


February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			<p><i>1</i></p> <p>9:30 Walk 10:30 Trip to Vivarium-Reptile Gallery 11:00 Word Games-L 3:00 Resident Spotlight Event—Paul Freedman-Lobby 5:00 Culture Club Meeting-L</p>	<p><i>2</i></p> <p>9:30 Walk 10:00 QiGong Class - 2 OR 10:00-12:00 Wellness Center w/ Mark Larks 10:30 Reader's Theater-L 12:30 Men's Club - DR 2:30 Expressive Art w/Mahyar 4:00 Sing-A-Long-L 6:00 Women's Discussion Grp-L 7:00 Family Life Stories w/Angela</p>	<p><i>3</i></p> <p>9:30 Walk 10:00 Creative Writing-L 11:15 Opera Appreciation-L 1:45 City Excursion to Barnes & Noble 3:30 Scrabble Challenge-L 3:45 The Art of Hat-Making-Art Rm 6:30 Friday Night Movie-L</p>	<p><i>4</i></p> <p>9:30 Walk 10:00 Batik Class-Art Rm 11:30 Crossword Puzzles-Lobby 2:00 World Music/Dance-L 4:00 Life Stories w/ Tea -2 6:00 Shakespeare Plays—L</p>	
<p><i>5</i></p> <p>9:30 Current Events - DR 10:30-12:00 Open Art Studio 11:00 Meditation w/ Eric 11:00 Puzzles & Games-Lobby 2:00 Super Bowl Snacks Preparation Pre-Party-2 3:30 Super Bowl Party-2 4:00 Library Book Club-L</p>	<p><i>6</i></p> <p>9:30 Walk 10:00 Today's Crossword-Lobby 10:00 Tai Chi - 2 10:30 Laughter w/ Nithya - 2 11:15 Meditation w/ Greg-2 2:00 ZooMobile—2 3:15 Health Concerns w/ Katherine - L 4:15 Arts & Crafts/Open Studio</p>	<p><i>7</i></p> <p>9:30 Walk 10:00 Brain Exercise 11:00 Creative Projects-ArtRm Or Books4Us—L 2:00 Aging Support Group- L OR 2:00 Stitch'N Time-ArtRm 3:30 Live Entertainment-DR 6:30 Tuesday Night Movie-L</p>	<p><i>8</i></p> <p>9:30 Walk 10:00 Bereavement Group-L 11:00 Word Games-L 11:00 Trip to African American Museum & Library 2:30 Psychology of Aging -L w/Joey & Arielle 3:45 Hot Topics -L 4:45 Skype Training-Lobby 7:00 Rosie the Riveter Presentation-Lobby</p>	<p><i>9</i></p> <p>9:30 Walk 10:00 QiGong Class - 2 OR 10:00-12:00 Wellness Center w/ Mark Larks 10:30 Reader's Theater-L 12:30 Men's Club - DR 2:30 Expressive Art w/Mahyar 4:00 Sing-A-Long-L 6:00 Women's Discussion Grp-L 7:00 Family Life Stories w/Angela</p>	<p><i>10</i></p> <p>9:30 Walk 10:00 Creative Writing-L 11:15 Opera Appreciation-L 1:45 Scenic Drive to View John Muir's Home-Martinez 3:30 Scrabble Challenge-L 3:45 The Art of Hat-Making-Art Rm 6:30 Friday Night Movie-L</p>	<p><i>11</i></p> <p>9:30 Walk 10:00 Batik Class-Art Rm 11:30 Crossword Puzzles-Lobby 2:00 World Music/Dance-L 4:00 Life Stories w/ Tea -2 6:00 Shakespeare Plays—L</p>	
<p><i>12</i></p> <p>9:30 Current Events - DR 10:30-12:00 Open Art Studio 11:00 Meditation w/ Eric 11:00 Puzzles & Games-Lobby 1:00 Trip to see "Counter Attack", a Stagebridge Production 2:00 Movie - DR</p>	<p><i>13</i></p> <p>9:30 Walk 10:00 Today's Crossword-Lobby 10:00 Tai Chi - 2 10:30 Laughter w/ Nithya - 2 11:15 Meditation w/ Greg-2 12:30 Ladies Who Lunch-DR 2:00 Science Hour—L 3:15 Health Concerns w/ Katherine- L 4:15 Arts & Crafts/Open Studio</p>	<p><i>14</i></p> <p>9:30 Walk 10:00 Brain Exercise 11:00 Creative Projects-ArtRm Or Books4Us—L 2:00 Aging Support Group- L OR 2:00 Stitch'N Time-ArtRm 3:30 Live Entertainment-DR 5:30 Valentine's Dinner</p>	<p><i>15</i></p> <p>9:30 Walk 10:30 Trip to Bedford Art Gallery 11:00 Word Games-L 2:30 Psychology of