

❤ February Cottage Calendar ❤

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 11:30 Exercise with Kris & Music, CL 2:00 Church Service, CL 3:30 This Day in History, CR-Corie 4:00 Music Performance with Marci Hedges, CR 7:00 Musical or Opera of Choice	2 Manicure by your VW 11:00 SAIDO 11:00 Tai Chi with Michael Porte, CR 11:15 Music Trivia with Olivia, CL 3:00 Hot Cocoa Bar, CR 3:30 James Hemings, CR 4:30 "Groundhog Day"	3 Women's Luncheon, CL 11:00 SAIDO 11:30 Exercise with Mariah & Music, CL 1:30 Java Time with Deacon Fred, CR 3:30 Words starting with F quiz, CL-Simone 4:00 HealthRHYTHMS with DD, CL 5:00 Social Hour, CR Den 7:00 Corn Hole with VWs	4 Hair Day 11:00 SAIDO 11:30 Exercise with Eunique & Music, CR 3:30 Food of the World Quiz II, CR- Tonya 4:00 African-American History Quiz, CL-Briana 5:00 Balloon Toss, CL-Latonya 7:00 Bowling with VWs	5 Men's Luncheon with Deacon Fred, CR 11:30 Exercise with Lillie & Music, CL 2:00 Bible Study with Deacon Fred, CR 3:30 February Trivia, CR-Samantha 4:00 Notable African Americans with DD, CR 5:00 Social Hour, CR Den	6 11:00 SAIDO 11:15 Music Therapy with Olivia, CR 11:30 Exercise with Donna & Music, CR 1:15 Tai Chi with Michael Porte, CR 2:30 Music with Daven, CL 4:00 Happy Hour, CR 5:00 Guess the Winter Olympic Sport, CR-Janet Olympics Begin	7 11:30 Exercise with Marie & Music, CR 1:30 Puzzle Hour 2:00 Lyrica-Reedy Keys Duo 3:30 "Who am I?" CL-Shannon 4:00 Balloon Toss, CR-Corie 7:00 "Harriet" with Popcorn, DVD
		Groundhog Day				
8 11:30 Exercise with Cassie & Music, CL 2:00 Church Service, CL 4:00 Which Word Doesn't Fit, CR-Karrie 7:00 Musical or Opera of Choice	9 Manicure by your VW 11:15 Music Therapy with Olivia, CR 11:30 Exercise with Marie & Music, CR 1:15 Tai Chi with Simone & Music, CR 3:00 Hot Cocoa Bar, CR 4:00 Violin and Piano with Vince and Rick, CL 5:00 Black History Month Quotes, CL	10 Women's Luncheon, CL 11:00 SAIDO 11:30 Exercise with Briana & Music, CL 1:30 Java Time with Deacon Fred, CR 3:00 Cincinnati Opera, CR 4:00 George Crum, CR 5:00 Social Hour, CR Den 7:00 Corn Hole with VWs	11 Hair Day 11:00 SAIDO 11:30 Exercise with Amy & Music, CR 3:00 Pones Dancing, CL 4:00 Service Project for Fischer House, CL 5:00 Balloon Toss, CL-Corie 7:00 Bowling with VWs	12 Men's Luncheon with Deacon Fred, CR 11:00 SAIDO 11:30 Exercise with Amy & Music, CR 2:00 Bible Study with Deacon Fred, CR 3:00 Famous Black Inventors & Innovators 4:00 Abraham Lincoln Birthday, CR 5:00 Social Hour, CL Den	13 11:00 SAIDO 11:30 Exercise with Lillie & Music, CL 1:15 Tai Chi with Michael Porte, CR 3:00 Sonny Hill Trio, CL 4:30 George Washington Carver, CR-Amy 5:00 Conversation Cards, CR-Karrie 7:00 Bingo with VWs, CL	14 11:30 Exercise with Sharon & Music, CR 1:30 Puzzle Hour 2:00 Valentine Tea Party with Dolores Mason, CL 4:00 Balloon Toss, CL-Tika 7:00 "Respect" with Popcorn, DVD
						Valentine's Day
15 11:30 Exercise with Janet & Music, CR 2:00 Church Service, CL 4:00 Music Performance with Marci Hedges, CR 5:00 Which Word Doesn't Fit, CL- Latonya 7:00 Musical or Opera of Choice	16 Manicure by your VW 11:00 SAIDO 11:30 Exercise with Gwen & Music, CR 1:15 Tai Chi with Michael Porte, CR 2:30 President Trivia, CL-Lillie 4:00 Barack Obama, CL-Simone	17 Women's Luncheon, CL 11:00 SAIDO 11:30 Exercise with Mariah & Music, CR 3:00 Mardi Gras Party, CL 5:00 Social Hour, CL Den 6:00 Mardi Gras Dinner 7:00 Corn Hole with Vws	18 Hair Day 11:00 SAIDO 11:30 Exercise with Simone & Music, CL 2:00 Art Therapy with Marty Santos, CR 3:00 Ash Wednesday Church Service 5:00 Balloon Toss, CR-Sharon 7:00 Bowling with VWs	19 10:00 Horticulture with Robert Evans 11:30 Exercise with Donna & Music, CR 1:30 Resident Council, CL 3:30 The Red Quiz, CR-Sherry 4:00 Digital Accordion and Clarinet with Joe and Sally LuKasik, CR 5:00 Social Hour, CR Den	20 11:00 SAIDO 11:30 Exercise with Eunique & Music, CL 1:15 Tai Chi with Michael Porte, CR 2:00 Melissa & Phil DeGreg Show, CR 3:00 Black History with Trudy Gaba of NURFC, CR 4:00 Happy Hour, CL	21 11:30 Exercise with Briana & Music, CL 1:30 Puzzle Hour 2:00 Lyrica-Reedy Keys Duo 3:30 Fun Riddle #29, CR-Tonya 5:00 Bessie Coleman, CR-Tonya 7:00 "Ruby Bridges" with Popcorn, DVD
	President's Day					



