

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# February 2019

## Casa de Flores - Senior Residence

					<p>9:30 Morning Stretch *AR 10:15 Coffee &amp; News *AR 11:00 Outing: Brown Bag Lunch and Concert in SLO 2:00 Bible Study with Earl *AR 3:30 Happy Hour Featuring: <i>Tim Pacheco</i> *FPR 6:30 Veterans Social Gathering *AR</p>	<p>9:30 Music-N-Motion *AR 10:15 Coffee &amp; News *AR 11:15 BINGO! *AR 2:00 Afternoon Matinee *MT <i>Anchors Aweigh</i></p> <p style="text-align: right;">Groundhog Day</p>
<p>9:30 Chair Yoga *AR 10:15 Coffee &amp; News *AR 11:00 <i>The Daily Special Band</i> *FPR 2:00 Afternoon Walk *FPR 2:30 Church Service *LIB 3:15 Super Bowl LIII *MR 6:30 Inspirational Movie *MT <i>Sarah Plain and Tall</i></p>	<p>9:30 Morning Exercise *AR 10:15 Coffee &amp; News *AR 10:15 Catholic Mass *BCC 11:15 Morning Walk *FPR 1:45 BINGO! *AR 3:00 Walker/Wheelchair Clinic by Coastal Living Home Health *AR 3:00 Frannie's Fountain 3:30 Bible Study *LIB</p>	<p>9:30 Chair Yoga *AR 10:15 Movement Activity Presented By: "Let's Dance" *AR 11:15 History of the Chinese New Year (Year of the Pig) *AR 2:00 Valentine Craft *AR 2:00 Faces &amp; Places *MT <i>America's Railroads/part 5</i> 3:00 Frannie's Fountain 6:30 Game Night *AR <small>Chinese New Year</small></p>	<p>9:30 Sit-N-B-Fit *AR 10:15 Coffee &amp; News *AR 11:15 New Resident Welcome *AR 2:00 &amp; 2:30 Outing: <i>Rite Aid in MB</i> 3:00 Frannie's Fountain 5:00 Evening Walk *FPR 6:30 Poker Dice *AR</p>	<p>9:30 Stretch Band Exercise *AR 10:15 Crafters Corner w/<i>Tonya</i> *AR 11:15 Knitting with <i>Wanda</i> *MR 11:15 BINGO! *AR 2:00 Outing: <i>Elephant Seals</i> 2:00 Casa's Caring Angels *AR 3:00 Frannie's Fountain 6:30 Evening Movie *MT <i>The African Queen</i></p>	<p>9:30 Morning Stretch *AR 10:15 Coffee &amp; News *AR 11:15 Morning Walk *FPR 2:00 Bible Study with Earl *AR 3:30 Happy Hour Featuring: <i>Liz Douglas</i> *FPR 6:30 Walking Down Memory Lane with <i>Betty Jo</i> *AR</p>	<p>9:30 Music-N-Motion *AR 10:15 Coffee &amp; News *AR 11:15 BINGO! *AR 2:00 Afternoon Matinee *MT <i>The African Queen</i></p>
<p>9:30 Chair Yoga *AR 10:15 Coffee &amp; News *AR 11:15 Jumbled Words *AR 2:00 Afternoon Walk *FPR 2:30 Church Service *LIB 3:00 Frannie's Fountain 6:30 Inspirational Movie *MT <i>Winter's End</i></p>	<p>9:30 Morning Exercise *AR 10:15 Coffee &amp; News *AR 10:15 Catholic Mass *BCC 11:15 Manicures *AR 1:45 BINGO! *AR 3:00 Frannie's Fountain 3:30 Bible Study *LIB</p>	<p>9:30 Chair Yoga *AR 10:15 Coffee &amp; News *AR 11:15 Morro Bay High School Dance Fusion Performance *FPR 2:00 Scenic Drive: Delivering <i>Valentine Cards to the Community</i> 2:00 Faces &amp; Places *MT <i>Riding the Narrow Gauge</i> 3:00 Frannie's Fountain 6:30 Game Night *AR</p>	<p>9:30 Sit-N-B-Fit *AR 10:45 &amp; 11:15 <i>Cayucos Potluck</i> 2:00 Target Toss *AR 3:00 Frannie's Fountain 5:00 Evening Walk *FPR 6:30 Poker Dice *AR</p>	<p>9:30 Stretch Band Exercise *AR 10:15 Coffee &amp; News *AR 11:15 Knitting with <i>Wanda</i> *MR 11:15 BINGO! *AR 3:00 Valentine Social *FPR 3:30 Valentine Performance By: <i>Del Gomes</i> *FPR 6:30 Evening Movie *MT <i>The Music Man</i> <small>Valentine's Day</small></p>	<p>9:30 Morning Stretch *AR 10:15 Coffee &amp; News *AR 11:15 Morning Walk *FPR 2:00 Bible Study with Earl *AR 3:30 Happy Hour Featuring: <i>Julie Beaver</i> *FPR 6:30 Veterans Social Gathering *AR</p>	<p>9:30 Music-N-Motion *AR 10:15 Coffee &amp; News *AR 11:00 Dog Visit from <i>Woods Humane Society</i> *FPR 11:15 BINGO! *AR 2:00 Afternoon Matinee *MT <i>The Music Man</i></p>
