February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8:30- Exercise 10:00- Beth Moore Series Bible Study-B 1:00- Canasta **2:00- Kroger Outing** 6:30- Golden Needles	**2** 8:30- Exercise-B 9:00- Trivia 10:00- Men's Headliners- 115 10:00- Beading- AR 12:30- Arthritis Exercise-124 1:00- Rook-115 4:00- Wine and Cheese 6:30- Orchestra Practice- B Groundhog Day	**3** 8:30- Exercise 10:30- noon: Absentee Voting registration 1:00- Texas Holdem	**4** EXERCISE CANCELLED TODAY ONLY 9:00- 3:00- Doll Show and Sale in Blakemore Room for residents and the Community 1:00- Canasta
5 Church Transportation schedule with front desk please 3:30- Super Bowl Pre-Game Party	**6** 8:30- Exercise 9:00- Poetry **11:00-Golden Thai Restaurant Outing** 1:00- History Buffs 2:15- Bingo	**7** **8-9 AM Continental Breakfast in Coffee Cove** 8:30- Exercise-B 9:00- Word Games 10:00- Blood Pressure Checks- W 12:30- Arthritis Exercise-124 1:00- Rook-115	**8** 8:30- Exercise 10:30- Seated Exercise with Brenda 1:00- Canasta **2:00- Katy's Hallmark Outing** 6:30- Golden Needles	**9** 8:30- Exercise-B **9:45- Outing: Be Dazzled for Earring Making Class** 10:00- Men's Headliners- 115 12:30- Arthritis Exercise-124 1:00- Rook-115 3:00- Town Hall Meeting 4:00- Wine and Cheese 6:30- Orchestra Practice- B	**10** 8:30- Exercise 10:30- Trivia 1:00- Texas Holdem 3:30- Crazy 8's (piano) performing in Blakemore	**11** 8:30- Exercise 9:00- Laughter Yoga 10:00- Parkinson's Support Mtg. – B 1:00- Canasta
12 Church Transportation schedule with front desk please 2:00- Movie: Dolphin Tail	**13** 8:30- Exercise 9:00- Poetry 2:00- Bingo 3:30- Bill Sleeter with Children visiting- B	**14** **8-9 AM Continental Breakfast in Coffee Cove** 8:30- Exercise/ dvd 10:00- Audiologist Clinic 12:30- Arthritis Exercise-124 1:00- Rook-115 2:00- Valentine Reminisce with Chocolate tasting. Valentine's Day	**15** 8:30- Exercise 10:00- Beth Moore Series Bible Study-B 1:00- Canasta **2:00- Publix Outing** 6:30- Golden Needles	**16** 8:30- Exercise-B 9:00- Trivia 10:00- Men's Headliners- 115 10:00- Beading- AR 12:30- Arthritis Exercise-124 1:00- Rook-115 4:00- Wine and Cheese 6:30- Orchestra Practice- B	**17** 8:30- Exercise **10:30- Amerigos Mexican Restaurant Outing** 1:00- Texas Holdem	**18** 8:30- Exercise 9:00- Laughter Yoga 1:00- Canasta 3:00- Gunther Entertains
19 Church Transportation schedule with front desk please 2:00- Movie: My Fair Lady	**20** 8:30- Exercise 9:00- Poetry 10 - 2** Tax Assistance, appointment necessary 10:30- Reminisce 2:00- Bingo Presidents' Day (US)	**21** **8-9 AM Continental Breakfast- Coffee Cove** 8:30- Exercise-B 10:00- Blood Pressure Checks 12:30- Arthritis Exercise-124 1:00- Rook-115 1:00- Book Club Meeting **4:00- MARDI GRAS PARTY WITH COMMUNITY- B** Mardi Gras	**22** 8:30- Exercise **10:00- Early Voting Outing- bring photo id** 1:00- Canasta 6:30- Golden Needles	**23** 8:30- Exercise-B 9:00- Trivia 10:00- Men's Headliners- 115 10:00- Beading- AR 12:30- Arthritis Exercise-124 1:00- Rook-115 4:00- Wine and Cheese 6:30- Orchestra Practice- B	**24** 8:30- Exercise 10:00- Inter-Denominational Worship 1:00- Texas Holdem	**25** 8:30- Exercise 9:00- Laughter Yoga 1:00- Canasta 3:00- Girl Scouts visiting in Blakemore- Spa Day
26 Church Transportation schedule with front desk please 2:00- Movie: The Sound Of Music	**27** 8:30- Exercise 9:00- Poetry 10 - 3** Tax Assistance, appointment necessary 10:30- Reminisce 2:00- Bingo	**28** **8-9 AM Continental Breakfast in Coffee Cove** 8:30- Exercise-B 9:00- Word Games 12:30- Arthritis Exercise-124 1:00- Rook-115 **5:00- Birthday Dinner- Invitation Only**	**29** 8:30- Exercise 10:00- Beth Moore Series Bible Study-B 1:00- Canasta 2:00- Golden Needles			

Park Manor
Life Enrichment Schedule
February 2012

Park Manor, 115 Woodmont Blvd. Nashville, TN 37205 Phone: 383-7303 or Life Enrichment Director: 733-2687- Brenda Nagey- We love new ideas and volunteers !!!!!!