











# February



## BETHESDA GARDENS MONUMENT

a Bethesda Senior Living Community

Assisted Living

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 			 	<p>1 9:30a Balance Builders – AR 10:10a Who Am I? Trivia – AR 10:30a Card Games – GR <b>1:30p After. Bike Club – FR</b> <b>2:00p Calendar Planning &amp; Scones – AR</b> 3:00p Fancy Nails – AR 4:00p Jigsaw Puzzles</p>	<p>2 <b>Wear Red Day</b> 9:30a Strengthening – AR 10:00a Daily Chronicle – AR 10:30a Bible Study – Chpl <b>1:30p Shopping at Wal-Mart – BT</b> 2:30p Knitting Circle – AR 3:30p TGIF Social 6:15p Card Games</p>	<p>3 9:30a Morning Exercise – AR 10:30a BINGO – AR 1:00p Daily Devotional – GC <b>2:00p DIY Dog Toy – GC</b> 3:00p Independent Coloring</p>
<p>4 <b>Super Bowl LII</b> 9:30a Morning Exercise – AR 10:00a Daily Chronicle – AR 11:00a Lordship Communion Service – Chpl 1:30p Sunday After. Bridge 3:30p Bowling Mania <b>4:00p Super Bowl Kick Off</b></p>	<p>5 9:30a Little London Fitness – AR 10:00a Pet Visits w/Cooper – AR 10:30a Board Games 2:00p Tie Blankets w/Meg – AR 3:15p Karaoke – TH</p>	<p>6 9:30a Balance Builders – AR 10:00a Bible Study – Chpl 11:00a Coffee Chat with <b>1:30p After. Bike Club – FR</b> <b>2:00p Crafters Corner: Leaf Roses</b> 3:30p Kings in the Corner – AR</p>	<p>7 9:30a Strengthening – AR 10:00a Pet Visits w/Cooper – GC 11:00a Jigsaw Puzzles – AR <b>1:30p Scenic Drive – BT</b> <b>2:00p Radio Theatre - TH</b> <b>3:00p Mid Week Social with Gus Meza – AR</b></p>	<p>8 <b>National Pizza Day</b> <b>9:00a Wellness Clinic</b> 9:30a Balance Builders – AR 10:10a Random Trivia – AR 10:30a Art Session – AR <b>1:30p After. Bike Club – FR</b> 2:00p Men's Group - TH 3:30p Resident Council - TH</p>	<p>9 9:30a Strengthening – AR 10:00a Daily Chronicle – AR 10:30a Bible Study – Chpl <b>1:30p Shopping at the Dollar Tree</b> 2:30p Knitting Circle – AR 3:00p Friday Afternoon Movie</p>	<p>10 9:30a Morning Exercise – AR 10:30a BINGO – AR 1:00p Daily Devotional – GC 2:00p Bocce Ball – GC 3:15p Independent Cranium Crunches</p>
<p>11 9:30a Morning Exercise – AR 10:00a Daily Chronicle – AR 11:00a Church Service – Chpl 1:30p Sunday Afternoon Bridge <b>2:30p Baking Mini Herat Cherry Pies</b></p>	<p>12 9:30a Little London Fitness – AR 10:00a Pet Visits w/Cooper – AR 10:30a Donuts &amp; Games <b>1:30p Scenic Drive – BT</b> 2:00p Tie Blankets w/Meg – AR <b>3:30p Crafters Corner:</b></p>	<p>13 <b>Fat Tuesday</b> 9:30a Balance Builders – AR 10:00a Bible Study: Who Is Jesus? – Chpl 11:00a Coffee Chat &amp; Trivia <b>1:30p After. Bike Club – FR</b> <b>3:30p A Visit to New Orleans</b> 4:30p I Love Lucy Special - TH</p>	<p>14 <b>Valentine's Day/Ash Wed.