

Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 WWW.SENIORLIFESTYLE.COM Activities are subject to change  your <i>life</i>, your <i>style</i> *BOOKMARKS *ESSENCE *SPARK *THYMELESS CONNECT CONTRIBUTE FEEL GROW MOVE REFLECT Location Keys Dinning Room Family Room Library Sunroom DR FM L S	 WWW.SENIORLIFESTYLE.COM Activities are subject to change  your <i>life</i>, your <i>style</i> *BOOKMARKS *ESSENCE *SPARK *THYMELESS CONNECT CONTRIBUTE FEEL GROW MOVE REFLECT Location Keys Dinning Room Family Room Library Sunroom DR FM L S	9:30 Monday Bingo! 9:30 Stylin' for the Day - Ladies 10:00 Happy News of the day [S] 10:30 Thymeless - Gardening [S] 11:00 Black History Month Kick off! 1:30 Lets exercise! [FM] 2:30 Thymeless 3:30 Polish Me Pretty 4:00 Jeopardy 5:30 Puzzle with Me 6:00 America's funniest home videos 1	9:30 Stylin' for the Day - Ladies 10:00 Thymeless - Gardening [S] 9:30 Relaxing Chair Yoga [S] 11:00 Essence 11:00 Sparks 1:30 Family Feud 2:30 Thymeless - Cooking 3:30 Wood Shop 4:00 Bookmarks [L] 5:30 Parachute Fun 6:00 Virtual National Parks 2	9:30 Scenic Van Ride 9:30 Stylin' for the Day- Gentlemen 10:00 Proverb Sayings 10:30 Thymeless - Gardening 11:00 News & Views [S] 1:30 Life in a Jar [FM] 2:30 Thymeless 3:30 Crafty Affair 4:00 Group Sing a' Long 5:30 Bingo 6:00 Nostalgic Movies 3	9:30 Drum Alive [S] 9:30 Stylin' for the Day - Ladies 10:00 Thymeless [S] 10:30 Flower Arrangement [DR] 11:00 Essence 1:30 Proverb sayings 2:00 Sing with me! 2:30 Thymeless - Cooking [DR] 3:30 Test your Knowledge- Trivia 4:00 Jigsaw Puzzle club [FM] 5:30 Dr. Pol Show 4	9:30 Stylin' for the Day- Gentlemen 9:30 Van Ride and Picnic 10:00 Happy News 10:30 Thymeless - Gardening 11:00 Sparks 1:30 Book Club [L] 2:00 Ice Cream Social 3:00 Entertainment 3:15 Classic Musicals 5:30 Friday Night Movie 6:00 Relaxing Coloring 5	9:30 Stylin' for the Day - Ladies 10:00 Happy News of the day! 10:30 Thymeless - Gardening 11:00 Dance with me Exercise! [FM] 1:30 Badminton [S] 2:30 Roll the Dice [S] 2:30 Thymeless - Smoothies 3:00 Trivia- The Price is Right 3:30 Artful things 5:30 Puzzle with Me [S] 6
	9:30 Meditation [S] 9:30 Stylin' for the Day- Gentlemen 10:00 LDS church services on TV [S] 10:30 Thymeless - Herbs [S] 11:00 Essence 11:00 Happy News 1:30 Karaoke Stars 2:30 Thymeless - Cooking 3:30 Psalm Cards 4:00 Travel The World With Me 5:30 Relaxing Coloring 7	9:30 Monday Bingo! 