




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<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>*Movie Features *</p> <p>January 5— Born in China</p> <p>January 11— Fabulous Ice Age</p> <p>January 13—Miracle</p> <p>January 24—Wall-E</p>	<p>Special Events This Month</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>1. NATIONAL WEAR RED DAY</p> <p>Essential Beauty Salon Call to schedule your appointment</p> <p>10:00 Rise and Thrive (WBS)</p> <p>11:00 Drumming Class (WBS)</p> <p>1:00 Creative Corner - Make Bird Feeders (MC1)</p> <p>1:30 Paint Shop—paint branches (MC1)</p> <p>3:30 Guided Peaceful Relaxation—Visualizing the New Year (MC1)</p>	<p>2 GROUND HOG DAY</p> <p>9:30 Coffee and Good News—(MC1)</p> <p>11:00 Badminton Balloons - (WBS)</p> <p>3:00 Groundhog Word Game—(MC1)</p> <p>3:30 Integrative Therapy – Guided Imagery Recording - Relaxation and Visualization —(MC1)</p> <p>5:30 6 More Weeks tell me 6 more things about yourself.—(MC1)</p>	<p>Waters Integrative Therapy of the Month—GUIDED IMAGERY</p> <p>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</p> <p>2/2—Relaxation & Visualization</p> <p>2/4—Lakeside Meditation</p> <p>2/11—Inner Listening</p> <p>2/16— A Forest Walk</p> <p>2/20 - Floating on a Cloud</p> <p>2/26—Ocean Escape</p> <p>2/28—Beach Relaxation</p>
<p>3 FEED THE BIRDS DAY</p> <p>SUPERBOWL SUNDAY</p> <p>9:30 Sunday Morning Songs Of Praise (MC1)</p> <p>10:00 Make Bird Feeders— (MC1)</p> <p>2:00 - The Bible’s Buried Secrets—National Geographic (WT)</p> <p>3:00 Learning about Groundhog Day—(MC1)</p> <p>6:30 Super Bowl Party Social - Patriots vs. Rams</p>	<p>4 STUFFED MUSHROOM DAY</p> <p>9:15 Book Mobile Library Visit (Café)</p> <p>10:00 Parachute Fun— (WBS)</p> <p>2:00 The World’s Greatest Geological Wonders - Hawaii-Volcanic Island Beauty (MC1)</p> <p>3:00 Guided Peaceful Relaxation - Lake Side (LR1)</p> <p>4:30 Brain Fitness (LR1)</p> <p>6:00 Hand Massage and Music (MC1)</p>	<p>5 CHINESE NEW YEARS DAY</p> <p>9:30 Bend and Stretch (WBS)</p> <p>11:00 Creative Corner- Candy Making— Chop Stick Chocolates (WBS)</p> <p>1:30 Balloon Fun (anywhere)</p> <p>3:30 Trivia Fun—Everyday Life (LR1)</p> <p>4:00 Devotion and Prayer (LR1)</p> <p>5:30 Movie—“Born in China” (MC1 or WT)</p>	<p>6 NATIONAL CHOPSTICKS DAY</p> <p>9:30 Chair Yoga (WBS)</p> <p>10:30 Parachute Fun (WBS)</p> <p>11:30 Trivia (MC1)</p> <p>3:00 Creative Corner— Making Fortune Cookies (WBS)</p> <p>3:30 Chopstick Races (WBS)</p> <p>4:00 Guided Peaceful Meditation- Lake Side (WBS)</p> <p>5:30 I Spy with my little eye—guessing game (MC1)</p>	<p>7 SEND A CARD TO A FRIEND DAY</p> <p>Essential Beauty Salon Call to schedule your appointment.</p> <p>9:30 Walk Aerobics (WBS)</p> <p>10:30 Drumming Class—to music (WBS)</p> <p>11:30 CHECKERS (MC1)</p> <p>2:00 Guided Peaceful Relaxation—Thankful Heart on a Lazy River (WBS)</p> <p>4:00 What about Me? (LR1)</p>	<p>8 BOY SCOUT DAY</p> <p>Essential Beauty Salon Call to schedule your appointment.