


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>“You are braver than you believe, stronger than you seem, smarter than you think &amp; loved more than you know.”</b>			9:30 Somerset County Library Visits 10:00 Bible Study 10:45 Exercise, Light N' Lively 1:15 Mental Aerobics 2:30 Fingerprint Social 6:00 Rummikub	9:40 Weight Lifting 10:30 Sit & Swing 1:15 Afternoon Bingo 3:00 Documentary Movie 4:00 Afternoon Music 6:00 Rummikub  <small>Groundhog Day</small>	9:30 Trip: Shop Rite 10:30 Sittercise 1:00 Trip: Kohl's 2:30 Heart Healthy Month Social 4:00 Before Dinner Chat 6:00 Card Games	10:30 Exercise, Light N' Lively 1:15 Afternoon Bingo 3:00 Valentine Card Making w/ The Girl Scouts
10:00 Roman Catholic Communion Service 1:15 Horse Races 3:00 All About February Social	9:40 Weight Lifting 10:30 Chair Exercise 1:15 Afternoon Bingo 3:00 Happy Hour: Cupid's Cocktail 4:00 Music on the Record Player 6:00 Pennies w/ Courtney	9:30 Trip: Walmart 10:30 Exercise, Stretch 1:00 Trip: Michael's Arts & Crafts 1:00 Bible Stories 2:15 Movie Matinee "The Lost Valentine" 6:00 Kings In A Corner	10:00 Bible Study 10:45 Exercise, Light N' Lively 1:15 Valentine Beading 2:30 Dan The Piano Man 2:45 Wine & Cheese Social 4:00 Kings In A Corner 6:00 Rummikub	9:40 Weight Lifting 10:30 Sit & Swing 1:15 Afternoon Bingo 3:00 Documentary Movie 4:00 Afternoon Music 6:00 Rummikub	9:30 Trip: Shop Rite 10:30 Sittercise 1:00 Trip: Winter Scenic Ride 2:30 Entertainment By: The Perfect Duo +1 4:00 Before Dinner Chat 6:00 Card Games	9:40 Weight Lifting 10:30 Craft: Coaster's 1:15 Afternoon Bingo 3:15 Charades Game  <small>Tu B'Shevat</small>
10:00 Roman Catholic Communion Service 1:15 Craft: Stained Glass Valentine Hearts w/ Bridgewater-Raritan High School Key Club Member's 3:00 Ice Cream Sundaes	9:40 Weight Lifting 10:30 Chair Exercise 1:30 Explore Europe Discussion Group w/ Kay 2:15 Afternoon Bingo 4:00 Music on the Record Player 6:00 Pennies w/ Courtney	9:30 Trip: Target 10:30 Heart-to-Heart Exercise Program 1:00 Trip: Stop & Shop 1:00 Bible Stories 2:15 Valentine's Day Social 4:00 Quarterback 6:00 Kings In A Corner <small>Valentine's Day</small>	10:00 Bible Study 10:45 Exercise, Light N' Lively 1:15 Mental Aerobics 2:30 Yogurt Bar Parfaits 4:00 Kings In A Corner 6:00 Rummikub	9:40 Weight Lifting 10:30 Sit & Swing 1:15 Afternoon Bingo 3:00 Documentary Movie 4:00 Afternoon Music 6:00 Rummikub	9:30 Trip: Shop Rite 10:30 Sittercise 1:00 Trip: Christmas Tree Shop 2:30 Monthly Birthday Party w/ Entertainment By: Van 4:00 Before Dinner Chat 6:00 Card Games	9:40 Weight Lifting 10:30 Exercise, Light N' Lively 1:15 Afternoon Bingo 3:15 Knitting Club
10:00 Roman Catholic Communion Service 1:15 Manicure's w/ Eva 3:00 Safari Sunday Social	9:40 Weight Lifting 10:30 Chair Exercise 1:15 Afternoon Bingo 3:00 Heart Healthy Month Happy Hour; Wine & Chocolate 6:00 Pennies w/ Courtney  <small>Presidents' Day (US)</small>	9:30 Trip: Manville Dollar Store 10:30 Exercise, Stretch 11:15 Lunch Trip: Ruby Tuesday's 1:00 Bible Stories 2:15 Movie Matinee 6:00 Kings In A Corner	9:30 Intergenerational Program: Singing w/ Milltown Elementary School 10:45 Bible Study 2:30 Margarita's & Mystery Social 6:00 Rummikub	9:40 Weight Lifting 10:30 Sit & Swing 1:15 Afternoon Bingo 3:00 Documentary Movie 4:00 Afternoon Music 6:00 Rummikub	9:30 Trip: Shop Rite 10:30 Sittercise 1:00 Trip: Marshall's 2:30 Baking: Peanut Butter Blossoms 4:00 Before Dinner Chat 6:00 Card Games	9:40 Weight Lifting 10:30 Exercise, Light N' Lively 1:15 Afternoon Bingo 3:15 Charades Game
10:00 Roman Catholic Communion Service 1:15 Horse Races 3:00 Healthy Heart's Social	9:40 Weight Lifting 10:30 Chair Exercise 1:30 Resident Council Meeting 2:15 Afternoon Bingo 4:00 Music on the Record Player 6:00 Pennies w/ Courtney	9:30 Trip: Hillsborough Dollar Tree Store 10:30 Mardi Gras Fun 1:00 Trip: Old Navy 1:00 Bible Stories 2:15 Movie Matinee 4:00 Quarterback 6:00 Kings In A Corner <small>Mardi Gras</small>	<h1 style="color: #8B0000;">February 2017</h1> <p style="font-weight: bold; margin: 0;">The Avalon Assisted Living at Bridgewater</p> 			

**\*This calendar is subject to change. Please refer to the daily board at the concierge desk & weekly for changes.**