

# FEBRUARY 2021 Live Well Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30 Greeting/Music <b>1</b> 10:00 Aerobic Exercise 10:30 Bulls Eye Game 12:30 "Rose Island" 2:00 Stretching 2:30 President Trivia 3:15 BINGO	9:30 Current Events <b>2</b> 10:00 Chair Exercise 10:30 X-Box Bowling 12:30 "3 Generations" 2:00 Plate Exercise 2:30 George Washington Trivia 3:15 IN2L-Discussions	9:30 Current Events <b>3</b> 10:00 Aerobic Exercise 10:30 "Chinese Hat Pt.2 12:30 Edge Of Universe 2:00 Tai Chi 2:30 Abraham Lincoln Trivia 3:15 Name That Sounds	9:30 Current Events <b>4</b> 10:00 Plate Exercise 10:30 Dart/Target Shooting 12:30 "Airplane" 2:00 Rubber Band Exercise 2:30 Barrack Obama Trivia 3:15 Charades/Balloon Bad.	9:30 Current Events <b>5</b> 10:00 Toning 1 & 2 Ex. 10:30 Reminiscing 12:30 Running For Grace" 2:00 Exercise w/ weights 2:30 Thomas Jefferson Trivia 3:15 Table Tennis	<b>6</b>  <b>CENTER CLOSED</b>
<b>7</b>  <b>CENTER CLOSED</b>	<b>8</b> 9:15 Greeting/Music 10:00 Tai Chi 10:30 Bulls Eye Game (2) 12:30 "Loving" 2:00 Rubber Band Ex. 2:30 Gerald Ford Trivia 3:15 BINGO/ IN2L-Brain Game	<b>9</b> 9:15 Current Events 10:00 Plate Exercise 10:30 Destination: <b>CHINA</b> 12:30 "The Last Laugh" 2:00 Stretching Exercise 2:30 Ronald Reagan Trivia 3:15 Knockdown Cups/Dart	<b>10</b> 9:15 Greeting/ Music 10:00 Toning legs/arms Exercises 10:30 Reminiscing 12:30 "Riding Faith" 2:00 Exercise w/ weights 2:30 John F. Kennedy Trivia 3:15 Golf/ Soccer	<b>11</b> 9:15 Current Events 10:00 Aerobic Exercise 10:30 Valentine's Day "Cookie Decoration" 12:30 "Valentine's Day" 2:00 Chair Exercise 2:30 James Garfield Trivia 3:15 Balloon Badminton/Dart	<b>CHINESE NEW YEAR 12</b> 9:15 Greeting/Music 10:00 Plate Exercise 10:30 Lion Dance 12:30 "Double World" 2:00 Aerobic Exercise 2:30 Year Of Chinese Cal. 3:15 Bull's Eye Game	<b>13</b>  <b>CENTER CLOSED</b>  Val Freitas
<b>14</b> <b>Valentine's Day</b>  <b>CENTER CLOSED</b>	<b>President's Day 15</b>  <b>CENTER CLOSED</b>	<b>16</b> 9:15 Current Events 10:00 Rubber Band Ex 10:30 Karaoke/Beads Craft 12:30 "The American President" 2:00 Aerobic exercise 2:30 Telephone Trivia 3:15 Dart/Ring Toss/IN2L	<b>17</b> 9:15 Greeting/Music 10:00 Plates Exercise 10:30 Mind/Memory Game 12:30 "Mr. Deeds" 2:00 Toning3 & 4 Exercise 2:30 California Trivia 3:15 Bulls Eye Game/ Balloon Badminton	<b>18</b> 9:15 Current Events 10:00 Tai Chi 10:30 IN2L Trivia Games 12:30 "Rust Creek" 2:00 Aerobic Exercise 2:30 Football Trivia 3:15 Basketball/Target Shoot	<b>19</b> 9:15 Greeting/Music 10:00 Aerobic Ex 10:30 Mystery Word G. 12:30 "RV" 2:00 Rubber Band Ex. 2:30 Basketball Trivia 3:15.Pictionary/Ring Toss	<b>20</b>  <b>CENTER CLOSED</b>
<b>21</b>  <b>CENTER CLOSED</b>	<b>22</b> 9:15 Greeting/Music 10:00 Rubber Band Ex 10:30 IN2L Hangman 12:30"Sextuplets" 2:00 Plate Exercise 2:30 Telephone Trivia 3:15 Parachute/Ring Toss	<b>23</b> 9:15 Current Events 10:00 Aerobic Ex 10:30 Painting/Jigsaw P. 12:30 "Finding Nicky" 2:00 Chair Exercises 2:30 Dog Trivia/Riddles 3:15 Table Tennis / IN2L Games	<b>24</b> 9:15 Greeting/Music 10:00 Weight Exercise 10:30 Dart/Target Shoot 12:30 "Run Away Bride" 2:00 Stretching Exercises 2:30 Cat Trivia/Riddles 3:15 BINGO/IN2L Game	<b>25</b> 9:15 Current Events 10:00 Aerobic Ex 10:30 Karaoke/Jigsaw P. 12:30 "The Longest Yard" 2:00 Leg & Hand Toning Ex. 2:30 Trivia/Riddles 3:15 X-Box Bowling/ IN2L	<b>26</b> 9:15 Greeting/Music 10:00 Plate Exercise 10:30 Soccer /Darts 12:30 "Hillbilly Elogy" 2:00 Aerobic Exercise 2:30 Ice Cream Trivia  3:15 Destination: Netherland	<b>27</b>  <b>CENTER CLOSED</b>
<b>28</b>  <b>CENTER CLOSED</b>	 <p>My heart to you is given.          Oh, do give yours to me;          We'll lock them up together,          And throw away the key.          ~Frederick Saunders</p>	<b>Daily Activities:</b> 11:30am Lunch 12:30pm Rest Time or Movie 3:00pm Snacks 4:30pm Talk Story/ IN2L Games		<b>*Activities are subject to change</b>		