



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>SWC Arbor Activities</h1>			<p>1</p> <p>10:30 James Shaw 🎵 1:00-2:00 Relaxing Music 2:00 Bible Study W/ Pastor Matt 3:00 Baking W/ Jenny & Peggy</p>	<p>2</p> <p>11:30 Catholic Mass- CH 1:00-2:00 Relaxing Music 2:00 Paint Paper Scissors 4:00 Piano Music-Volunteer</p> <p>Groundhog Day</p>	<p>3</p> <p>10:30 This Day in History 1:00-2:00 Relaxing Music 1:30 Rosary 2:00 Afternoon Visits 3:00 Bingo W/ Peggy & Sharon 4:00 Exercise W/ Jess</p>	<p>4</p> <p>10:30 Elder Song 1:00-2:00 Relaxing Music 2:00 Puzzles 7:00 Travel Film</p>
<p>5</p> <p>10:30 Morning Stretch 1:00-2:00 Relaxing Music 2:00 Table Games W/ Jenny 3:00 Worship Service W/ Pastor Matt 7:00 Nature Film</p>	<p>6</p> <p>10:30 Cookie Decorating 1:00-2:00 Relaxing Music 2:00 Afternoon Visits 3:30 Bingo W/ Jenny & Sharon</p>	<p>7</p> <p>10:30 Word Games W Peggy 1:00-2:00 Relaxing Music 2:00 Yoga W/ Odette 2:30 Afternoon Tea W/ Jenny & Peggy 4:00 Exercise W/ Jess</p>	<p>8</p> <p>10:30 Colleen Heibler 🎵 1:00-2:00 Relaxing Music 2:00 Bible Study W/ Pastor Matt 3:00 Baking W/ Jenny & Peggy</p>	<p>9</p> <p>11:15 Catholic Mass-CH 1:00-2:00 Relaxing Music 2:00 Hymn Sing W/ Pastor Matt 3:00 Itty Bitty Tie Blankets W/ Peggy 4:00 Piano Music-Volunteer</p>	<p>10</p> <p>10:30 This Day in History 1:00-2:00 Relaxing Music 1:30 Rosary 2:00 Afternoon Visits 3:00 Bingo W/ Peggy & Sharon 4:00 Exercise W/ Jess</p>	<p>11</p> <p>10:30 Elder Song 1:00-2:00 Relaxing Music 2:00 Puzzles 7:00 Travel Film</p>
<p>12</p> <p>10:30 Morning Stretch W/ Peggy 1:00-2:00 Relaxing Music 2:00 Table Games W Peggy 3:00 Worship Service W/ Pastor Matt 5:30 Super Bowl LVII- 80.9</p>	<p>13</p> <p>10:30 Noodle Ball 1:00-2:00 Relaxing Music 2:00 Afternoon Visits 3:30 Bingo W/ Jenny & Sharon</p>	<p>14</p> <p>10:30 Word Games W Peggy 1:00-2:00 Relaxing Music 2:00 NO YOGA TODAY 2:30 Afternoon Tea W/ Jenny & Peggy 4:00 Exercise W/ Jess</p> <p>Valentine's Day</p>	<p>15</p> <p>10:30 Manicures W/ Peggy 1:00-2:00 Relaxing Music 2:00 Bible Study W/ Pastor Matt 3:00 Birthday Party & Entertainment- Chapel 4:30 Afternoon Visits</p>	<p>16</p> <p>11:15 Catholic Mass-CH 1:00-2:00 Relaxing Music 1:00 Memorial Service- CH 2:00 Flower Power W/ Peggy 4:00 Piano Music-Volunteer</p>	<p>17</p> <p>10:30 This Day in History 1:00-2:00 Relaxing Music 1:30 Rosary 2:00 Afternoon Visits 3:00 Bingo W/ Peggy & Sharon 4:00 Exercise W/ Jess</p>	<p>18</p> <p>10:30 Elder Song 1:00-2:00 Relaxing Music 2:00 Puzzles 7:00 Travel Film</p>
<p>19</p> <p>10:30 Morning Stretch 1:00-2:00 Relaxing Music 2:00 Table Games W Jenny 3:00 Worship Service W/ Pastor Matt 7:00 Nature Film</p>	<p>20</p> <p>10:30 Noodle Ball 1:00-2:00 Relaxing Music 2:00 Afternoon Visits 3:30 Bingo W/ Jenny & Sharon</p> <p>Presidents' Day (US)</p>	<p>21</p> <p>10:30 Word Games W Peggy 1:00-2:00 Relaxing Music 2:00 NO YOGA TODAY 2:30 Afternoon Tea W/ Jenny & Peggy 4:00 Exercise W/ Jess</p> <p>Mardi Gras</p>	<p>22</p> <p>10:30 Christian Nielsen 🎵 1:00-2:00 Relaxing Music 2:00 Ash Wednesday Service- CH 2:00 Bible Study W/ Pastor Matt 3:00 Baking W/ Jenny & Peggy</p> <p>Ash Wednesday</p>	<p>23</p> <p>11:15 Catholic Mass-CH 1:00-2:00 Relaxing Music 2:00 Hymn Sing W/ Pastor Matt 3:00 Paint W/ Peggy 4:00 Piano Music-Volunteer</p>	<p>24</p> <p>10:30 This Day in History 1:00-2:00 Relaxing Music 1:30 Rosary 2:00 Afternoon Visits 3:00 Bingo W/ Peggy & Sharon 4:00 Exercise W/ Jess</p>	<p>25</p> <p>10:30 Elder Song 1:00-2:00 Relaxing Music 2:00 Puzzles 7:00 Travel Film</p>
<p>26</p> <p>10:30 Morning Stretch W/ Peggy 1:00-2:00 Relaxing Music 2:00 Table Games W Peggy 3:00 Worship Service W/ Pastor Matt 7:00 Nature Film</p>	<p>27</p> <p>10:30 Noodle Ball 1:00-2:00 Relaxing Music 2:00 Afternoon Visits 3:30 Bingo W/ Jenny & Sharon</p>	<p>28</p> <p>10:30 Word Games W Peggy 1:00-2:00 Relaxing Music 2:00 Yoga W/ Odette 2:30 Afternoon Tea W/ Jenny & Peggy 4:00 Exercise W/ Jess</p>	 <h1>FEBRUARY 2023</h1> <p>*This calendar is subject to change at any time*</p>			