

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



February 2019



River Highlands of Birmingham

9:00 Coffee & Muffin-Bistro **3**
 10:00 Onsite Church Service With Church of the Highlands-RH
 10:15 Catholic Church Service-LIB
 12:00 Lunch-MD
 1:30 Hall Walkers-3rd FL
 2:00 Sunday Matinee-MT

9:00 Chair Exercise-RH **4**
 10:30 Trivia Pursuit-LIB
 12:00 Lunch-MD
 1:30 Senior Wellness STEP ON IT! Hall Walkers-3rd FL
 2:00 BINGO! -LIB
 3:00 Afternoon Matinee and Popcorn-MT

9:30 Chair Exercise-RH **5**
 10:00 Books to You-RH
 12:00 Lunch-MD
 1:00 Senior Wellness STEP ON IT! Hall Walkers-3rd FL
 1:45 Walmart Shopping-ML
 2:00 UNO Card Game-LIB
 3:30 Rummikub-LIB

9:30 Chair Exercise-RH **6**
 10:00 Let's Play Bridge-LIB
 11:00 Pet Therapy-RH
 12:00 Lunch-MD
 1:30 Senior Wellness STEP ON IT! Hall Walkers-3rd FL
 2:00 Remembering the 1950's-RH
 3:00 Afternoon Matinee-MT

9:30 Chair Exercise-RH **7**
 10:00 Walgreen Shopping-ML
 12:00 Lunch-MD
 1:00 Senior Wellness STEP ON IT! Hall Walkers-3rd FL
 1:30 Sing with Mike Little-RH
 2:30 BINGO! -Bistro
 3:30 Bible Study with Kristy and J.P and Norma-RH

9:00 "Commit to Get Fit"-RH **8**
 10:00 Movie Time and Popcorn-MT
 10:30 Men Bible Study-LIB
 12:00 Lunch-MD
 1:30 Senior Wellness STEP ON IT! Hall Walkers-3rd FL
 2:00 Friday Social Meet and Greet-Bistro

9:30 Chair Exercise-RH **9**
 10:30 BINGO! -LIB
 12:00 Lunch-MD
 1:30 Senior Wellness STEP ON IT! Hall Walkers-3rd FL
 2:00 Let's Party with Elvis-Bistro
 3:00 Saturday Matinee and Popcorn-MT

Chinese New Year

Super Bowl Sunday!!! **10**
 10:00 Onsite Church Service With Church of the Highlands-RH
 10:15 Catholic Church Service-LIB
 12:00 Lunch-MD
 1:30 Hall Walkers-3rd FL
 2:00 Sunday Matinee-MT
 5:30 Patriots vs Rams-RH

9:00 Chair Exercise-RH **11**
 10:00 Nifty 50's-RH
 12:00 Lunch-MD
 1:30 Senior Wellness STEP ON IT! Hall Walkers-3rd FL
 2:00 BINGO! -LIB
 3:00 Afternoon Matinee and Popcorn-MT

9:30 Chair Exercise-RH **12**
 10:30 Noodle Ball-LIB
 12:00 Lunch-MD
 1:00 Senior Wellness STEP ON IT! Hall Walkers-3rd FL
 1:55 Walmart Shopping-ML
 2:00 UNO Card Game-LIB
 3:30 Rummikub-LIB

9:30 Chair Exercise-RH **13**
 10:00 Music Therapy with Blake-RH
 11:00 Pet Therapy-RH
 12:00 Lunch-MD
 1:30 Senior Wellness STEP ON IT! Hall Walkers-3rd FL
 2:00 Make Overs-LIB
 3:00 Afternoon Matinee-MT

9:30 Chair Exercise-RH **14**
 10:00 BINGO! -LIB
 11:00 Lunch @ Customs Cafe-ML
 1:30 Senior Wellness STEP ON IT! Hall Walkers-3rd FL
 2:00 Valentine Party-Bistro
 3:30 Bible Study with Kristy and J.P and Norma-RH

Valentine's Day

9:00 "Commit to Get Fit"-RH **15**
 10:00 Movie Time and Popcorn-MT
 10:30 Men Bible Study-LIB
 12:00 Lunch-MD
 1:30 Senior Wellness STEP ON IT! Hall Walkers-3rd FL
 2:00 Friday Social Meet and Greet-Bistro

