

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Locations Dining Room, DR Front Lobby Patio, FP Hallways, H Patio, P Station 4, ST 4</p>	<p>Birthdays Gwendolyn P., 1st Natasha T., 2nd (Employee) Marie H., 7th Tim G., 7th Maria M., 8th (Employee) Juan Z., 9th (Employee)</p>	<p>Guillermina E., 10th (Employee) Esperanza S., 12th (Employee) Manuel C., 12th Marie A., 14th Paula G., 15th (Employee) Jose C., 18th</p>	<p>Sterling S., 18th Jandra H., 19th (Employee) Lois T., 21st Wendy O., 22nd Jane D., 25th Michael T., 25th (Employee)</p>	<p>Eileen A., 26th (Employee) Leslie H., 27th Yung C., 28th Phillip D., 28th</p>	<p>1:00 Roaming Cart, H 2:00 Music Therapy w/ Norma, DR 3:15 Table Games, DR 6:30 Independent Games/ Social Time, ST 4</p>	<p>1 GROUNDHOG DAY 2 10:00 FIT to Stretch®, DR 2:15 Pattern Bingo, DR 3:15 Table Games Social, DR 6:30 Independent Games/ Social Time, ST 4</p>
Calendar events subject to change.						
<p>9:00 Joel Osteen Program, ST 4 3 10:00 Spiritual Program & Hymns, DR 10:15 FIT to Pedal®, ST 4 1:00 Outdoor Social/Roaming Cart 2:00 Bible Study w/Calvary Chapel, DR 3:15 Exercise Your Mind, DR 6:30 Independent Games/ Social Time, ST 4</p>	<p>10:00 Inspirational Music Program, DR 4 2:00 Word Find, DR 2:30 History & Stars w/Nikki, DR 3:15 Table Games & Puzzles, DR 4:15 Pretty Nails & Aromatherapy, DR 6:30 Bingo Night w/Natasha, DR</p>	<p>9:30 Remembering Good Old Sitcoms, DR 5 10:15 FIT to Pedal®, ST 4 1:15 FIT to Be Strong®, ST 4 2:00 Ball Toss, DR 2:00 Creative Arts W Yilenna, DR 3:15 Fun w/Pencils, DR 4:15 Women's Jewelry Making, DR 5:00 Roaming Cart, H 6:30 Bingo Night w/Natasha, DR</p>	<p>9:30 History & Music w/Natalie, DR 6 10:15 FIT to Pedal®, DR 1:00 Outdoor Social 1:00 Roaming Guitar, H 1:15 Cart of Fun, H 2:00 Arts & Crafts w/Gloria, DR 3:15 Table Games, DR 4:15 Manicure Social, DR 6:30 Bingo Night w/Natasha, DR</p>	<p>9:30 Health & Fitness, DR 7 1:15 FIT to Be Strong®, ST 4 2:00 Volleyballoon, DR 2:00 Birthday Party!, DR 3:00 Food & Nutrition w/Anna, DR 4:15 Manicure Social/ Dominoes, DR 6:30 Bingo Night w/ Natasha, DR</p>	<p>1:00 Roaming Cart, H 8 2:00 Music Therapy w/ Norma, DR 3:15 Table Games, DR 6:30 Independent Games/ Social Time, ST 4</p>	<p>10:00 FIT to Stretch®, DR 9 2:00 Tony B. Roaming Vocals/Guitar, H 2:15 Pattern Bingo, DR 3:15 Table Games Social, DR 6:30 Independent Games/ Social Time, ST 4</p>
<p>9:00 Joel Osteen Program, ST 4 10 10:00 Catholic TV Mass/ Card Games 10:15 FIT to Pedal®, ST 4 1:00 Outdoor Social/Roaming Cart 2:00 Bible Study w/Calvary Chapel, DR 3:15 Veterans Club, DR 6:30 Independent Games/ Social Time, ST 4</p>	<p>10:00 Inspirational Music Program, DR 11 2:00 FIT to Stretch®, DR 2:30 History & Stars w/Nikki, DR 3:15 Table Games & Puzzles, DR 4:15 Pretty Nails & Aromatherapy, DR 6:30 Bingo Night w/Natasha, DR</p>	<p>9:30 Remembering Good Old Sitcoms, DR 12 10:00 Petting Zoo, DR 1:15 FIT to Be Strong®, ST 4 2:00 Creative Arts W Yilenna, DR 3:15 Fun w/Pencils, DR 4:15 Men's Dominoes Social, DR 5:00 Roaming Cart, H 6:30 Bingo Night w/Natasha, DR</p>	<p>9:30 History & Music w/Natalie, DR 13 10:15 FIT to Pedal®, ST 4 1:00 Outdoor Stroll/ Roaming Cart 2:00 Arts & Crafts w/Gloria, DR 4:15 Pretty Nails & Aromatherapy, DR 6:30 Bingo Night w/ Natasha, DR</p>	<p>VALENTINE'S DAY 14 9:30 Health & Wellness, DR 10:15 Roaming Cart, H 2:00 Bowling, DR 3:00 Food & Nutrition w/Anna, DR 4:15 Manicure Social/ Dominoes, DR 6:30 Bingo Night w/ Natasha, DR</p>	<p>10:00 FIT to Stretch®, DR 15 1:00 Roaming Cart, H 2:00 Music Therapy w/ Norma, DR 3:15 Table Games, DR 6:30 Independent Games/ Social Time, ST 4</p>	<p>10:00 FIT to Stretch®, DR 16 2:00 Roaming Guitarist Tony B., H 2:15 Pattern Bingo, DR 3:15 Table Games Social, DR 6:30 Independent Games/ Social, ST 4</p>
