





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			7:00 GOOD MORNING BUZZ 7:30 BREAKFAST 8:00 MORNING LAPS/ MUSIC EXERCISES 11:30 LUNCH TIME 12:15 DAILY CHRONICAL <b>GINNY A. BIRTHDAY</b> 12:30 BEAUTY/BARBER 2:00 GAME SHOWS 4:00 NOODLE EXERCISES 4:30 SUPPER TIME 6:00 SOCIAL HOUR	1 7:15 GOOD MORNING BUZZ 8:00 BREAKFAST 8:30 MORNING LAPS/ MUSIC EXERCISES 9:30 ODON JOURNAL DISCUSSION 11:30 LUNCH TIME 12:15 DAILY CHRONICAL 12:30 <b>GROUNDHOG DAY FUN</b> 2:30 BIBLE STUDY 4:00 NOODLE EXERCISES 4:30 SUPPER TIME 6:00 SOCIAL HOUR Groundhog Day	2 7:00 GOOD MORNING BUZZ 7:30 BREAKFAST 8:00 MORNING LAPS/ MUSIC EXERCISES 11:30 LUNCH TIME 12:15 DAILY CHRONICAL 12:30 <b>VAN OUTING</b> 2:00 TRIP TO LIBRARY 4:00 NOODLE EXERCISES 4:30 SUPPER TIME 6:00 MOVIE NIGHT	3 7:00 GOOD MORNING BUZZ 7:30 BREAKFAST 8:00 MORNING LAPS/ MUSIC EXERCISES 11:30 LUNCH TIME 12:15 DAILY CHRONICAL 12:30 <b>FEBRUARY DOT TO DOT</b> 2:00 GAME SHOWS 4:00 NOODLE EXERCISES 4:30 SUPPER TIME 6:00 SOCIAL HOUR	4 7:00 GOOD MORNING BUZZ 7:30 BREAKFAST 8:00 MORNING LAPS/ MUSIC EXERCISES 11:30 LUNCH TIME 12:15 DAILY CHRONICAL 12:30 <b>FEBRUARY DOT TO DOT</b> 2:00 GAME SHOWS 4:00 NOODLE EXERCISES 4:30 SUPPER TIME 6:00 SOCIAL HOUR
5 7:00 GOOD MORNING BUZZ 7:30 BREAKFAST 8:00 MORNING LAPS/ MUSIC EXERCISES 11:30 LUNCH TIME 12:15 DAILY CHRONICAL 12:30 <b>HISTORY OF POSTAL SERV</b> 1:00 CHURCH 2:00 GAME SHOWS 4:00 NOODLE EXERCISES 4:30 SUPPER TIME 6:00 SOCIAL HOUR	6 7:00 GOOD MORNING BUZZ 7:30 BREAKFAST 8:00 MORNING LAPS/ MUSIC EXERCISES 11:30 LUNCH TIME 12:15 DAILY CHRONICAL 12:30 <b>LORETTA W. BIRTHDAY</b> 2:00 GAME SHOWS 4:00 NOODLE EXERCISES 4:30 SUPPER TIME 6:00 SOCIAL HOUR	7 7:00 GOOD MORNING BUZZ 7:30 BREAKFAST 8:00 MORNING LAPS/ MUSIC EXERCISES 11:30 LUNCH TIME 12:15 DAILY CHRONICAL 12:30 <b>COOKING TIME</b> 2:00 GAME SHOWS 4:00 NOODLE EXERCISES 4:30 SUPPER TIME 6:00 SOCIAL HOUR	8 7:00 GOOD MORNING BUZZ 7:30 BREAKFAST 8:00 MORNING LAPS/ MUSIC EXERCISES 11:30 LUNCH TIME 12:15 DAILY CHRONICAL <b>HISTORY OF POSTAL SERVICE</b> 12:30 BEAUTY/BARBER 2:00 <b>ARM CHAIR TRAVELS /POPCORN</b> 4:00 NOODLE EXERCISES 4:30 SUPPER TIME 6:00 SOCIAL HOUR	9 7:15 GOOD MORNING BUZZ 8:00 BREAKFAST 8:30 MORNING LAPS/ MUSIC EXERCISES 9:30 ODON