

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# February 2019

## Shannondale Assisted Living Center

						10:15 Seatworks 1 - C 10:45 Kickball - C 2:00 Bible Study - C 4:00 Happy Hour	2 10:00 Exercise W/ Mary  <small>Groundhog Day</small>
2:15 Worship Service - C	3 10:15 Exercise - C 2:00 Crossword Puzzle w/ Mary- ACT 4:00 Talk & Tea - ACT	4 10:15 Morning Stretch - C 10:45 Kickball - C 2:00 Bingo - ACT 4:00 Chinese New Year Superstitions and Taboos - SR 6:30 Game Night "Checkers" - ACT <small>Chinese New Year</small>	5 9:15 Resident Meeting - ACT 10:15 Sittercise - C 10:45 Kickball - C 2:00 Pokeno - ACT 4:00 <b>LIVE</b> Judith Meade - SR	6 10:15 Fittersitters - C 10:45 Kickball - C 2:00 Pretty Nails - ACT 4:00 Poker - ACT 6:30 History of Valentine's - SR	7 10:15 Seatworks 8 - C 10:45 Kickball - C 2:00 Bible Study - C 4:00 Homemade Bread & Butter Social - ACT	8 10:00 Spiritual Reflection W/ Liz - SR	9
2:15 Worship Service - C	10 10:15 Exercise 11 - C 2:00 The Rhythm Game W/ Zeb - SR 4:00 American Train Rides Video - SR	11 10:15 Morning Stretch - C 10:45 Kickball - C 2:00 Bingo - ACT 4:00 <b>LIVE</b> The Mulford's - SR 6:30 The First Ladies in History	12 10:15 Sittercise 13 - C 10:45 Kickball - C 2:00 Pokeno - ACT 4:00 Fresh Fruit Wand Craft - ACT	13 10:15 Fittersitters - C 10:45 Kickball - C 2:00 <b>LIVE</b> Jeff Nelson - SR 4:00 Valentine Flower Arranging - ACT 6:30 Game Night "Scrabble" - ACT <small>Valentine's Day</small>	14 10:15 Seatworks 15 - C 10:45 Kickball - C 2:00 Bible Study - C 4:00 Magazine Scavenger Hunt - ACT	15 3:00 Bingo - ACT	16
2:15 Worship Service - C	17 10:15 Exercise 18 - C 2:00 Music Trivia W/ Melissa - SR 4:00 Coffee Chat - ACT <small>Presidents' Day (US)</small>	18 10:15 Morning Stretch - C 10:45 Kickball - C 2:00 Bingo - ACT 4:00 <b>LIVE</b> Dennis Huckaba Sing-along - SR 6:30 Game Night "Chess" - ACT	19 10:15 Sittercise 20 - C 10:45 Kickball - C 2:00 Pokeno - ACT 4:00 Speed Yahtzee - ACT	20 10:15 Fittersitters - C 10:45 Kickball - C 2:00 Pretty Nails - ACT 4:00 Spiritual Circle - SR 6:30 Chinese Zodiac Horoscopes - SR	21 10:15 Seatworks - C 10:45 Kickball - C 2:00 Bible Study - C 4:00 Men's Club (men only) "How one man changed the High Jump forever" - ACT	22 10:00 East TN History W/ Mary	23
2:15 Worship Service - C	24 10:15 Exercise 25 - C 2:00 Invention or Imagination Game - SR 4:00 Arm Chair Travels - SR	25 10:15 Morning Stretch - C 10:45 Kickball - C 2:00 Bingo - ACT 4:00 Short Story Club - SR 6:30 Malt Shop - ACT	26 10:15 Sittercise 27 - C 10:45 Kickball - C 2:00 Pokeno - ACT 4:00 Peanut Butter Grasshopper Craft - ACT	27 10:30 <b>LIVE</b> Kim Frasch - SR 2:00 Birthday Party - ACT 4:00 Flea Market - ACT 6:30 Game Night "Uno" - ACT	<p>ACT= Activity Room C=Chapel SR=Sunroom No Location = Event travels around to rooms Calendar subject to change. Please see bulletin board for the most current information</p>		