


SHERWOOD ASSISTED LIVING FEBRUARY ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:00 Full Body Fitness 10:30 Eagle Intl Ministries 1:00 2nd Chance Store 2:00 The Loves 3:30 Scrabble	2 10:00 Exercise Balloon 10:30 Catholic Mass 2:00 Men's Club 3:30 WA Old Time Fiddlers	3 10:00 Full Body Fitness 10:45 Women's Group 1:30 Room Visits 2:00 Movie: Somewhere In Time
4 10:00 Exercise Balloon 10:45 Scrabble 2:00 Snacks & Trivia 3:00 Dungeness Valley Lutheran	5 10:00 Exercise Balloon 11:00 Uno 1:00 Shelby Visits 2:30 Scrabble	6 10:00 Full Body Fitness 10:45 Overhead Games 1:00 2nd Chance Store 2:00 Watercolor w/Dani	7 10:00 Exercise Balloon 12:00 Lunch: Mariners Cafe 2:30 Walks & Tea 3:00 Wild Ones Documentary	8 10:00 Full Body Fitness 10:45 Bingo 1:00 2nd Chance Store 1:30 Scrabble 3:00 Old Side Kicks	9 10:00 Exercise Balloon 11:00 Overhead Games 1:30 Walks & Tea 3:30 Sound Dogs	10 10:00 Full Body Fitness 10:45 Women's Group 1:30 Room Visits 2:00 Movie & Snack
11 10:00 Exercise Balloon 10:45 Scrabble 2:00 Snacks & Trivia 3:00 Assembly of God	12 10:00 Exercise Balloon 11:00 Uno 1:00 Shelby Visits 3:00 The Secords	13 10:00 Full Body Fitness 10:45 Overhead Games 1:00 2nd Chance Store 2:00 Phase 10 3:00 Laff Pack	14 10:00 Exercise Balloon 10:45 Wild Ones Documentary 2:00 Walmart 4:00 Room Visits	15 10:00 Full Body Fitness 10:45 Birthday Bingo 1:00 2nd Chance Store 2:00 Walks 3:00 Silver & Gold Birthday Party	16 10:00 Spin-In (K) 10:00 Exercise Balloon 10:30 2 Sweet Violins 2:00 Men's Club 2:30 Senior Singers	17 10:00 Full Body Fitness 10:45 Women's Group 2:00 Movie & Snack 3:00 7th Day Adventist
18 10:00 Exercise Balloon 10:45 Scrabble 1:30 Project Linus 2:00 Bible Study	19 10:00 Exercise Balloon 11:00 Uno 1:00 Shelby Visits 1:45 Senior Moments 3:00 Room Visits	20 10:00 Full Body Fitness 10:30 Overhead Games 1:00 Second Chance Store 2:00 Room Visits 3:00 Phase 10	21 10:00 Exercise Balloon 10:45 Wild Ones Documentary 2:00 Watercolor w/Dani 3:30 Room Visits	22 10:00 Full Body Fitness 11:00 Bingo 2:00 Walks & Tea 3:00 Canine Friends	23 10:00 Exercise Balloon 10:45 Overhead Games 2:00 Scrabble 3:30 Room Visits	24 10:00 Full Body Fitness 10:45 Women's Group 1:30 Room Visits/Walking 2:00 Movie & Snack
25 10:00 Exercise Balloon 10:45 Scrabble 2:00 Snacks & Trivia 3:00 First Baptist	26 10:00 Exercise Balloon 11:00 Uno 1:00 Shelby Visits 2:30 Tea & Conversation 3:30 Room Visits	27 10:00 Paint w/ Carrie 1:00 2nd Chance Store 2:00 Buck Ellard 3:15 Walking Exercise	28 10:00 Full Body Exercise 10:45 Resident Council 2:00 Scenic Drive	<u>Happy Birthday:</u> 3rd: Janet L. 15th: Inger H. 17th: Lee J.	