JOURNAL DISCUSSION 11:30 LUNCH TIME 12:15 DAILY CHRONICAL 12:30 MANICURES/ <b>COOKIE DECORATING</b> 2:30 BIBLE STUDY 4:00 NOODLE EXERCISES 4:30 SUPPER TIME 6:00 SOCIAL HOUR	10 7:00 GOOD MORNING BUZZ 7:30 BREAKFAST 8:00 MORNING LAPS/ MUSIC EXERCISES 11:30 LUNCH TIME 12:15 DAILY CHRONICAL 12:30 <b>VAN OUTING</b> 2:00 TRIP TO LIBRARY 4:00 NOODLE EXERCISES 4:30 SUPPER TIME 6:00 MOVIE NIGHT	11 7:00 GOOD MORNING BUZZ 7:30 BREAKFAST 8:00 MORNING LAPS/ MUSIC EXERCISES 11:30 LUNCH TIME 12:15 DAILY CHRONICAL 12:30 <b>WACKY WORDIES</b> 2:00 GAME SHOWS 4:00 NOODLE EXERCISES 4:30 SUPPER TIME 6:00 SOCIAL HOUR	
12 7:00 GOOD MORNING BUZZ 7:30 BREAKFAST 8:00 MORNING LAPS/ MUSIC EXERCISES 11:30 LUNCH TIME 12:15 DAILY CHRONICAL <b>SUPER BOWL TRIVIA</b> 1:00 CHURCH 4:00 NOODLE EXERCISES 4:30 <b>SUPER BOWL KICKOFF</b> SUPPER TIME 6:00 SOCIAL HOUR	13 7:00 GOOD MORNING BUZZ 7:30 BREAKFAST 8:00 MORNING LAPS/ MUSIC EXERCISES 11:30 LUNCH TIME 12:15 DAILY CHRONICAL 12:30 <b>LABELS/SPOONS</b> 2:00 GAME SHOWS 4:00 NOODLE EXERCISES 4:30 SUPPER TIME 6:00 SOCIAL HOUR	14 7:00 GOOD MORNING BUZZ 7:30 BREAKFAST 8:00 MORNING LAPS/ MUSIC EXERCISES 11:30 LUNCH TIME 12:15 DAILY CHRONICAL 12:30 <b>VALENTINE'S DAY PARTY</b> 2:00 GAME SHOWS 4:00 NOODLE EXERCISES 4:30 SUPPER TIME 6:00 SOCIAL HOUR  Valentine's Day	15 7:00 GOOD MORNING BUZZ 7:30 BREAKFAST 8:00 MORNING LAPS/ MUSIC EXERCISES 11:30 LUNCH TIME 12:15 DAILY CHRONICAL <b>DELIVERING MAIL TRIVIA</b> 12:30 BEAUTY/BARBER 2:00 GAME SHOWS 4:00 NOODLE EXERCISES 4:30 SUPPER TIME 6:00 SOCIAL HOUR	16 7:15 GOOD MORNING BUZZ 8:00 BREAKFAST 8:30 MORNING LAPS/ MUSIC EXERCISES 9:30 ODON JOURNAL DISCUSSION 11:30 LUNCH TIME 12:15 DAILY CHRONICAL 12:30 <b>PEGGY A. BIRTHDAY</b> 2:30 BIBLE STUDY 4:00 NOODLE EXERCISES 4:30 SUPPER TIME 6:00 SOCIAL HOUR	17 7:00 GOOD MORNING BUZZ 7:30 BREAKFAST 8:00 MORNING LAPS/ MUSIC EXERCISES 11:30 LUNCH TIME 12:15 DAILY CHRONICAL 12:30 <b>MARDI GRAS MASKS</b> 2:00 TRIP TO LIBRARY 4:00 NOODLE EXERCISES 4:30 SUPPER TIME 6:00 MOVIE NIGHT	18 7:00 GOOD MORNING BUZZ 7:30 BREAKFAST 8:00 MORNING LAPS/ MUSIC EXERCISES 11:30 LUNCH TIME 12:15 DAILY CHRONICAL 12:30 <b>MARDI GRAS ADD-UP</b> 2:00 GAME SHOWS 4:00 NOODLE EXERCISES 4:30 SUPPER TIME 6:00 SOCIAL HOUR	
