

Monday


Tuesday

Wednesday

Thursday

Friday



It's All Good Day 5 10:00 Morning Seminar - Dorothy Height /The Good News Story Hour/Souper Detective/ 10:45 Seminar Cont'd / Finish the Phrase /Souper Detective 11:30 Exercise/Singing 1:30 Sing Fit: Singers From The South/ The Harlem Renaissance// Enrichment/ 2:30 Bingo/ Wheel of Fortune / /Monday 3:00 Bingo(cont'd) / Would You Rather / / Enrichment 3:45 Who Wants to Be a Millionaire/ Light and Lively/ 4:15 Taboo/ Discussion/Enrichment	Groovin With Gary Freeman 6 10:00 Morning Seminar - Bayard Rustin /Penny Pitching/EZ Heart Art/ 10:45 Seminar Cont'd / Question Ball /CHIEF Categories 11:30 Exercise/Singing 1:30 Sing Fit/ Enrichment/ / Gary Freeman Entertains 2:30 Bingo / Loaded Questions / / Enrichment 3:45 Golden Carer's Quizzes/ Light and Lively/ 4:15 Word Teasers/ Discussion/Enrichment	Libraries are Cool Day 7 10:00 Morning Seminar - Book Club /Ring Toss/Cooking Class: Fairy Cakes/ 10:45 Seminar Cont'd / Bowling /Cooking Class: Fairy Cakes 11:30 Exercise/Singing 1:30 Sing Fit: # 1 Hits of the 1970s/ The Rise and Shine of Breakfast// Enrichment/ 2:30 Bingo/ Word Ladders / /Wednesday 3:00 Bingo(cont'd) / Ugame / / Enrichment 3:45 Decade Trivia/ Light and Lively/ 4:15 Scattergories/ Discussion/Enrichment	Black Artists Day 8 10:00 Morning Seminar - Alexander Pushkin /Basketball/Civil Rights Word Search/ 10:45 Seminar Cont'd / Kickball (Balloon) /Bookmarks Crossword 11:30 Exercise/Singing 1:30 Sing Fit: Moving to 60s and 70s UK Hits/ Love is in the Air Trivia// Enrichment/ 2:30 Bingo/ BOARD Categories / /Thursday 3:00 Bingo(cont'd) / Conversation Cards / / Enrichment 3:45 Fact or Crap/ Light and Lively/ 4:15 Word Scramblers/Discussion/Enrichment	Let's Go Super Bowl! 9 10:00 Morning Seminar - Jordan Peele /Question Ball/Valentine's Table Topper/ 10:45 Seminar Cont'd / Darts /Valentine's Table Topper 11:30 Exercise/Singing 1:30 Sing Fit: Voices of Country Music/ Celebrating Black History Month// Enrichment/ 2:30 Bingo/ Word Association / /Friday Super Bowl Snacks and Highlights/ 3:00 Enrichment 3:45 A-Z Trivia/ Light and Lively/ 4:15 Name 5/ Discussion/Enrichment
Lundi Gras 12 10:00 Morning Seminar - Harry Belafonte /Golf/New Orleans Crossword/ 10:45 Seminar Cont'd / Finishing Lyrics /Ash Wednesday Word Mining 11:30 Exercise/Singing 1:30 Sing Fit: Musical Guests of Saturday Night Live/ What a Mess!