



## FEBRUARY 2023

Contact: Zachary Risse Zachary.Risse@AegisTherapies.com

## NORTH BUILDING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Location Keys NAR North Activity Room NFR North Front Room	Fun National Holidays  • Valentine's Day  • Mardi Gras  • Presidents' Day	31	09:00am Cards w/ Richard @NAR 11:00am Arthritis Prevention (Hand Exercises) @NAR 01:30pm Wii Bowling @NAR 01:30pm Social W/West @NAR 03:00pm Yahtzee @NAR	09:30am Resistance Band Training @NAR 10:30am Name That Tune @NAR 01:30pm Themed Bingo @NAR 03:00pm Happy Hour @NAR	09:30am Cardio Kickboxing @NAR 10:30am Worship Service @NAR 01:30pm Movie Day @NAR 03:00pm Pet Therapy @NAR	4
5	09:30am Ab Circuit @NAR 10:15am Brain Power Class @NAR 10:30am Worship Service @NAR 01:30pm Bingo @NAR 03:00pm Whiteboard Games @NAR	09:30am Weights to Plates @NAR 10:30am Coloring Activity @NAR 01:30pm Trivia @NAR 02:00pm Baking/Treats @NAR 03:00pm Blackjack @NAR	09:00am Cards w/ Richard @NAR 11:00am Arthritis Prevention (Hand Exercises) @NAR 01:30pm Wii Bowling @NAR 03:00pm Yahtzee @NAR	09:30am Resistance Band Training @NAR 10:30am Name That Tune @NAR 01:30pm Themed Bingo @NAR 03:00pm Happy Hour @NAR 03:00pm National Pizza Day @NAR	09:30am Cardio Kickboxing @NAR 10:30am Worship Service @NAR 01:30pm Movie Day @NAR 03:00pm Pet Therapy @NAR	11
<b>06:00pm</b> Super Bowl Party @NAR	09:30am Ab Circuit @NAR 10:15am Brain Power Class @NAR 10:30am Worship Service @NAR 01:30pm Bingo @NAR 03:00pm Whiteboard Games @NAR 03:30pm Cookies w/Special Guest (Lora) @NAR	09:30am Weights to Plates @NAR 10:30am Craft Project @NAR 02:00pm Valentine's Day Party @NAR 03:00pm Blackjack @NAR	09:00am Cards w/ Richard @NAR 11:00am Arthritis Prevention (Hand Exercises) @NAR 01:30pm Will Bowling @NAR 01:30pm Social W/West @NAR 03:00pm Yahtzee @NAR	09:30am Resistance Band Training @NAR 10:30am Name That Tune @NAR 01:00pm MaxPiano Performance @NAR 01:30pm Themed Bingo @NAR 03:00pm Happy Hour @NAR	09:30am Cardio 17 Kickboxing @NAR 10:30am Worship Service @NAR 01:30pm Movie Day @NAR 03:00pm Pet Therapy @NAR	18
26	Washington's Birthday 09:30am Ab Circuit @NAR 10:15am Brain Power Class @NAR 10:30am Worship Service @NAR 01:30pm Bingo @NAR 03:00pm Whiteboard Games @NAR	09:30am Weights to Plates @NAR 10:00am Walmart Trip @NFR 10:30am Cheese Head Game @NAR 02:00pm Mardi Gras Party @NAR 03:00pm Blackjack @NAR	09:00am Cards w/ Richard @NAR 11:00am Arthritis Prevention (Hand Exercises) @NAR 01:30pm Wii Bowling @NAR 03:00pm Yahtzee @NAR	09:30am Resistance Band Training @NAR 10:30am Name That Tune @NAR 01:00pm Reptile Rescue Sanctuary @NAR 01:30pm Themed Bingo @NAR 03:00pm Happy Hour @NAR	09:30am Cardio Kickboxing @NAR 10:30am Worship Service @NAR 01:30pm Movie Day @NAR 03:00pm Pet Therapy @NAR	25
	09:30am Ab Circuit @NAR 10:15am Brain Power Class @NAR 10:30am Worship Service @NAR 01:30pm Bingo @NAR 03:00pm Whiteboard Games @NAR	09:30am Weights to Plates @NAR 10:30am Craft Project @NAR 01:30pm Trivia @NAR 02:00pm Baking/Treats @NAR 03:00pm Blackjack @NAR	1	2	3	4