

Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday

 <p><i>Inspirations Activity Calendar</i></p>		<p>9:30 Chair Yoga <b>1</b> 10:30 Groundhog Day Predictions 11:00 Daily Chronicles 12:00 Hand Care/Lunch 1:45 Chinese New Year! 3:00 Whiteboard Games 5:00 Dinner</p> <p>Chinese New Year (Year of the Tiger)</p>	<p><i>Groundhog Day!</i> <b>2</b> 9:30 Exercise Class 10:30 Hydration 11:00 Groundhog Day Trivia! 12:00 Hand Care/Lunch 1:45 "Cinderella" Movie 3:30 On Today's Date 5:00 Dinner</p> <p>Groundhog Day</p>	<p>9:30 Relaxation Music <b>3</b> 10:30 Sit &amp; Be Fit 11:00 Daily Chronicles 12:00 Hand Care/Lunch 1:45 Sing a Long with the Hits! 3:00 Movie Matinee 5:00 Dinner</p>	<p>9:30 Morning Movement <b>4</b> 10:30 Hydration 11:00 Daily Chronicles 12:00 Hand Care/Lunch 1:45 Band Practice! 3:00 Brain Teasers 5:00 Dinner</p>	<p>9:30 Classic Love Songs <b>5</b> 10:30 I Love Lucy 12:00 Hand Care/Lunch 2:00 Chair Exercise Class 2:30 Daily Chronicles 3:00 "A Star is Born" Movie 5:00 Dinner</p>
<p>9:30 Let's Get Moving <b>6</b> 10:30 Hydration 11:00 Daily Chronicles 12:00 Hand Care/Lunch 1:45 The Letter Game 3:00 Sunday Funday! 5:00 Dinner</p>	<p>9:30 Chair Yoga <b>7</b> 10:30 Hydration 11:00 Trivia Game 12:00 Hand Care/Lunch 1:45 Write and Send Valentine's Day Cards 3:30 One on One Activities 5:00 Dinner</p>	<p>9:30 Morning Walk <b>8</b> 10:30 Hydration 11:00 Daily Chronicles 12:00 Hand Care/Lunch 1:45 Arts &amp; Crafts 3:00 Whiteboard Games 5:00 Dinner</p>	<p>9:30 Scarf Dancing <b>9</b> 10:30 Hydration 11:00 Finish the Phrase 12:00 Hand Care/Lunch 1:45 Frank Sinatra Hits 3:00 Valentine's Day Party! – Bistro 5:00 Dinner</p>	<p>9:30 Sit &amp; Be Fit Video <b>10</b> 10:30 Hydration 12:00 Hand Care/Lunch 1:45 Rat Pack Concerts 3:00 Popcorn and a Movie 5:00 Dinner</p>	<p>9:30 Chair Tai Chi Class <b>11</b> 10:30 Hydration 11:00 Daily Chronicles 12:00 Hand Care/Lunch 1:45 Baking Valentine's Day Treats! 3:00 Good News and Current Events 5:00 Dinner</p>	<p>9:30 50's Hits <b>12</b> 10:30 Morning Matinee 12:00 Hand Care/Lunch 2:00 Exercise Class 2:30 Daily Chronicles 3:00 Hydration 5:00 Dinner</p>
<p>9:30 Chair Yoga <b>13</b> 10:30 Hydration 11:00 Daily Chronicles 12:00 Hand Care/Lunch 1:45 Word Scramble 3:00 Sunday Funday! 5:00 Dinner 6:30 Super Bowl!!</p>	<p><i>Happy Valentine's Day!</i> <b>14</b> 9:30 Seated Exercise Class 10:30 Hydration 11:00 Daily Chronicles 1:45 Valentine's Treats 3:00 Singing the Love Songs 5:00 Dinner</p> <p>Valentine's Day</p>	<p>9:30 Morning Stretch <b>15</b> 10:30 Let's Dance! 11:00 Hydration 12:00 Hand Care/Lunch 1:45 Noodle Ball! 3:00 Daily Chronicles and Brain Teasers 5:00 Dinner</p>	<p>9:30 Exercise Class <b>16</b> 10:30 Hydration 11:00 Ring Toss Game 12:00 Hand Care/Lunch 1:45 Bingo! 3:30 On Today's Date 5:00 Dinner</p>	<p>9:30 Chair Tai Chi Video <b>17</b> 10:30 Hydration 12:00 Hand Care/Lunch 2:00 Ice Cream Treats 3:00 Movie Matinee 5:00 Dinner</p>	<p>9:30 Seated Exercise <b>18</b> 10:30 Hydration 11:00 Daily Chronicles 12:00 Hand Care/Lunch 1:45 Friday Outing! 3:00 Dance Party! 5:00 Dinner</p>	<p>9:30 Relaxation Music <b>19</b> 10:30 Exercise Video 12:00 Hand Care/Lunch 2:00 Snack Break 3:00 The Best of Betty White 5:00 Dinner</p>
<p>9:30 Dance Exercise <b>20</b> 10:30 Hydration 11:00 Daily Chronicles 12:00 Hand Care/Lunch 1:45 One is Not Like the Other 3:00 Sunday Funday! 5:00 Dinner</p>	<p><i>Presidents' Day!</i> <b>21</b> 9:30 Morning Movement 10:30 Hydration 11:00 President's Day Trivia 12:00 Hand Care/Lunch 2:00 Patriotic Party!! 3:30 One on One Activities 5:00 Dinner</p> <p>Presidents' Day</p>	<p>9:30 Morning Walk <b>22</b> 10:30 Hydration 11:00 Daily Chronicles 12:00 Hand Care/Lunch 1:45 Bingo! 3:00 "Name Ten" Game 5:00 Dinner</p>	<p>9:30 Exercise Class <b>23</b> 10:30 Hydration 11:00 Trivia Game 12:00 Hand Care/Lunch 1:45 Noodle Ball! 3:30 White Board Games 5:00 Dinner</p>	<p>9:30 Seated Exercise <b>24</b> 10:30 Hydration 12:00 Hand Care/Lunch 2:00 Cookies and Coffee 3:00 Best of Dean Martin 5:00 Dinner</p>	<p>9:30 Chair Yoga Class <b>25</b> 10:30 Hydration 11:00 Daily Chronicles 12:00 Hand Care/Lunch 1:45 Friday Outing! 3:00 Small Group Activities 5:00 Dinner</p>	<p>9:30 Morning Music <b>26</b> 10:30 Sit &amp; Be Fit Video 12:00 Hand Care/Lunch 2:00 Coloring Pages 3:00 "Forrest Gump" Movie 5:00 Dinner</p>
<p>9:30 Sit &amp; Be Fit <b>27</b> 10:30 Hydration 11:00 Daily Chronicles 12:00 Hand Care/Lunch 1:45 The Letter Game 3:00 Sunday Funday! 5:00 Dinner</p>	<p>9:30 Exercise Class <b>28</b> 10:30 Hydration 11:00 Daily Chronicles 12:00 Hand Care/Lunch 1:45 Let's Get to Know Each Other 3:30 Reminiscing Game 5:00 Dinner</p>	<h1>February 2022</h1> 				