (A) 3:00 – Gorgeous Grams Nail Painting 3:00 – Creative Coloring 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Kite Flying Day</p>	<p>9. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Cold Veggie Pizza Tasting 1:30 – Pizza Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Courtyard Cruising (C) 2:30 – Aromatherapy Hand Massage (C) 3:00 – Battle Bags Toss 3:30 – Music Mania! 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Pizza Day</p>	<p>10. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Music with Michael (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Chinese New Year Trivia 2:00 – Saturday Matinee Movie 2:00 – Strength and Balance Fusion Fitness with Daniel (A) 3:00 – Swatter Balloon Volleyball 3:30 – Hidden Pictures 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner Chinese New Year Day</p>
<p>11. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sensory Shenanigans 10:00 – Movie 10:00 – Van Ride 11:30 – Exercise 12:15 – Water & Bathroom Break 12:30 – Lunch 1:30 – Superbowl Trivia 2:00 – Sensory Shenanigans 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) 3:00 – Basketball 3:30 – Word Search 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner Superbowl</p>	<p>12. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Crafting with Linda (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Penny Trivia 2:00 – Sensory Shenanigans 2:00 – Movie 2:15 – Van Ride 3:30 – Bracelet Beading 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Lost Penny Day</p>	<p>13. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – Hawaii Dance Bomb Silent Disco 12:30 – Lunch 1:30 – Fat Tuesday Trivia 2:00 – Sing-Along with Susie Q 2:00 – Afternoon Tea in the Courtyard (C) 2:30 – Pet Therapy with Lii Lii (C) 3:00 – Plaza Casino: Blackjack 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner Fat Tuesday</p>	<p>14. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Betty Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:15 – Van Ride 3:30 – Craft: Chocolate Roses 4:30 – Exercise 5:15 – Water & Bathroom Break 5:30 – Dinner Valentine's Day</p>	<p>15. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Gumdrop Trivia 2:00 – Sing-Along with Susie Q 2:00 – Crafting with Kristia (A) 3:00 – Gorgeous Grams Nail Painting 3:00 – Creative Coloring 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Gumdrop Day</p>	<p>16. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Music with Dean (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Almond Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Courtyard Cruising (C) 2:00 – Popsicles (C) 2:30 – Aromatherapy Hand Massage (C) 3:00 – Nerf Target Shooting 3:30 – Music Mania! 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Almond Day</p>	<p>17. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Zumba with Annette (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Sock Trivia 2:00 – Saturday Movie Matinee 2:00 – Courtyard Cruising (C) 3:00 – Hangman Word Game 3:30 – Hidden Pictures 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Red Sock Day</p>
<p>18. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sensory Shenanigans 10:00 – Movie 10:00 – Van Ride 11:30 – Exercise 12:15 – Water & Bathroom Break 12:30 – Lunch 1:30 – Wine Trivia 2:00 – Sensory Shenanigans 2:00 – Courtyard Cruising (C) 2:00 – Aromatherapy Hand Massage (C) 3:00 – Bean Bag Toss 3:30 – Word Search 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Drink Wine Day</p>	<p>19. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Body and Brain Yoga w/ Karen (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – President's Trivia 2:00 – Sensory Shenanigans 2:00 – Movie 2:15 – Van Ride 3:30 – Bracelet Beading 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner President's Day</p>	<p>20. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Piano Performance with Roy (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Pet Trivia 2:00 – Sing-Along with Susie Q 2:00 – Afternoon Tea in the Courtyard (C) 2:30 – Pet Therapy with Lii Lii (C) 3:00 – Plaza Casino: Blackjack 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Love Your Pet Day</p>	<p>21. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Music with Mike Kahue (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Pastries Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:15 – Van Ride 3:30 – Craft: Chinese New Year Firecracker 4:30 – Exercise 5:15 – Water & Bathroom Break 5:30 – Dinner National Sticky Bun Day</p>	<p>22. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Margarita Trivia 2:00 – Crafting with Kristia (A) 3:00 – Gorgeous Grams Nail Painting 3:00 – Creative Coloring 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Margarita Day</p>	<p>23. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Inspirational Music w/ Wally (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Tile Trivia 2:00 – Englebert Humperdinck Sing-Along 2:00 – Courtyard Cruising (C) 2:00 – Popsicles (C) 2:30 – Aromatherapy Hand Massage (C) 3:00 – Battle Bags Toss 3:30 – Music Mania! 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Tile Day</p>	<p>24. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Music with Michael (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Cake Trivia 2:00 – Saturday Movie Matinee 2:00 – Courtyard Cruising (C) 3:00 – 7th Day Adventist Choir (A) 3:30 – Swatter Balloon Volleyball 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Chocolate Cake Day</p>
<p>25. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sensory Shenanigans 10:00 – Movie 10:00 – Van Ride 11:30 – Exercise 12:15 – Water & Bathroom Break 12:30 – Lunch 1:30 – Clams Trivia 2:00 – Sing-Along with Susie Q 2:00 – Musical Performance by Muiskgarten Students (A) 3:00 – Mini Golf 3:30 – Word Search 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Clam Chowder Day</p>	<p>26. 8:30 – Breakfast 9:30 – Cognifit 9:50 – Mindfulness Breathing 10:00 – Exercise 10:45 – Water & Bathroom Break 11:00 – What's on the Menu? 11:30 – Bingo 12:30 – Lunch 1:30 – Pistachio Trivia 2:00 – Sensory Shenanigans 2:00 – Movie 2:15 – Van Ride 3:30 – Bracelet Beading 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Pistachio Day</p>	<p>27. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Body and Brain Tai Chi w/ Karen (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Decades Trivia 2:00 – Sing-Along with Susie Q 2:00 – Afternoon Tea in the Courtyard (C) 2:30 – Pet Therapy with Lii Lii (C) 3:00 – Plaza Casino: Blackjack 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Retro Day</p>	<p>28. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Hank the Singing Dutchman (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Flower Trivia 2:00 – Sensory Shenanigans 2:00 – Wheel of Fortune Game Show 2:15 – Van Ride 3:30 – Craft: Paper Heart Flowers 4:30 – Exercise 5:15 – Water & Bathroom Break 5:30 – Dinner National Floral Design Day</p>	<p>29. 8:30 – Breakfast 9:30 – Cognifit 10:00 – Sing-Along with Susie Q 10:00 – Music with Dean (A) 11:00 – Exercise 11:45 – Water & Bathroom Break 12:00 – What's on the Menu? 12:30 – Lunch 1:30 – Leap Year Trivia 2:00 – Crafting with Kristia (A) 3:00 – Gorgeous Grams Nail Painting 3:00 – Creative Coloring 4:00 – Exercise 4:45 – Water & Bathroom Break 5:30 – Dinner National Leap Day</p>		