

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All Activities are subject to Change!!!</p> <p><b>HEART HEALTHY MONTH!!!!!!</b></p>						
		9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00 – Coffee Break 10:30 – Reading and Reminiscing 11:30 – Preparing for Lunch 1:00 – Put feet up, relax to quiet music 2:00 – Music and More with Marti 3:00 – Afternoon Social Hour 4:00 – Afternoon Bingo / Manicures and Chit Chat 5:00 – Get Ready for Dinner 6:30 – After Supper TV News / Movie	9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00 – Coffee Break 10:30 – Reading and Reminiscing 11:30 – Preparing for Lunch 1:00 – Put feet up, relax to quiet music 2:00 – Afternoon Social Hour 3:00 – Painting Creativity 4:00 – Ground Hog Day Trivia 5:00 – Get Ready for Dinner 6:30 – After Supper TV News / Movie	9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00 – Coffee Break 10:30 – Reading and Reminiscing 11:30 – Preparing for Lunch 1:00 – Put feet up, relax to quiet music 2:00 – Afternoon Social Hour 3:00 – Randy on the Guitar 3:00 – Chinese New Year Celebration in the Bar Lounge / COME JOIN THE FUN!!!! 5:00 – Get Ready for Dinner 6:30 – After Supper TV News / Movie	<b>NATIONAL WEAR RED DAY!!!!</b> 9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00 – Coffee Break 10:30 – Reading , Reminiscing and Resident Spotlight 11:30 – Preparing for Lunch 1:00 – Put feet up, relax to quiet music 2:00 – Afternoon Social Hour 3:30 – Happy Hour / Douboys on the Ukuleles 4:30 – Shabbat Services 5:00 – Prepare for Dinner 6:30 – After Supper TV News / Movie	9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll / <b>Walk for our HEART SAKE!FREE WATER BOTTLES FOR ALL WHO WALK!!!!</b> 10:00 – Coffee Break 10:30 – Reading and Reminiscing 11:30 – Preparing for Lunch 2:00 – Afternoon Social Hour 1:00 – Put Feet up, relax to Quiet Music 3:00 – Saturday Life Skills 4:00 – Bingo Madness
<b>SUPER BOWL SUNDAY TAILGATE PARTY / AR</b> 9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00 – Coffee Break 10:30 – Reading and Reminiscing 11:30 – Preparing for Lunch 1:00 – Put feet up, relax to quiet music 2:00 – Afternoon Social Hour 3:00 – Worship with Pastor Jill / BL 4:00 – Coupon Clipping and Coffee 5:00 – Get Ready for Dinner	9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00 – Coffee Break 10:30 – Reading and Reminiscing 11:30 – Preparing for Lunch 1:00 – Put feet up, relax to quiet music 2:00 – Afternoon Social Hour 3:00 – Creative Art Work 4:00 – Puzzles and Games 5:00 – Get Ready for Dinner 6:30 – After Supper TV News / Movie	9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00 – Coffee Break 10:30 – Reading and Reminiscing 11:30 – Preparing for Lunch 1:00 – Put feet up, relax to quiet music 2:00 – Music and More with Marti 3:00 – Afternoon Social Hour / Activity Planning "Let's Share Ideas" 4:00 – Afternoon Bingo 5:00 – Get Ready for Dinner 6:30 – After Supper TV News / Movie	9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00 – Coffee Break 10:30 – Reading and Reminiscing 11:30 – Preparing for Lunch 1:00 – Put feet up, relax to quiet music 2:00 – Afternoon Social Hour 3:00 – Painting Creativity 4:00 – Let's Make Valentine Cards 5:00 – Get Ready for Dinner 6:30 – After Dinner TV News / Movie	9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00 – Coffee Break 10:30 – Reading and Reminiscing 11:30 – Preparing for Lunch 1:00 – Put feet up, relax to quiet music 2:00 – Afternoon Social Hour 3:30 – Book Review with Marti / SR 5:30 – Valentine Dinner Dance / New Horizons Jazz Band / BR 6:30 – After Supper TV News / Movie	9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00 – Coffee Break 10:30 – Reading , Reminiscing and Resident Spotlight 11:30 – Preparing for Lunch 1:00 – Put feet up, relax to quiet music 2:00 – Afternoon Social Hour 3:30 – Happy Hour with Walker and Adams 4:30 – Shabbat Services 5:00 – Prepare for Dinner	9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00 – Coffee Break 10:30 – Reading and Reminiscing 11:30 – Preparing for Lunch 2:00 – Afternoon Social Hour 1:00 – Put Feet up, relax to Quiet Music 3:00 – Saturday Life Skills 4:00 – Bingo Madness 5:00 – Get Ready for Dinner
