


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Do you think there is an activity your loved one would really enjoy? Maybe a place they like to go? Share those with Andrea at 616-820-7630 or <a href="mailto:wehnerandrea@fvhollandseniorliving.com">wehnerandrea@fvhollandseniorliving.com</a></b></p> <p><b>We can try and work those activities or adapted versions of them into our calendar. Thank you.</b></p>			<p><i>Morning</i> <b>1</b> Upper Body Strengthening Armchair Travels <i>Afternoon</i> Boston Baked Beans Dean Martin Show <i>Evening</i> Chats with Friends</p>	<p><i>Morning</i> <b>2</b> Aerobics History of the Post Office <i>Afternoon</i> Photo Finish Balloon Ball <i>Evening</i> Gilda</p> <p><small>Groundhog Day</small></p>	<p><i>Morning</i> <b>3</b> Leg Strengthening Current Events <i>Afternoon</i> <b>Bird Watching at DeGraaf</b> Sing-a-long <i>Evening</i> Jeopardy</p>	<p><i>Morning</i> <b>4</b> Express Toning Trivia Tidbits <i>Afternoon</i> Match-Up Basketball <i>Evening</i> Lawrence Welk</p>
<p><i>Morning</i> <b>5</b> Yoga Words That Start With M <i>Afternoon</i> Hand and Nail Care Church Service <i>Evening</i> Dial M for Murder</p>	<p><i>Morning</i> <b>6</b> Simply Move Folktales and Fables <i>Afternoon</i> Cherry Cheesecake I Love Lucy <i>Evening</i> Crafts of Sorts</p>	<p><i>Morning</i> <b>7</b> Balance Exercises Would You Rather??? <i>Afternoon</i> Book Nook Paddle Ball <i>Evening</i> 1 Minute Massage</p>	<p><i>Morning</i> <b>8</b> Upper Body Strengthening Friendly Feud <i>Afternoon</i> Birthday Party The Patty Duke Show <i>Evening</i> Chats with Friends</p>	<p><i>Morning</i> <b>9</b> Aerobics <b>Crust 54</b> <i>Afternoon</i> Heart Suncatchers Horseshoes <i>Evening</i> Some Like It Hot</p>	<p><i>Morning</i> <b>10</b> Silver Sneakers Current Events <i>Afternoon</i> Uno Kickball <i>Evening</i> Wheel of Fortune</p>	<p><i>Morning</i> <b>11</b> Sit and Be Fit Famous Duos &amp; Love Letters <i>Afternoon</i> Bingo Noodle Ball <i>Evening</i> Lawrence Welk</p>
<p><i>Morning</i> <b>12</b> Tai Chi Name All 50 <i>Afternoon</i> Hand and Nail Care Church Service <i>Evening</i> Three Guys Named Mike</p>	<p><i>Morning</i> <b>13</b> Morning Stretch Pushing The Envelope <i>Afternoon</i> Cornflake Cookies The Donna Reed Show <i>Evening</i> Sort It Out</p>	<p><i>Morning</i> <b>14</b> Balance Exercises <b>Valentine Couples Lunch</b> <i>Afternoon</i> Valentine Making Bean Bag Toss <i>Evening</i> Hand Massages</p> <p><small>Valentine's Day</small></p>	<p><i>Morning</i> <b>15</b> Upper Body Strengthening Resident Council Junk Drawer Detectives <i>Afternoon</i> <b>Scenic Drive</b> Bowling <i>Evening</i> Chats with Friends</p>	<p><i>Morning</i> <b>16</b> Aerobics Live to Learn <i>Afternoon</i> S'more Social Balloon Ball <i>Evening</i> Kiss Me Stupid</p>	<p><i>Morning</i> <b>17</b> Exercise Through the Decades February Trivia <i>Afternoon</i> Jigsaw Puzzles Basketball <i>Evening</i> Jeopardy</p>	<p><i>Morning</i> <b>18</b> Express Toning Easy Trivia <i>Afternoon</i> Creative Colors Balloon Ball <i>Evening</i> Lawrence Welk</p>
<p><i>Morning</i> <b>19</b> Yoga Words That Start With J <i>Afternoon</i> Hand and Nail Care Church Service <i>Evening</i> Charade</p>	<p><i>Morning</i> <b>20</b> Music and Movement Rhyming Words <i>Afternoon</i> Penny Ante Noodle Ball <i>Evening</i> Household Helpers</p> <p><small>Presidents' Day</small></p>	<p><i>Morning</i> <b>21</b> Balance Exercises First Ladies <i>Afternoon</i> Mardi Gras Social Ping Pong Basketball <i>Evening</i> 1 Minute Massages</p> <p><small>Mardi Gras</small></p>	<p><i>Morning</i> <b>22</b> Upper Body Strengthening Erma Bombeck <i>Afternoon</i> <b>Russ'</b> Sing-a-long <i>Evening</i> Chats with Friends</p> <p><small>Ash Wednesday</small></p>	<p><i>Morning</i> <b>23</b> Bee Gees Aerobics Puzzles <i>Afternoon</i> Remembering Girl Scouts Ring Toss <i>Evening</i> Here Comes Mr. Jordan</p>	<p><i>Morning</i> <b>24</b> Sitting Start Current Events <i>Afternoon</i> Canned Food Cooking Dick VanDyke Show <i>Evening</i> Wheel of Fortune</p>	<p><i>Morning</i> <b>25</b> Sit and Be Fit Never Have I Ever <i>Afternoon</i> Snowball Toss Banana Splits <i>Evening</i> Lawrence Welk</p>
<p><i>Morning</i> <b>26</b> Tai Chi Brain Teasers <i>Afternoon</i> Hand and Nail Care Church Service <i>Evening</i> Heartbeat</p>	<p><i>Morning</i> <b>27</b> Movement with Meredith Who, What, Where? <i>Afternoon</i> Painting I Dream of Jeannie <i>Evening</i> Crafts of Sorts</p>	<p><i>Morning</i> <b>28</b> Balance Exercise Which Happened Last <i>Afternoon</i> Flower Arranging Twister <i>Evening</i> Hand Massages</p>	 <h1 style="color: #c0392b; font-family: cursive;">February 2023</h1> <p style="font-size: 24px; font-weight: bold;">Eagle Harbor</p>			