



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	THE WATERS PURPOSE PROGRAMMING™
<p>Special Events This Month</p> <p>Help the Poor—Canned Food Drive—We are collecting non-perishable <u>canned food</u> products for the local community food bank.</p> <p>Book Mobile Visit—Allegheny Co Library Association—visiting library</p> <p>Groundhog Day “If he sees his shadow, we’ll have six more weeks of winter; if he doesn’t, it’ll be six weeks till spring”</p>	<p>Did you know FEBRUARY IS ...</p> <p>American Heart Month</p> <p>Black History Month</p> <p>Canned Food Month</p> <p>Great American Pie Month</p> <p>National Cherry Month</p> <p>National Grapefruit Month</p>				<p>1 NATIONAL WEAR RED DAY</p> <p>Essential Beauty Salon Call to schedule your appointment.</p> <p>10:30 Rise and Thrive (WBS)</p> <p>1:00 Help the Poor— Please bring 2 Canned goods to participate in the—Canned Food Drive * for a treat * (C)</p> <p>2:00 Drumming Class (WBS)</p> <p>3:00 Guided Peaceful Relaxation—Visualizing the New Year (WA)</p>	<p>2 GROUNDHOG DAY</p> <p>9:00 Men’s Coffee—That’s a Fact Jack (DR)</p> <p>1:00 Puzzle Lovers (WA)</p> <p>3:00 Monthly Integrative Therapy – Guided Imagery Recording - Relaxation and Visualization (WA)</p> <p>7:00 Saturday Night Movie “Groundhog Day” (WT)</p>	<p>RR= Registration Required Please sign up to assure your opportunity to participate.</p> <p>Waters Integrative Therapy of the Month—GUIDED IMAGERY Guided Imagery (sometimes called guided meditation, visualization, mental rehearsal and guided self-hypnosis) is a gentle but powerful technique that focuses the imagination in proactive, positive ways.</p> <p>2/1—Visualizing the New Year 2/2—Relaxation & Visualization 2/4—Lakeside Meditation 2/11—Inner Listening 2/16— A Forest Walk 2/20 - Floating on a Cloud 2/26—Ocean Escape 2/28—Beach Relaxation</p> <p>Waters Travel Club Destination of the Month—HAWAII Travel Club will be visiting Hawaii this month as we learn about the World’s Greatest Geological Wonders: 2/4—Volcanic Island Beauty 2/14—Earths Largest Mountains 2/18—Hawaiian Islands and Maui’s Haleakala</p>
<p>3 FEED THE BIRDS DAY SUPERBOWL SUNDAY</p> <p>10:30 Sunday Morning Songs Of Praise (WA)</p> <p>2:00 The Bible’s Buried Secrets—National Geographic (WT)</p> <p>RR 6:30 Super Bowl Party Social - Patriots vs. Rams</p>	<p>4 STUFFED MUSHROOM DAY</p> <p>9:15 Book Mobile Library Visit (C)</p> <p>11:00 Volley Ball Fun (WBS)</p> <p>1:00 The World’s Greatest Geological Wonders – Hawaii-Volcanic Island Beauty (WA)</p> <p>2:30 Guided Peaceful Relaxation - Lake Side (WA)</p> <p>4:00 Brain Fitness (WA)</p>	<p>5 CHINESE NEW YEARS DAY</p> <p>10:00 Chair Yoga—Reach for Balance (WBS)</p> <p>10:30 Book Club</p> <p>1:00 Devotion Prayer Time (WA)</p> <p>2:30 Personal Trainer—Bend and Stretch—Reach for Balance (WBS)</p> <p>3:00 Balloon Fun (WBS)</p> <p>3:30 Creative Corner - Chop Stick Chocolates (Cafe)</p>	<p>6 NATIONAL CHOPSTICKS DAY</p> <p>10:00 Parachute Fun (WBS)</p> <p>1:00-Mindfulness w/ Sister Alice (WA)</p> <p>2:00 Creative Corner—Making Fortune Cookies (WBS)</p> <p>2:30 Chopstick Races (WBS)</p> <p>3:00 (WBS)</p> <p>6:30 Movie—“Born in China” (WT)</p>	<p>7 SEND A CARD TO A FRIEND DAY</p> <p>Essential Beauty Salon Call to schedule your appointment.