



February 2018

The Grand Estate at Londonderry

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p style="text-align: center;">Program is subject to occasional & unforeseen changes. Changes will be posted on lighted board in lobby next to large calendar.</p>				<p>1 10AM Seated Stretch 2PM Broomball 3PM Wii Bowling 6PM Card Club</p>	<p>2 9:30AM Coffee & Donuts 11AM Chair Massage with Lisa 2PM Parlor Games</p>	<p>3 11AM Bingo 7PM Movie (Resident's Choice)</p>
<p>4 2PM Scrabble 4PM Card Games 6:30PM SUPER BOWL </p>	<p>5 10AM Walking Club 2PM Men's Club NEW! 2PM Ladie's Club 3PM Movie 6:30PM Poker</p>	<p>6 10AM Balance Training 2PM Broomball 3PM Knitting Club 4PM Financial Planning with Tracey</p>	<p>7 10AM Boxing Therapy 2PM Kathy Young RN: CPR Training (Non-certification class) 3PM Knitting Club 5:30PM Zumba 7PM Cribbage</p>	<p>8 10AM Seated Stretch 2PM Nutrition with Yvonne DeGarde 3PM Wii Bowling 7PM "Not Just for Sweethearts Dance" Live Music & Refreshments </p>	<p>9 9:30AM Coffee & Donuts 2PM Parlor Games 7PM Movie</p>	<p>10 11AM Bingo 7PM Movie (Resident's Choice)</p>
<p>11 2PM Scrabble 4PM Card Games</p>	<p>12 10AM Guided Meditation 2PM You Be the Judge 3PM Movie 6:30PM Poker</p>	<p>13 10AM Balance Training 2PM Trivia with John 3PM Knitting Club 4PM Card Club</p>	<p>14 10AM Boxing Therapy 2PM Valentines Day Party 6PM Baptist Service 7PM Cribbage</p>	<p>15 10AM Seated Stretch 2PM Broomball 3PM Wii Bowling 6PM Card Club</p>	<p>16 9:30AM Coffee & Donuts 2PM Parlor Games 7PM Movie</p>	<p>17 11AM Bingo 7PM Movie (Resident's Choice)</p>
<p>18 2PM Scrabble 4PM Card Games</p>	<p>19 10AM Walking Club 1PM Men's Club 2PM Catholic Service 3PM Cornhole Game 3PM Movie 6:30PM Poker</p>	<p>20 10AM Balance Training 2PM Tech Tuesday 3PM Knitting Club 4PM Card Club</p>	<p>21 10AM Boxing Therapy 2PM You Be the Judge 3PM Knitting Club 7PM Cribbage</p>	<p>22 10AM Seated Stretch 2PM Broomball 3PM Wii Bowling 6PM Card Club</p>	<p>23 9:30AM Coffee & Donuts 2PM Parlor Games 7PM Movie</p>	<p>24 11AM Bingo 7PM Movie (Resident's Choice)</p>
<p>25 2PM Scrabble 4PM Card Games</p>	<p>26 10AM Seated 2PM Cornhole Game 3PM Movie 6:30PM Poker</p>	<p>27 10AM Balance Training 2PM Tech Tuesday 3PM Knitting Club 4PM Card Club</p>	<p>28 10AM Boxing Therapy 2PM Monthly B-Day Party & Music by Caryl 3PM Knitting Club</p>	