</b> 9:30a Strengthening – AR 10:00a Pet Visits w/Cooper – GC 11:00a Ted Talks - TH <b>2:00p Radio Theatre - TH</b> <b>3:30p Valentines Day Social with Special Guest</b> 6:15p BINGO</p> 	<p>15 <b>Flag Day</b> 9:30a Balance Builders – AR 10:10a Did You Know? – AR <b>10:30a Name That Couple – AR</b> <b>1:30p After. Bike Club – FR</b> 2:00p Board Games: Scrabble – AR 3:00p Fancy Nails – AR</p>	<p>16 9:30a Strengthening – AR 10:00a Daily Chronicle – AR 10:30a Bible Study – Chpl <b>2:00p Cooking with Amber – DR</b> 3:00p Knitting Circle – AR 6:15p Friday Night Card Games</p>	<p>17 9:30a Morning Exercise – AR 10:30a BINGO – AR 1:00p Daily Devotional – GC 2:00p Bean Bag Toss 3:00p Independent Jigsaw Puzzles</p>
<p>18 <b>Chinese New Year Begins</b> 9:30a Morning Exercise – AR 10:00a Chinese New Yr. Facts 11:00a Church Service – Chpl 1:30p Sunday Afternoon Bridge <b>2:00p Chinese New Yr. Social with Troop 921</b></p>	<p>19 <b>President's Day</b> 9:30a Little London Fitness – AR 10:00a Pet Visits w/Cooper – AR 10:15a Presidents Day Trivia 2:00p Tie Blankets w/Meg – AR <b>2:30p History Channel: Presidents Day</b></p>	<p>20 9:30a Balance Builders – AR 10:00a Bible Study: Who Is Jesus? – Chpl 11:00a Coffee Chat <b>1:30p After. Bike Club – FR</b> 2:00p Inside the Milky Way - TH <b>3:30p Rita's Jewelry – AR</b></p>	<p>21 9:30a Strengthening – AR 10:00a Pet Visits w/Cooper – GC 11:00a Board Games <b>1:30p Scenic Drive – BT</b> 2:00p Seek &amp; Find – AR <b>3:30p Radio Theatre - TH</b> 6:15p BINGO – AR</p>	<p>22 <b>Washington's Birthday</b> 9:30a Balance Builders – AR 10:10a Random Trivia – AR 10:30a Adult Coloring – AR <b>1:30p After. Bike Club – FR</b> 2:00p Bowling Mania <b>3:00p President Washington Special - TH</b></p>	<p>23 9:30a Strengthening – AR 10:00a Daily Chronicle – AR 10:30a Bible Study – Chpl <b>2:30p Peer Presentation – TH</b> 4:00p TGIF Ice Cream Social – GR 6:15p Fri. Night Board</p>	<p>24 9:30a Morning Exercise – AR 10:30a BINGO – AR 1:00p Daily Devotional – GC 2:00p Bowling Mania 3:00p Independent Adult Coloring</p>
<p>25 9:30a Morning Exercise – AR 10:00a Daily Chronicle – AR 11:00a Church Service – Chpl 1:30p Sunday Afternoon Bridge <b>2:30p DIY Cat Toy – AR</b> 4:00p Independent Coloring</p>	<p>26 9:30a Little London Fitness – AR 10:00a Pet Visits w/Cooper – AR <b>1:30p Scenic Drive – BT</b> 2:00p Tie Blankets w/Meg – AR <b>3:30p Water coloring with Lorraine Fritt – AR</b></p>	<p>27 9:30a Balance Builders – AR 10:00a Bible Study – Chpl 11:00a Coffee Chat &amp; News <b>1:30p After. Bike Club – FR</b> 2:00p Wii Trivia - TH 3:00p Mad Hatters Ladies Tea &amp; Pastries – AR</p>	<p>28 9:30a Strengthening – AR 10:00a Pet Visits w/Cooper – GC 11:00a Jigsaw Puzzles – GR 2:00p Darts – AR <b>3:30p Radio Theatre - TH</b> 6:15p BINGO – AR</p>		<p><b>Location Key:</b> Activity Room – AR Theatre – TH Chapel – Chpl Bus Trip – BT Great Room – GR Fitness Room – FR Dining Room – DR</p> 	 <p>2018 CHINESE YEAR OF THE DOG</p>