



Mariah Cearley- Enrichment Coordinator | 405-792-2401| This institution is an equal opportunity provider.

Monday	Tuedays	Wednesday	Thursday	Friday
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<p>9:00 Golden Walkers 9:30 Balloon Volleyball <b>3</b> 10:00 Around the World Intro 11:30 Lunch 12:30 Mix and Mingle 1:00 Bingo 2:00 Snack 2:30 Remember When 3:30 Senior Smartboard</p>	<p>9:00 Golden Walkers <b>4</b> 9:30 Senior Stretch 10:00 Maracas 11:30 Lunch 12:30 Mix and Mingle 1:00 Castanets 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion</p>	<p>9:00 Golden Walkers <b>5</b> 9:30 Silver Sneakers 10:00 Spanish Class 11:30 Lunch 12:30 Mix and Mingle 1:00 Bingo 2:00 Snack 2:30 Remember When 3:30 Senior Smartboard</p>	<p>9:00 Golden Walkers <b>6</b> 9:30 Chair Yoga 10:00 La Diva Nails/Music w/ C 11:30 Lunch 12:30 Mix and Mingle 1:00 Movie - ENCANTO (D+) 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion</p>	<p>9:00 Golden Walkers <b>7</b> 9:30 Freestyle Friday 10:00 Coffee Filter Flowers 11:30 Lunch 12:30 Mix and Mingle  1:00 Loteria 2:00 Snack 2:30 Remember When 3:30 Senior Smartboard</p>
<p>9:00 Golden Walkers <b>10</b> 9:30 Balloon Volleyball 10:00 Flags  11:30 Lunch 12:30 Mix and Mingle 1:00 Bingo 2:00 Snack 2:30 Remember When 3:30 Senior Smartboard</p>	<p>9:00 Golden Walkers <b>11</b> 9:30 Senior Stretch 10:00 Sugar Skulls 11:30 Lunch 12:30 Mix and Mingle 1:00 Sugar Skulls 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion</p>	<p>9:00 Golden Walkers <b>12</b> 9:30 Silver Sneakers 10:00 Salsa Party w/ Kamilah  11:30 Lunch 12:30 Mix and Mingle 1:00 Bingo 2:00 Snack 2:30 Remember When 3:30 Senior Smartboard</p>	<p>9:00 Golden Walkers <b>13</b> 9:30 Chair Yoga 10:00 Sombrero Table Toppers 11:30 Lunch 12:30 Mix and Mingle 1:00 Movie - COCO (D+) 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion</p>	<p>9:00 Golden Walkers <b>14</b> 9:30 Freestyle Friday 10:00 Valentines Day Cards  11:30 Lunch 12:30 Mix and Mingle 1:00 Loteria 2:00 Snack 2:30 Remember When 3:30 Senior Smartboard</p>
<p>9:00 Golden Walkers <b>17</b> 9:30 Balloon Volleyball 10:00 Pinch Pots 11:30 Lunch 12:30 Mix and Mingle 1:00 Bingo 2:00 Snack 2:30 Remember When 3:30 Senior Smartboard</p>	<p>9:00 Golden Walkers <b>18</b> 9:30 Senior Stretch 10:00 Box Guitar 11:30 Lunch 12:30 Mix and Mingle 1:00 Box Guitar 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion</p>	<p>9:00 Golden Walkers <b>19</b> 9:30 Silver Sneakers 10:00 Spanish Class  11:30 Lunch 12:30 Mix and Mingle 1:00 Bingo 2:00 Snack 2:30 Table Games 3:30 Senior Smartboard</p>	<p>9:00 Golden Walkers <b>20</b> 9:30 Chair Yoga 10:00 Music w/ Catherine 11:30 Lunch 12:30 Music w/ Margo 1:00 Movie - MCFARLAND USA 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion</p>	<p>9:00 Golden Walkers <b>21</b> 9:30 Freestyle Friday 10:00 Pinch Pots  11:30 Lunch 12:30 Mix and Mingle 1:00 Loteria 2:00 Snack 2:30 Remember When 3:30 Senior Smartboard</p>
<p>9:00 Golden Walkers <b>24</b> 9:30 Balloon Volleyball 10:00 Silver Cords  11:30 Lunch 12:30 Mix and Mingle 1:00 Bingo 2:00 Snack 2:30 Remember When 3:30 Senior Smartboard</p>	<p>9:00 Golden Walkers <b>25</b> 9:30 Senior Stretch 10:00 Culinary w/ Kamilah 11:30 Lunch 12:30 Mix and Mingle 1:00 Pinwheel Chips 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion</p>	<p>9:00 Golden Walkers <b>26</b> 9:30 Silver Sneakers 10:00 Spanish Class-Toma Todo 11:30 Lunch 12:30 Mix and Mingle 1:00 Bingo 2:00 Snack 2:30 Remember When 3:30 Senior Smartboard</p>	<p>9:00 Golden Walkers <b>27</b> 9:30 Chair Yoga 10:00 Ferral Cats 11:30 Lunch 12:30 Mix and Mingle 1:00 Movie - VIVO (N) 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion</p>	<p>9:00 Golden Walkers <b>28</b> 9:30 Freestyle Friday 10:00 Music w/ Aaron  11:30 Lunch 12:30 Mix and Mingle 1:00 Loteria 2:00 Fiesta 2:30 Fiesta 3:30 Senior Smartboard</p>

Special Events	Birthdays	Outings	Participant of the Month
<p>2/6-La Diva Nails/Music w/ Catherine 2/12-Salsa Party w/ Kamilah 2/20-Music w/ Catherine 2/25-Culinary Activity w/ Kamilah 2/27-Ferral Cats 2/28-Fiesta</p>	<p>2/02- Juan 2/06 - Nancy  2/11 - Kaiden 2/29 - Teresa <b>HAPPY BIRTHDAY!</b></p>	<p>2/7 - Salon for NTS 2/10 - Supply Trip for Salsa Party 2/12 - JR Cruise 2/19 - Creative Corner (SR) 2/21 - SR Cruise 2/24 - Supply Trip for Culinary Act</p>	<p> Scooter loves to participate in arts and crafts, and our exercise groups! He is a pillar of morale, always encouraging everyone and bringing smiles to our faces every day. Scooter enjoys when we play balloon volleyball the most!</p> 