


Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Programs subject to change without Notice</b></p> <p><i>Italics denote simultaneous activities</i></p>	<p><b>Ongoing daily activities</b></p> <p>9:00 - 10:00 Social time: meet, greet and eat</p> <p>10:00 - 10:15 Warm-up</p> <p>12:00 - 1:00 Lunch</p>			<p>10:15 <i>Badminton for all Ladies' Lounge</i></p> <p>11:00 <i>Laughter exercise Friendship group</i></p> <p>1:00 <i>Jeff's Jumping Piano Art w/Abby</i></p> <p>2:15 <i>Video Art Lounge</i></p> <p>2:45 <i>Sing along w/Malou Table games</i></p>
<p>10:15 Brain fitness w/Julie</p> <p>11:00 <i>Flex &amp; stretch/ Laughter yoga Wildcats social club</i></p> <p>1:00 <i>Bingo / Art w/Abby Music group</i></p> <p>2:15 <i>Tai Chi w/Iren Open Art Studio</i></p> <p>2:45 <i>Delightful Piano w/ Malou and Moo and sing along</i></p> <p align="right">4</p>	<p>10:15 <i>Valentine's Art Spirit Builders</i></p> <p>11:00 <i>Walk &amp; strengthen Friendship group</i></p> <p>1:00 <i>CC Strummers' Spectacular ukulele Show Open Art Studio</i></p> <p>2:15 <i>Yoga w/Elizabeth Men's group</i></p> <p>2:45 <i>Sing along w/Malou</i></p> <p>4:00 <i>Table games</i></p> <p align="right">5</p>	<p>10:15 Celebrate Chinese New Year</p> <p>11:00 <i>Fit and Fabulous Laughter Yoga Story telling group</i></p> <p>1:00 <i>Tom's eclectic song-book / Art w/Abby</i></p> <p>2:15 <i>Yoga w/Elizabeth Nisei group w/Juliet</i></p> <p>2:45 <i>Piano concert w/ Malou and Moo</i></p> <p align="right">6</p>	<p>10:15 Mind Gymnastics</p> <p>11:00 <i>Take control with exercise Music group</i></p> <p>1:00 <i>Matt's Motown magic Classy music show</i></p> <p>2:15 <i>Tai chi w/Brian Art Lounge</i></p> <p>2:45 <i>Sing Along w/Malou and Moo</i></p> <p>4:00 <i>Video</i></p> <p align="right">7</p>	<p>10:15 Rhythm Song &amp; Dance</p> <p>10:15 <i>Ladies' Lounge</i></p> <p>11:00 <i>Laughter exercise Friendship group</i></p> <p>1:00 <i>Brian's Hootenanny afternoon Art w/Abby</i></p> <p>2:15 <i>Video Art Lounge</i></p> <p>2:45 <i>Sing along w/Malou Table games</i></p> <p align="right">8</p>
<p>10:15 Brain fitness w/Julie</p> <p>11:00 <i>Flex &amp; stretch/ Laughter yoga Wildcats social club</i></p> <p>1:00 <i>Bingo / Art w/Abby Music group</i></p> <p>2:15 <i>Tai Chi w/Iren Open Art Studio</i></p> <p>2:45 <i>Delightful Piano w/ Malou and Moo and sing along</i></p> <p align="right">11</p>	<p>10:15 <i>Lets play darts Spirit Builders</i></p> <p>11:00 <i>Emergency Drill Walk &amp; strengthen Friendship group</i></p> <p>1:00 <i>Memory enhancement w/Larry / Open art Studio</i></p> <p>2:15 <i>Yoga w/Elizabeth Men's group</i></p> <p>2:45 <i>Sing along w/Malou</i></p> <p>4:00 <i>Table games</i></p> <p align="right">12</p>	<p>10:15 Letters of Love</p> <p>11:00 <i>Fit and Fabulous Laughter Yoga Story telling group</i></p> <p>1:00 <i>Amy's outstanding flute tunes Art w/Abby</i></p> <p>2:15 <i>Yoga w/Elizabeth Nisei group w/Juliet</i></p> <p>2:45 <i>Piano concert w/ Malou and Moo</i></p> <p align="right">13</p>	<p>10:15 Little Learners / Valentine's Creations</p> <p>11:00 <i>Take control w/exercise / Music group</i></p> <p>1:00 <i>Sweetheart Dance with Felice.</i></p> <p>2:15 <i>Tai chi w/Brian Art Lounge</i></p> <p>2:45 <i>Sing Along w/Malou and Moo</i></p> <p>4:00 <i>Video</i></p> <p align="right">14</p>	<p>10:15 <i>Honor our Presidents Ladies' Lounge</i></p> <p>11:00 <i>Laughter exercise Friendship group</i></p> <p>1:00 <i>Susy and Brad's Musical Show Art w/Abby</i></p> <p>2:15 <i>Video Art Lounge</i></p> <p>2:45 <i>Sing along w/Malou Table games</i></p> <p align="right">15</p>
