

## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

### Room Location Codes

- QAR Queen Anne Room
- AR Activity Rooms (I=Inn; P=Pines)
- MNDR Mount Nittany Dining Room
- FDR Fireside Dining Room
- FIT Willows Fitness Room
- WDR Willows Dining Room
- WCR Willows Conference Room
- ML Main Lobby (I=Inn; P=Pines)
- BR Inn/Pines Bridge
- 2FL 2nd Floor
- BRK Brookline Skilled Care
- PV Pavilion
- PIANO Pines Piano Lounge
- SOL Inn Solarium
- VISTA Pines Vista View
- C Inn/Willows Café



## Quote of the Month



Youth is the gift of nature,  
but age is a work of art.

- Stanislaw Jerzy Lec

<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<p><b>Super Bowl</b></p> <p>9:30 Daily Chronicle (IAR)</p> <p>9:30 Listen to Mass (Radio 1450AM)</p> <p>10:30 Sunday Stretches (IAR &amp; PIANO)</p> <p>11:00 Cryptogram Brain Game (PAR)</p> <p>1:15 Lady Lions vs Mich State Basketball Outing (x2041) (PSU BJC)</p> <p>2:30 Worship Service (QAR)</p> <p>6:00 Claude Monet: Life &amp; History (PAR)</p>	<p>9:30 News &amp; Views (C)</p> <p>10:30 Sit N' Fit (PIANO &amp; FIT)</p> <p>10:30 Morning Moves Chair Dancing w/ Sue (IAR)</p> <p>11:00 Brunch Outing (X2041) (WAFFLE SHOP)</p> <p>1:30 Uno Card Game (PAR)</p> <p>2:00 Amazing Art: Painting Elephants (IAR)</p> <p>3:00 Manicures (PAR)</p> <p>4:00 Manhattan Monday Happy Hour (BR)</p> <p>6:00 Poker Night (PAR)</p>	<p>9:30 Grocery Shuttle (x2041) (WEIS)</p> <p>10:00 Refresh Body, Mind &amp; Spirit (VISTA)</p> <p>10:30 Breathe &amp; Balance (IAR)</p> <p>1:10 Reading w/ Mt. Nittany Elementary (QAR &amp; PIANO)</p> <p>2:00 TV Series: When Calls The Heart (FDR)</p> <p>3:30 Music Therapy w/ Judy* (QAR)</p> <p>4:00 Rummikub (WDR)</p> <p>6:00 Travel Film Tuesday: South Pacific Islands (FDR)</p>	<p>9:00 Men's Poker (PAR)</p> <p>9:30 News &amp; Views (C)</p> <p>10:00 Refresh Body, Mind &amp; Spirit (FDR)</p> <p>10:30 Stretch &amp; Flex (PIANO &amp; FIT)</p> <p>10:30 Mindful Moves &amp; Grooves w/ Amy (IAR)</p> <p>1:30 Creative Kitchen: No Bake Cookies (PAR)</p> <p>2:30 Bingo For The Brain (FDR)</p> <p>4:00 Wednesday Whiskey Slush Happy Hour (BR)</p> <p>6:00 Famous Museums Around The World (IAR)</p>	<p>10:00 Refresh Body, Mind &amp; Spirit (PIANO)</p> <p>10:00 Quilters Guild (MNDR)</p> <p>10:00 Catholic Communion (QAR)</p> <p>10:15 Catholic Communion (PLIB)</p> <p>10:30 Toning To Tunes (IAR &amp; PIANO)</p> <p>1:30 Movie Matinee: Mona Lis Smile (FDR)</p> <p>4:00 Make Your Own Sundae Social (BR)</p> <p>4:00 Knitting For a Cause (MNDR)</p> <p>4:30 Dulcimer Gals Practice (QAR)</p>	<p><b>National Wear Red Day</b></p> <p>9:00 Flower Arranging (IAR)</p> <p>9:30 News &amp; Views (C)</p> <p>10:00 Refresh Body, Mind &amp; Spirit (FDR)</p> <p>10:30 30 Minute Total Fitness (PIANO, IAR &amp; FIT)</p> <p>1:00 Fly Fishermen Group (WCR)</p> <p>1:45 Bingo (FDR)</p> <p>3:00 Travel Slideshow w/ Jim Steamer (FDR)</p> <p>4:00 Peach Cooler Cocktail (BR)</p> <p>6:00 Skip-Bo Hour (IAR)</p>	<p>9:30 Weekend Update (Cafe)</p> <p>10:30 Breathe &amp; Balance (IAR &amp; PIANO)</p> <p>11:30 Lunch Outing (X2041) (PERKINS)</p> <p>2:00 Architecture Photo Slideshow: The Art Of Building Design (PAR)</p> <p>3:00 Creative Crafting: Handmade Valentine's Cards (IAR)</p> <p>4:00 Japanese Bobba Tea Sampling (BR)</p> <p>6:00 Moving Art Film: Flowers (IAR)</p>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<p>9:30 Daily Devotions (Cafe)</p> <p>9:30 Listen to Mass (Radio 1450AM)</p> <p>10:30 Breath &amp; Balance (IAR)</p> <p>10:30 HealthBEAT Drum Fitness w/ Nettie (PIANO)</p> <p>11:00 YouiDraw Painter (IAR)</p> <p>1:30 French Landmarks Photo Sideshow (PAR)</p> <p>2:30 Worship Service (QAR)</p> <p>4:00 Sunday Scrabble Hour (PAR)</p>	<p>9:30 News &amp; Views (C)</p> <p>9:30 Wellness Therapist Seminar (IAR)</p> <p>10:30 Strength Training (PIANO &amp; FIT)</p> <p>10:30 Smooth Stretches Chair Yoga w/ Sue (IAR)</p> <p>2:00 Resident Town Hall (QAR)</p> <p>3:00 Manicures (IAR)</p> <p>4:00 Latte Of The Month Social (Cafe)</p> <p>6:00 Indian Mandala Art Therapy (PAR)</p> <p>6:00 Poker Night (PAR)</p>	<p><b>Mardi Gras</b></p> <p>9:30 Grocery Shuttle (x2041) (WEIS)</p> <p>10:00 Refresh Body, Mind &amp; Spirit (PIANO)</p> <p>2:00 TV Series: When Calls The Heart (FDR)</p> <p>3:15 PEER Meeting (MNDR)</p> <p>3:30 Creative Crafting Mason Jar Wreath (IAR)</p> <p>4:00 New Orleans Happy Hour: Hurricanes (BR)</p> <p>6:00 Watercolor Painting For Beginners w/ Fran (IAR)</p>	<p><b>Happy Valentine's Day</b> <b>Ash Wednesday</b> <b>Theralink Day (By Invitation Only)</b></p> <p>9:00 Men's Poker (PAR)</p> <p>9:30 News &amp; Views (C)</p> <p>10:00 Refresh Body, Mind &amp; Spirit (FDR)</p> <p>10:30 Resistance Bands Fitness (IAR &amp; FIT)</p> <p>1:30 Dave's Discussion Hour (QAR)</p> <p>2:30 Bingo For The Brain (FDR)</p> <p>4:00 Sweetheart Happy Hour: Sloe Gin Fizz (BR)</p> <p>4:00 Rummikub (WDR)</p> <p>6:00 Mindful Music By Amy Timan* (PIANO)</p>	<p>10:00 Refresh Body, Mind &amp; Spirit (PIANO)</p> <p>10:00 Quilters Guild (MNDR)</p> <p>10:00 Catholic Mass (QAR)</p> <p>11:00 Healthy Steps Walking Group (IAR)</p> <p>1:30 Movie Matinee: Woman In Gold (FDR)</p> <p>2:00 Shopping Shuttle (X2041) (CVS)</p> <p>4:00 Trivia Challenge: Global Landmarks (PAR)</p> <p>4:30 Dulcimer Gals Practice (QAR)</p> <p>6:00 Crafting w/ Pinterest: Coffee Filter