



FEBRUARY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dimensions of Wellness Physical Emotional Spiritual Environmental Vocational Social Intellectual	Assisted Living at Cadence at Mt. Zion 7493 Mt. Zion BLVD. Jonesboro, GA 30236 (770) 210-6433					01 09:30 Morning News LB 11:30 Saturday Crossword LC 01:30 My Cadence FL 02:30 Zion Hill Baptist Church Visit DR 03:00 Vanessa Chapman Gospel Blessings LR 05:30 Musical Stroll FL 06:00 Life Lessons LC 06:30 Feel Good Evening Movie LB
02	03	04	05	06	07	08
10:00 Artistic Expressions LC 10:00 Sunday Bible Chat LC 10:45 Sunday Crossword LC 01:00 World Travelers' Challenge FL 02:30 Riverdale Christian Church LC 04:00 Televised Church Service LB 06:00 Music & Memories DR 06:30 Superbowl Viewing LB	10:30 Stretch It Out LC 11:00 Crazy Ball LC 11:30 Word In A Word LC 12:45 BINGO LC 02:00 Canvas Art LB 02:30 Painting to the rhythm LC 04:00 Laugh Block LC 06:00 Chick Flick LB	10:00 Cardio Training LC 10:30 Radio Remembrance LC 11:00 Lunch Bunch FL 11:00 Musical Memories LC 01:00 Snapshot Sneakers FL 02:00 Shopping Trip FL 02:30 Crafter's Corner LC 06:00 CNA's Checker Challenge LC	10:30 Chair Tai Chi LC 11:30 Front Porch Chat CY 11:30 Wednesday Wellness CY 01:00 BINGO LC 02:00 Activity Meeting LC 02:00 Happy Hour LC 03:30 Classic Tv Series LC 07:00 Wednesday Westerns LB	10:00 Resistance Training LC 10:30 Silver Sneakers LC 11:30 Hangman LC 01:00 Trivial Pursuits! LC 02:00 Love Letters LC 03:30 Movie & Snacks LC 06:00 Let's Chat!! LC	10:00 Ceramic Painting LC 10:00 Rev. Hastings Message LB 11:30 Moving to the Music LC 01:00 BINGO LC 01:00 Nail Spa LC 02:01 Shannon's Social LC 03:00 Friday Delicacy LC 05:30 Musical Memories FL 06:30 Viewer's Choice Movie LB	09:30 Morning News LB 10:00 Apostolic Tabernacle Bible Study LC 11:30 Saturday Crossword LC 01:30 Love Culture Church Visit LB 02:00 Chicken Soup For The Soul LC 05:30 Musical Stroll FL 06:00 Life Lessons LC 06:30 Feel Good Evening Movie LB
09	10	11	12	13	14	15
10:00 Sunday Bible Chat LC 10:45 Sunday Crossword LC 11:00 Divine Faith Ministries LB 01:00 World Travelers' Challenge FL 02:00 Room to Room World Changers LC 04:00 Televised Church Service LB 06:00 Music & Memories DR 06:30 Classic Christian Movie LB	10:30 Stretch It Out LC 11:00 Follow Your Nose LC 11:30 Word In A Word LC 12:45 BINGO LC 02:00 Canvas Art LB 02:30 Painting to the rhythm LC 04:00 Laugh Block LC 06:00 Chick Flick LB	10:00 Cardio Training LC 10:30 Radio Remembrance LC 11:00 Musical Memories LC 01:00 Snapshot Sneakers FL 02:00 Shopping Trip FL 02:30 Crafter's Corner LC 06:00 Alzheimer's Support Group Meeting LB 06:00 CNA's Checker Challenge LC	10:30 Chair Dancing LC 10:30 Resident Council Meeting LC 11:30 Front Porch Chat CY 01:00 BINGO LC 02:00 Happy Hour LC 03:30 Classic Tv Series LC 07:00 Wednesday Westerns LB	10:00 Resistance Training LC 10:30 Silver Sneakers LC 11:30 Hangman LC 01:00 Trivial Pursuits! LC 03:30 Movie & Snacks LC 06:00 Checkers Challenge LC	10:00 BINGO LC 10:00 Rev. Hastings Message LB 11:00 Nail Spa LC 02:00 Valentine's Day Social LC 04:00 Valentine's Puzzles LC 05:30 Musical Memories FL 06:30 Viewer's Choice Movie LB	09:30 Morning News LB 11:30 Saturday Crossword LC 01:30 Faith Walk Ministries Visit LB 01:30 My Cadence FL 02:00 Humor For The Heart LC 02:30 The Color Red LC 05:30 Musical Stroll FL 06:00 Life Lessons LC 06:30 Feel Good Evening Movie LB