9:30 Stylin' for the Day - Ladies 10:00 Happy News of the day [S] 10:30 Thymeless - Gardening [S] 11:00 Black history - Legends and leaders [S] 1:30 Lets exercise! [FM] 2:30 Thymeless 3:30 Polish Me Pretty 4:00 Jeopardy 5:30 Puzzle with Me 6:00 America's funniest home videos 8	9:30 Stylin' for the Day - Ladies 10:00 Thymeless - Gardening [S] 9:30 Relaxing Chair Yoga [S] 11:00 Essence 11:00 Sparks 1:30 Family Feud 2:30 Thymeless - Cooking 3:30 Wood Shop 4:00 Bookmarks [L] 5:30 Parachute Fun 6:00 Virtual National Parks 9	9:30 Scenic Van Ride 9:30 Stylin' for the Day- Gentlemen 10:00 Proverb Sayings 10:30 Thymeless - Gardening 11:00 News & Views [S] 1:30 Life in a Jar [FM] 2:30 Thymeless 3:30 Crafty Affair 4:00 Group Sing a' Long 5:30 Bingo 6:00 Nostalgic Movies 10	9:30 Drum Alive [S] 9:30 Stylin' for the Day - Ladies 10:00 Thymeless [S] 10:30 Flower Arrangement [DR] 11:00 Essence 1:30 Proverb sayings 2:00 New Event Name 2:00 Sing with me! 2:30 Thymeless - Cooking [DR] 3:30 Test your Knowledge- Trivia 4:00 Jigsaw Puzzle club [FM] 5:30 Dr. Pol Show 11	9:30 Stylin' for the Day- Gentlemen 9:30 Van Ride and Picnic 10:00 Happy News 10:30 Thymeless - Gardening 11:00 Sparks 1:30 Book Club [L] 2:00 Chinese New Year Party! 3:00 Entertainment 3:15 Classic Musicals 5:30 Friday Night Movie 6:00 Relaxing Coloring 12	9:30 Stylin' for the Day - Ladies 10:00 Happy News of the day! 10:30 Thymeless - Gardening 11:00 Dance with me Exercise! [FM] 1:30 Badminton [S] 2:30 Roll the Dice [S] 2:30 Thymeless - Smoothies 3:00 Trivia- The Price is Right 3:30 Artful things 5:30 Puzzle with Me [S] 13
	9:30 Meditation [S] 9:30 Stylin' for the Day- Gentlemen 10:00 LDS church services on TV [S] 10:30 Thymeless - Herbs [S] 11:00 Essence 11:00 Happy News 1:30 Karaoke Stars 2:30 Thymeless - Cooking 3:30 Valentines Party 4:00 Travel The World With Me 5:30 Relaxing Coloring 14	9:30 Monday Bingo! 9:30 Stylin' for the Day - Ladies 10:00 Happy News of the day [S] 10:30 Thymeless - Gardening [S] 11:00 Black History - Influence on Music 'Sing a Long' [S] 1:30 Lets exercise! [FM] 2:30 Thymeless 3:30 Polish Me Pretty 4:00 Jeopardy 5:30 Puzzle with Me 6:00 America's funniest home videos 15	9:30 Stylin' for the Day - Ladies 10:00 Thymeless - Gardening [S] 9:30 Relaxing Chair Yoga [S] 11:00 Essence 11:00 Sparks 1:30 Family Feud 2:30 Thymeless - Cooking 3:30 Wood Shop 4:00 Bookmarks [L] 5:30 Parachute Fun 6:00 Virtual National Parks 16	9:30 Scenic Van Ride 9:30 Stylin' for the Day- Gentlemen 10:00 Proverb Sayings 10:30 Thymeless - Gardening 11:00 News & Views [S] 1:30 Life in a Jar [FM] 2:30 Thymeless 3:30 Crafty Affair 4:00 Group Sing a' Long 5:30 Bingo 6:00 Nostalgic Movies 17	9:30 Drum Alive [S] 9:30 Stylin' for the Day - Ladies 10:00 Thymeless [S] 10:30 Flower Arrangement [DR] 11:00 Essence 1:30 Proverb sayings 2:00 New Event Name 2:00 Sing with me! 2:30 Thymeless - Cooking [DR] 3:30 Test your Knowledge- Trivia 4:00 Jigsaw Puzzle club [FM] 5:30 Dr. Pol Show 18	9:30 Stylin' for the Day- Gentlemen 9:30 Van Ride and Picnic 10:00 Happy News 10:30 Thymeless - Gardening 11:00 Sparks 1:30 Book Club [L] 2:00 Chinese New Year Party! 