<p>9:30 Chair Yoga *AR 10:15 Coffee &amp; News *AR 11:15 Strengthen Your Mind *AR 2:00 Afternoon Walk *FPR 2:30 Church Service *LIB 3:00 Frannie's Fountain 6:30 Inspirational Movie *MT <i>Roman Holiday</i></p>	<p>9:30 Morning Exercise *AR 10:15 Coffee &amp; News *AR 10:15 Catholic Mass *BCC 11:15 Presidential Trivia *AR 1:45 BINGO! *AR 3:00 Frannie's Fountain 3:30 Bible Study *LIB</p> <p style="text-align: right;"><small>Presidents' Day (US)</small></p>	<p>9:30 Balance Class Presented by Coastal Living Home Health *AR 10:15 Coffee &amp; News *AR 11:15 Food for Thought with our Dietary Director Treavor *AR 2:00 Chicken Soup for the Soul *AR 2:00 Faces &amp; Places *MT <i>California Road Trip w/Huell Howser</i> 3:00 Frannie's Fountain 6:30 Game Night *AR</p>	<p>9:30 Sit-N-B-Fit *AR 10:15 Coffee &amp; News *AR 11:15 Resident Council Meets *AR 2:00 Casa's Caring Angels *AR 3:00 Frannie's Fountain 5:00 Evening Walk *FPR 6:30 Poker Dice *AR</p>	<p>9:30 Stretch Band Exercise *AR 10:15 Crafters Corner w/<i>Tonya</i> *AR 11:15 Knitting with <i>Wanda</i> *MR 11:15 BINGO! *AR 2:00 Outing: <i>Woods Humane Society</i> 2:00 Table Games *AR 3:00 Frannie's Fountain 6:30 Evening Movie *MT <i>Separate Tables</i></p>	<p>9:30 Morning Stretch *AR 10:15 Coffee &amp; News *AR 11:15 Morning Walk *FPR 2:00 Bible Study with Earl *AR 3:30 Happy Hour Featuring: <i>Banjer Dan</i> *FPR 6:30 Walking Down Memory Lane with <i>Betty Jo</i> *AR</p>	<p>9:30 Music-N-Motion *AR 10:15 Coffee &amp; News *AR 11:15 BINGO! *AR 11:45 Caring Canine Visit *FPR 2:00 Afternoon Matinee *MT <i>Separate Tables</i></p>
<p>9:30 Chair Yoga *AR 10:15 Coffee &amp; News *AR 11:15 Puzzle Play *AR 2:00 Afternoon Walk *FPR 2:30 Church Service *LIB 3:00 Frannie's Fountain 6:30 Inspirational Movie *MT <i>The Benny Goodman Story</i></p>	<p>9:30 Morning Exercise *AR 10:15 Coffee &amp; News *AR 10:15 Catholic Mass *BCC 11:15 Manicures *AR 1:45 BINGO! *AR 3:00 Frannie's Fountain 3:30 Bible Study *LIB</p>	<p>9:30 Chair Yoga *AR 10:15 Coffee &amp; News *AR 11:15 Hang Man *AR 2:00 Scenic Drive: <i>Lopez Lake</i> 2:00 Faces &amp; Places *MT <i>Eleanor Roosevelt A Restless Spirit</i> 3:00 Frannie's Fountain 6:30 Game Night *AR</p>	<p>9:30 Sit-N-B-Fit *AR 10:15 Coffee &amp; News *AR 11:15 Brain Strain *AR 2:00 Casa's Caring Angels *AR 3:00 Frannie's Fountain 5:00 Evening Walk *FPR 6:30 Evening Concert Featuring: <i>Rick Tennock</i> *FPR</p>	<p>9:30 Stretch Band Exercise *AR 10:15 Coffee &amp; News *AR 11:15 Knitting with <i>Wanda</i> *MR 11:15 BINGO! *AR 2:00 Outing: <i>Miners Ace Hardware</i> 2:00 Afternoon Walk *FPR 3:00 Frannie's Fountain 6:30 Evening Movie *MT <i>The Last Time I Saw Paris</i></p>	<p style="text-align: center;"><b>"It is an absolute human certainty that no one can know his own beauty or perceive a sense of his own worth until it has been reflected back to him in the mirror of another loving, caring human being."</b></p> <p style="text-align: center;">~ <i>John Joseph Powell</i> ~</p>	

Calendar may be subject to change. Sign up for outings, scenic drives & movies. \*AR=activity room \*FPR=fireplace room \*MT=movie theater \*LIB=library \*MR=media room \*BCC=bayside care center