

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Locations Dining Room, DR Front Lobby Patio, FP Hallways, H Patio, P Station 4, ST 4	Birthdays Gwen P., 1st Thomas B., 3rd Marcella R., 8th Helen S., 9th Manuel C., 12th Marie A., 14th Sterling S., 18th Jose C., 18th Lois T., 21st Robert C., 27th Leslie H., 27th Phillip D., 28th Yung C., 28th	Calendar events subject to change.			9:30 News & Views, DR 1 9:30 Health & Wellness, DR 10:15 FIT to Be Strong®, ST 4 1:15 Pedal, ST 4 2:00 Karaoke, DR 3:00 Food & Nutrition w/ Christian, DR 4:15 Women's Manicure/ Aromatherapy, DR 5:00 Cart of Fun, H 6:30 Bingo Night w/Natasha, DR	GROUNDHOG DAY 2 9:30 History Topics w/ Mary Lou, DR 10:00 Paws to Share, H 2:15 Music Therapy w/ Ryan, DR 3:15 Table Games, DR 3:30 Musical Matinee, DR 6:30 Independent Games/ Social Time, ST 4	3 10:00 FIT to Stretch®, DR 2:15 Pattern Bingo, DR 3:15 Matinee, DR 6:30 Independent Games/ Social Time, ST 4
9:00 Joel Osteen Program, ST 4 4 10:00 Spiritual Program w/Doug, DR 1:00 Cart of Fun, H 2:00 Calvary Chapel Church Service, DR 3:15 Exercise Your Mind w/Natasha, DR	10:00 Inspirational Music Program, DR 5 2:00 FIT to Stretch®, DR 2:30 Movies & Stars w/Nikki, DR 4:15 Pretty Nails & Aromatherapy, DR 6:30 Bingo Night w/ Natasha, DR	9:30 Remembering Good Old Sitcoms, DR 6 10:15 FIT to Be Strong®, ST 4 1:15 FIT to Pedal®, ST 4 2:00 Bowling/Funny Topics, DR 2:00 Paws to Share, H 2:30 Creative Arts w/Ylenna, DR 3:15 Table Games, DR 4:15 Women's Jewelry Making, DR 6:30 Bingo Night w/Natasha, DR	9:30 Accordion Music w/Natalie, DR 7 10:15 FIT to Pedal®, ST 4 1:00 Outdoor Stroll 2:00 Games & Crafts w/ Gloria, DR 4:15 Men's Dominoes & Aromatherapy, DR 5:00 Cart of Fun, H 6:30 Bingo Night w/Natasha, DR	9:30 Health & Wellness, DR 8 10:15 FIT to Pedal®, ST 4 1:00 FIT to Be Strong®, ST 4 2:00 Birthday Party!, DR 3:00 Food & Nutrition w/Anne, DR 4:15 Dominoes Social/ Aromatherapy, DR 5:00 Cart of Fun, H 6:30 Bingo Night w/Natasha, DR	9:30 History Topics w/ Mary Lou, DR 9 10:00 Paws to Share, H 2:00 Music Therapy w/ Ryan, ST 4 3:15 Table Games, DR 3:30 Musical Matinee, DR 6:00 Independent Games/ Social Time, ST 4	10 10:00 FIT to Stretch®, DR 2:15 Pattern Bingo, DR 3:15 Matinee, DR 6:30 Independent Games/ Social Time, ST 4	
9:00 Joel Osteen Program, ST 4 11 10:00 Catholic TV Mass/ Card Games 10:15 FIT to Pedal®, ST 4 1:00 Cart of Fun, H 2:00 Calvary Chapel Church Service, DR 3:15 Exercise Your Mind w/Natasha, DR	10:00 Inspirational Music Program, DR 12 2:00 Hangman, DR 2:30 Movies & Stars w/Nikki, DR 3:15 Veterans Club/ Table Games, DR 4:15 Pretty Nails & Aromatherapy, DR 6:30 Bingo Night w/Natasha, DR	MARDI GRAS 13 9:30 News & Views, DR 10:00 Petting Zoo, DR 1:15 FIT to Pedal®, ST 4 2:00 Volleyballoon, DR 2:00 Paws to Share, H 2:30 Creative Arts w/Ylenna, DR 4:15 Men's Dominoes Social, DR 5:00 Cart of Fun, H 6:30 Bingo Night w/Natasha, DR	ASH WEDNESDAY VALENTINE'S DAY 14 