

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



- Be Adventurous
- Be Challenged
- Be Connected
- Be Family
- Be Inspired
- Be Social
- Be Well

**Location Keys**

- Art Studio, 2nd Floor AS
- Bistro, 1st Floor B
- Club Room, 3rd Floor CR
- Dining Room DR
- Fitness Center, 2nd Floor FC
- Out of Building O
- Theater, 2nd Floor TH

**Resident Birthdays**

- Linda P. 2/2
- Dale W. 2/2
- Lee I. 2/3
- Ronald W. 2/15
- Catherine S. 2/19
- Rita S. 2/21

- 10:00 Chair Exercise [FC]
- 10:00 Quilt Making Collection with the Dallas Museum of Art [AS]
- 10:35 Cardio Chair Exercise [FC]
- 1:15 Central Market or Walmart [O]
- 1:30 Mexican Train Domino Game [B]
- 3:30 Bingo [CR]
- 6:30 Friday Night Movie - Before We Go [TH]

- Happy Birthday Dale W.!
- Happy Birthday Linda P.!
- 10:00 Chair Exercise [FC]
- 10:35 Cardio Chair Exercise [FC]
- 1:00 Jewelry Making with Stacey [AS]
- 1:30 Games in the Bistro [B]
- 3:00 Bingo [CR]
- 6:30 Saturday Night Movie - God's Not Dead: A Light in the Darkness [TH]

- Happy Birthday Lee I.!
- 8:00 Joel Osteen Televised weekly Sermon [CR]
- 10:00 Chair Exercise [FC]
- 11:00 Catholic Mass - Televised [CR]
- 1:30 Games in the Bistro [B]
- 2:00 Wii Bowling [CR]
- 3:00 Sing along Hymns with Ruth [TH]
- 5:00 Superbowl Game [TH]

- 10:00 Chair Exercise [FC]
- 10:35 Cardio Chair Exercise [FC]
- 11:00 St Marks Catholic Church Communion
- 1:30 Games in the Bistro [B]
- 1:30 Relax and Stretch [FC]
- 2:00 Series- Planet Earth [TH]
- 3:00 Bingo [CR]
- 6:30 Monday Night Movie [TH]

- Doctors Appointments
- 10:00 Chair Exercise [FC]
- 10:35 Cardio Chair Exercise [FC]
- 11:00 Bible Study with Reg from First Frisco United Methodist Church
- 12:00 Pizza and a Movie [TH]
- 1:30 Bridge [CR]
- 1:30 Mexican Train Domino Game [B]
- 6:30 Tuesday Night Movie [TH]

- 10:00 Chair Exercise [FC]
- 10:35 Cardio Chair Exercise [FC]
- 11:00 Outing- Paula Deen Restaurant [O]
- 1:30 Bingo with Carla from Reliant Home Health [CR]
- 1:30 Games in the Bistro [B]
- 3:00 Pastry Making Demo and Tasting with Gina [CR]
- 3:30 Brainfitness [FC]
- 6:00 Broadway Show Tunes sung by Danielle Mendleson [B]
- 6:30 Wednesday Night Movie [TH]

- Doctors Appointments
- 10:00 Chair Exercise [FC]
- 10:35 Cardio Chair Exercise [FC]
- 1:30 Games in the Bistro [B]
- 2:00 Flower Arranging [AS]
- 3:30 Happy Hour with Marty Ruiz [B]
- 6:30 Thursday Night Movie [TH]

- 10:00 Chair Exercise [FC]
- 10:35 Cardio Chair Exercise [FC]
- 1:15 Central Market or Walmart [O]
- 1:30 Mexican Train Domino Game [B]
- 2:45 Popping Friday [B]
- 3:30 Bingo [CR]
- 6:00 Left, Right and Center [B]
- 6:30 Friday Night Movie [TH]

