





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>February 2023</h1> <h2>ARKC Activities Calendar</h2> <p>Every day @ 9am Social Hour w/ coffee, tea, &amp; cocoa Every day @ 12pm Lunch</p>		1	2	3
		<p><b>10am</b> Armchair Travels w/ Rachel <u>or</u> Gardening Project w/ Mark</p> <p><b>11am</b> Exercise</p> <p><b>1pm</b> Rockin' w/ Regi <u>or</u> Noodle Hockey</p>	<p><b>10am</b> Bay Area Food Culture w/ Mark <u>or</u> Pompom Groundhogs</p> <p><b>11am</b> Exercise</p> <p><b>1pm</b> Drum Circle w/ Anita <u>or</u> Flyswatter Tennis</p>	<p><b>10am</b> Social Change w/ Rachel <u>or</u> New Year Kites</p> <p><b>11am</b> Mindfulness Meditation w/ Bill</p> <p><b>1pm</b> Sonia &amp; Friends <u>or</u> BINGO</p>
6	7	8	9	10
<p><b>10am</b> Happy News w/ Rachel <u>or</u> Freedom Quilt</p> <p><b>11am</b> Exercise</p> <p><b>1pm</b> Black History Month Coloring <u>or</u> Parachute</p>	<p><b>10am</b> Superbowl Trivia <u>or</u> Love Bugs</p> <p><b>11am</b> Relaxation w/ Lynette</p> <p><b>1pm</b> Classical Piano w/ Theresa <u>or</u> BINGO</p>	<p><b>10am</b> Armchair Travels w/ Rachel <u>or</u> Gardening Project w/ Mark</p> <p><b>11am</b> Exercise</p> <p><b>1pm</b> Timo on Steel Drum <u>or</u> Beanbags and Balls</p>	<p><b>10am</b> Bay Area Food Culture w/ Mark <u>or</u> Scratch Art Hearts</p> <p><b>11am</b> Exercise</p> <p><b>1pm</b> Folk Music w/ Nancy Cassidy <u>or</u> Octaband</p>	<p><b>10am</b> Social Change w/ Rachel <u>or</u> Scandinavian Hearts</p> <p><b>11am</b> Mindfulness Meditation w/ Bill</p> <p><b>1pm</b> Anna on Piano <u>or</u> BINGO</p>
13	14	15	16	17
<p><b>10am</b> Happy News w/ Rachel <u>or</u> Valentines Cards</p> <p><b>11am</b> Exercise</p> <p><b>1pm</b> Breathe California</p>	<p><b>10am</b> Loved Ones Slideshow <u>or</u> Button Hearts</p> <p><b>11am</b> Relaxation w/ Lynette</p> <p><b>1pm</b> Folk Music w/ Nancy Cassidy <u>or</u> BINGO</p>	<p><b>10am</b> Armchair Travels w/ Rachel <u>or</u> Gardening Project w/ Mark</p> <p><b>11am</b> Exercise</p> <p><b>1pm</b> Word Search <u>or</u> Chair Volleyball</p>	<p><b>10am</b> Bay Area Food Culture w/ Mark <u>or</u> Dot Mandalas w/ Connie</p> <p><b>11am</b> Exercise</p> <p><b>1pm</b> Rockin' w/ Regi <u>or</u> Flyswatter Tennis</p>	<p><b>10am</b> Social Change w/ Rachel <u>or</u> Tissue Paper Hearts</p> <p><b>11am</b> Mindfulness Meditation w/ Bill</p> <p><b>1pm</b> Steve the Bongo Man <u>or</u> BINGO</p>
20	21	22	23	24
<p>WE WILL BE CLOSED ON</p> <p><b>PRESIDENTS DAY</b></p> 	<p><b>10am</b> What's Cooking? w/ Erin <u>or</u> Mardi Gras Coloring</p> <p><b>11am</b> Relaxation w/ Lynette</p> <p><b>1pm</b> Classical Piano w/ Theresa <u>or</u> BINGO</p>	<p><b>10am</b> Armchair Travels w/ Rachel <u>or</u> Gardening Project w/ Mark</p> <p><b>11am</b> Exercise</p> <p><b>1pm</b> Folk Music w/ Nancy Cassidy <u>or</u> Octaband</p>	<p><b>10am</b> Bay Area Food Culture w/ Mark <u>or</u> Watercolor</p> <p><b>11am</b> Exercise</p> <p><b>1pm</b> Board Games <u>or</u> Bowling</p>	<p><b>10am</b> Social Change w/ Rachel <u>or</u> Silhouettes</p> <p><b>11am</b> Mindfulness Meditation w/ Bill</p> <p><b>1pm</b> Anna on Piano <u>or</u> BINGO</p>
27	28	 <p><b>Avenidas</b> Rose Kleiner Center</p> <p><i>*Activities subject to change</i></p>  		
<p><b>10am</b> Happy News w/ Rachel <u>or</u> Sunprints</p> <p><b>11am</b> Exercise</p> <p><b>1pm</b> Sticker Art <u>or</u> Beanbags and Balls</p>	<p><b>10am</b> Who Am I? <u>or</u> Fairy Doors</p> <p><b>11am</b> Relaxation w/ Lynette</p> <p><b>1pm</b> Stencil Art <u>or</u> BINGO</p>			

