



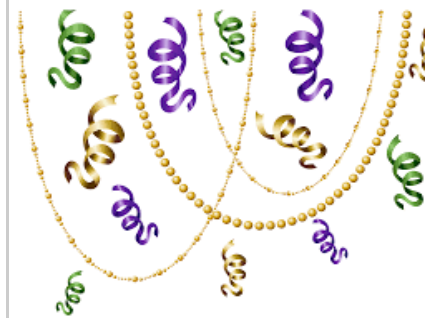


# February



## BETHESDA GARDENS MONUMENT

a Bethesda Senior Living Community

Greenland Cove

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
<b>4 Super Bowl LII</b> 9:30a Morning Exercise 10:00a Sit & Sip 10:30a Lordship Communion Service – AL 1:15p Card Games 2:00p Crafters Corner 3:30p Bowling Mania	<b>5</b> 9:30a Stretch & Strength 10:15a Daily Chronicle 10:30a Pet Visits w/Cooper 1:00p Soothing Sounds 2:30p Kick Ball <b>3:30p Valentines Day Card Coloring</b>	<b>6</b> 9:30a Balance Builders 10:00a Bible Study – AL 10:30a Coffee & Conversation 1:00p Guided Relaxation <b>2:00p Crafters Corner: Leaf Roses</b> 3:00p Ring Toss	<b>7</b> 9:30a Strengthening 10:30a Pet Visits w/Cooper 1:00p Jigsaw Puzzles <b>1:30p Scenic Drive – BT</b> 2:00p Radio Theatre – AL <b>2:30p Bead Toss</b> <b>3:30p Wednesday Social– AL</b>	<b>1</b> 9:30a Balance Builders 10:00a Chit Chats & Snacks <b>10:30a Crafters Corner: Love Tree</b> 1:00p Comedy Hour 2:30p Bean Bag Toss 3:15p February Trivia 4:30p Jigsaw Puzzles	<b>2 Wear Red Day</b> 9:30a Strengthening 10:00a Daily Chronicle 10:30a Bible Study – AL <b>1:00p Cupids Comics</b> 2:30p Fancy Nails 3:30p TGIF Social 4:30p You Be the Judge 6:15p Card Games	<b>3</b> 9:30a Morning Exercise – AL 10:30a BINGO 1:00p Daily Devotional <b>2:00p DIY Dog Toy – AL</b> 2:30p Rhythm & 3:30p Card Game: Would You Rather 4:30p Ring Toss
<b>11</b> 9:30a Morning Exercise 10:00a Sit & Sip 10:30a Church Service – AL <b>1:00p Armchair Travel</b> <b>2:00p Bead Toss</b> <b>2:30p Life Skills Baking Mini Pies</b>	<b>12</b> 9:30a Stretch & Strength 10:00a Sit & Sip 10:15a Daily Chronicle 10:30a Pet Visits w/Cooper <b>1:30p Scenic Drive – BT</b> 2:30p Balloon Toss <b>3:30p Crafters Corner:</b>	<b>13 Fat Tuesday</b> 9:30a Balance Builders 10:00a Bible Study – AL <b>10:30a Mardi Gras Trivia</b> 1:00p Hand Massages 2:00p Bowling Mania <b>3:30p A Visit to New Orleans</b> 4:00p The Andy Griffith Show	<b>14 Valentine's Day/Ash Wed.</b> 9:30a Strengthening 10:00a Sit & Sip 10:30a Pet Visits w/Cooper <b>1:00p Valentines Day Trivia</b> 2:00p Radio Theatre – AL <b>3:30p Valentines Day Social</b> <b>4:30p Cupid Arrow Throw</b>	<b>15 Flag Day</b> 9:30a Balance Builders 10:00a Chit Chats & Snacks 10:30a Junk Drawer Detective 1:00p Lawrence Welk Special 2:30p Toss N' Talk 3:15p Painting Sensation 4:30p Word to the Wise	<b>16 Chinese New Yr. Begins</b> 9:30a Strengthening 10:00a Daily Chronicle 10:30a Bible Study – AL 1:00p Hand Massages <b>2:00p Cooking with Amber – AL</b> 3:30p Fancy Nails 4:30p Chit Chats & Snacks	<b>17</b> 9:30a Morning Exercise – AL 10:30a BINGO 1:00p Daily Devotional 2:00p Bean Bag Toss 3:30p Seek & Find Pages 4:30p Jigsaw Puzzles
<b>18</b> 9:30a Morning Exercise 10:00a Sit & Sip 10:30a Church Service – AL 1:00p Jigsaw Puzzles <b>2:00p Chinese New Yr. Social with Troop 921</b> 3:30p Sit & Sip	<b>19 President's Day</b> 9:30a Stretch & Strength 10:00a Sit & Sip 10:15a Daily Chronicle 10:30a Pet Visits w/Cooper 1:00p Inside the Milky Way 2:30p Ball Toss <b>3:30p Presidents Day Trivia</b>	<b>20</b> 9:30a Balance Builders 10:00a Bible Study: Who Is Jesus? – AL 10:30a Sit & Sip 1:00p Short Stories 2:30p Afternoon Workout 3:30p Jewelry Making	<b>21</b> 9:30a Strengthening 10:00a Sit & Sip 10:30a Pet Visits w/Cooper <b>1:30p Scenic Drive – BT</b> 2:30p Kick Ball 3:30p Radio Theatre – AL 4:30p Adult Coloring	<b>22 Washington's Birthday</b> 9:30a Balance Builders 10:00a Sit & Sips 10:30a Mystery Box Discovery 1:00p Heading to the Ocean 2:30p Stretch & Strength 3:30p Rhythm & Sounds 4:30p Painting Sensations	<b>23</b> 9:30a Strengthening 10:00a Daily Chronicle 10:30a Bible Study – AL 1:00p Hand Massages 2:30p Guess the Shadow 3:30p TGIF Ice Cream Social 4:30p DIY Sun Catchers	<b>24</b> 9:30a Morning Exercise – AL 10:30a BINGO 1:00p Daily Devotional 2:00p Bowling Mania 3:30p Saturday Adult Coloring 4:30p Tangrams
<b>25</b> 9:30a Morning Exercise 10:00a Sit & Sip 10:30a Church Service – AL 1:00p Short Stories <b>2:30p DIY Cat Toy – AL</b> 3:30p What Comes Next? 4:30p Word to the Wise	<b>26</b> 9:30a Stretch & Strength 10:00a Sit & Sip 10:15a Daily Chronicle 10:30a Pet Visits w/Cooper <b>1:30p Scenic Drive – BT</b> 2:30p What Goes with What? 3:30p Painting Sensations	<b>27</b> 9:30a Balance Builders 10:00a Bible Study: Who Is Jesus? – AL 10:30a Sit & Sip 1:00p Soothing Sounds 2:30p Balloon Tennis 3:00p Mad Hatters Ladies Tea	<b>28</b> 9:30a Strengthening 10:00a Sit & Sip 10:30a Pet Visits w/Cooper 1:00p Comedy Hour 2:30p Afternoon Sing A Long <b>3:30p Radio Theatre – AL</b> 4:30p Word to the Wise		<b>Location Key:</b> Assisted Living – AL 