</p> <p>9:30 Morning Nature Walk</p> <p>10:00 Bend and Stretch (WBS)</p> <p>11:00 Balloon Soccer (WBS)</p> <p>2:00 Letter Writing— Valentine Cards (MC1)</p> <p>3:30 Creative Corner— Chocolate Strawberries (WBS)</p> <p>4:00 Fireside Chat (LR2)</p>	<p>9 NATIONAL PIZZA DAY</p> <p>9:30 Take a Stroll</p> <p>10:00 Trivia— Sing, Dance, Reminisce (WBS)</p> <p>11:00 Crossword Puzzle - (MC1)</p> <p>1:30 Creative Corner—Make your own Pizza (MC1)</p> <p>2:00 TV Time—Andy Griffith—Net Flex (MC1)</p> <p>3:00 Bakers Corner— Imaginary Baking— Reminiscing (LR1)</p>	<p>Waters Travel Club Destination of the Month—HAWAII</p> <p>Travel Club will be visiting Hawaii this month as we learn about the World’s Greatest Geological Wonders:</p> <p>2/4—Volcanic Island Beauty</p> <p>2/14—Earths Largest Mountains</p> <p>2/18—Hawaiian Islands and Maui’s Haleakala</p> <p>Thrive</p> <div style="border: 1px solid black; padding: 5px;"> <p>Calendar Key</p> <p>MC1 = Memory Café</p> <p>SUNR1 = Sun Room</p> <p>DR = Dining Room</p> <p>WT = Waters Theater</p> <p>WA = Waters Academy</p> <p>WBS = Wellbeing Studio</p> <p>LR1 or LR2 = Living Room</p> </div>



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<p>10 GRAPEFRUIT DAY</p> <p>10:00 Sunday Morning Songs Of Praise (MC1)</p> <p>11:30 Chef Served—Grapefruit—Sample Baked Grapefruit (DR)</p> <p>3:00 Board Games / Dominos</p> <p>4:00 Honey Do List (MC1)</p> <p>5:30 Nail Time— Gentleman’s manicure (MC1)</p>	<p>11 MAKE A FRIEND DAY AND NATIONAL INVENTORS DAY</p> <p>10:30 Winter Morning Stroll(MC1)</p> <p>11:00 Warm up to Hot Coco—make your own snow man (MC1)</p> <p>2:30 Guided Peaceful Relaxation “Inner Listening” followed w/ Bend and Stretch —(WBS)</p> <p>4:30 If I could invent something what would it be (MC1)</p> <p>5:30 Monday Movie Night— Fabulous Ice Age—Net Flex (MC1)</p>	<p>12 ABRAHAM LINCOLN’S BIRTHDAY</p> <p>9:30 Chair Yoga (WBS)</p> <p>10:00 Volley Ball (WBS)</p> <p>11:00 Antique Club (LR1)</p> <p>3:00 Hang Man—Guess the word game (MC1)</p> <p>4:30 Dominoes (MC1)</p> <p>5:30 Music Video and Magazine (MC1)</p>	<p>13 GET A DIFFERENT NAME DAY</p> <p>9:30 Walk Aerobics (WBS)</p> <p>10:00 Queen for a Day—Full Makeover Facial, head, neck and hand massage and manicure (WA)</p> <p>2:30 High Tea for all (DR)</p> <p>4:00 Balloon Fun (WBS)</p> <p>6:00 Wednesday Night Movie— In from the Night (WT) Miracle</p>	<p>14 VALENTINE’S DAY</p> <p>10:00 Parachute Fun (WBS)</p> <p>11:00 Poetry Club (MC1)</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 Valentine’s Dinner</p> <p>5:30 Puzzle Time (MC1)</p>	<p>15 SUSAN B ANTHONY DAY</p> <p>Essential Beauty Salon Call to schedule your appointment.</p> <p>9:00 Tai Chi (WBS)</p> <p>10:30 Bible Trivia (C)</p> <p>1:30 Volley Ball (WBS)</p> <p>3:30 MILK SHAKE—Social (MC1)</p> <p>6:30 Evening Mingle Please feel free to mingle after dinner and enjoy the oldies.</p>	<p>16 DO A GROUCH A FAVOR DAY</p> <p>9:00 Coffee That’s a Fact Jack (MC1)</p> <p>9:30 Bean Bag Toss (WBS)</p> <p>11:00 Make a Grouch Smile— Jokes (LR1)</p> <p>1:30 If I could travel to (anywhere) What would I pack in my Suit Case (LR1)</p> <p>2:30 Monthly Integrative Therapy – Guided Imagery Recording—A Forest Walk (WBS)</p>