Tie Dye Craft (PAR)</p>	<p><b>THON Weekend at PSU</b></p> <p>9:00 Flower Arranging (IAR)</p> <p>9:30 News &amp; Views (C)</p> <p>10:00 Refresh Body, Mind &amp; Spirit (FDR)</p> <p>10:30 30 Minute Fitness (IAR &amp; PIANO)</p> <p>1:00 Fly Fishermen Group (WCR)</p> <p>1:45 Bingo (FDR)</p> <p>3:00 Conversations w/ Connie: Heart Healthy Diet (FDR)</p> <p>3:00 Red Hat Society (MNDR)</p> <p>4:00 Cultural Cocktail: White Russian Happy Hour (BR)</p> <p>6:00 Skip-Bo Hour (IAR)</p>	<p>9:30 Weekend Update (Cafe)</p> <p>10:30 Breathe &amp; Balance (IAR &amp; PIANO)</p> <p>11:15 Color Fun Brain Game (PAR)</p> <p>1:30 Documentary Film: THON-Why We Dance (FDR)</p> <p>2:00 Ice Cream Outing (X2041) (MEYER DAIRY)</p> <p>4:00 Crafting Corner: Recycled Paint Card Bookmarks (IAR)</p> <p>6:00 Movie Matinee: The Da Vinci Code (FDR)</p>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<p><b>Presidents Day</b></p> <p>9:30 News You Can Use (Cafe)</p> <p>9:30 Listen to Mass (Radio 1450AM)</p> <p>10:30 Sunday Stretches (IAR &amp; PIANO)</p> <p>11:00 Photo Slideshow: Famous Photographers (PAR)</p> <p>1:30 Rummikub For Beginners (IAR)</p> <p>2:30 Worship Service (QAR)</p> <p>3:30 Art Facts: Name That Art Tool (IAR)</p> <p>4:00 National Wine Day Happy Hour (BR)</p>	<p>9:30 News &amp; Views (C)</p> <p>10:30 Toning To Tunes (IAR)</p> <p>10:30 Morning Moves Chair Dancing w/ Sue (PIANO)</p> <p>1:45 Guest Speaker: Betty Boop &amp; Her Creator By Bruce Felischer (FDR)</p> <p>3:00 Manicures (PAR)</p> <p>4:00 Mexican Hot Chocolate Warm-Up (BR)</p> <p>6:00 Reminiscing: Past Presidents (FDR)</p> <p>6:00 Poker Night (PAR)</p> <p>7:00 Stitch &amp; Sew Group (IAR)</p>	<p>9:30 Grocery Shuttle (x2041) (WEIS)</p> <p>10:00 Refresh Body, Mind &amp; Spirit (VISTA)</p> <p>10:30 Strength Training (IAR &amp; PIANO)</p> <p>1:10 Reading w/ Mt. Nittany Elementary (QAR &amp; PIANO)</p> <p>2:00 TV Series: When Calls The Heart (FDR)</p> <p>3:30 Music Therapy w/ Judy* (PIANO)</p> <p>4:00 Rummikub (WDR)</p> <p>6:00 Travel Film Tuesday: Russia (FDR)</p>	<p>9:00 Men's Poker (PAR)</p> <p>9:30 News &amp; Views (C)</p> <p>10:00 Refresh Body, Mind &amp; Spirit (FDR)</p> <p>10:30 Chair Exercise (IAR &amp; FIT)</p> <p>10:30 Mindful Moves &amp; Grooves w/ Amy (PIANO)</p> <p>1:30 Remember When Fashion Of The 1960's (PAR)</p> <p>2:30 Bingo For The Brain (FDR)</p> <p>3:30 The Art Of Sushi Making: A Demonstration W/Erin (IAR)</p> <p>4:00 Bunco (WDR)</p> <p>6:00 Art In Action Creative Ceramics (X2041) (WDR)</p>	<p>10:00 Refresh Body, Mind &amp; Spirit (PIANO)</p> <p>10:00 Quilters Guild (MNDR)</p> <p>10:00 Catholic Communion (QAR)</p> <p>10:15 Catholic Communion (VISTA)</p> <p>10:30 Sit N' Fit (IAR &amp; PIANO)</p> <p>1:30 Documentary Film: Raiders Of The Lost Art (FDR)</p> <p>3:00 Photo Slideshow: Famous Sculptures (PAR)</p> <p>3:30 Ambassador's Meeting (MNDR)</p> <p>4:00 National Margarita Day Happy Hour (BR)</p> <p>4:00 Knitting For a Cause (MNDR)</p> <p>4:30 Dulcimer Gals Practice (QAR)</p> <p>6:00 Spin &amp; Solve (PAR)</p>	<p>9:00 Flower Arranging (IAR)</p> <p>9:30 News &amp; Views (C)</p> <p>10:00 Refresh Body, Mind &amp; Spirit (FDR)</p> <p>10:30 Stretch &amp; Flex (PIANO, IAR &amp; FIT)</p> <p>1:00 Fly Fishermen Group (WCR)</p> <p>1:45 Bingo (FDR)</p> <p>3:00 Villager Meeting (MNDR)</p> <p>4:00 Healthy Snacking: Fresh Fruit Cups (BR)</p> <p>6:00 Skip-Bo Hour (IAR)</p>	<p>9:30 Daily Chronicle (IAR)</p> <p>10:30 30 Minute Total Fitness (IAR)</p> <p>10:30 Movement Therapy w/ Nettie (PIANO)</p> <p>1:30 Famous Impressionists (IAR)</p> <p>3:00 Shuffle Scuffle Brain Game (PAR)</p> <p>4:00 Saturday Sangria Happy Hour (BR)</p>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>			
<p>9:30 In The News (Cafe)</p> <p>9:30 Listen to Mass (Radio 1450AM)</p> <p>10:30 Smooth Stretches (PIANO)</p> <p>10:30 HealthBEAT Drum Fitness w/ Nettie (IAR)</p> <p>11:00 YouiDraw Painter (IAR)</p> <p>11:15 Trivia Challenge (PAR)</p> <p>1:30 Uno Card Game (IAR)</p> <p>2:30 Worship Service (QAR)</p> <p>4:00 Mosaic Bird Bath (PAR)</p>	<p>9:30 News &amp; Views (C)</p> <p>10:30 Sit N' Fit (IAR, PIANO &amp; FIT)</p> <p>11:00 Blood Pressure Screenings w/ Connie (WDR)</p> <p>1:30 Origami: The Art Of Paper Folding (IAR)</p> <p>3:00 Manicures (IAR)</p> <p>4:00 Mocha Monday Warm-Up (Cafe)</p> <p>6:00 Do It Your Self: Ombre Tote Bags (IAR)</p> <p>6:00 Poker Night (PAR)</p>	<p>9:30 Grocery Shuttle (X2041) (WEIS)</p> <p>10:00 Refresh Body, Mind &amp; Spirit (PIANO)</p> <p>10:30 Sit N' Fit (PIANO &amp; IAR)</p> <p>1:10 Reading W/ Mt. Nittany Elementary Students (QAR &amp; PIANO)</p> <p>2:00 TV Series: When Calls The Heart (FDR)</p> <p>4:00 Cultural Cocktails: Tequila Sunrise (BR)</p> <p>4:00 Book Club Meeting (MNDR)</p> <p>6:00 Music by KJ Wagner* (PIANO)</p> <p>6:00 Watercolor Painting for Beginners w/ Fran (IAR)</p>	<p>9:00 Men's Poker (PAR)</p> <p>9:30 News &amp; Views (C)</p> <p>10:00 Refresh Body, Mind &amp; Spirit (FDR)</p> <p>10:30 Workout Wednesday (IAR &amp; PIANO &amp; FIT)</p> <p>11:30 Best Friends: Pizza Party (IAR)</p> <p>1:30 Baking Bash: Carmel Turtle Pretzels (PAR)</p> <p>2:30 Bingo For The Brain (FDR)</p> <p>3:00 Men's Group Happy Hour Outing (Call X2041) (Duffy's Tavern)</p> <p>3:30 Kooking w/ Kris: A Demonstration (IAR)</p> <p>6:00 Mindful Music by Amy Timan* (QAR)</p>			