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	22 11:30 Exercise with Marie & Music, CR 2:00 Church Service, CL 4:00 Listen to Aretha Franklin, CR 5:00 This Day in History, CR-Madeline 7:00 Musical or Opera of Choice Olympics End	23 Manicure by your VW 11:00 SAIDO 11:30 Exercise with Amy & Music, CR 1:15 Tai Chi with Michael Porte, CR 2:30 Rosa Parks, CR-Sherry 4:00 Violin and Piano Concert with Vince and Rick, CL 7:00 Game Night with VWs (CL)	24 Women's Luncheon, CL 11:00 SAIDO 11:30 Exercise with Simone & Music, CL 3:00 Cincinnati Chamber Orchestra, CR 4:00 Ginger Ale Tasting, CL 5:00 Social Hour, CL Den 7:00 Corn Hole with Vws	25 Hair Day 11:00 SAIDO 11:30 Exercise with Eunique & Music, CR 3:00 Cincinnati Ballet, CR 5:00 Balloon Toss, CR-Tierra 7:00 Bowling with VWs	26 11:00 SAIDO 11:30 Exercise with Eunique & Music, CR 2:30 Black History Poems with DD, CR 3:30 Listen to Etta James, CR 4:00 HealthRHYTHMS with DD, CL 4:30 Edna Lewis, CL 5:00 Social Hour, CR Den 6:00 Southern Dinner	27 11:00 SAIDO 11:30 Exercise with Cassie & Music, CR 1:15 Tai Chi with Michael Porte, CR 3:30 Leap Year Trivia & Facts, CL-Carren 4:00 Jazz Piano with Zach Karp with Happy Hour, CR 7:00 Bingo with VWS, CR	28 11:30 Exercise with Sharon & Music, CR 1:30 Puzzle Hour 2:30 Karaoke, CL-Amy 4:00 Balloon Toss, CL-Tika 5:00 Oprah Winfrey, CL-Carren 7:00 "The Butler" with Popcorn, DVD
CR=Craftsman CL=Colonial *= Music Performances of Creative Aging Cincinnati Membership -SAIDO session times may vary.		Neighborhood Chat will take place every day in between scheduled activities Activity dates, times and locations are subject to change. Snacks will be offered by VWs at 2:30p and 7:00p every day.		Reminders: Sneeze in the inside of your elbows or tissue. Wash your hands frequently. Wet hands, Lather with Soap, Scrub for at least 20 seconds, rinse and dry. Clean hands before and after, with eating and toileting, then after blowing nose, cough, or sneezing!			

Monthly Observances: American Heart Month, Black History Month, National Cancer Prevention Month, National Senior Independence Month, National Children's Dental Health Month, Age-Related Macular Degeneration (AMD) Awareness Month