16	Washington's Birthday 17	18	19	20	21	22
10:00 Artistic Expressions LC 10:00 Sunday Bible Chat LC 10:45 Sunday Crossword LC 01:00 World Travelers' Challenge FL 04:00 Televised Church Service LB 06:00 Music & Memories DR 06:30 Classic Christian Movie LB	10:30 Stretch It Out LC 11:00 Crazy Ball FL 11:30 President's Day Trivia LC 12:45 BINGO LC 02:00 Canvas Art LB 02:30 Painting to the rhythm LC 04:00 Laugh Block LC 06:00 Chick Flick LB	10:00 Cardio Training LC 10:30 Radio Remembrance LC 11:00 Lunch Bunch FL 11:00 Musical Memories LC 11:00 Sweating it With Sharon LC 12:00 Ken Albea Birthday Party LC 02:00 Shopping Trip FL 02:30 Crafter's Corner LC 06:00 CNA's Checker Challenge LC	10:30 Chair Tai Chi LC 11:30 Front Porch Chat CY 01:00 BINGO LC 02:00 Happy Hour LC 03:00 Romeo Meeting LC 03:30 Classic Tv Series LC 07:00 Wednesday Westerns LB	10:00 Resistance Training LC 10:30 Silver Sneakers LC 11:30 Hangman LC 12:00 Romeo Lunch Outting FL 01:00 Trivial Pursuits! LC 03:00 Sharon's Sophisticates LC 03:30 Movie & Snacks LC 06:00 Let's Chat!! LC	10:00 Ceramic Painting LC 10:00 Rev. Hastings Message LB 11:30 Moving to the Music LC 01:00 BINGO LC 01:00 Nail Spa LC 03:00 Friday Delicacy LC 05:30 Musical Memories FL 06:30 Viewer's Choice Movie LB	09:30 Morning News LB 10:00 Artistic Expressions LC 11:30 Saturday Crossword LC 01:30 Love Culture Church Visit LB 03:00 Guitar Ministries w/Vanessa Chapman DR 05:30 Musical Stroll FL 06:00 Life Lessons LC 06:30 Feel Good Evening Movie LB
23	24	25	26	27	28	29
10:00 Sunday Bible Chat LC 10:45 Sunday Crossword LC 01:00 World Travelers' Challenge FL 02:00 Divine Faith Ministries LR 02:00 World Changers Bible Study LC 04:00 Televised Church Service LB 06:00 Music & Memories DR 06:30 Classic Christian Movie LB	10:30 Stretch It Out LC 11:00 Bowling LC 11:30 Word In A Word LC 12:45 BINGO LC 02:00 Canvas Art LB 02:30 Painting to the rhythm LC 04:00 Laugh Block LC 06:00 Chick Flick LB	10:00 Mardi Gras Parade LC 10:30 Pancake Races LC 11:00 Mardi Gras Music & Dancing LC 01:00 Snapshot Sneakers FL 02:00 Shopping Trip FL 02:30 Crafter's Corner LC 03:00 Sporting with Shwan LC 03:00 Vincent's Card!! LB 06:00 CNA's Checker Challenge LC	10:30 Chair Dancing LC 11:30 Front Porch Chat CY 01:00 BINGO LC 02:00 Happy Hour LC 03:00 Juliette Meeting LC 03:30 Classic Tv Series LC 07:00 Wednesday Westerns LB	10:00 Resistance Training LC 10:15 Panting With Cindy LC 10:30 Silver Sneakers LC 11:30 Hangman LC 01:00 Trivial Pursuits! LC 03:30 Movie & Snacks LC 05:00 Love is In The Air Dinner & Dance FL 06:00 Let's Chat!! LC	10:00 Ceramic Painting LC 10:00 Rev. Hastings Message LB 11:30 Moving to the Music LC 01:00 BINGO LC 01:00 Nail Spa LC 03:00 Friday Delicacy LC 05:30 Musical Memories FL 06:30 Viewer's Choice Movie LB	09:30 Morning News LB 11:30 Saturday Crossword LC 01:30 My Cadence FL 02:00 Don't Sweat The Small Stuff LC 05:30 Musical Stroll FL 06:00 Life Lessons LC 06:30 Feel Good Evening Movie LB