- 10:00 Chair Exercise [FC]
- 10:35 Cardio Chair Exercise [FC]
- 1:00 Jewelry Making with Stacey [AS]
- 1:00 UTD Engineering Students Tech Support [CR]
- 1:30 Arts and Crafts [AS]
- 1:30 Games in the Bistro [B]
- 3:00 Bingo [CR]
- 6:30 Saturday Night Movie [TH]

- 8:00 Joel Osteen Televised weekly Sermon [CR]
- 10:00 Chair Exercise [FC]
- 11:00 Catholic Mass - Televised [CR]
- 1:30 Games in the Bistro [B]
- 2:00 Uno with Edgar [B]
- 3:30 Wine and Cheese Social [CR]
- 6:30 Sunday Night Movie [TH]

- 10:00 Chair Exercise [FC]
- 10:35 Cardio Chair Exercise [FC]
- 11:00 St Marks Catholic Church Communion
- 1:30 Games in the Bistro [B]
- 1:30 Relax and Stretch [FC]
- 2:00 Series- Planet Earth [TH]
- 3:00 Bingo [CR]
- 6:00 Minute to Win It [B]
- 6:30 Monday Night Movie [TH]

- Doctors Appointments
- 10:00 Chair Exercise [FC]
- 10:30 Horticultural Link with Susan [AS]
- 10:35 Cardio Chair Exercise [FC]
- 11:00 Bible Study with Reg from First Frisco United Methodist Church
- 1:30 Bridge [CR]
- 1:30 Mexican Train Domino Game [B]
- 3:30 Art Class with Reena [AS]
- 4:00 Trivia and Treats with Stacey [CR]
- 6:30 Tuesday Night Movie [TH]

- 10:00 Chair Exercise [FC]
- 10:00 Total Hearing Care [AS]
- 10:35 Cardio Chair Exercise [FC]
- 1:30 Bingo with Carla from Reliant Home Health [CR]
- 1:30 Games in the Bistro [B]
- 3:30 Brainfitness [FC]
- 3:30 Wheel of Fortune [FC]
- 5:00 Outing- The Keg Steakhouse [O]
- 6:30 Wednesday Night Movie [TH]

- Doctors Appointments
- Happy Valentines Day!
- 10:00 Chair Exercise [FC]
- 10:35 Cardio Chair Exercise [FC]
- 1:30 Games in the Bistro [B]
- 1:30 Strawberry Dipping [AS]
- 3:30 Happy Hour with Laura Yearly [B]
- 4:30 Valentines Day Dinner [DR]
- 6:30 Thursday Night Movie [TH]

- 10:00 Chair Exercise [FC]
- 10:35 Cardio Chair Exercise [FC]
- 1:15 Central Market or Walmart [O]
- 1:30 Mexican Train Domino Game [B]
- 2:45 Popping Friday [B]
- 3:30 Bingo [CR]
- 6:00 Tripoli [B]
- 6:30 Friday Night Movie [TH]

- 10:00 Chair Exercise [FC]
- 10:35 Cardio Chair Exercise [FC]
- 1:00 Jewelry Making with Stacey [AS]
- 1:30 Games in the Bistro [B]
- 3:00 Bingo [CR]
- 6:30 Saturday Night Movie [TH]

- 8:00 Joel Osteen Televised weekly Sermon [CR]
- 10:00 Chair Exercise [FC]
- 11:00 Catholic Mass - Televised [CR]
- 1:30 Games in the Bistro [B]
- 2:00 Wii Bowling [FC]
- 3:00 Sing along Hymns with Ruth [TH]
- 6:30 Sunday Night Movie [TH]

- 10:00 Chair Exercise [FC]
- 10:35 Cardio Chair Exercise [FC]
- 11:00 St Marks Catholic Church Communion
- 1:30 Games in the Bistro [B]
- 1:30 Relax and Stretch [FC]
- 2:00 Series- Planet Earth [TH]
- 3:00 Bingo [CR]
- 6:00 Hangman [B]
- 6:30 Monday Night Movie [TH]

