

# February 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Legend:</b> (CR)=Craft Room (FR)=Fitness Room (H)=Health Office 3rd Floor (L)=Library (DR)=Dining Room (DRL)=Dining Room Lounge	30	31	1 10 AM Chair Yoga (FR) 1 PM Bridge (CR)	2 12:50 AM Hannaford	3 9 AM Coffee Talk (DRL) 10 AM Chair Yoga (FR) 1 PM Knitting Group (L) 1:30 PM Dominos (DR)	4
5 1 PM Bridge (CR) 1 PM Movies with Ellen	6 10 AM Chair Yoga (FR) 1:30 PM Dominos (DR)	7 10:45 AM Hannaford 11 AM Resident Mtg (DR) 12 - 2 PM Pop Health (H) 4 PM Valentine Bingo	8 10 AM Chair Yoga (FR) 1 PM Bridge (CR)	9 10 AM Floor Yoga 11:15 AM Qigong 12:50 AM Hannaford	10 9 AM Coffee Talk (DRL) 10 AM Chair Yoga (FR) 1 PM Knitting Group (L) 1:30 PM Dominos (DR)	11
12 1 PM Bridge (CR) 2 PM Pre-Super Bowl Party (L)	13 10 AM Chair Yoga (FR) 1:30 PM Dominos (DR)	14 10 AM Floor Yoga 10:45 AM Hannaford 11 AM Activities Mtg (DR) 11:15 AM Qigong 12-2 PM Pop Health (H) 4 PM Masanobu on Piano	15 10 AM Chair Yoga (FR) 11:15 AM Wellness Mtg (DR) 1 PM Bridge (CR)	16 10 AM Floor Yoga 11:15 AM Qigong 12:50 AM Hannaford	17 9 AM Coffee Talk (DRL) 10 AM Chair Yoga (FR) 11 AM PS Book Club (L) 1 PM Knitting Group (L) 1:30 PM Dominos (DR)	18
19 1 PM Bridge (CR) 1 PM Movies with Ellen	20 10 AM Chair Yoga (FR) 1:30 PM Dominos (DR)	21 10 AM Floor Yoga 10:45 AM Hannaford 11 AM Building & G (DR) 11:15 AM Qigong 12 - 2 PM Pop Health (H) 4 PM Murder Mystery (DR)	22 10 AM Chair Yoga (FR) 1 PM Bridge (CR)	23 10 AM Floor Yoga 11:15 AM Qigong 12:50 AM Hannaford	24 9 AM Coffee Talk (DRL) 10 AM Chair Yoga (FR) 1 PM Knitting Group (L) 1:30 PM Dominos (DR)	25
26 1 PM Bridge (CR) 1 PM Movies with Ellen	27 10 AM Chair Yoga (FR) 1:30 PM Dominos (DR)	28 10 AM Floor Yoga 10:45 AM Hannaford 11:15 AM Qigong 12 - 2 PM Pop Health (H)	1	2	3	4

Cottage Trash--Tuesday & Friday 8:30 AM  
 Cottage Recycling--Thursday 8:30 AM  
 Apartment Trash & Recycling--Monday-Friday