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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Join us for exercise and socializing every day at 10am! The menu boards will let you know what level we are meeting on!	Ha	ppy		1 UL-10:00 Light & Lively UL 3pm Social Hour & Kindness Rocks	2 LL3:30 BINGO Happy Birthday Iva! Ground Hog's Day
3 UL & LL—4pm Superbowl Snacks and Game Time!	4 UL 10:00 Light & Lively and Social Time LL 1:30 Bible Study with Pastor Haasch LL 3:00 Ice Cream Social for National Ice Cream Day	5 UL 10AM Special Speaker: Flu, Falls & Safety LL 3:00PM Stars & Stripes Fitnesscize Chinese New Year SPECIAL MEAL	6 LL 10:00 Sit Down Dancing and Social Time UL 2:00 BINGO UL 3:30 Cookie Decorating	7 LL 10:00 Chair Yoga UL 3:00 Birthday Social! w/ Arne on Harmonica Iva S, Dick J, Helen E, Helen T, Lucille Happy Birthday Dick!	8 UL 10:00 Light & Lively Outing 1:15 Walgreens LL 3pm Social Hour LL 3:30 Valentines Craft Happy Birthday Helen E!	9 LL 3:30 BINGO National Pizza Day
Helen T's Birthday party - Everyone is invited! UL 9:30 am Movie 2:30 La Bamba Happy Birthday Helen T!	UL10:00 Light & Lively and Social Time LL 1:30 Bible Study with Mary Ann UL 3:00 Elsie on Piano!	LL 10:00 Stars & Stripes Fitnesscize & Social Time UL 3:00 National Guitar day w/ Pastor Mark Schutz UL 3:45 "On the Road Poetry" President Lincoln's Bday	LL 10:00 Sit Down Dancing & Social Time UL 2:00 Bingo UL 3:00 Connie (Lois' daughter) shares pictures from Bolivia trip	LL 10:00 Chair Yoga LL 3:00 Valentines Snacks & Poetry LL 3:45 4H delivers Valentines Beauty Shop Happy Valentines Day!	15 UL 10:00 Light & Lively and Social Time Outing 1:15 Mad Platter Pottery Painting UL 3pm Beer, Wine & Soda Social & Girl Scout Trivia	16 LL 3:30 BINGO
Movie 2:30 An Affair to Remember	18 UL 10:00 Light & Lively and Social Time LL 1:30 Bible Study with Pastor Haasch LL 3:00 President History Trivia & Puzzles Presidents Day	19 LL 10:00 Stars & Stripes Fitnesscize & Social Time UL 3:00 Velvet Poster 'Coloring & Hot Chocolate or Tea	20 LL 10:00 Sit Down Dancing and Social Time UL 2:00 Bingo UL 3:00 Muffins & Crosswords NATIONAL MUFFIN DAY	LL 0:00 Chair Yoga LL 10:45 Communion UL 2:30 February Humor & a look at the year 1940 UL 3:00 Manicures	UL 10:00 Light & Lively and Social Time LL 3pm Margarita Social (and beer, wine and soda!) UL 3:30 Hangman & Games National Margarita Day	23 LL 3:30 BINGO
24 Movie 2:30 Hope Floats	25 UL 10:00 Light & Lively and Social Time LL1:30 Bible Study with Laura—Our Savior's UL 3:00 7's Card Game	26 LL 10:00 Stars & Stripes Fitnesscize and Social Time LL 3:15 Resident's Council Meeting	27 LL 10:00 Sit Down Dancing UL 2:00 Bingo UL 3:30 Kings In the Corner Happy Birthday Lucille!	28 LL 10:00 Chair Yoga Outing 9:15 Caramel Rolls at the Senior Center UL 3:00 Board Games Beauty Shop		

Sandstone Senior Living

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