// Enrichment/ 2:30 Bingo/ Pictionary / /Monday 3:00 Bingo(cont'd) / Grandparents Talk / / Enrichment 3:45 USA Brainbox/ Light and Lively/ 4:15 Family Feud/ Discussion/Enrichment	Friends Place Mardi Gras 13 10:00 Morning Seminar - Etta James /Parachute/Fleur De Lis Ornament/ 10:45 Seminar Cont'd / Parachute /Fleur De Lis Ornament 11:30 Exercise/Singing 1:30 Sing Fit: A Tour of Great Works of Art/ Let the Good Times Roll Trivia// Enrichment/ 2:30 Bingo/ Wacky Wordies / /Tuesday 3:00 Bingo(cont'd) / You Be The Judge / / Enrichment 6:00 Mardi Gras Party 	Valentine's Day 14 10:00 Morning Seminar - Book Club /Penny Pitching/Cooking Class: Heart Cake Pops/ 10:45 Seminar Cont'd / Nerf Guns /Cooking Class: Heart Cake Pops 11:30 Exercise/Singing 1:30 Sing Fit: Celebrating Irish Heritage/ Love on Film// Enrichment/ 2:30 Bingo/ Word Mining / /Wednesday 3:00 Bingo(cont'd) / Table Topics / / Enrichment 3:45 Strengthen Your Mind/ Light and Lively/ 4:15 That's It/ Discussion/Enrichment	Black History Presentation with Evelyn 15 10:00 Black History Month Presentation with Evelyn Akram / 10:45 Seminar Cont'd / Word Train /Mixed Up Breakfast 11:30 Exercise/Singing 1:30 Sing Fit: House Bands Behind the Hits/ Who am I? Black History Edition// Enrichment/ 2:30 Bingo/ Word Train / /Thursday 3:00 Bingo(cont'd) / Chat Pack / / Enrichment 3:45 12 Months of Trivia/ Light and Lively/ 4:15 Finish the Phrase/Discussion/Enrichment	Girl Scout Cookie Day 16 10:00 Morning Seminar - Angela Bassett /Golf/Art with Stephanie/ 10:45 Seminar Cont'd / Bean Bag Toss /Art with Stephanie 11:30 Exercise/Singing 1:30 Sing Fit: On the Road With Stars From the 40s and 50s/ Olympic Athletes// Enrichment/ 2:30 Bingo/ Hangman / /Friday 3:00 Bingo(cont'd) / Would You Rather / / Enrichment 3:45 Mental Floss Trivia/ Light and Lively/ 4:15 Listmania/ Discussion/Enrichment
President's Day 19 10:00 Morning Seminar - Spike Lee /The Good New Story Hour/Year of the Dragon Wordsearch/ 10:45 Seminar Cont'd / Pingpong Ball Race /White House Pets Puzzle 11:30 Exercise/Singing 1:30 Sing Fit: Stars of Music and Television/ Presidential Pets// Enrichment/ 2:30 Bingo/ Boggle / /Monday 3:00 Bingo(cont'd) / Loaded Questions / / Enrichment 3:45 Trivial Pursuit Book/ Light and Lively/ 4:15 Name That.../ Discussion/Enrichment	Give a Friend a Hong Bao 20 10:00 Morning Seminar - Nelson Mandela /Ring Toss/Making Red Packets/ 10:45 Seminar Cont'd / Question Ball /Making Red Packets 11:30 Exercise/Singing 1:30 Sing Fit: Moving to Famous Foxtrots/ The Tale of the Dragon// Enrichment/ 2:30 Bingo/ Wheel of Fortune / /Tuesday 3:00 Bingo(cont'd) / Ugame / / Enrichment 3:45 Pat Sejak's Trivia/ Light and Lively/ 4:15 That's It/ Discussion/Enrichment	Birthday Celebration with Kristi Kruger 21 10:00 Morning Seminar - Book Club/Therapy Dogs /Parachute/Cooking Class: Chinese Dumplings/ 10:45 Seminar Cont'd / Finish the Phrase /Cooking Class: Chinese Dumplings 11:30 Exercise/Singing 1:30 Sing Fit/ Zodiac Horoscopes// Enrichment/ Birthday Celebration with Kristi Kruger 2:00 Sing Fit: Around the World// Enrichment/ 3:00 Bingo(cont'd) / Conversation Cards / / Enrichment 3:45 Totally Trivia/ Light and Lively/ 4:15 Taboo/ Discussion/Enrichment	