

FEBRUARY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>03</b> Games: Memory puzzles, Sit and Be Fit. Movie and Music <b>Denver ZOO</b>	<b>04</b> Games: Rummikub Puzzles. Cognitive Exercise. Health Talk Group. Arts and Craft Project. Hair Cut. <b>Botanical Garden Chatfield</b>	<b>05</b> Games: Bingo, Puzzles, Sit and Be Fit. News Review. <b>Chair Yoga</b>	<b>06</b> Games: Charades, Puzzles. Movie Review. Health Talk Group. Arts and Crafts Project. Knitting.	<b>07</b> Games: Monopoly, Puzzles. Sit and Be Fit. Cognitive Exercise. News Review Group. English Class.	<b>8</b>
<b>9</b>	<b>10</b> Games: Memory puzzles, Sit and Be Fit. Movie and Music	<b>11</b> Games: Rummikub Puzzles. Cognitive Exercise. Health Talk Group. Arts and Craft Project. Hair Cut. <b>Bowling</b>	<b>12</b> Games: Bingo, Puzzles, Sit and Be Fit. News Review. <b>Chair Yoga</b>	<b>13</b> Games: Charades, Puzzles. Movie Review. Health Talk Group. Arts and Crafts Project. Knitting.	<b>14</b> Games: Monopoly, Puzzles. Sit and Be Fit. Cognitive Exercise. News Review Group. <b>Music Collage with Ruslan and Boris</b>	<b>15</b>
<b>16</b>	<b>17</b> Games: Memory puzzles, Sit and Be Fit. Movie and Music <b>Botanical Garden Denver</b>	<b>18</b> Games: Rummikub Puzzles. Cognitive Exercise. Health Talk Group. Hair Cut <b>CASINO</b>	<b>19</b> Games: Bingo, Puzzles, Sit and Be Fit. News Review. <b>Chair Yoga</b>	<b>20</b> Games: Charades, Puzzles. Movie Review. Health Talk Group. Arts and Crafts Project. Knitting.	<b>21</b> Games: Monopoly, Puzzles. Sit and Be Fit. Cognitive Exercise. News Review Group. English Class.	<b>22</b>
<b>23</b>	<b>24</b> Games: Memory puzzles, Sit and Be Fit. Movie and Music.	<b>25</b> Games: Rummikub Puzzles. Cognitive Exercise. Health Talk Group. Arts and Craft Project. Hair Cut <b>CINEMA</b>	<b>26</b> Games: Bingo, Puzzles, Sit and Be Fit. News Review. <b>Chair Yoga</b>	<b>27</b> Games: Charades, Puzzles. Movie Review. Health Talk Group. Arts and Crafts Project. Knitting	<b>28</b> Games: Monopoly, Puzzles. Sit and Be Fit. English Class.	

**DAILY:** Exercise/ Dance, Local Trips, Walking Groups, Resting and Chat Time  
 Breakfast 10 AM, Snack 12 PM, Lunch 2 PM