<p>10:15 Brain fitness w/Julie</p> <p>11:00 <i>Flex &amp; stretch/ Laughter yoga Wildcats social club</i></p> <p>1:00 <i>Bingo / Art w/Abby Music group</i></p> <p>2:15 <i>Tai Chi w/Iren Open Art Studio</i></p> <p>2:45 <i>Delightful Piano w/ Malou and Moo and sing along</i></p> <p align="right">18</p>	<p>10:15 <i>You be the Judge Spirit Builders</i></p> <p>11:00 <i>Walk &amp; strengthen Friendship group</i></p> <p>1:00 <i>Patrick Von Wiegat's classy Music Show Open Art Studio</i></p> <p>2:15 <i>Yoga w/Elizabeth Men's group</i></p> <p>2:45 <i>Sing along w/Malou</i></p> <p>4:00 <i>Table games</i></p> <p align="right">19</p>	<p>10:15 Mind Shakers</p> <p>11:00 <i>Fit and Fabulous Laughter Yoga Story telling group</i></p> <p>1:00 <i>Bruce's laidback tunes Art w/Abby</i></p> <p>2:15 <i>Yoga w/Elizabeth Nisei group w/Juliet</i></p> <p>2:45 <i>Piano concert w/ Malou and Moo</i></p> <p align="right">20</p>	<p>10:15 Bean Bag Toss</p> <p>11:00 <i>Take control with exercise Music group</i></p> <p>1:00 <i>Joey's afternoon dance</i></p> <p>2:15 <i>Tai chi w/Brian Art Lounge</i></p> <p>2:45 <i>Sing Along w/Malou and Moo</i></p> <p>4:00 <i>Video</i></p> <p align="right">21</p>	<p>10:15 <i>Volleyball Ladies' Lounge</i></p> <p>11:00 <i>Laughter exercise Friendship group</i></p> <p>1:00 <i>Less' Magic Show Art w/Abby</i></p> <p>2:15 <i>Video Art Lounge</i></p> <p>2:45 <i>Sing along w/Malou Table games</i></p> <p align="right">22</p>
<p>10:15 Brain fitness w/Julie</p> <p>11:00 <i>Flex &amp; stretch/ Laughter yoga Wildcats social club</i></p> <p>1:00 <i>Bingo / Art w/Abby Music group</i></p> <p>2:15 <i>Tai Chi w/Iren Open Art Studio</i></p> <p>2:45 <i>Delightful Piano w/ Malou and Moo and sing along</i></p> <p align="right">25</p>	<p>10:15 <i>Music for All Spirit Builders</i></p> <p>11:00 <i>Walk &amp; strengthen Friendship group</i></p> <p>1:00 <i>Memory enhancement w/Larry Open Art Studio</i></p> <p>2:15 <i>Yoga w/Elizabeth Men's group</i></p> <p>2:45 <i>Sing along w/Malou</i></p> <p>4:00 <i>Table games</i></p> <p align="right">26</p>	<p>10:15 Working with pastels</p> <p>11:00 <i>Fit and Fabulous Laughter Yoga Story telling group</i></p> <p>1:00 <i>Irby swings the classics. Art w/Abby</i></p> <p>2:15 <i>Yoga w/Elizabeth Nisei group w/Juliet</i></p> <p>2:45 <i>Piano concert w/ Malou and Moo</i></p> <p align="right">27</p>	<p>10:15 Little Learners / Sing! Sing! Sing!</p> <p>11:00 <i>Take control with exercise Music group</i></p> <p>1:00 <i>Arnels afternoon party</i></p> <p>2:15 <i>Tai chi w/Brian Art Lounge</i></p> <p>2:45 <i>Sing Along w/Malou and Moo</i></p> <p>4:00 <i>Video</i></p> <p align="right">28</p>	