


February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Happy Birthday to all residents with birthdays in February!</i></p>	<p>9:00 Exercise 1:00 Bridge / 2:00 Skip-Bo 3:00 T'ai Chi 4:00 Music in the Parlor: Afternoon of Rodgers & Hammerstein - Denis Pessar</p>	<p><i>Groundhog Day</i> 8:00 Water Aerobics 1:00 Bridge 1:30 BINGO 2:45 Yoga</p>	<p>GROCERY DAY 9:00 Exercise / 1:00 Bridge 2:00 Handicraft Hour 3:00 T'ai Chi 6:15 Sing-Along w/ Denis 6:30 ROOK</p>	<p>7:45 Water Aerobics 11:00 BOOKMOBILE 1:00 Bridge / 2:45 Yoga 7:30 Leave for MTSU: Tennessee Valley Winds concert - Wright Music Hall</p>	<p>9:00 Exercise 1:00 Publix trip 1:00 Bridge 4:00 Music in the Parlor: Debbi & Neil, piano / vocals / bass</p>	<p>8:00 / 2:00 Buddy Swim 1:00 Bridge 2:00 Mary Tyler Moore Show DVD in Exercise Rm</p>
<p>11:30-1:30 Buffet 5:00 Super Bowl Party in the Meeting Room with hearty refreshments - broadcast on CBS Ch. 5 - shown on big screen TV</p>	<p>Turn in Baby Photo by Friday of this week! 9:00 Exercise 1:00 Bridge / 2:00 Skip-Bo 3:00 T'ai Chi</p>	<p>8:00 Water Aerobics 9:00-3:00 Facials-Apt. 324 1:00 Bridge 1:30 BINGO 2:45 Yoga</p>	<p>GROCERY DAY 9:00 Exercise / 1:00 Bridge 2:00 Handicraft Hour 3:00 T'ai Chi / 6:30 ROOK 6:30 Music: The Nostalgics</p>	<p>7:45 Water Aerobics 9:00 Men's Coffee 11:00 BOOKMOBILE 1:00 Bridge 2:45 Yoga</p>	<p><i>Lincoln's Birthday</i> Little Valentine Photo Display opens in Lobby 9:00 Exercise Class / 1:00 Bridge 6:45 Leave for Lamplighter's: Father of the Bride stageplay</p>	<p>Little Valentine Display 8:00 / 2:00 Buddy Swim 1:00 Bridge 2:00 Mary Tyler Moore Show DVD in Exercise Rm</p>
<p><i>Valentine's Day</i> Little Valentine Photo Display will run through Friday 11:30-1:30 Special Sunday Dinner: hand-served meal</p>	<p><i>Presidents' Day</i> - no mail delivery today 9:00 Exercise 1:00 Bridge / 2:00 Skip-Bo 3:00 T'ai Chi</p>	<p><i>Mardi Gras</i> 8:00 Water Aerobics / 9:30 Drive to Book Talk / 1:00 Bridge 1:00 RESIDENT MEETING 1:30 BINGO / 2:45 Yoga 5:45 Leave for MTSU Strickland RECEPTION honoring scholar</p>	<p><i>Ash Wednesday</i> GROCERY DAY 9:00 Exercise / 1:00 Bridge 2:00 Handicraft Hr / 3:00 T'ai Chi 6:15 Sing-Along w/ Denis 6:30 ROOK</p>	<p>7:45 Water Aerobics 11:00 BOOKMOBILE 1:00 Bridge / 2:45 Yoga 6:30 Leave for MTSU: Strickland Visiting Scholar History LECTURE</p>	<p>9:00 Exercise 1:00 Publix trip 1:00 Bridge Little Valentine Photo Display closes today</p>	<p>8:00 / 2:00 Buddy Swim 1:00 Bridge 2:00 MTM DVD - Ex. Rm 2:00 Leave for MTSU: Women's Choir Invitational Concert</p>
<p>11:30-1:30 Buffet 6:30 Leave for MTSU: Smith Vocal Studio, An Evening of Spirituals</p>	<p><i>Washington's Birthday</i> 9:00 Exercise / 1:00 Bridge 2:00 Skip-Bo / 3:00 T'ai Chi 4:00 Music in the Parlor: Paula Benson, jazz singer & entertainer</p>	<p>8:00 Water Aerobics 11:30 Birthday Lunch A 1:00 Bridge 1:30 BINGO 2:45 Yoga</p>	<p>GROCERY DAY 9:00 Exercise / 1:00 Bridge 2:00 Handicraft Hour 3:00 T'ai Chi / 6:30 ROOK 7:00 Leave for MTSU: West Point Woodwind Quintet</p>	<p>7:45 Water Aerobics 11:00 BOOKMOBILE 11:30 Birthday Lunch B 1:00 Bridge 2:45 Yoga</p>	<p>9:00 Exercise / 1:00 Bridge 1:30 History Talk-Mtg Rm: Jamestown from Founding to Slavery, Paul Yandle 4:00 Wine & Cheese: Biron Case on piano</p>	<p>8:00 / 2:00 Buddy Swim 1:00 Bridge 2:00 Mary Tyler Moore Show DVD in Exercise Rm</p>
<p>11:30-1:30 Buffet 3:30 Leave for MTSU Symphony Orchestra concert at Wright Music Hall</p>		<p><i>Little Valentine Resident Baby Photo Display in the Lobby: February 12-19</i></p>		