Dragon's Day CHINESE NEW YEAR! 22 10:00 Morning Seminar - The Ladies Behind Hidden Figures /Bowling/Chinese Zodiac Wordsearch/ 10:45 Seminar Cont'd / Would You Rather /Lunar New Year Word Match 11:30 Exercise/Singing 1:30 Sing Fit: On Stage at Carnegie Hall/ Lunar New Year Around the World// Enrichment/ 2:30 Bingo/ Word Ladders / /Thursday 3:00 Bingo(cont'd) / What Would You Do / Enrichment 3:45 Decade Trivia/ Light and Lively/ 4:15 Word Teasers/ Discussion/Enrichment	It's Red, It's Lucky! Day CHINESE NEW YEAR! 23 10:00 Morning Seminar - Prince /Chair Volleyball/Easy Red Paper Cutting/ 10:45 Seminar Cont'd / Basketball /Easy Red Paper Cutting 11:30 Exercise/Singing 1:30 Sing Fit: California Hits/ Presidential Riddles// Enrichment/ 2:30 Bingo/ BOARD Categories / /Friday 3:00 Bingo(cont'd) / Grandparents Talk / / Enrichment 3:45 A-Z Trivia/ Light and Lively/ 4:15 Scattergories/ Discussion/Enrichment
Fats Domino Day 26 10:00 Morning Seminar - Ethel L Payne /Question Ball/Rise and Shine Detective/ 10:45 Seminar Cont'd / Darts /Rise and Shine Detective 11:30 Exercise/Singing 1:30 Sing Fit: It's a Colorful World/ Putting the Past in Order: Civil Rights// Enrichment/ 2:30 Bingo/ Pictionary / /Monday 3:00 Bingo(cont'd) / Loaded Questions / / Enrichment 3:45 USA Brainbox/ Light and Lively/ 4:15 Odd One Out/ Discussion/Enrichment	Retro Day 27 10:00 Morning Seminar - Bessie Coleman /Washers/Stained Glass Plates/ 10:45 Seminar Cont'd / Bean Bag Toss /SWIFT Categories 11:30 Exercise/Singing 1:30 Sing Fit: Musical Stars from the Midwest/ Historic Places: Civil Rights// Enrichment/ 2:30 Bingo/ Word Train / /Tuesday 3:00 Bingo(cont'd) / Chat Pack / / Enrichment 3:45 Golden Carer's Quizzes/ Light and Lively/ 4:15 Family Feud/ Discussion/Enrichment	Chocolate Souffle Day 28 10:00 Morning Seminar - Book Club /Darts/Cooking: PB Choc Chip Cookies/ 10:45 Seminar Cont'd / Chair Volleyball /Cooking Class: PB Chocolate Chip Cookies 11:30 Exercise/Singing 1:30 Sing Fit: Songs That Hit Twice/ Who am I? First Ladies// Enrichment/ 2:30 Bingo/ Wacky Wordies / /Wednesday 3:00 Bingo(cont'd) / Would You Rather / / Enrichment 3:45 Who Wants to Be a Millionaire/ Light and Lively/ 4:15 Name 5/ Discussion/Enrichment	Leap Day 29 10:00 Morning Seminar - Time Capsule Leap Year Letters /Question Ball/Time Capsule Letters/ 10:45 Seminar Cont'd / Penny Pitching /SWIFT Categories 11:30 Exercise/Singing 1:30 Sing Fit: Popular Songs By Vocal Groups/ Leap Year Traditions// Enrichment/ 2:30 Bingo/ Word Mining / /Thursday 3:00 Bingo(cont'd) / Table Topics / / Enrichment 3:45 Fact or Crap/ Light and Lively/ 4:15 Finish the Phrase/Discussion/Enrichment	<div data-bbox="1619 1230 2009 1503" data-label="Image"> </div>

Breakfast/ Chit-chat 8:00 am – 10:00 am. Lunch 12:30. Afternoon Snack 3:00 pm