- Doctors Appointments
- Happy Birthday Catherine S.!
- 10:00 Chair Exercise [FC]
- 10:35 Cardio Chair Exercise [FC]
- 11:00 Bible Study with Reg from First Frisco United Methodist Church
- 1:00 Museum Masterpieces- Love of Art [TH]
- 1:30 Mexican Train Domino Game [B]
- 3:00 Wheel of Fortune [FC]
- 6:30 Tuesday Night Movie [TH]

- 10:00 Chair Exercise [FC]
- 10:35 Cardio Chair Exercise [FC]
- 11:00 Outing- Saint Ann Restaurant & The Samurai Collection [O]
- 11:00 Rabbi Wolk [TH]
- 1:30 Bingo with Carla from Reliant Home Health [CR]
- 1:30 Games in the Bistro [B]
- 3:30 Brainfitness [FC]
- 6:30 Wednesday Night Movie [TH]

- Doctors Appointments
- Happy Birthday Rita S.!
- 10:00 Chair Exercise [FC]
- 10:35 Cardio Chair Exercise [FC]
- 1:30 Games in the Bistro [B]
- 2:00 Flower Arranging [AS]
- 2:00 Legacy Health Talk [TH]
- 3:30 Happy Hour with Toni Macaroni [B]
- 6:30 Thursday Night Movie [TH]

- 10:00 Chair Exercise [FC]
- 10:35 Cardio Chair Exercise [FC]
- 1:15 Central Market or Walmart [O]
- 1:30 Mexican Train Domino Game [B]
- 2:45 Popping Friday [B]
- 3:30 Bingo [CR]
- 6:00 Horseshoes with Stacey [FC]
- 6:30 Friday Night Movie [TH]

- 10:00 Chair Exercise [FC]
- 10:35 Cardio Chair Exercise [FC]
- 1:30 Games in the Bistro [B]
- 1:30 Piano performance with Sue Pierce [B]
- 1:30 Rummikub [CR]
- 3:00 Bingo [CR]
- 6:30 Saturday Night Movie [TH]

- 8:00 Joel Osteen Televised weekly Sermon [CR]
- 10:00 Chair Exercise [FC]
- 11:00 Catholic Mass - Televised [CR]
- 1:30 Games in the Bistro [B]
- 1:30 Games in the Bistro [B]
- 1:30 Outing- "And The Bands Played on" at The Eisemann [O]
- 3:00 Banagrams with Lynn
- 6:30 Sunday Night Movie [TH]

- 10:00 Chair Exercise [FC]
- 10:35 Cardio Chair Exercise [FC]
- 11:00 St Marks Catholic Church Communion
- 1:00 Elite Mobile Dental [AS]
- 1:30 Games in the Bistro [B]
- 1:30 Relax and Stretch [FC]
- 2:00 Series- Planet Earth [TH]
- 3:00 Bingo [CR]
- 6:00 Wheel of Fortune [FC]
- 6:30 Monday Night Movie [TH]

- Doctors Appointments
- 10:00 Chair Exercise [FC]
- 10:35 Cardio Chair Exercise [FC]
- 11:00 Bible Study with Reg from First Frisco United Methodist Church
- 1:30 Bridge [CR]
- 1:30 Mexican Train Domino Game [B]
- 3:30 Art Class with Reena [AS]
- 4:00 Universal Yums-The Land of Poets and Thinkers [CR]
- 6:30 Tuesday Night Movie [TH]

- 10:00 Chair Exercise [FC]
- 10:35 Cardio Chair Exercise [FC]
- 1:30 Bingo with Carla from Reliant Home Health [CR]
- 1:30 Games in the Bistro [B]
- 2:00 Outing- Michaels and Hobby Lobby Craft Stores [O]
- 3:30 Brainfitness [FC]
- 6:30 Wednesday Night Movie [TH]

- Doctors Appointments
- 10:00 Chair Exercise [FC]
- 10:35 Cardio Chair Exercise [FC]
- 1:30 Games in the Bistro [B]
- 2:00 Crafts [AS]
- 5:00 February Birthday Celebration with Laurie Gabriel [DR]
- 6:30 Thursday Night Movie [TH]