



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>February 2019</h1> <h2>Arcadia Gardens Memory Lane</h2> 						1 2 <p><u>Favorite character Friday / popcorn & a Disney Movie</u></p> 9:30 Movin' n Groovin 10:00 Catholic Communion 10:30 Let's Sing & Dance 1:30 Fun with Food ~ 3:00 Social Time 4:00 Gardening
3 9:00 Light & Lively Stretches 10:00 Singing Songs of Spirit 1:30 Piano Solo with Judy 2:30 Marble Art 3:00 In the News 6:00 Movie Time	4 10:00 Arcadia Daily Chronicle 10:30 Gentle Tai Chi 1:30 Piano with Mary 2:30 Comfort Food 3:00 Seasonal Crafts 6:00 Gentle Hand Massage	5 10:00 Arcadia Daily Chronicle 10:30 Colorful Seasonal Creations 11:30 Poetry Time 3:00 Garden social- Outdoor Nature Observations 4:00 Chair Basketball Fun Chinese New Year	6 9:30 Exercise 10:30 Gentle Tai Chi 1:00 Cookie Decorating & Singing 2:00 Music & Memories 3:00 Parachute Group Fun 4:00 Movie	7 9:30 Exercise 10:00 Nail Art Makeovers 10:30 Accordion with Helen 11:30 Leaf Wreaths 1:30 Gratitude Readings 3:00 Mosaic Art 4:00 Balloon Volleyball 6:00 Movie	8 9 <p><u>Favorite character Friday / popcorn & a Classic Movie</u></p> 9:30 Movin' n Groovin 10:00 Catholic Communion 10:30 Let's Sing & Dance 1:30 Fun with Food ~ 3:00 Social Time 4:00 Chalk Art In Our Garden	Groundhog Day 9:30 Bowling 10:00 Arcadia Daily Chronicle 11:00 Doughnut Delight 2:30 Saturday Day Live 3:00 Colorful Creations 6:00 Relaxation Breathing
10 9:00 Light & Lively Stretches 10:00 Singing Songs of Spirit 1:30 Gratitude Readings 2:30 Blowing Bubbles 3:00 In the News 6:00 Movie Time	11 10:00 Out & About Mystery Tour 10:30 Gentle Tai Chi 1:30 Piano with Mary 2:30 Comfort Food 3:00 School Days Talk 6:00 Gentle Hand Massage	12 10:00 Arcadia Daily Chronicle 10:30 Erik Newton- Guitar 11:30 Poetry Time 3:00 Happy Day social 4:00 Chair Basketball Fun	13 9:30 Exercise 10:30 Gentle Chair Exercise 1:00 Social Time 3:00 Parachute Group Fun 4:00 Movie	14 9:30 Exercise 10:00 Bead Making 10:30 Accordion with Helen 11:30 Seasonal Crafts 1:30 Gratitude Readings 3:00 Decorating Garden Pots 4:00 Balloon Volleyball 6:00 Movie Valentine's Day	15 16 <p><u>Wear Pink or Red Celebrate The LOVE Walk in Garden</u></p> 9:30 Movin' n Groovin 10:00 Catholic Communion 10:30 Let's Sing & Dance 1:30 Fun with Food ~ 3:00 Social Time 4:00 Gardening	9:30 Air Balloon Tennis 10:00 Arcadia Daily Chronicle 11:00 Doughnut Delight 2:30 Saturday Day Live 3:00 Colorful Creations 6:00 Relaxation Breathing
17 9:00 Light & Lively Stretches 10:00 Singing Songs of Spirit 1:30 Piano Solo with Judy 2:30 Marble Art 3:00 In the News 6:00 Movie Time	18 10:00 Arcadia Daily Chronicle 10:30 Gentle Tai Chi 1:30 Piano with Mary 2:30 Comfort Food 3:00 Seasonal Crafts 6:00 Gentle Hand Massage Presidents' Day (US)	19 10:00 Arcadia Daily Chronicle 10:30 Colorful Creations 11:30 Poetry Time 3:00 Good Times social 4:00 Chair Basketball Fun	20 9:30 Exercise 10:30 Gentle Tai Chi 1:00 Seasonal Craft 2:00 Music & Memories 3:00 Parachute Group Fun 4:00 Movie	21 9:30 Exercise 10:00 Nail Art Makeovers 10:30 Accordion with Helen 11:30 Leaf Wreaths 1:30 Gratitude Readings 3:00 Mosaic Art 4:00 Balloon Volleyball 6:00 Movie	22 23 <p><u>Wear Yellow or Orange Friday</u></p> 9:30 Movin' n Groovin 10:00 Catholic Communion 10:30 Let's Sing & Dance 1:30 Fun with Food ~ 3:00 Social Time 4:00 In Our Garden	9:30 Air Balloon Tennis 10:00 Arcadia Daily Chronicle 11:00 Doughnut Delight 2:30 Saturday Day Live 3:00 Colorful Creations 6:00 Relaxation Breathing
24 9:00 Light & Lively Stretches 10:00 Singing Songs of Spirit 1:30 Mid-Day Stretching 2:30 Marble Art 3:00 In the News 6:00 Movie Time	25 10:00 Out & About Mystery Tour 10:30 Gentle Tai Chi 1:30 Piano with Mary 2:30 Comfort Food 3:00 Seasonal Activities 6:00 Gentle Hand Massage	26 10:00 Arcadia Daily Chronicle 10:30 Colorful Seasonal Creations 11:30 Poetry Time 3:00 Garden Social- Outdoor Nature Observations 4:00 Chair Basketball Fun	27 9:30 Exercise 10:30 Gentle Tai Chi 1:00 Seasonal Craft 2:00 Music & Memories 3:00 Parachute Group Fun 4:00 Movie	28 9:30 Exercise 10:00 Nail Art Makeovers 10:30 Accordion with Helen 11:30 Seasonal Art 1:30 Gratitude Readings 3:00 Decorating Garden Pots 4:00 Balloon Volleyball 6:00 Movie	<div> Every time you smile at someone it is an action of love. A gift to that person, a beautiful thing. ~Mother Teresa </div> 