</p> <p>10:00 Walk Aerobics (WBS)</p> <p>11:00 Guided Peaceful Relaxation—Thankful Heart on a Lazy River (WBS)</p> <p>RR 2:00 –4:30 Cranberry Store Visit</p>	<p>8 BOY SCOUT DAY</p> <p>Essential Beauty Salon Call to schedule your appointment.</p> <p>10:30 Rise and Thrive (WBS)</p> <p>11:00 Pen Pal Letter Writing—Valentine Cards (WA)</p> <p>RR 1:00 Creative Corner-Candy Making—Choc Strawberries (Cafe)</p> <p>3:00 Book Club (WA)</p> <p>6:30 Movie— “The Last Boy Scout” (WT)</p>	<p>9 NATIONAL PIZZA DAY</p> <p>9:00 Men’s Coffee—That’s a Fact Jack (DR)</p> <p>1:00 Technology Resident Assist - If you would like some assistance with email / computer set up, television programming, or your appliances—please see Debi to schedule your session.</p> <p>RR 2:00 Creative Baking Corner Make your own Pizza (Cafe)</p>	<p>Thrive</p> <div style="border: 1px solid black; padding: 5px;"> <p>Calendar Key</p> <p>C = Café</p> <p>WT = Waters Theater</p> <p>WA = Waters Academy</p> <p>WBS = Wellbeing Studio</p> </div>



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>10 GRAPEFRUIT DAY</p> <p>10:30 Sunday Morning Songs Of Praise (WA)</p> <p>RR 11:30 Chef Demo—Grapefruit—Sample Baked Grapefruit (DR)</p> <p>3:00 Board Games / Dominos (WA)</p>	<p>11 MAKE A FRIEND DAY AND NATIONAL INVENTORS DAY</p> <p>10:00 Winter Morning Stroll - Outdoors if weather permits (C)</p> <p>RR 10:30 Creative Corner— (Cafe) Snowmen with a Hot Chocolate</p> <p>1:00 Guided Peaceful Relaxation "Inner Listening" followed w/ Bend and Stretch —(WBS)</p> <p>4:00 Story of an Inventor—with a Special Guest Speaker— (WT)</p>	<p>12 ABRAHAM LINCOLN'S BIRTHDAY</p> <p>10:30 Rise and Thrive (WBS)</p> <p>11:30 Antique Club (WA)</p> <p>1:00 Devotion—Prayer Time (WA)</p> <p>1:30 Book Club (WA)</p> <p>4:00 Hang Man (C)</p> <p>6:30 Tuesday Night Movie: Lincoln with Sally Field (2012) (WT)</p>	<p>13 GET A DIFFERENT NAME DAY</p> <p>10:30 Walk Aerobics (WBS)</p> <p>1:00 Mindfulness w/ Sister Alice (C)</p> <p>RR 2:00pm Queen for a Day - Valentine's High Tea—Please bring your favorite tea cup and saucer (WA)</p> <p>4:00 Parachute Fun (WBS)</p> <p>6:00 Wednesday Night Movie— In from the Night (WT)</p>	<p>14 VALENTINE'S DAY</p> <p>10:30 Poetry Club (WA) Please bring your favorite poem</p> <p>1:00 The World's Greatest Geological Wonders - Hawaii-Earths Largest Mountains (WA)</p> <p>2:00 Balloon Badminton (WBS)</p> <p>5:00-6:00 Valentine's Dinner <i>*You are welcome to bring your own bottle</i> (DR)</p>	<p>15 SUSAN B ANTHONY DAY</p> <p>9:30 Tai Chi (WBS)</p> <p>10:00 Bible Trivia (C)</p> <p>1:00 Matinee Movie (WT) "Iron Jawed Angels"</p> <p>3:00 MILK SHAKE—Social (Café)</p> <p>6:30 Evening Mingle Please feel free to mingle in the Café after dinner.</p>	<p>16 DO A GROUCH A FAVOR DAY</p> <p>9:00 Men's Coffee-That's a Fact Jack (DR)</p> <p>10:30 Monthly Integrative Therapy – Guided Imagery Recording—A Forest Walk (WBS)</p> <p>2:00 Puzzle Time (Café)</p> <p>6:30 Saturday Night Movie—Yes another Love Story—"Wall-E" (WT)</p>
