

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Calendar Key:

NA-Norwood A, NBC-Norwood B Coffee Room, NBL-Norwood B Living Room, WC-Wellness Center, RED-Independent Only, BLUE-Special Event, Highlight-Sign up ahead of time.



			1 10:45-Trinity Cathedral Brown Bag Lunch-Dancing Wheels 1:45-Balloon Volleyball-WC 3:00-Bingo with Kelli-WC	2 10:00-OLPH-WC 10:00-Shop Walmart 1:30-Groundhog Day Trivia and Puzzles-NA 3:00-Book Club-NBL 3:00-Bingo Followed by Shopping Cart-WC Groundhog Day	3 10:30-Brain Benders -WC 1:15-Chair Dancing-NA 2:00-Piano Concert with Ilya Shteyndler-WC 3:00-Happy Hour-NBL	4 10:30-Chair Dancing with Neela-NA 1:30-Let's Discuss it with Mary Kay-NA 2:15-Bingo with Mary Kay-WC
5 9:30-Outing to Hope Lutheran Church 1:30-Christ Community Church Bible Study-WC 5:00-CAVS @ Indiana-NA	6 9:30-Nail Polishing-WC 11:00-Card Cart-WC 1:00-Virtual Mass-NA 2:00-Kelli's Exercise-NA 3:00-Valentine's Heart Craft-WC	7 10:15-Parkside Church Music and Prayer-WC 1:00-Short Stories-NA 2:00-Yoga with Lisa-NA 3:30-Rosary w/ Colin-NA 6:00-Evening Bingo-WC	8 9:30-Scenic Bus Ride 11:15-Out to Lunch at El Camino 2:00-Flower Arranging-NA 3:00-Bingo with Kelli-WC	9 10:00-OLPH-WC 10:00-Shopping at Marc's 1:30-Get to Know Your Neighbor Discussion Group -WC 3:00-Bingo Followed by Shopping Cart-WC	10 10:30-Brain Benders-WC 1:15-Chair Dancing-NA 2:00-Entertainment by Mike and Molly-WC 3:00-Happy Hour-NBL	11 10:00 Yoga with Vivian-NA 1:00-Uno Card Games-WC 2:00-Adult Coloring or Painting-WC 3:00-Bingo with Kelli-WC
12 6:30-Superbowl Sunday Snacks and beverages-NA	13 9:30-Nail Polishing-WC 11:00-Card Cart-WC 1:00-Virtual Mass-NA 2:00-Kelli's Exercise-NA 3:00-Valentine's Cupcakes-You Decorate-WC	14 10:15-Parkside Church 1:00-Short Stories-NA 2:00-Yoga with Lisa-NA 2:30-Piano Concert and Valentine's Treat-WC 3:30-Rosary w/ Colin-NA 6:00-Evening Bingo-WC Valentine's Day	15 10:00-Scenic Bus Ride 10:30-Daily Doses of Nostalgia-WC 1:30-Baloon Balance Exercise-WC 3:00-Bingo with Kelli-WC	16 10:00-OLPH-WC 10:00-Shop Walmart 2:00-Music Therapy-WC 3:00-Bingo Followed by Shopping Cart-WC	17 10:30-Brain Benders -WC 1:15-Virtual Chair Dancing-NA 2:00-Entertainment by Tom Todd-WC 3:00-Happy Hour-NBL	18 10:00-Yoga with Vivian-NA 2:00-Bingo with Cassidy-WC
19 9:30-Outing to Hope Lutheran Church 1:30-Christ Community Church Bible Study-WC	20 9:30-Nail Polishing-WC 11:00-Card Cart-WC 1:00-Virtual Mass-NA 2:00-Kelli's Exercise-NA 3:00-President's Day Trivia and Puzzles-WC Presidents' Day	21 10:15-Parkside Church 1:00-Short Stories-NA 2:00-Yoga with Lisa-NA 3:00-Mardi Gras Party on Wheels-Room-to-Room 3:30-Rosary w/ Colin-NA 6:00-Evening Bingo-WC Mardi Gras	22 10:00-Scenic Bus Ride 10:30-You Be Judge-WC 12:00-Order in Pizza 1:00-Flower Arranging-NA 2:00-Coffee Chat with Lisa-NBL 3:00-Bingo with Kelli-WC Ash Wednesday	23 10:00-OLPH-WC 10:00-Shopping at Marc's 1:00-Meet Analia, our newest volunteer. Hear Her Interesting Story!-WC 3:00-Bingo Followed by Shopping Cart-WC	24 10:30-Brain Benders-WC 1:15-Chair Dancing-NA 2:00-Entertainment by Sam Fosh-WC 3:00-Happy Hour-NBL	25 10:00 Yoga with Vivian-NA 1:00-L-C-R Dice Game-WC 2:00-Adult Coloring or Painting-WC 3:00-Bingo with Kelli-WC
26 2:30-Parkside Church Bible Study-WC 6:00-CAVS vs. Toronto-NA	27 9:30-Nail Polishing-WC 11:00-Card Cart-WC 1:00-Virtual Mass-NA 2:00-Kelli's Exercise-NA 3:00-Geneology Discussion Group with Mary-WC	28 10:15-Parkside Church Music and Prayer-WC 1:00-Short Stories-NA 2:00-Yoga with Lisa-NA 2:00-Men's Club with Frank-WC 3:30-Rosary w/ Colin-NA 6:00-Evening Bingo-WC	<h1 style="text-align: center;">FEBRUARY 2023</h1> <h2 style="text-align: center;">Assisted and Independent Living Activities</h2> <p style="text-align: center;">All activities are subject to change.</p>			