

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

\*Schedule Subject to Change

# February 2019

## Connections Activity Calendar

<p>9:30 Coffee &amp; Tea Chat 10:00 Walking Club 10:30 Daily Chronicle 11:00 Exercise Essentials 11:30 Puzzles &amp; Crosswords 1:00 Sunday Matinée <b>1:30 Scenic Ride</b> 3:00 Arts &amp; Crafts 3:30 Balloon Volleyball 4:00 Happy Hour &amp; Live Music 6:15 Super Bowl Party</p>	<p>9:30 Coffee &amp; Tea Chat <b>10:00 Yoga &amp; Breathing with Dana</b> 10:00 Rise &amp; Shine Exercise 10:30 Daily Chronicle 11:00 Wanderlust Club 1:00 Movie/Documentary 1:30 Walking Club 2:30 Balance and Stability Exercises 3:00 Sing-along 4:00 Happy Hour &amp; Live Music 6:15 Monday Movie 6:30 Card Games <b>Pearl's Birthday!</b></p>	<p>9:30 Coffee &amp; Tea Chat 10:00 Exercise Essentials 10:00 Walking Club <b>10:30 CNY - What Animal Are You?</b> 11:00 Name That Tune 11:30 Daily Chronicle 1:00 Afternoon Movie <b>2:00 CNY - Art with Elizabeth</b> <b>3:00 Happy Hour with Agnel</b> 4:00 Afternoon Exercise 4:30 Brain Exercise 6:15 Board Games 6:15 Comedy Night <b>CNY = Chinese New Year</b> <small>Chinese New Year</small></p>	<p>9:30 Coffee &amp; Tea Chat 10:00 Daily Chronicle 10:30 Morning Stretches 10:30 Walking Club <b>10:30 Parkinson's Club with Susan</b> 11:00 Trivia 11:30 Educational Video &amp; Discussion 1:00 Documentary 2:30 Tea with Friends <b>3:15 Dancing Queens with Kitty</b> 4:00 Jam Session 4:00 Happy Hour &amp; Live Music 6:15 Movie Night 6:15 Poetry</p>	<p>9:30 Coffee &amp; Tea Chat 10:00 Walking Club <b>10:00 Let's Bake! with Sydney</b> <b>10:30 Balance in Action</b> 11:00 Daily Chronicle 11:30 Poetry 1:30 Matinée Documentary <b>1:30 Scenic Ride</b> <b>3:00 Catholic Communion</b> <b>3:00 Happy Hour with John the Whistling Man</b> 4:00 Afternoon Exercise 4:30 Brain Exercise 6:00 Classic Film 6:30 Hand Massages</p>	<p>9:30 Coffee &amp; Tea Chat 10:00 Walking Club <b>10:00 Catholic Rosary</b> <b>10:30 Energized Fitness for Parkinson's</b> 10:30 Daily Chronicle 11:00 Jeopardy! Daily Trivia 11:30 Morning Stretches 1:30 Matinée Documentary 2:00 Men's Club <b>3:00 Happy Hour - Music Therapy with Linda</b> 4:00 Afternoon Exercise 6:15 Movie Night 6:30 Checkers</p>	<p>9:30 Coffee &amp; Tea Chat 10:00 Walking Club 10:30 Exercise Essentials 11:00 Daily Chronicle 11:30 Groundhog Day Info &amp; Trivia 1:30 Saturday Matinée <b>2:30 Hot Chocolate Bar</b> 3:00 Geography Games 3:30 Afternoon Exercise 4:00 Happy Hour &amp; Live Music <b>6:00 Movie - Groundhog Day</b> 6:15 Board Games <b>Chuck's Birthday!</b> <small>Groundhog Day</small></p>
<p>9:30 Coffee &amp; Tea Chat 10:00 Walking Club 10:30 Daily Chronicle 11:00 Exercise Essentials 11:30 Grammy's Info &amp; Trivia 1:00 Sunday Matinée <b>1:30 Scenic Ride</b> 3:00 Arts &amp; Crafts 3:30 Balloon Volleyball <b>4:00 Happy Hour with Lynn</b> 6:15 Sunday Night Movie 6:30 Reading</p>	<p>9:30 Coffee &amp; Tea Chat <b>10:00 Yoga &amp; Breathing with Dana</b> 10:00 Rise &amp; Shine Exercise 10:30 Daily Chronicle 11:00 Wanderlust Club 1:00 Movie/Documentary 1:30 Walking Club 2:30 Balance and Stability Exercises 3:00 Sing-along 4:00 Happy Hour &amp; Live Music 6:15 Monday Movie 6:30 Card Games</p>	<p>9:30 Coffee &amp; Tea Chat 10:00 Exercise Essentials 10:00 Walking Club 10:30 Uplifting News 11:00 Daily Chronicle 11:30 Name That Tun 1:00 Afternoon Movie <b>2:00 Art with Elizabeth</b> <b>3:00 Happy Hour with Agnel</b> 4:00 Afternoon Exercise 4:30 Brain Exercise 6:15 Board Games 6:15 Comedy Night</p>	<p>9:30 Coffee &amp; Tea Chat 10:00 Daily Chronicle 10:30 Morning Stretches 10:30 Walking Club <b>10:30 Parkinson's Club with Susan</b> 11:00 Trivia 11:30 Educational Video &amp; Discussion 1:00 Documentary <b>1:30 See Me at the SAAM Outing</b> <b>3:15 Dancing Queens with Kitty</b> 4:00 Jam Session 4:00 Happy Hour &amp; Live Music 6:15 Movie Night 6:15 Poetry</p>	<p>9:30 Coffee &amp; Tea Chat <b>10:00 Valentine's Day Arts and Crafts</b> <b>10:00 Let's Bake! with Sydney</b> <b>10:30 Balance in Action with Genesis</b> 11:00 Daily Chronicle <b>11:30 Valentine's Poetry</b> 1:30 Matinée Documentary <b>1:30 Scenic Ride</b> <b>3:00 Catholic Communion</b> <b>3:00 Happy Hour with John the Whistling Man</b> 4:00 Walking Club 4:30 Brain Exercise 6:00 Classic Film 6:30 Hand Massages <small>Valentine's Day</small></p>	<p>9:30 Coffee &amp; Tea Chat 10:00 Walking Club <b>10:00 Catholic Rosary</b> <b>10:30 Energized Fitness for Parkinson's</b> 10:30 Daily Chronicle 11:00 Jeopardy! Daily Trivia 11:30 Morning Stretches 1:30 Matinée Documentary 2:00 Men's Club <b>3:00 Happy Hour - Music Therapy with Linda</b> 4:00 Afternoon Exercise 6:15 Movie Night 6:30 Checkers</p>	<p>9:30 Coffee &amp; Tea Chat 10:00 Walking Club 10:30 Exercise Essentials 11:00 Daily Chronicle 11:30 Best NBA Dunk Contest Dunks 1:30 Saturday Matinée <b>2:30 Hot Chocolate Bar</b> 3:00 Geography Games 3:30 Afternoon Exercise <b>4:00 Nashville Standard</b> 6:00 Classic Film 6:15 Board Games <b>8:00 NBA Dunk Contest &amp; 3-Point Contest</b></p>
<p>9:30 Coffee &amp; Tea Chat 10:00 Walking Club 10:30 Daily Chronicle 11:00 Exercise Essentials 11:30 Puzzles &amp; Crosswords 1:00 Sunday Matinée <b>1:30 Scenic Ride</b> 3:00 Arts &amp; Crafts 3:30 Balloon Volleyball <b>4:00 Happy Hour with Lynn</b> 6:15 Sunday Night Movie 6:30 Reading</p>	<p>9:30 Coffee &amp; Tea Chat <b>10:00 Yoga &amp; Breathing with Dana</b> 10:00 Rise &amp; Shine Exercise 10:30 Daily Chronicle 11:00 Wanderlust Club <b>1:00 President's Day Documentary</b> 1:30 Walking Club 2:30 Balance and Stability Exercises 3:00 Sing-along <b>4:00 President's Day Trivia</b> 6:15 Monday Movie 6:30 Card Games <small>Presidents' Day (US)</small></p>	<p>9:30 Coffee &amp; Tea Chat 10:00 Exercise Essentials 10:00 Walking Club 10:30 Uplifting News 11:00 Daily Chronicle 11:30 Name That Tune 1:00 Afternoon Movie <b>2:00 Art with Elizabeth</b> <b>3:00 Happy Hour with Agnel</b> 4:00 Afternoon Exercise 4:30 Brain Exercise 6:15 Board Games 6:15 Comedy Night</p>	<p>9:30 Coffee &amp; Tea Chat 10:00 Daily Chronicle 10:30 Morning Stretches 10:30 Walking Club <b>10:30 Parkinson's Club with Susan</b> 11:00 Trivia 11:30 Educational Video &amp; Discussion 1:00 Documentary 2:30 Tea with Friends <b>3:15 Dancing Queens with Kitty</b> 4:00 Jam Session 4:00 Happy Hour &amp; Live Music 6:15 Movie Night 6:15 Poetry</p>	<p>9:30 Coffee &amp; Tea Chat 10:00 Walking Club <b>10:00 Let's Bake! with Sydney</b> <b>10:30 Balance in Action with Genesis</b> 11:00 Daily Chronicle 11:30 Poetry 1:30 Matinée Documentary <b>1:30 Newseum Outing</b> <b>3:00 Catholic Communion</b> <b>3:00 Happy Hour with John the Whistling Man</b> 4:00 Afternoon Exercise 4:30 Brain Exercise 6:00 Classic Film 6:30 Hand Massages</p>	<p>9:30 Coffee &amp; Tea Chat 10:00 Walking Club <b>10:00 Catholic Rosary</b> <b>10:30 Energized Fitness for Parkinson's</b> 10:30 Daily Chronicle 11:00 George Washington Trivia 11:30 Morning Stretches 1:30 Matinée Documentary 2:00 Men's Club <b>3:00 Happy Hour - Music Therapy with Linda</b> 4:00 Afternoon Exercise 6:15 Movie Night 6:30 Checkers</p>	<p>9:30 Coffee &amp; Tea Chat 10:00 Walking Club 10:30 Exercise Essentials 11:00 Daily Chronicle 11:30 Uplifting News 1:30 Saturday Matinée <b>2:30 Hot Chocolate Bar</b> 3:00 Geography Games 3:30 Afternoon Exercise 4:00 Happy Hour &amp; Live Music 6:00 Classic Film 6:15 Board Games</p>
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