<p>17 RANDOM ACTS OF KINDNESS DAY</p> <p>9:30 Sunday Morning Songs Of Praise (MC1)</p> <p>10:30 Drumming Class (WBS)</p> <p>2:00 Puzzle Time (MC1)</p> <p>3:00 Sing A Long to the Oldies Time (MC1)</p> <p>4:00 Paint Class (MC1)</p>	<p>18 NATIONAL DRINK WINE DAY</p> <p>10:00 Balloon Badminton (WBS)</p> <p>11:00 Word Search (MC1)</p> <p>4:00 Book Club (LR1)</p> <p>5:30 The World’s Greatest Geological Wonders Hawaiian Islands— Maui’s Haleakala (MC1)</p> <p>6:30 Friends don’t let Friends “Wine Alone” with Easy Listening (Café) Social</p>	<p>19 NATIONAL CHOCOLATE MINT DAY</p> <p>10:30 Gentle Chair Exercises (WBS)</p> <p>11:30 Creative Corner-Candy Making (WBS) Choc Mint Oreo</p> <p>1:30 Parachute Fun (WBS)</p> <p>2:30 Peppermint Patty Bingo(MC1)</p> <p>4:30 Devotion and Prayer Time (LR1)</p>	<p>20 CHERRY PIE DAY</p> <p>10:00 Rise and Thrive (WBS)</p> <p>11:00 Wii Bowling (WBS)</p> <p>1:30 Grandma’s Kitchen—How to bake a pie (MC1)</p> <p>2:30 Sing A Long (MC1)</p> <p>4:00 Monthly Integrative Therapy – Guided Imagery Recording - Floating on a Cloud (MC1)</p> <p>6:00 Cherry Pie Social (MC1)</p>	<p>21 CARD READING DAY</p> <p>Essential Beauty Salon Call to schedule your appointment.</p> <p>10:00 Perfect Balance (WBS)</p> <p>11:00 Pen Pal Letter Exchange (MC1)</p> <p>2:00 Reminisce— List Reasons to send or receive cards (LR1)</p> <p>4:00 Word Search (MC1)</p>	<p>22 GEORGE WASHINGTON’S BIRTHDAY</p> <p>10:00 Morning Yoga (WBS)</p> <p>11:00 Creative Corner—Make Bird Feeders (MC1)</p> <p>2:00 BIRTHDAY PARTY (Café)</p> <p>2:30 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>10:00 Coffee Club Reminiscence—Saturday Chores (MC1)</p> <p>11:00 Balloon Tennis (WBS)</p> <p>2:00 Matinee Movie with Milkshakes - (WT)</p> <p>3:00 Dominoes (MC1)</p> <p>4:30 Trivia (MC1)</p>
<p>24 NATIONAL TORTILLA CHIP DAY</p> <p>10:00 Sunday Morning Hymn Sing (MC1)</p> <p>11:00 Devotion and Prayer (MC1)</p> <p>1:00 Sunday Matinee Movie— Yes another Love Story—Wall-E (MC1)</p> <p>5:30 "Apostles of Comedy" Netflix (MC1)</p>	<p>25 SHARE A SMILE DAY</p> <p>10:00 Chair Yoga—(WBS)</p> <p>11:00 Creative Corner— Cherry Blossom Painting (WBS)</p> <p>1:00 Hangman (LR1)</p> <p>3:30 Balloon Fun (WBS)</p> <p>4:00 What about Me? (LR2)</p> <p>6:00 Joker’s Corner (LR1)</p>	<p>26 NATIONAL PISTACHIO DAY</p> <p>9:30 Creative Corner— Reminisce—Daily Tasks (WBS)</p> <p>10:00 Walk Aerobics (WBS)</p> <p>11:30 Trivia Time (WA)</p> <p>3:00 Bean Bag Toss (WBS)</p> <p>3:30 Daily Devotion (LR2)</p> <p>4:00 Monthly Integrative Therapy – Guided Imagery Recording- Ocean Escape (WBS)</p>	<p>27 POLAR BEAR DAY</p> <p>9:30 Walk Aerobics—(WBS)</p> <p>10:00 Step Back In Time— When I was younger.... (LR1)</p> <p>3:00 The World’s Greatest Geological Wonders - Hawaii-Volcanic Island Beauty (MC1)</p> <p>4:00 Word Search— (MC1)</p> <p>5:30 Magazine Time—Easy Listening Music</p>	<p>28 END OF MONTH DAY</p> <p>10:00 Farmers Walk & Walk Aerobics (WBS)</p> <p>10:30 History of Hula in Hawaii— Hula Dance Competition (WBS)</p> <p>2:00 Tai Chi (WBS)</p> <p>4:00 Guided Peaceful Relaxation -“Beach Relaxation” followed w/ Gentle Stretching (WBS)</p>		