





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LEGEND FL– Front Lobby, 2nd Floor DR–Dining Room, 2nd Floor LI– Library, 3rd Floor OS- Outside 2nd-Floor Lounge 4th–Game Room 6th–Roof Top Deck Activity Color keycode: AD– Green, RSC– Blue, FTRA– Black, FT– Burgundy			Seabury at Friendship Terrace Senior Living			
			1 Happy Birthday Zahra, Ketem, Rigat & Abdirizak 11:00 Chaplaincy Service LI 2:00 Scrabble Club 4	2 Happy Birthday Caroline B 10:00 Chair Yoga (FTRA) 5	3 Happy Birthday John S 2:00 Catholic Mass 3	4 Happy Birthday Helen S 10:00 Chair yoga (FTRA) 5 12:00 Brunch DR 6:30 Movie Curated By Ella Kelly 5
5 Happy Birthday GiGi T 8:15 Catholic Communion 2 12:00 Brunch DR 2:00 Worship Service 5 4:30 Movie Curated By Eda 5	6 1:30 Reminiscences (FTRA) 4 5:00 Mints & Music 2 7:00 FTRA Council Meeting 5 	7 10:00 Stretch & Tone w/ Mary 5 1:30 Sip n Paint (FTRA) 2 6:30 Bingo (FTRA) DR 	8 Happy Birthday Wilma H 11:00 Prayer Service 2 11:00 Chaplaincy Service LI 2:00 Scrabble Club 4 2:30 Current Events (FTRA) LI 6:30 Trivial Pursuit (FTRA) 4	9 10:00 Chair Yoga (FTRA) 5 6:30 Bingo (FTRA) DR	10 1:00 Bingo w/ Cindy DR 3:30 Shabbat Gathering 3	11 10:00 Chair yoga (FTRA) 5 12:00 Brunch DR 6:30 Movie Curated By Ella Kelly 5
12 Happy Birthday Christina H 8:15 Catholic Communion 2 12:00 Brunch DR 4:30 Movie Curated By Eda & Martha 5	13 Happy Birthday Yohanes G 12:00 Quick Trivia 2 1:30 Arts & Crafts (FTRA) 4 5:00 Mints & Music (FTRA) 2	14 10:00 Stretch & Tone w/ Mary 5 6:30 Bingo (FTRA) DR	15 Happy Birthday Melton C 11:00 Coffee Chat 2 11:00 Chaplaincy Service LI 2:00 Scrabble Club 4 2:30 Current Events (FTRA) LI 6:30 Trivial Pursuit (FTRA) 4 7:00 Loss Support Group LI	16 10:00 Chair Yoga (FTRA) 5 2:00 Episcopal Eucharist 3 6:30 Bingo (FTRA) DR	17 Happy Birthday Tesfy D & Vernell R 2:00 Bingo w/ Cindy DR 6:30 Wine & Cheese Hour (FTRA) 2	18 10:00 Chair Yoga (FTRA) 5 12:00 Brunch DR 6:30 Movie Curated By Ella Kelly 5
19 8:15 Catholic Communion 2 12:00 Brunch DR 4:30 Movie Curated By Eda & Martha 5	20 1:00 MLK Celebration 2 1:30 Reminiscences (FTRA) 4 5:00 Mints & Music (FTRA) 2 	21 Happy Birthday Alemitu K 10:00 Stretch & Tone w/ Mary 5 1:30 Sip n Paint (FTRA) 2 6:30 Bingo (FTRA) DR	22 11:00 Chaplaincy Service LI 1:00 Book Buzz 4 2:00 Scrabble Club (FTRA) 4 2:30 Current Events (FTRA) LI 6:30 Trivial Pursuit (FTRA) 4	23 10:00 Chair Yoga (FTRA) 5 6:30 Bingo (FTRA) DR	24 1:00 Movie n Chill w/ Popcorn 5 3:30 Shabbat Gathering 3	25 10:00 Chair Yoga (FTRA) 5 12:00 Brunch DR 1:00 Seabury Book Club 4 6:30 Movie Curated By Ella Kelly 5
26 8:15 Catholic Communion 2 12:00 Brunch DR 4:30 Movie Curated By Eda & Martha 5	27 Happy Birthday Phyllis S & Demetrias W 12:00 Quick Trivia 2 1:30 Reminiscences (FTRA) 4 5:00 Mints & Music (FTRA) 2	28 Happy Birthday Vance G 10:00 Stretch & Tone w/ Mary 5 6:30 Bingo (FTRA) DR	29  1:00 Chinese New Year Social 2 2:00 Scrabble Club (FTRA) 4 2:30 Current Events (FTRA) LI 6:30 Trivial Pursuit (FTRA) 4	30 10:00 Chair Yoga (FTRA) 5 6:30 Bingo (FTRA) DR	31 1:00 Terrace Talks DR	