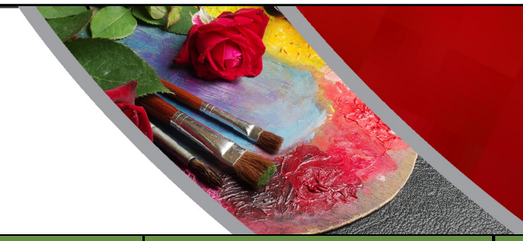
FEBRUARY 2018

Powell Senior Living: Assisted Living



BE CONNECTED *to a World of Expression*

Did you know?

A study done by the Journal of Psychosomatic Medicine found that creative writing and journaling actually impacted the cells inside the patient's body and improved their immune system.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 **9:30** Spectrum Steppers **10:00** Daily Chronicle **11:00** Bell Choir **1:30** Wi fit Bowling **3:00** Aroma therapy **6:00** Americas Funniest home videos	**2** Groundhog Day **9:30** Spectrum Circut **10:00** Daily Chronicle **1:30** Bingo **2:30** Entertainment **3:00** snacktivity **6:00** Residents Choice Movie	**3** **9:30** Spectra Fit / Musical movement **10:00** Daily Chronicle **11:00** Giant Jenga **1:30** Bingo **3:00** Bridge club **4:00** Name that Croon
4 **9:30** Spectra Fit / Musical movement **10:00** Daily Chronicle **10:00** Church Services **11:00** Manicures **3:00** Movie Matinee **4:00** Spectra moments	**5** **9:00** Welocme Home **10:00** Kroger Run **1:30** Bingo **3:00** Shake lose a memory **3:00** snacktivity **6:00** Residents Choice Movie	**6** **9:30** Musical Ball Toss **10:00** Daily Chronicle **10:30** Baking Club/ Red Velvet Cake **1:30** Wi fit Bowling **3:00** Bridge club **4:00** Marvelous Minds **6:00** Americas Funniest home videos	**7** **9:30** Spectra fit \ Streching **10:00** Daily Chronicle **10:30** Jewlery making **1:30** Bingo **3:00** snacktivity **4:00** Crafters Corner/ Paint By numbers **6:00** Residents Choice Movie	**8** **9:30** Spectrum Steppers **10:00** Daily Chronicle **10:30** Shake lose a memory **11:00** J.U.L.I.E.T luncheon **1:30** Wi fit Bowling **3:00** snacktivity **6:00** Americas Funniest home videos	**9** **9:30** Spectrum Circut **10:00** Olympic ring wreaths **1:30** Bingo **2:30** Entertainment **3:30** Happy Hour **8:00** Opening Ceremony Olymics	**10** **9:30** Spectra Fit / Chair Yoga **10:00** Daily Chronicle **11:00** Bookmobile **1:30** Bingo **3:00** Bridge club **4:00** snacktivity
11 **9:30** Spectra Fit / Musical movement **10:00** Daily Chronicle **10:00** Church Services **1:30** Manicures **3:00** Movie Matinee **4:00** snacktivity	**12** **9:30** Chair Volleyball **10:00** Kroger Run **10:00** Daily Chronicle **11:00** Trivia **1:30** Bingo **3:00** Bridge club **6:00** Residents Choice Movie	**13** Mardi Gras **9:30** Musical Ball Toss **10:00** Rosie the comfort dog **10:30** Baking Club/ Chocolate covered strawberries **1:30** Wi fit Bowling **3:00** Bridge club **4:00** Mardi Gras Mask **6:00** Americas Funniest home videos	**14** Valentine's Day **9:30** Spectra fit \ Streching **10:00** Daily Chronicle **1:30** Bingo **3:00** snacktivity **4:00** Crafters Corner/ Mason jar craft **5:00** Color dinner in RED	**15** **9:30** Spectrum Steppers **10:00** Daily Chronicle **11:00** Bell Choir **1:30** Wi fit Bowling **3:00** snacktivity **4:00** Spectra moments **6:00** Americas Funniest home videos	**16** Chinese New Year **9:30** Spectrum Circut **10:00** Chinese New Year craft **1:30** Bingo **2:30** Live musical entertainment **3:30** Happy hour / International Appetizers **6:00** Residents Choice Movie	**17** **9:30** Spectra Fit / Chair Yoga **10:00** Daily Chronicle **10:30** Marvelous Minds **11:00** Yarn Club **1:30** Bingo **3:00** Bridge club **4:00** snacktivity

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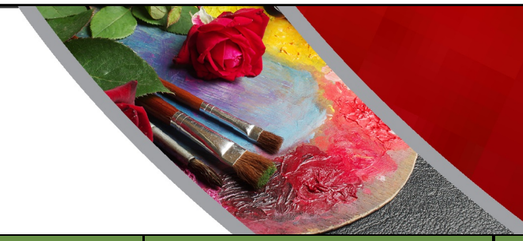

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 **9:30** Spectra Fit / Musical movement **10:00** Daily Chronicle **10:00** Church Services **1:30** Manicures **3:00** snacktivity **4:00** Puzzle Club	**19 Presidents' Day** **9:30** Chair Volleyball **10:00** Lincoln bookmark **10:00** Kroger Run **1:30** Bingo **3:00** Guess the President ? **6:00** Residents Choice Movie	**20** **9:30** Musical Ball Toss **10:00** Daily Chronicle **10:30** Baking Club/ Rice Krispies **1:30** Wi fit Bowling **3:00** Bridge club **4:00** Cell phone/ Ipad help **6:00** Americas Funniest home videos	**21** **9:30** Spectra fit \ Streching **10:00** Daily Chronicle **11:00** Meet Remy **1:30** Bingo **3:00** Music with Betty L. **4:00** Crafters Corner/ Sugar scrub **6:00** Residents Choice Movie	**22** **9:30** Spectrum Steppers **10:00** Daily Chronicle **11:30** R.O.M.E.O lucheon **1:30** Wi fit Bowling **3:00** snacktivity **4:00** Bible Study **6:00** Americas Funniest home videos	**23** **9:30** Spectrum Circut **10:00** Daily Chronicle **1:30** Bingo **2:30** New Resident Orientation **3:30** Happy Hour **6:00** Residents Choice Movie	**24** **9:30** Spectra Fit / Chair Yoga **10:00** Daily Chronicle **11:00** Music mania **1:30** Bingo **3:00** Bridge club **4:00** Spark Radio
25 **9:30** Spectra Fit / Musical movement **10:00** Daily Chronicle **10:00** Church Services **11:00** Manicures **1:30** Movie Matinee **3:00** snacktivity **4:00** Scrabble	**26** **9:30** Chair Volleyball **10:00** Kroger Run **11:00** Flower arranging **1:30** Bingo **3:00** Euchre **6:00** Residents Choice Movie	**27** **9:30** Musical Ball Toss **10:00** Daily Chronicle **10:30** Baking Club/ Soft Pretzels **1:30** Wi fit Bowling **3:00** Bridge club **4:00** snacktivity **6:00** Americas Funniest home videos	**28** **9:30** Spectra fit \ Streching **10:00** Daily Chronicle **11:00** Finish the line **1:30** Bingo **2:30** Resident Town Hall **4:00** Crafters Corner/ Bird feeders **6:00** Residents Choice Movie			