












# FEBRUARY 2019



## GARDENS OF CLANTON ASSISTED LIVING

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>HEALTH TOPIC:</b> <b>American Heart Month</b> 	<b>FOOD:</b> <b>Hot Breakfast Month</b> 	<b>FUN:</b> <b>Mardi Gras !!</b> <b>Valentine's Day!!</b> <b>Dr.Mullins &amp; Wife</b>	<b>BIRTHDAYS:</b> Karen Vernon 9 <sup>th</sup> Hazel Grifton 14 <sup>th</sup>	<b>National Senior Independence Month</b>	1 Valentine's Bingo @ 10 	2 <b>Groundhog Day National Wear Red Day</b> RED Wave @ 12:30
3 <b>Superbowl Sunday</b> 	4 <b>SIT &amp; FIT @ 9</b> <b>Heart Tree Craft @10:30</b> <b>Roger Vines @12</b>	5 Weatherman's Day <b>Stretches @ 9</b> <b>Craft Time @ 10:15</b> <b>STEP ON IT @ 11:15</b>	6 Women in Sports Day <b>Bowling @ 9:30</b> <b>Gene Headley @ 11</b>	7 <b>Send A Card Day</b> <b>Spa Day 10-12</b>	8 Boy Scout Day  <b>Movie Night @ 2</b> <b>Memory madness @ 10</b>	9 <b>Pizza Day</b>  Karen's B'Day !!!
10 West End Service @10	11 <b>Roger Vines @12</b> <b>SIT &amp; FIT @ 9</b>	12 Fat Tuesday <b>Valentine's Party @ 12</b>	13 <b>Step On IT @ 10</b>	14 Valentine's Day Gala @ SC <b>Griffons B'Day</b>	15 Memory madness @ 10 Birdfeeding @ 10:30	16 <b>Nat'l Almond Day</b> 
17 <b>Random Acts of Kindness Day</b>	18 <b>Roger Vines @12</b> <b>SIT &amp; FIT @ 9</b>	19 <b>Stretches @ 9</b> 	20 Chili Cook Off /HF 10-12 <b>Gene @ 11</b>	21 <b>Spa Day 10-12</b>	22 Movie Night @ 3	23 Pattersons @11
24 West End Service @10	25 <b>Roger Vines @12</b> 	26 <b>Stretches @ 9</b> <b>Bingo @ 10</b>	27 Nat'l Strawberry Day <b>Step On It @ 10</b>	28 Spa Day 10-12 	<b>National Bird Feeding Month</b> 	<b>Happy Mardi Gras!</b> 