9:30 Chair Exercise-RH **16**
 10:30 BINGO! -LIB
 12:00 Lunch-MD
 1:30 Senior Wellness STEP ON IT! Hall Walkers-3rd FL
 2:00 Saturday Matinee and Popcorn-MT
 3:30 Noodle Ball-LIB

9:00 Coffee & Muffin-Bistro **17**
 10:00 Onsite Church Service With Church of the Highlands-RH
 10:15 Catholic Church Service-LIB
 12:00 Lunch-MD
 1:30 Hall Walkers-3rd FL
 2:00 Sunday Matinee-MT

9:00 Chair Exercise-RH **18**
 10:30 Arts and Crafts-LIB
 12:00 Lunch-MD
 1:30 Senior Wellness STEP ON IT! Hall Walkers-3rd FL
 2:00 BINGO! -LIB
 3:00 Afternoon Matinee and Popcorn-MT

9:30 Chair Exercise-RH **19**
 10:00 Drum Circle with Walker Wright-RH
 12:00 Lunch-MD
 1:00 Senior Wellness STEP ON IT! Hall Walkers-3rd FL
 1:45 Walmart Shopping-ML
 2:00 UNO Card Game-LIB
 3:30 Rummikub-LIB

9:30 Chair Exercise-RH **20**
 10:00 Noodle Ball-LIB
 12:00 Lunch-MD
 1:30 Senior Wellness STEP ON IT! Hall Walkers-3rd FL
 2:00 February Birthday Party-Bistro
 3:00 Afternoon matinee and Popcorn-MT

9:30 Chair Exercise-RH **21**
 10:00 UNO Card Game with Patricia-LIB
 12:00 Lunch-MD
 1:30 Senior Wellness STEP ON IT! Hall Walkers-3rd FL
 2:30 BINGO! -Bistro
 3:30 Bible Study with Kristy and J.P and Norma-RH

9:00 "Commit to Get Fit"-RH **22**
 10:30 United Methodist Good Samaritan-RH
 10:30 Men Bible Study-LIB
 12:00 Lunch-MD
 1:30 Senior Wellness STEP ON IT! Hall Walkers-3rd FL
 2:00 Mardi Gras Party with James and James-Bistro

9:30 Chair Exercise-RH **23**
 10:30 BINGO! -LIB
 12:00 Lunch-MD
 1:30 Senior Wellness STEP ON IT! Hall Walkers-3rd FL
 2:00 Piano Recital with Mickey-RH
 3:00 Saturday Matinee and Popcorn-MT

Presidents' Day (US)

9:00 Coffee & Muffin-Bistro **24**
 10:00 Onsite Church Service With Church of the Highlands-RH
 10:15 Catholic Church Service-LIB
 12:00 Lunch-MD
 1:30 Hall Walkers-3rd FL
 2:00 Sunday Matinee-MT

9:00 Chair Exercise-RH **25**
 10:30 Trivia Pursuit-LIB
 12:00 Lunch-MD
 1:30 Senior Wellness STEP ON IT! Hall Walkers-3rd FL
 2:00 BINGO! -LIB
 3:00 Afternoon Matinee and Popcorn-MT

9:30 Chair Exercise-RH **26**
 10:00 Let's Play Bridge-LIB
 12:00 Lunch-MD
 1:00 Senior Wellness STEP ON IT! Hall Walkers-3rd FL
 1:45 Walmart Shopping-ML
 2:00 UNO Card Game-LIB
 3:30 Rummikub-LIB

9:30 Chair Exercise-RH **27**
 10:00 Fancy Nails with Patricia-LIB
 11:00 Pet Therapy-RH
 12:00 Lunch-MD
 1:30 Senior Wellness STEP ON IT! Hall Walkers-3rd FL
 2:00 Let's Play Bridge-LIB
 3:00 Afternoon matinee-MT

9:30 Chair Exercise-RH **28**
 10:00 UNO Card Game with Patricia-LIB
 11:00 Lunch @ Applebee's-ML
 1:30 Senior Wellness STEP ON IT! Hall Walkers-3rd FL
 2:30 BINGO! -Bistro
 3:30 Bible Study with Kristy and J.P and Norma-RH



Calendar Subject to Change.