

Colingdale 2012 February

Key: **FG**-Fun & Games main activity room **CY**-Courtyard **Art** is in the Art Studio and the **SC** Spiritual Center all located on the main floor.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 1:00 Fitness	2 6:30 Happy hour in F&G	3	4 10:00 Healing hands 11:00 walking
5 11:00 Sikh prayers 2:30 Worship & Tea F&G	6 10:00 Fitness 1:00 Walking 2:00 music with Mike	7 10:00 Baking 11:00 Reminisce 1:30 Spiritual healing Tea	8 10:00 Fitness 11:00Java Music 1:00 Nails	9 6:30 Happy hour in F&G	10	11 10:00 Healing hands 11:00 walking
12 11:00 Sikh prayers Service in SC 2:30 Worship & Tea F&G	13 10:00 Fitness 1:00 Walking 2:00 music with Mike	14 10:00Baking 11:30Reminisce 1:30 Spiritual healing	15 10:00 Fitness 11:00Java Music 1:00 Nails	16 6:30 Happy hour in F&G	17	18 10:00 Healing hands 11:00 walking
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