<p>17 RANDOM ACTS OF KINDNESS DAY</p> <p>10:30 Sunday Morning Songs Of Praise (WA)</p> <p>2:00 Puzzle Time (Café)</p> <p>2:30 PM DAYTONA 500 (WT)</p>	<p>18 NATIONAL DRINK WINE DAY</p> <p>11:30 Drumming Class (WBS)</p> <p>1:00 Book Club (WA)</p> <p>3:00 The World's Greatest Geological Wonders Hawaiian Islands—Maui's Haleakala (WA)</p> <p>6:30 Friends don't let Friends "Wine Alone" (Café) Social</p>	<p>19 NAT. CHOCOLATE MINT DAY</p> <p>10:00 Gentle Chair Exercises (WBS)</p> <p>RR 10:30 Creative Corner-Candy Making (WBS) Choc Mint Oreo</p> <p>1:00 Devotion and Prayer Time (WA)</p> <p>2:00 Afternoon Winter Stroll and Hot Coco/Mint (Café)</p> <p>3:30 Peppermint Patty Bingo (Café)</p>	<p>20 CHERRY PIE DAY</p> <p>10:30 Rise and Thrive (WBS)</p> <p>1:00 Mindfulness with Sister Alice (WA)</p> <p>2:00 Drumming Class (WBS)</p> <p>3:00 Monthly Integrative Therapy – Guided Imagery Recording - Floating on a Cloud (WA)</p> <p>6:00 Cherry Pie Social (Cafe)</p>	<p>21 CARD READING DAY</p> <p>Essential Beauty Salon Call to schedule your appointment.</p> <p>10:30 Perfect Balance (WBS)</p> <p>1:00 Pen Pal Letter Exchange (WA)</p> <p>RR 2:00 –4:30 Cranberry Store Visit</p>	<p>22 GEORGE WASHINGTON'S BIRTHDAY</p> <p>10:30 Morning Yoga (WBS)</p> <p>2:00 Monthly Birthday Party (C)</p> <p>3:30 Antique Club—Local American Artifacts (WA)</p> <p>6:30 George Washington— Documentary—Biography of the life (WT)</p>	<p>23 TENNIS DAY</p> <p>9:00 Men's Coffee-That's a Fact Jack (DR)</p> <p>6:00 Saturday Evening Movie with Milkshakes - Residents Choice (WT)</p>
<p>24 NATIONAL TORTILLA CHIP DAY</p> <p>10:30 Sunday Morning Songs Of Praise (WA)</p> <p>1:00 Sunday Movie Matinee (tortillas) (WT)</p> <p>6:30 "Apostles of Comedy" Netflix (WT)</p>	<p>25 SHARE A SMILE DAY</p> <p>9:30 Coffee Club (Café)</p> <p>10:30 Chair Yoga—(WBS)</p> <p>RR 11:30am Creative Corner—Cherry Blossom Painting (WBS)</p> <p>1:00 Resident Counsel Meeting (WA)</p> <p>2:30 Volley Ball (WBS)</p>	<p>26 NATIONAL PISTACHIO DAY</p> <p>11:00 Walk Aerobics (WBS)</p> <p>1:00 Devotion Prayer Time (WA)</p> <p>3:00 Monthly Integrative Therapy – Guided Imagery Recording- Ocean Escape (WA)</p> <p>4:00 Book Club (WA)</p> <p>4:30 Trivia Time (WA)</p>	<p>27 POLAR BEAR DAY</p> <p>10:30 Walk Aerobics—(WBS)</p> <p>1:00 Mindfulness w/ Sister Alice (WA)</p> <p>2:00 Drumming Class (WBS)</p> <p>3:00 The World's Greatest Geological Wonders - Hawaii-Volcanic Island Beauty (WA)</p> <p>6:30 National Geographic Documentary—Polar Bears Life's— Wildlife Animals (WT)</p>	<p>28 END OF MONTH DAY</p> <p>9:30 Farmers Walk & Walk Aerobics (WBS)</p> <p>11:30 Guided Peaceful Relaxation -"Beach Relaxation" followed w/ Gentle Stretching (WBS)</p> <p>3:00 History of Hula in Hawaii— Hula Dance Competition (WBS)</p> <p>3:30 Beach Volley Ball (WBS)</p> <p>4:00 Tai Chi (WBS)</p>	<p>Iron Jawed Angels—Susan B. Anthony, an American women's rights activist, devoted her life to racial, gender, and educational equality. One of the most famous women in American history, she played a prominent role in the women's suffrage movement; the 19th Amendment, which gave women the right to vote, is named in her honor.</p>	