3:00 Entertainment 3:15 Classic Musicals 5:30 Friday Night Movie 6:00 Relaxing Coloring 19	9:30 Stylin' for the Day - Ladies 10:00 Happy News of the day! 10:30 Thymeless - Gardening 11:00 Dance with me Exercise! [FM] 1:30 Badminton [S] 2:30 Roll the Dice [S] 2:30 Thymeless - Smoothies 3:00 Trivia- The Price is Right 3:30 Artful things 5:30 Puzzle with Me [S] 20
	9:30 Meditation [S] 9:30 Stylin' for the Day- Gentlemen 10:00 LDS church services on TV [S] 10:30 Thymeless - Herbs [S] 11:00 Essence 11:00 Happy News 1:30 Karaoke Stars 2:30 Thymeless - Cooking 3:30 Psalm Cards 4:00 Travel The World With Me 5:30 Relaxing Coloring 21	9:30 Monday Bingo! 9:30 Stylin' for the Day - Ladies 10:00 Happy News of the day [S] 10:30 Thymeless - Gardening [S] 11:00 BHM - poetry reading and writing 1:30 Lets exercise! [FM] 2:30 Thymeless 3:30 Polish Me Pretty 4:00 Jeopardy 5:30 Puzzle with Me 6:00 America's funniest home videos 22	9:30 Stylin' for the Day - Ladies 10:00 Thymeless - Gardening [S] 9:30 Relaxing Chair Yoga [S] 11:00 Essence 11:00 Sparks 1:30 Family Feud 2:30 Thymeless - Cooking 3:30 Wood Shop 4:00 Bookmarks [L] 5:30 Parachute Fun 6:00 Virtual National Parks 23	9:30 Scenic Van Ride 9:30 Stylin' for the Day- Gentlemen 10:00 Proverb Sayings 10:30 Thymeless - Gardening 11:00 News & Views [S] 1:30 Life in a Jar [FM] 2:30 Thymeless 3:30 Crafty Affair 4:00 Group Sing a' Long 5:30 Bingo 6:00 Nostalgic Movies 24	9:30 Drum Alive [S] 9:30 Stylin' for the Day - Ladies 10:00 Thymeless [S] 10:30 Flower Arrangement [DR] 11:00 Essence 1:30 Proverb sayings 2:00 New Event Name 2:00 Sing with me! 2:30 Thymeless - Cooking [DR] 3:30 Test your Knowledge- Trivia 4:00 Jigsaw Puzzle club [FM] 5:30 Dr. Pol Show 25	9:30 Stylin' for the Day- Gentlemen 9:30 Van Ride and Picnic 10:00 Happy News 10:30 Thymeless - Gardening 11:00 Sparks 1:30 Book Club [L] 2:00 Chinese New Year Party! 3:00 Entertainment 3:15 Classic Musicals 5:30 Friday Night Movie 6:00 Relaxing Coloring 26	9:30 Stylin' for the Day - Ladies 10:00 Happy News of the day! 10:30 Thymeless - Gardening 11:00 Dance with me Exercise! [FM] 1:30 Badminton [S] 2:30 Roll the Dice [S] 2:30 Thymeless - Smoothies 3:00 Trivia- The Price is Right 3:30 Artful things 5:30 Puzzle with Me [S] 27
	9:30 Meditation [S] 9:30 Stylin' for the Day- Gentlemen 10:00 LDS church services on TV [S] 10:30 Thymeless - Herbs [S] 11:00 Essence 11:00 Happy News 1:30 Karaoke Stars 2:30 Thymeless - Cooking 3:30 Psalm Cards 4:00 Travel The World With Me 5:30 Relaxing Coloring 28						