<p>9:00 Joel Osteen Program, ST 4 17 10:00 Catholic TV Mass/ Card Games, DR 10:15 FIT to Be Strong®, ST 4 1:00 Outdoor Social/Roaming Cart 2:00 Bible Study w/Calvary Chapel, DR 3:15 Exercise Your Mind, DR 6:30 Independent/Group Games, ST 4</p>	<p>PRESIDENTS DAY 18 10:00 St. Hedwig Catholic Mass, DR 10:00 Roaming Inspirational Music, H 2:00 Word Find, DR 3:15 Table Games & Puzzles, DR 4:15 Women's Manicure/ Aromatherapy, DR 6:30 Bingo Night w/Natasha, DR</p>	<p>9:30 Remembering Good Old Sitcoms, DR 19 10:15 FIT to Pedal®, ST 4 1:15 FIT to Be Strong®, ST 4 2:00 Creative Arts W Yilenna, DR 3:15 Fun w/Pencils, DR 4:15 Men's Games & Puzzles, DR 5:00 Roaming Cart, H 6:30 Bingo Night w/Natasha, DR</p>	<p>9:30 History & Music w/Natalie, DR 20 11:30 Roaming Guitar, H 1:15 FIT to Pedal®, ST 4 2:00 Arts & Crafts w/Gloria, DR 3:15 Table Games & Puzzles, DR 4:15 Women's Manicure/ Aromatherapy, DR 6:30 Bingo Night w/Natasha, DR</p>	<p>9:30 Health & Wellness, DR 21 2:00 Ball Toss/Trivia, DR 3:00 Food & Nutrition w/Anna, DR 4:15 Men's Dominoes & Aromatherapy, DR 6:30 Bingo Night w/ Natasha, DR</p>	<p>1:00 Roaming Cart, H 22 2:00 Music Therapy w/ Norma, DR 3:15 Table Games, DR 6:30 Independent Games/ Social Time, ST 4</p>	<p>10:00 FIT to Stretch®, DR 23 2:15 Pattern Bingo, DR 3:15 Table Games Social, DR 6:30 Independent Games/ Social, ST 4</p>
<p>9:00 Joel Osteen Program, ST 4 24 10:00 Catholic TV Mass/ Card Games, DR 10:15 FIT to Pedal®, ST 4 1:00 Outdoor Social/Roaming Cart 2:00 Bible Study w/Calvary Chapel, DR 3:15 Exercise Your Mind w/ Natasha, DR 6:30 Independent Games/ Social Time, ST 4</p>	<p>10:00 Inspirational Music Program, DR 25 2:00 FIT to Stretch®, DR 2:30 History & Stars w/ Nikki, DR 3:15 Table Games & Puzzles, DR 4:15 Dominoes Social, DR 6:30 Bingo Night w/ Natasha, DR</p>	<p>9:30 Remembering Good Old Sitcoms, DR 26 10:15 FIT to Pedal®, ST 4 1:15 FIT to Be Strong®, DR 2:00 Creative Arts W Yilenna, DR 3:15 Fun w/Pencils, DR 4:15 Table Games & Puzzles, DR 5:00 Roaming Cart, H 6:30 Bingo Night w/Natasha, DR</p>	<p>9:30 History & Music w/Natalie, DR 27 10:30 Luncheon 2:00 Arts & Crafts w/Gloria, DR 3:15 Table Games & Puzzles, DR 4:15 Pretty Nails Social, DR 6:30 Bingo Night w/ Natasha, DR</p>	<p>9:30 Health & Wellness, DR 28 11:15 Resident Council, DR 1:15 FIT to Pedal®, ST 4 2:00 Volleyballoon/Ball Toss, DR 3:00 Food & Nutrition w/Anna, DR 4:15 Manicure Social/ Dominoes, DR 6:30 Bingo Night w/Natasha, DR</p>	<p style="text-align: center;">“In three words, I can sum up everything I’ve learned about life: It goes on.” – Robert Frost Attention Residents: It is important to us that you feel informed about Alamitos West. As a resident, you have the right to review survey results at any time. The survey results are readily accessible to you and are located in the Main Dining Room.</p>	