Aging w/Joey & Arielle - L 3:45 Hot Topics -L 4:45 Activities Feedback Session-L 4:45 Skype Training-Lobby</p>	<p><i>16</i></p> <p>9:30 Walk 10:00 QiGong Class - 2 OR 10:00-12:00 Wellness Center w/ Mark Larks 10:30 Reader's Theater-L 12:30 Men's Club - DR 2:30 Expressive Art w/Mahyar 3:30 Resident Council Mtg-DR 4:30 Sing-A-Long-L 6:00 Women's Discussion Grp-L 7:00 Family Life Stories w/Angela</p>	<p><i>17</i></p> <p>9:30 Walk 10:00 Creative Writing-L 11:15 Opera Appreciation-L 1:45 City Excursion to Emeryville City Hall 3:15 Dining Committee Meeting-DR 3:45 The Art of Hat-Making-Art Rm 6:30 Friday Night Movie-L</p>	<p><i>18</i></p> <p>9:30 Walk 10:00 Batik Class-Art Rm 11:30 Crossword Puzzles-Lobby 2:00 World Music/Dance-L 4:00 Life Stories w/ Tea -2 6:00 Shakespeare Plays—L</p>	
<p><i>19</i></p> <p>9:30 Current Events - DR 10:30-12:00 Open Art Studio 11:00 Meditation w/ Eric 11:00 Puzzles & Games-Lobby 2:00 Movie - DR Or 2:00 Spa Time - 3 4:00 Library Book Club-L</p>	<p><i>20</i></p> <p>9:30 Walk 10:00 Today's Crossword-Lobby 10:00 Tai Chi - 2 10:30 Laughter w/ Nithya - 2 11:15 Meditation w/ Greg-2 2:00 Science Hour-L 3:15 Health Concerns w/ Katherine- L 4:15 Arts & Crafts/Open Studio</p>	<p><i>21</i></p> <p>9:30 Walk 10:00 Brain Exercise 11:00 Creative Projects-ArtRm Or Books4Us—L 2:00 Aging Support Group- L OR 2:00 Stitch'N Time-ArtRm 3:30 Live Entertainment & Mardi Gras Party 6:30 Tuesday Night Movie-L</p>	<p><i>22</i></p> <p>9:30 Walk 10:00 Bereavement Group-L 11:00 Word Games-L 11:00 Trip to Spenger's Restaurant 2:30 Psychology of Aging w/Joey & Arielle - L 3:45 Hot Topics -L 4:45 Skype Training-Lobby</p>	<p><i>23</i></p> <p>9:30 Walk 10:00 QiGong Class - 2 OR 10:00-12:00 Wellness Center w/ Mark Larks 10:30 Reader's Theater-L 12:30 Men's Club - DR 2:30 Expressive Art w/Mahyar 4:00 Sing-A-Long-L 6:00 Women's Discussion Grp-L 7:00 Family Life Stories w/Angela</p>	<p><i>24</i></p> <p>9:30 Walk 10:00 Creative Writing-L 11:15 Opera Appreciation-L 1:45 Scenic Drive to Lafayette 3:30 Scrabble Challenge-L 3:45 The Art of Hat-Making-Art Rm 6:30 Friday Night Movie-L</p>	<p><i>25</i></p> <p>9:30 Walk 10:00 Batik Class-Art Rm 11:30 Crossword Puzzles-Lobby 2:00 World Music/Dance-L 4:00 Life Stories w/ Tea -2 6:00 Shakespeare Plays—L</p>	
<p><i>26</i></p> <p>9:30 Current Events - DR 10:30-12:00 Open Art Studio 11:00 Meditation w/ Eric 11:00 Puzzles & Games-Lobby 2:00 Movie - DR Or 2:00 Spa Time - 3 4:00 Trivia Contest-Lobby</p>	<p><i>27</i></p> <p>9:30 Walk 10:00 Today's Crossword-Lobby 10:00 Tai Chi - 2 10:30 Laughter w/ Nithya - 2 11:15 Meditation w/ Greg-2 12:30 Ladies Who Lunch-DR 2:00 Science Hour—L 3:15 Health Concerns w/ Katherine- L 4:15 Arts & Crafts/Open Studio</p>	<p><i>28</i></p> <p>9:30 Walk 10:00 Brain Exercise 11:00 Creative Projects-ArtRm Or Books4Us—L 2:00 Aging Support Group- L OR 2:00 Stitch'N Time-ArtRm 3:30 Live Entertainment-DR 6:30 Tuesday Night Movie-L</p>	<p><i>29</i></p> <p>9:30 Walk 10:30 Trip to Oakand Aviation Museum 11:00 Word Games-L 2:30 Psychology of Aging w/Joey & Arielle - L 4:45 Skype Training-Lobby 7:00 "It's a Grand Day" Event-Celebrating our New Grand Piano!</p>	 <p>at Bayside Park A Caring Elder Community</p>			