19 7:00 GOOD MORNING BUZZ 7:30 BREAKFAST 8:00 MORNING LAPS/ MUSIC EXERCISES 11:30 LUNCH TIME 12:15 DAILY CHRONICAL 12:30 1:00 CHURCH 2:00 GAME SHOWS 4:00 NOODLE EXERCISES 4:30 SUPPER TIME 6:00 SOCIAL HOUR	20 7:00 GOOD MORNING BUZZ 7:30 BREAKFAST 8:00 MORNING LAPS/ MUSIC EXERCISES 11:30 LUNCH TIME 12:15 DAILY CHRONICAL 12:30 <b>PRESIDENT TRIVIA</b> 2:00 GAME SHOWS 4:00 NOODLE EXERCISES 4:30 SUPPER TIME 6:00 SOCIAL HOUR  Presidents' Day	21 7:00 GOOD MORNING BUZZ 7:30 BREAKFAST 8:00 MORNING LAPS/ MUSIC EXERCISES 11:30 LUNCH TIME 12:15 DAILY CHRONICAL 12:30 <b>MARDI GRAS PARTY</b> 2:00 GAME SHOWS 4:00 NOODLE EXERCISES 4:30 SUPPER TIME 6:00 SOCIAL HOUR  Mardi Gras	22 7:00 GOOD MORNING BUZZ 7:30 BREAKFAST 8:00 MORNING LAPS/ MUSIC EXERCISES 11:30 LUNCH TIME 12:15 DAILY CHRONICAL 12:30 BEAUTY/BARBER 2:30 <b>SINGERS</b> 4:00 NOODLE EXERCISES 4:30 SUPPER TIME 6:00 SOCIAL HOUR  Ash Wednesday	23 5 GOOD MORNING BUZZ 8:00 BREAKFAST 8:30 MORNING LAPS/ MUSIC EXERCISES 9:30 ODON JOURNAL DISCUSSION 11:30 LUNCH TIME 12:15 DAILY CHRONICAL 12:30 MANICURES 2:30 BIBLE STUDY 4:00 NOODLE EXERCISES 4:30 SUPPER TIME 6:00 SOCIAL HOUR	24 7:00 GOOD MORNING BUZZ 7:30 BREAKFAST 8:00 MORNING LAPS/ MUSIC EXERCISES 11:30 LUNCH TIME 12:15 DAILY CHRONICAL 12:30 <b>VAN OUTING</b> 2:00 TRIP TO LIBRARY 4:00 NOODLE EXERCISES 4:30 SUPPER TIME 6:00 MOVIE NIGHT	25 7:00 GOOD MORNING BUZZ 7:30 BREAKFAST 8:00 MORNING LAPS/ MUSIC EXERCISES 11:30 LUNCH TIME 12:15 DAILY CHRONICAL 12:30 2:00 GAME SHOWS 4:00 NOODLE EXERCISES 4:30 SUPPER TIME 6:00 SOCIAL HOUR	
26 7:00 GOOD MORNING BUZZ 7:30 BREAKFAST 8:00 MORNING LAPS/ MUSIC EXERCISES 11:30 LUNCH TIME 12:15 DAILY CHRONICAL 12:30 <b>JOHNNY CASH FACTS</b> 1:00 CHURCH 2:00 GAME SHOWS 4:00 NOODLE EXERCISES 4:30 SUPPER TIME 6:00 SOCIAL HOUR	27 7:00 GOOD MORNING BUZZ 7:30 BREAKFAST 8:00 MORNING LAPS/ MUSIC EXERCISES 11:30 LUNCH TIME 12:15 DAILY CHRONICAL 12:30 <b>LABELS/SPOONS</b> 2:00 GAME SHOWS 4:00 NOODLE EXERCISES 4:30 SUPPER TIME 6:00 SOCIAL HOUR	28 7:00 GOOD MORNING BUZZ 7:30 BREAKFAST 8:00 MORNING LAPS/ MUSIC EXERCISES 11:30 LUNCH TIME 12:15 DAILY CHRONICAL 12:30 <b>COOKING TIME</b> 2:00 GAME SHOWS 4:00 NOODLE EXERCISES 4:30 SUPPER TIME 6:00 SOCIAL HOUR	 <h1>February 2023</h1>				