

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



 <p><b>Alternate Programs:</b> Arts &amp; Crafts Painting/Coloring Walking Group Chair Games Relaxation Reading Club Tu B'Shevat Begins</p>	<p><b>2</b> 9:00am-Daily Chronicles 10:00am Sit and stay fit <b>11:00am Prayers</b> <b>W/Rev Orama</b> 1:30pm Social Hour 2:30pm Arts &amp; Crafts 3:30pm Name That Tune Groundhog Day</p>	<p><b>3</b> 9:00am Today's News 10:00am- Drumming 11:00am Horse Racing <b>1:30pm Tai Chi W/Ann Sullo</b> 2:30pm Balloon Toss 3:30pm Group Discussion</p>	<p><b>4</b> 9:00am-Daily Chronicles 10:00am- Scarf Dancing 11:00am <b>MS Circle Time</b> 11:00am <b>MRE Balloon Toss</b> 1:30pm- Therapeutic Coloring 2:30pm- Kickball 3:30pm- Eye Spv</p>	<p><b>5</b> 9:00am-Daily Chronicles 10:00am- Gentle Stretch 11:00am- Ring Toss <b>1:30pm Baking\ W Sue</b> 2:30pm- Match Me 3:30pm- Riddles</p>	<p><b>6</b> 9:00am-Daily Chronicles 10:00am- Chair Yoga 11:00am MS 11:00am MRE- Bingo <b>1:30pm- Superbowl Party W/ Party Dip</b> 2:30pm- Karaoke <b>3:30pm Movie Friday Cinema</b></p>	
	<p><b>9</b> 9:00am-Daily Chronicles 10:00am Sit and stay fit <b>11:00am Prayers</b> <b>W/Rev Orama</b> 1:30pm Social Hour 2:30pm- Sip &amp; Paint 3:30pm- Trivia</p>	<p><b>10</b> 9:00am-Daily Chronicles 10:00am Drumming <b>11:00am Social Worker Maria (Group Discussion)</b> 1:30pm Guess Who? 2:30pm Karaoke 3:30pm Oldies but goodies</p>	<p><b>11</b> 9:00am-Daily Chronicles 10:00am Sit and stay fit <b>11:00am MS- Spiritual Hymns</b> <b>1:30pm MRE Pastor David</b> 2:30pm- Jeopardy 3:30pm- Catch phrases</p>	<p><b>12</b> 9:00am-Daily Chronicles 10:00am- Chair Zumba <b>11:00am Making Valentines Day Cards</b> <b>1:30pm Baking\ W Sue</b> <b>Red Velvet Cake</b> <b>2:30pm Arts &amp; Crafts</b> 3:30pm- Movin &amp; Grooving</p>	<p><b>13</b> <b>Wear Red or Pink</b> 9:00am-Daily Chronicles 10:00am- Scarf Dancing <b>11:00am Love on The Runway W/ Jennifer</b> 1:30pm- Social Hour 2:30pm- Sing-Along <b>3:30pm Romantic Movie</b></p>	
	<p><b>16</b> 9:00am-Daily Chronicles 10:00am Sit and stay fit <b>11:00am Prayers</b> <b>W/Rev Orama</b> 1:30pm Social Hour 2:30pm President History Trivia 3:30pm- Patriotic Music Presidents' Day (U.S.)</p>	<p><b>17</b> 9:00am-Daily Chronicles 10:00am- Drumming <b>11:00pm Mardi Gras Celebration W/Mike</b> <b>1:30pm Jazz Music and Margaritas</b> 2:30pm Jazz Trivia 3:30pm Eye Spy Ramadan Begins Mardi Gras Chinese New Year (Year of the Horse)</p>	<p><b>18</b> 9:00am-Daily Chronicles 10:00am Sit and stay fit <b>11:00am Ash Wednesday W/ Andreas Mejia</b> 1:30pm- Family Feud 2:30pm- Therapeutic Coloring 3:30pm- Scrabble</p>	<p><b>19</b> 9:00am-Daily Chronicles 10:00am- Chair Zumba 11:00am- Fishing <b>1:30pm Baking\ W Sue</b> 2:30pm- Table Game 3:30pm- Find the Difference</p>	<p><b>20</b> 9:00am-Daily Chronicles 10:00am- Chair Yoga <b>11:00am BINGO MANIA</b> 1:30pm- Social Hour 2:30pm- Cup Pong <b>3:30pm Movie Friday Cinema</b></p>	<p><b>21</b> <b>Happy Birthday!</b> Terrence T - 2/1 Chancy V - 2/2 Carmen H - 2/5 Sally - 2/14 Ruben - 2/16</p>
	<p><b>23</b> 9:00am-Daily Chronicles 10:00am Sit and stay fit <b>11:00am Prayers</b> <b>W/Rev Orama</b> 1:30pm Social Hour <b>2:30pm Honoring Black History Month</b> 3:30pm- Black History Documentary</p>	<p><b>24</b> 9:00am-Daily Chronicles 10:00am- Drumming 11:00am Spin the Wheel 1:30pm- Horse Racing 2:30pm- Rhyme Time 3:30pm- Fill in the Blank</p>	<p><b>25</b> 9:00am-Daily Chronicles 10:00am- Seated Yoga <b>11:00am MS- Spiritual Hymns</b> <b>11:00am MRE Pastor David</b> 1:30pm- Arts &amp; Crafts 2:30pm- Musical Ball 3:30pm- Lets Chat</p>	<p><b>26</b> 9:00am-Daily Chronicles 10:00am- Scarf Dancing 11:00am- Parachute <b>1:30pm- Baking\ W Sue</b> <b>2:30pm- Birthday Bash W Edwin</b> 3:30pm- Men's Club</p>	<p><b>27</b> 9:00am-Daily Chronicles 10:00am <b>11:00am BINGO MANIA</b> 1:30pm Social Hour 2:30pm- Wheel of Fortune <b>3:30pm Movie Friday Cinema</b></p>	<p><b>28</b> <b>Contact information</b> <b>Maria Martinez,</b> LPN/Admissions 203-380-1228EXT 102 <b>Julie Ruiz, Jackie Madrid</b> Therapeutic Recreation EXT 106 <b>Transportation</b> <b>Milford</b> 203-874-4507 <b>Valley</b> 203-735-6408 <b>GBTA</b> 203-579-7777</p>