

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Note: Activities in bold depict special programs such as live entertainment, outings, & religious services.	Dates to Remember Friday, 2/1: Catholic Mass Sunday, 2/3: Superbowl Sunday Tuesday, 2/5 :Drumming Circle Thursday, 2/7: Exercise w. Tyrone Friday, 2/8: Ethan Stone performs Saturday, 2/9: Art Therapy w. Carol	Dates to Remember Thursday, 2/14: Exercise w. Tyrone Friday, 2/15: John Paolilo performs Saturday, 2/16: Service w. Pastor O'Dell Tuesday, 2/19: East Chicago Joe performs at the monthly birthday party!	Dates to Remember Thursday, 2/21: Exercise w. Tyrone Saturday, 2/23: Mickey Wyllys performs Tuesday, 2/26: Willie Nininger performs Thursday, 2/28: Exercise w. Tyrone		9:30AM-Senior Golden Moves 10:30AM-Walking Club 12:00PM-Lunch 1:30PM- Catholic Mass w/Father 3:30PM- Sensory Serenity: <i>Aromatherapy & Hand Massages</i> 4:30PM-Engagement Baskets 5:00PM-Dinner 6:00PM-Nightly News 1	9:30AM-Morning Exercise w/CL 10:30AM-Fireside Chats 12:00PM-Lunch 1:30PM- All Faith Prayer Circle 3:30PM-Manicures w/Nayas 4:30PM-Engagement Baskets 5:00PM-Dinner 6:00PM-Nightly News 2
SuperBowl Sunday 9:30AM-Fittersitters w/CL 10:30AM-Mass on TV 12:00PM-Lunch 1:30PM-Spiritual Sing-A-Long 3:30PM-Afternoon Matinee 4:30PM-Aromatherapy 6:00PM-SuperBowl Party! 3	9:30AM-Morning Exercise w/CL 10:30AM-Walking Club 12:00PM- Lunch 1:30PM- Picture Bingo 3:30PM- Memory Magic 4:30PM-Engagement Baskets 5:00PM- Dinner 6:00PM-Nightly News 4	9:30AM-Music & Motion w/CL 10:30AM- Drumming Circle 12:00PM-Lunch 1:30PM- W.U. Sensory Science (Making Play-dough) 3:30PM- Coffee Social in Café 4:30PM-Engagement Baskets 5:00PM-Dinner 6:00PM-Nightly News 5	9:30AM-Stretching w/CL 10:30AM-Kinetic Sand Art 11:30AM- Lunch Outing 12:00PM-Lunch 1:30PM-Brownie Social 3:30PM-Story Telling 4:30PM-Engagement Baskets 5:00PM-Dinner 6:00PM-Nightly News 6	9:30AM-Fittersitters w/CL 10:30AM- Hearthside Book Club 12:00PM-Lunch 1:30PM- W.U. Butter Churning Class: Raspberry Butter 3:30PM- Aquapaintings 4:30PM-Engagement Baskets 5:00PM-Dinner 6:00PM-Nightly News 7	9:30AM-Senior Golden Moves 10:30AM-Walking Club 12:00PM-Lunch 1:30PM- Ethan Stone Performs! 3:30PM- Sensory Serenity: <i>Aromatherapy & Hand Massages</i> 4:30PM-Engagement Baskets 5:00PM-Dinner 6:00PM-Nightly News 8	9:30AM-Morning Exercise w/CL 10:30AM- Art Therapy w/Carol 12:00PM-Lunch 1:30PM-Hot Coco Social w/Music 3:30PM-Movie & Popcorn 4:30PM-Engagement Baskets 5:00PM-Dinner 6:00PM-Nightly News 9
9:30AM-Fittersitters w/CL 10:30AM-Mass on TV 12:00PM-Lunch 1:30PM-Spiritual Sing-A-Long 3:30PM-Afternoon Matinee 4:30PM-Aromatherapy 5:00PM-Dinner 6:00PM-Nightly News 10	9:30AM-Morning Exercise w/CL 10:30AM- Walking Club 12:00PM- Lunch 1:30PM- Choir Club 3:30PM- Walking Club w/CL 4:30PM-Engagement Baskets 5:00PM- Dinner 6:00PM-Nightly News 11	9:30AM-Music & Motion w/CL 10:30AM- W.U. Sensory Science (Sensory Bottles) 12:00PM-Lunch 1:30PM- Memory Magic 3:30PM-Coffee Social in Café 4:30PM-Engagement Baskets 5:00PM-Dinner 6:00PM-Nightly News 12	9:30AM-Stretching w/CL 10:30AM- Kinetic Sand Art 12:00PM-Lunch 1:30PM- Ribbon Fun 3:30PM-Sing-A-Long 4:30PM-Engagement Baskets 5:00PM-Dinner 6:00PM-Nightly News 13	Valentines Day 9:30AM-Fittersitters w/CL 10:30AM- Hearthside Book Club 12:00PM-Lunch 1:30PM- W.U. Butter Churning Class: Hot Chocolate Butter 3:30PM-Valentine's Bingo 4:30PM-Engagement Baskets 6:00PM-Nightly News 14	9:30AM-Senior Golden Moves 10:30AM- John Paolilo Performs 12:00PM-Lunch 1:30PM- Walking Club 3:30PM- Sensory Serenity: <i>Aromatherapy & Hand Massages</i> 4:30PM-Engagement Baskets 5:00PM-Dinner 6:00PM-Nightly News 15	9:30AM-Morning Exercise w/CL 10:30AM- All Faith Prayer Circle 12:00PM-Lunch 1:30PM- Noodle Balloon Toss 3:00PM- Service w/Pastor O'Dell 4:30PM-Engagement Baskets 5:00PM-Dinner 6:00PM-Nightly News 16