10:00 Bazaar/Accordion w/Natalie, DR 2:00 King & Queen Coronation, DR 4:15 Pretty Nails & Aromatherapy, DR 5:00 Cart of Fun, H	9:30 Health & Wellness, DR 15 2:00 Game of Wii, DR 3:00 Food & Nutrition w/Anne, DR 4:15 Men's Dominoes & Aromatherapy, DR 5:00 Cart of Fun, H 6:30 Bingo Night w/ Natasha, DR	9:30 History Topics w/Mary Lou, DR 16 10:00 Paws to Share, H 2:00 Music w/Ryan, DR 3:15 Table Games, DR 3:30 Musical Matinee, DR 6:30 Independent Games/ Social Time, ST 4	17 10:00 FIT to Stretch®, DR 2:00 Roaming Guitarist Tony B., H 2:15 Pattern Bingo, DR 3:15 Matinee, DR 6:30 Independent Games/ Social Time, ST 4	
9:00 Joel Osteen Program, ST 4 18 10:00 Catholic TV Mass/ Card Games, DR 10:15 FIT to Be Strong®, ST 4 1:00 Cart of Fun, H 2:00 Calvary Chapel Church Service, DR 3:15 Exercise Your Mind w/ Natasha, DR 6:30 Independent/Group Games, ST 4	PRESIDENTS DAY 19 10:00 St. Hedwig Catholic Mass, DR 10:00 Roaming Inspirational Music, H 2:00 FIT to Stretch®, DR 2:30 Movies & Stars w/Nikki, DR 3:15 Table Games, DR 4:15 Women's Manicure/ Aromatherapy, DR 6:30 Independent Games/ Social Time, DR 6:30 Bingo Night w/Natasha, DR	20 9:30 Remembering Good Old Sitcoms, DR 10:15 FIT to Pedal®, ST 4 1:15 FIT to Be Strong®, ST 4 2:00 Horseshoes/Bean Bags, DR 2:00 Paws to Share, H 2:30 Creative Arts w/Ylenna, DR 4:15 Card Games, DR 6:30 Bingo Night w/Natasha, DR	9:30 Accordion Music w/Natalie, DR 21 10:00 Outing 2:00 Games & Crafts w/Gloria, DR 4:15 Women's Manicure/ Aromatherapy, DR 6:30 Bingo Night w/ Natasha, DR	9:30 Health & Wellness, DR 22 11:15 Resident Council Meeting, DR 2:00 Pokeno, DR 3:00 Food & Nutrition w/Anne, DR 3:15 Table Games/Matinee, DR 5:00 Cart of Fun, H 6:30 Bingo Night w/Natasha, DR	9:30 History Topics w/Mary Lou, DR 23 10:00 Paws to Share, H 2:00 Music w/Ryan, DR 3:15 Table Games, DR 3:30 Musical Matinee, DR 6:30 Independent Games/ Social Time, DR	24 10:00 FIT to Stretch®, DR 2:15 Pattern Bingo, DR 3:15 Matinee, DR 6:30 Independent Games/ Social Time, ST 4	
9:00 Joel Osteen Program, ST 4 25 10:00 Catholic TV Mass/ Card Games, DR 10:15 FIT to Pedal®, ST 4 1:00 Cart of Fun, H 2:00 Calvary Chapel Church Service, DR 3:15 Exercise Your Mind w/ Natasha, DR 6:30 Independent Games/ Social Time, ST 4	10:00 Inspirational Music Program, DR 26 2:00 Hangman, DR 2:30 Movies & Stars w/Nikki, DR 3:15 Table Games, DR 4:15 Dominoes Social, DR 6:30 Bingo Night w/ Natasha, DR	27 9:30 Remembering Good Old Sitcoms, DR 10:15 FIT to Be Strong®, ST 4 1:15 FIT to Pedal®, ST 4 2:00 Paws to Share, H 2:00 Bowling, DR 2:30 Creative Arts w/Ylenna, DR 4:15 Card Games/Matinee, DR 6:30 Bingo Night w/ Natasha, DR	28 9:30 Accordion Music w/Natalie, DR 10:15 FIT to Pedal®, ST 4 2:00 Games & Crafts w/Gloria, DR 5:00 Mardi Gras Dinner & Show, DR	<p>"In three words, I can sum up everything I've learned about life: It goes on." — Robert Frost.</p> <p>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>			