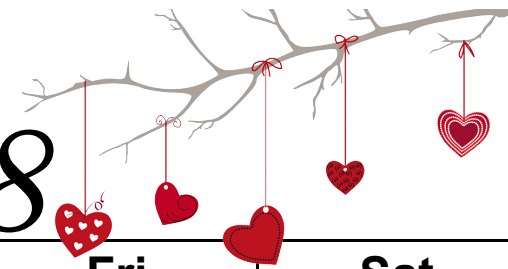



Friendship House  
1609 East Avenue I

# February 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 10:00 a.m. Singing Social Hour 11:00 a.m. Lunch 12:00 p.m. Reminiscence Therapy	2 10:00 a.m. Bingo 11:00 a.m. Lunch	3
4	5 10:00 a.m. Bible Study 11:00 a.m. Lunch	6 10:00 a.m. Ancestry Class 11:00 a.m. Lunch 12:00 p.m. Social Hour	7 10:00 a.m. Senior Moves 11:00 a.m. Lunch 11:30 a.m. Agrilife "A Taste of African Heritage" 12:00 p.m. Current Events	8 10:00 a.m. Singing Social Hour 11:00 a.m. Lunch 11:30 a.m. Kindred Hospice "Heart & Hypertension" 12:00 p.m. Mardi Gras Birthday Party	9 10:00 a.m. Bingo 11:00 a.m. Lunch	10
11	12 10:00 a.m. Bible Study 11:00 a.m. Lunch	13 10:00 a.m. Ancestry Class 11:00 a.m. Lunch 12:00 p.m. Social Hour	14 Wear Red Day  10:00 a.m. Senior Moves 11:00 a.m. Lunch 11:30 a.m. Eat Smart, Live Strong - "Eat Smart, Spend Less" 12:00 p.m. Current Events	15 10:00 a.m. Singing Social Hour 11:00 a.m. Everyday I Have the Blues	16 10:00 a.m. Bingo 11:00 a.m. Lunch	17
18	19 10:00 a.m. Bible Study 11:00 a.m. Lunch	20 10:00 a.m. Ancestry Class 11:00 a.m. Lunch 12:00 p.m. Social Hour 5:30 p.m. Housekeeping Workshop	21 10:00 a.m. Senior Moves 11:00 a.m. Lunch 12:00 p.m. Current Events	22 10:00 a.m. Singing Social Hour 11:00 a.m. Lunch 12:00 p.m. Crafts 5:30 p.m. The African American Kitchen at Rose Hall	23 10:00 a.m. Bingo 11:00 a.m. Lunch	24
25	26 10:00 a.m. Bible Study 11:00 a.m. Lunch	27 10:00 a.m. Ancestry Class 11:00 a.m. 1st Atlantic B/P Checks - "Medication Management" 12:00 p.m. Social Hour	28 10:00 a.m. Senior Moves 11:00 a.m. Lunch 11:30 a.m. Agrilife "A Taste of African Heritage" 12:00 p.m. Current Events	Visit our website at <a href="http://www.cthc.org">www.cthc.org</a> for all resident activities.		