9:30AM-Fittersitters w/CL 10:30AM-Mass on TV 12:00PM-Lunch 1:30PM-Spiritual Sing-A-Long 3:30PM-Afternoon Matinee 4:30PM-Aromatherapy 5:00PM-Dinner 6:00PM-Nightly News 17	9:30AM-Morning Exercise w/CL 10:30AM-Walking Club 12:00PM-Lunch 1:30PM-Then & Now 3:30PM-Manicures 4:30PM-Engagement Baskets 5:00PM-Dinner 6:00PM-Nightly News 18	9:30AM-Music & Motion w/CL 10:30AM- W.U. Sensory Science (Colored Pasta Project) 12:00PM-Lunch 1:30PM- East Chicago Joe Performs at the Monthly Birthday Party! 3:30PM-Bean Bag Basketball 4:30PM-Engagement Baskets 5:00PM-Dinner 19	9:30AM-Stretching w/CL 10:30AM-Baking Club: Pudding 12:00PM-Lunch 2:00PM- Oreo Pudding Social 3:30PM- Kitten Therapy w/Luna 4:30PM-Engagement Baskets 5:00PM-Dinner 6:00PM-Nightly News 20	9:30AM-Fittersitters w/CL 10:30AM- Hearthside Book Club 12:00PM-Lunch 1:30PM- W.U. Butter Churning Class: Garlic Butter 3:30PM-Blackout Rainbow Art 4:30PM-Engagement Baskets 5:00PM-Dinner 6:00PM-Nightly News 21	9:30AM-Senior Golden Moves 10:30AM-Walking Club 12:00PM-Lunch 1:30PM- Poetry Circle 3:30PM- Sensory Serenity: <i>Aromatherapy & Hand Massages</i> 4:30PM-Engagement Baskets 5:00PM-Dinner 6:00PM-Nightly News 22	9:30AM-Morning Exercise w/CL 10:30AM- All Faith Prayer Circle 12:00PM-Lunch 1:30PM- Mickey Wyllys Performs 3:30PM-Movie & Snack 4:30PM-Engagement Baskets 5:00PM-Dinner 6:00PM-Nightly News 23
9:30AM-Fittersitters w/CL 10:30AM-Mass on TV 12:00PM-Lunch 1:30PM-Spiritual Sing-A-Long 3:30PM-Afternoon Matinee 4:30PM-Aromatherapy 5:00PM-Dinner 6:00PM-Nightly News 24	9:30AM-Morning Exercise w/CL 10:30AM- Walking Club 12:00PM-Lunch 1:30PM- Choir Club 3:30PM- Categories Card Game 4:30PM-Engagement Baskets 5:00PM-Dinner 6:00PM-Nightly News 25	9:30AM-Music & Motion w/CL 10:30AM- W.U. Sensory Science (Making Jelly Drops) 12:00PM-Lunch 1:30PM- Willie Nininger Performs 3:30PM-Engagement Baskets 5:00PM-Dinner 6:00PM-Nightly News 26	9:30AM-Stretching w/CL 10:30AM-Baking Club: Cookie Brownies 12:00PM-Lunch 1:30PM- Scenic Drive Outing 3:30PM- Cookie brownie Social 4:30PM-Engagement Baskets 5:00PM-Dinner 6:00PM-Nightly News 27	9:30AM-Fittersitters w/CL 10:30AM- Hearthside Book Club 12:00PM-Lunch 1:30PM- W.U. Butter Churning Class: Honey Butter 3:30PM-Folding & Sorting w/CL 4:30PM-Engagement Baskets 5:00PM-Dinner 6:00PM-Nightly News 28		
Resident Lunch Outing Wednesday, February 6th Plan to depart at 11:15 AM Lunch at the Frontera Grill Satisfy your hunger for authentic Mexican and Mexican-American food at Frontera Grill in Springfield, MA. Our locally-owned-and-operated restaurant serves quality ethnic food, like chimichangas, fajitas, burritos , and much more. <i>Please sign up asap, seating is limited.</i>	Resident Outing Wednesday, February 27th Plan to depart at 1:15 PM Historic Tours of Western MA is a new W.U. course where residents will enjoy a scenic drive to explore local landmarks & historic regions in nearby towns. <i>Please sign up asap, seating is limited.</i>	<h1>FEBRUARY 2019</h1> <p><i>Pathways</i></p>		ACTIVITY LOCATOR KEY		February Birthdays Maria Reiter <i>turning 105</i> on the 1st! Dorothea O'Hagan the 1st Dora Giugliano the 4th Art Barstow the 8th Frances Pickrell the 12th Joyce Spruiell the 18th Mildred McQuaid the 25th