

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Happy Valentine's Day</b></p>				<p><b>1</b></p> <p>9:30 Rise &amp; Shine 10:30 Noodle Exercise 11:00 Name That Tune <b>11:30 Sparkle &amp; Shine it's Time to Dine</b> 1:30 Rest &amp; Relax 2:30 Laundry Day! 3:30 Cocktail Hour 6:30 Aromatherapy &amp; Unwind</p>	<p><b>2</b></p> <p>9:30 Rise &amp; Shine 10:30 Move It Or Lose It 11:00 Ring Toss <b>11:15 Su Nigoff News &amp; Views</b> 1:30 Rest &amp; Relax 2:00 Massages with Erika 4:30 I Love Lucy 6:30 Aromatherapy &amp; Unwind</p>	<p><b>3</b></p> <p>9:30 Rise &amp; Shine 10:30 Head to Toe Exercise 11:00 Brain Games Trivia <b>11:30 Sparkle &amp; Shine it's Time to Dine</b> 1:30 Rest &amp; Relax 2:30 Card Games 6:30 Aromatherapy &amp; Unwind</p>
<p><b>4</b> Super Bowl LII</p> <p>9:30 Rise &amp; Shine 10:30 Cards &amp; Chat <b>11:30 Sparkle &amp; Shine it's Time to Dine</b> 12:00 Super Bowl Tailgate 2:00 The Puppy Bowl 6:30 Super Bowl 7:00 Channel 3 Movie</p>	<p><b>5</b></p> <p>9:30 Rise &amp; Shine 10:30 Gentle Stretch 11:00 Bible Study <b>11:30 Sparkle &amp; Shine it's Time to Dine</b> 1:30 Rest &amp; Relax 2:00 Milkshake Monday! 3:00 Dream Cruise 6:30 Aromatherapy &amp; Unwind</p>	<p><b>6</b></p> <p>9:30 Rise &amp; Shine 10:30 Lets Get Moving 11:00 Penny Shining <b>11:30 Sparkle &amp; Shine it's Time to Dine</b> 1:15 Musical Memories With Kristen 3:30 Valentines Day Craft 4:30 Fill In The Blank 6:30 Aromatherapy &amp; Unwind</p>	<p><b>7</b></p> <p>9:30 Rise &amp; Shine 10:30 Chair Exercise 11:00 Finish The Phrase <b>11:30 Sparkle &amp; Shine it's Time to Dine</b> 1:30 Rest &amp; Relax 2:30 Beauty Hour 4:30 Chicken Soup for The Golden Soul 6:30 Aromatherapy &amp; Unwind</p>	<p><b>8</b></p> <p>9:30 Rise &amp; Shine 10:30 Noodle Exercise 11:00 Scrapbooking <b>11:30 Sparkle &amp; Shine it's Time to Dine</b> 1:30 Rest &amp; Relax <b>2:30 Valentines Cookies</b> 3:30 Cocktail Hour 6:30 Aromatherapy &amp; Unwind</p>	<p><b>9</b></p> <p>9:30 Rise &amp; Shine 10:30 Move It Or Lose It <b>11:30 Sparkle &amp; Shine it's Time to Dine</b> 1:30 Rest &amp; Relax 2:00 All About Essential Oils 3:30 Sort It Out 6:30 Aromatherapy &amp; Unwind</p>	<p><b>10</b></p> <p>9:30 Rise &amp; Shine 10:30 Head to Toe Exercise 11:00 Jigsaw Puzzles <b>11:30 Sparkle &amp; Shine it's Time to Dine</b> 1:30 Rest &amp; Relax 2:30 Snack &amp; Chat "Winter Memories" 6:30 Aromatherapy &amp; Unwind</p>
<p><b>11</b></p> <p>9:30 Rise &amp; Shine 10:30 Coffee &amp; Donuts <b>11:30 Sparkle &amp; Shine it's Time to Dine</b> 1:30 Color Me Calm 4:00 Bingo 6:30 Aromatherapy &amp; Unwind 7:00 Channel 3 Movie</p>	<p><b>12</b></p> <p>9:30 Rise &amp; Shine 10:30 Valentines Cards 11:00 Bible Study <b>11:30 Sparkle &amp; Shine it's Time to Dine</b> 1:30 Rest &amp; Relax 2:00 Milkshake Monday! 3:00 Dream Cruise 6:30 Aromatherapy &amp; Unwind</p>	<p><b>13 Fat Tuesday</b></p> <p>9:30 Rise &amp; Shine 10:30 Lets Get Moving 11:00 All About Mardi Gras <b>11:30 Sparkle &amp; Shine it's Time to Dine</b> 1:30 Musical Memories With Kristen <b>3:00 Paczki's &amp; Jazz Music</b> 3:30 Creative Expressions 6:30 Aromatherapy &amp; Unwind</p>	<p><b>14 Happy Valentine's Day</b></p> <p><b>Ash Wednesday</b></p> <p>9:30 Rise &amp; Shine 10:30 Chair Exercise 11:00 Chocolate Covered Strawberries <b>11:30 Sparkle &amp; Shine it's Time to Dine</b> 1:30 Rest &amp; Relax <b>2:30 Valentine's Day Party</b> 4:30 Penny Ante 6:30 Aromatherapy &amp; Unwind</p>	<p><b>15</b></p> <p>9:30 Rise &amp; Shine 10:30 Move To The Music <b>11:30 Sparkle &amp; Shine it's Time to Dine</b> 1:30 Rest &amp; Relax 2:30 Coupon Clipping 3:30 Cocktail Hour 6:30 Aromatherapy &amp; Unwind</p>	<p><b>16</b></p> <p>9:30 Rise &amp; Shine 10:30 Move It Or Lose It <b>11:30 Sparkle &amp; Shine it's Time to Dine</b> 1:30 Rest &amp; Relax 2:00 Massages with Erika 4:30 Lawrence Welk 6:30 Aromatherapy &amp; Unwind</p>	<p><b>17</b></p> <p>9:30 Rise &amp; Shine 10:30 Head to Toe Exercise 11:00 White Board Games <b>11:30 Sparkle &amp; Shine it's Time to Dine</b> 1:30 Rest &amp; Relax 2:30 Penny Ante 6:30 Aromatherapy &amp; Unwind</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>18</b></p> <p>9:30 Rise &amp; Shine 10:30 Coffee &amp; Donuts <b>11:30 Sparkle &amp; Shine</b> It's Time to Dine 1:30 Color Me Calm 4:00 Bingo 6:30 Aromatherapy &amp; Unwind 7:00 Channel 3 Movie</p>	<p><b>19</b></p> <p>9:30 Rise &amp; Shine 10:30 Presidents Day Trivia &amp; Facts 11:00 Bible Study <b>11:30 Sparkle &amp; Shine</b> it's Time to Dine 1:30 Rest &amp; Relax 2:00 Milkshake Monday! 3:00 Dream Cruise 6:30 Aromatherapy &amp; Unwind</p>	<p><b>20</b></p> <p>9:30 Rise &amp; Shine 10:30 Lets Get Moving 11:00 Picture Memories <b>11:30 Sparkle &amp; Shine</b> it's Time to Dine 1:15 Musical Memories With Kristen 3:30 Hearts &amp; Spades Match Game 6:30 Aromatherapy &amp; Unwind</p>	<p><b>21</b></p> <p>9:30 Rise &amp; Shine 10:30 Chair Exercise 11:00 Finish The Phrase <b>11:30 Sparkle &amp; Shine</b> it's Time to Dine 1:30 Rest &amp; Relax 2:30 Beauty Hour 4:30 White Board Games 6:30 Aromatherapy &amp; Unwind</p>	<p><b>22</b></p> <p>9:30 Rise &amp; Shine 10:30 Noodle Exercise 11:00 Bean Bag Toss <b>11:30 Sparkle &amp; Shine</b> it's Time to Dine 1:30 Rest &amp; Relax 2:30 Creative Expressions 3:30 Cocktail Hour 6:30 Aromatherapy &amp; Unwind</p>	<p><b>23</b></p> <p>9:30 Rise &amp; Shine 10:30 Move It Or Lose It <b>11:30 Sparkle &amp; Shine</b> it's Time to Dine 1:30 Rest &amp; Relax 2:30 Sentimental Songs 4:30 Mind Joggers 6:30 Aromatherapy &amp; Unwind</p>	<p><b>24</b></p> <p>9:30 Rise &amp; Shine 10:30 Head to Toe Exercise 11:00 Brain Games <b>11:30 Sparkle &amp; Shine</b> it's Time to Dine 1:30 Rest &amp; Relax 2:30 Snack &amp; Chat 6:30 Aromatherapy &amp; Unwind</p>
<p><b>25</b></p> <p>9:30 Rise &amp; Shine 10:30 Puzzles &amp; Chat <b>11:30 Sparkle &amp; Shine</b> It's Time to Dine <b>1:00 Build Your Ice Cream Sundae Sunday!</b> 4:00 Bingo 6:30 Aromatherapy &amp; Unwind 7:00 Channel 3 Movie</p>	<p><b>26</b></p> <p>9:30 Rise &amp; Shine 10:30 Gentle Stretch 11:00 Bible Study <b>11:30 Sparkle &amp; Shine</b> it's Time to Dine 1:30 Rest &amp; Relax 2:00 Milkshake Monday! 3:00 Dream Cruise 6:30 Aromatherapy &amp; Unwind</p>	<p><b>27</b></p> <p>9:30 Rise &amp; Shine 10:30 Lets Get Moving 11:00 Reminisce <b>11:30 Sparkle &amp; Shine</b> it's Time to Dine 1:15 Musical Memories With Kristen 3:00 Cut It Out 4:30 Hand Massages 6:30 Aromatherapy &amp; Unwind</p>	<p><b>28</b> Purim Begins </p> <p>9:30 Rise &amp; Shine 10:30 Chair Exercise 11:00 Jewelry Making <b>11:30 Sparkle &amp; Shine</b> it's Time to Dine 1:30 Rest &amp; Relax 2:30 Beauty Hour 4:30 Sports Center 6:30 Aromatherapy &amp; Unwind</p>			