9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00 – Coffee Break 10:30 – Reading and Reminiscing 11:30 – Preparing for Lunch 1:00 – Put feet up, relax to quiet music 2:00 – Afternoon Social Hour 3:00 – Sunday Movie Matinee/ Movie of your Choice 4:00 – Coupon Clipping and Coffee 5:00 – Get Ready for Dinner	9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00 – Coffee Break 10:30 – Reading and Reminiscing 11:30 – Preparing for Lunch 1:00 – Put feet up, relax to quiet music 2:00 – Afternoon Social Hour / Cherry Festival 3:00 – Valentine Bingo 5:00 – Get Ready for Dinner 6:30 – After Dinner TV News / Movie	9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00 – Coffee Break 10:30 – Reading and Reminiscing 11:30 – Preparing for Lunch 1:00 – Put feet up, relax to quiet music 2:00 – Music and More with Marti 3:00 – Afternoon Social Hour 4:00 – Creative Art Work 5:00 – Get Ready for Dinner 6:30 – After Supper TV News / Movie	9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00 – Coffee Break 10:30 – Reading and Reminiscing 11:30 – Preparing for Lunch 1:00 – Put feet up, relax to quiet music 2:00 – Afternoon Social Hour / Soul Food Cooking 3:00 – Painting Creativity 4:00 – Crossword Puzzles and Mind Teasers 5:00 – Get Ready for Supper 6:30 – After Supper TV News / Movie	9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00 – Coffee Break 10:30 – Reading and Reminiscing 11:30 – Preparing for Lunch 1:00 – Put feet up, relax to quiet music 2:00 – Afternoon Social Hour / Ice Cream Cones at McDonalds 3:00 – Bowling or Darts 4:00 – Lets Do some Picture Taking 5:00 – Get Ready for Dinner 6:30 – After Dinner TV News / Movie	9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00 – Coffee Break 10:30 – Reading , Reminiscing and Resident Spotlight 11:30 – Preparing for Lunch 1:00 – Put feet up, relax to quiet music 2:00 – Afternoon Social Hour 3:30 – Happy Hour with Norris Perry 4:30 – Shabbat Services 5:00 – Prepare for Dinner	9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00 – Coffee Break 10:30 – Reading and Reminiscing 11:30 – Preparing for Lunch 2:00 – Afternoon Social Hour 1:00 – Put Feet up, relax to Quiet Music 3:00 – Saturday Life Skills 4:00 – Bingo Madness 5:00 – Get Ready for Dinner
9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00 – Coffee Break 10:30 – Reading and Reminiscing 11:30 – Preparing for Lunch 1:00 – Put feet up, relax to quiet music 2:00 – Afternoon Social Hour 3:00 – Worship with Pastor Jill / BL 4:00 – Coupon Clipping and Coffee 5:00 – Get Ready for Dinner	9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00 – Coffee Break 10:30 – Reading and Reminiscing 11:30 – Preparing for Lunch 1:00 – Put feet up, relax to quiet music 2:00 – Afternoon Social Hour 3:30 – Painting with Julie 4:30 – Old Time Hymn Sing 5:00 – Get Ready for Dinner 6:30 – After Dinner TV News / Movie	9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00 – Coffee Break 10:30 – Reading and Reminiscing 11:30 – Preparing for Lunch 1:00 – Put feet up, relax to quiet music 2:00 – Music and More with Marti 3:00 – Afternoon Social Hour 3:30 – Afternoon Hymn Sing with Pastor Jill/AR 5:00 – Get Ready for Dinner 6:30 – After Supper TV News / Movie	9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00 – Coffee Break 10:30 – Reading and Reminiscing 11:30 – Preparing for Lunch 1:00 – Put feet up, relax to quiet music 2:00 – Afternoon Social Hour / Queso and Conversation 3:00 – Painting Creativity 4:00 – Afternoon Movie or Let's Play Table Games 5:00 – Let's Get Ready for Dinner 6:30 – After Supper TV News	9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00 – Coffee Break 10:30 – Reading and Reminiscing 11:30 – Preparing for Lunch 1:00 – Put feet up, relax to quiet music 2:00 – Afternoon Social Hour 3:00 – Blankets for Babies 4:00 – Scrabble or Dominos 5:00 – Let's get Ready for Dinner 6:30 – After Dinner TV News / Movie	9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00 – Coffee Break 10:30 – Reading , Reminiscing and Resident Spotlight 11:30 – Preparing for Lunch 1:00 – Put feet up, relax to quiet music 2:00 – Afternoon Social Hour 3:00 – "An Oscar Worthy Afternoon" – Special Celebrity Guest along with Johnnie on the Sax 4:30 – Shabbat Services 5:00 – Prepare for Dinner	9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00 – Coffee Break 10:30 – Reading and Reminiscing 11:30 – Preparing for Lunch 2:00 – Afternoon Social Hour 1:00 – Put Feet up, relax to Quiet Music 3:00 – Saturday Life Skills 4:00 – Bingo Madness 5:00 – Get Ready for Dinner
9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00 – Coffee Break 10:30 – Reading and Reminiscing 11:30 – Preparing for Lunch 1:00 – Put feet up, relax to quiet music 2:00 – Afternoon Social Hour 3:00 – Sunday Movie Matinee/ Movie of your Choice 4:00 – Coupon Clipping and Coffee 5:00 – Get Ready for Dinner <b>LET'S WATCH THE OSCARS!!!!</b>	9:00 – Morning Pampering 9:30 – Sit and Stretch/Morning Stroll 10:00 – Coffee Break / Bread Baking 10:30 – Reading and Reminiscing 11:30 – Preparing for Lunch 1:00 – Put feet up, relax to quiet music 2:00 – Afternoon Social Hour / Warm Bread and Butter 3:00 – Iris Singers / Front Lobby 4:00 – Let's take a walk around the Courtyard 5:00 – Get Ready for Dinner 6:30 – After Dinner TV News / Movie	<h1>February 2011</h1> <h2>Aster Community Calendar</h2> <h3>"Remembering the Past...Improving the Future"</h3>				