









February 2023 - Activities and National Holidays

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			National Dark Chocolate Day 1 9:30 Silver Sneakers 10:00 Horoscopes, History, & Current Events 1:15 Social Gathering 2:00 Family Feud 4:00 Relaxation Hour	Groundhog Day 2 9:30 Circuit Work-it! 10:00 Horoscopes, History, & Current Events 1:15 Social Gathering 2:00 Trivia 4:00 Relaxation Hour	National The Day The Music Died Day 3 9:30 Move to the Beat 10:00 Horoscopes, History, & Current Events 1:15 Social Gathering 2:00 Movie of the Week	National Homemade Soup Day 4 
National Weatherperson's Day 5 	National Chopsticks Day 6 9:30 Rise & Shine 10:00 Horoscopes, History, & Current Events 1:15 Social Gathering 2:00 Jeopardy 4:00 Relaxation Hour	National Send a Card to a Friend Day 7 9:30 Yoga & Meditation 10:00 Horoscopes, History, & Current Events 1:15 Social Gathering 2:00 BINGO 4:00 Relaxation Hour	National Kite Flying Day 8 9:30 Silver Sneakers 10:00 Horoscopes, History, & Current Events 1:15 Social Gathering 2:00 Family Feud 4:00 Relaxation Hour	National Toothache Day 9 9:30 Circuit Work-it! 10:00 Horoscopes, History, & Current Events 1:15 Social Gathering 2:00 BINGO 4:00 Relaxation Hour	National Umbrella day 10 9:30 Move to the Beat 10:00 Horoscopes, History, & Current Events 1:15 Social Gathering 2:00 Movie of the Week	National Inventors' Day 11 
National Pork Rind Day 12 	Galentine's Day 13 9:30 Rise & Shine 10:00 Horoscopes, History, & Current Events 1:15 Social Gathering 2:00 Jeopardy 4:00 Relaxation Hour	Valentine's Day 14 9:30 Yoga & Meditation 10:00 Horoscopes, History, & Current Events 1:15 Social Gathering 2:00 BINGO 4:00 Relaxation Hour	National Wisconsin Day 15 9:30 Silver Sneakers 10:00 Horoscopes, History, & Current Events 1:15 Social Gathering 2:00 Family Feud 4:00 Relaxation Hour	National Do a Grouch a Favor Day 16 9:30 Circuit Work-it! 10:00 Horoscopes, History, & Current Events 1:15 Social Gathering 2:00 Trivia 4:00 Relaxation Hour	National Caregivers Day 17 9:30 Move to the Beat 10:00 Horoscopes, History, & Current Events 1:15 Social Gathering 2:00 Movie of the Week	National Battery Day 18 
National Arabian Horse Day 19 	President's Day 20 9:30 Rise & Shine 10:00 Horoscopes, History, & Current Events 1:15 Social Gathering 2:00 Jeopardy 4:00 Relaxation Hour	Fat Tuesday 21 9:30 Yoga & Meditation 10:00 Horoscopes, History, & Current Events 1:15 Social Gathering 2:00 BINGO 4:00 Relaxation Hour	National Margarita Day 22 9:30 Silver Sneakers 10:00 Horoscopes, History, & Current Events 1:15 Social Gathering 2:00 Family Feud 4:00 Relaxation Hour	National Rationalization Day 23 9:30 Circuit Work-it! 10:00 Horoscopes, History, & Current Events 1:15 Social Gathering 2:00 BINGO 4:00 Relaxation Hour	Stand Up to Bullying Day 24 9:30 Move to the Beat 10:00 Horoscopes, History, & Current Events 1:15 Social Gathering 2:00 Movie of the Week	Let's All Eat Right Day 25 
Black Lives Matter Day 26 	International Polar Bear Day 27 9:30 Rise & Shine 10:00 Horoscopes, History, & Current Events 1:15 Social Gathering 2:00 Jeopardy 4:00 Relaxation Hour	National Science Day 28 9:30 Yoga & Meditation 10:00 Horoscopes, History, & Current Events 1:15 Social Gathering 2:00 BINGO 4:00 Relaxation Hour				Birthdays 2/14 Arnold 2/15 Dennis 2/15 Ramona 2/25 Penny