



The Landmark
of Fridley
A Lifespark Community

763-571-735
landmarkoffridley.com

FEBRUARY 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:00 Coffee & Devotion 10:00 Exercise 10:30 Salon/manicure 1:00 Current events/Daily Delights 2:00 Listening to Music & Dance 3:00 Games with Community Life 6:00 Walk/Wheel Together 7:00 Hand Massage	2 Groundhog Day 9:00 Coffee & Devotion 10:00 Exercise 10:30 Salon/manicure 1:00 Current events/Daily Delights 2:00 Listening to Music & Dance 3:00 Games with Community Life 6:00 Walk/Wheel Together 7:00 Hand Massage	3 9:00 Coffee & Devotion 10:00 Exercise 10:30 Salon/manicure 1:00 Current events/Daily Delights 2:00 Listening to Music & Dance 3:00 Games with Community Life 6:00 Walk/Wheel Together 7:00 Hand Massage	4 9:00 Exercise 10:00 Bible stories with Father Ron 10:30 Salon/manicure 1:00 Board games/Trivia/Bowling 2:00 Listening to Music & Dance 3:00 Group Games 6:00 Walk/Wheel Together 6:30 Movie 7:00 Hand Massage
5 9:30 Sunday Service with Father Ron 10:00 Music with Father Ron 10:30 Salon/manicure 1:00 Current events/Daily Delights 2:00 Listening to Music & Dance 3:00 Reminiscing 6:00 Walk/Wheel Together 7:00 Hand Massage	6 9:00 Coffee & Devotion 10:00 Exercise 10:30 Salon/manicure 1:00 Current events/Daily Delights 2:00 Listening to Music & Dance 3:00 Games with Community Life 6:00 Walk/Wheel Together 7:00 Hand Massage	7 9:00 Coffee & Devotion 10:00 Exercise 10:30 Salon/manicure 1:00 Current events/Daily Delights 1:30 Live Music (DR) AL 2:00 Listening to Music & Dance 3:00 Games with Community Life 6:00 Walk/Wheel Together 7:00 Hand Massage	8 9:00 Coffee & Devotion 10:00 Exercise 10:30 Salon/manicure 1:00 Current events/Daily Delights 2:00 Listening to Music & Dance 3:00 Games with Community Life 6:00 Walk/Wheel Together 7:00 Hand Massage	9 9:00 Coffee & Devotion 10:00 Exercise 10:30 Salon/manicure 1:00 Current events/Daily Delights 2:00 Listening to Music & Dance 3:00 Games with Community Life 6:00 Walk/Wheel Together 7:00 Hand Massage	10 9:00 Coffee & Devotion 10:00 Exercise 10:30 Salon/manicure 1:00 Current events/Daily Delights 2:00 Listening to Music & Dance 3:00 Games with Community Life 6:00 Movie Night 7:00 Hand Massage	11 9:00 Exercise 10:00 Bible stories with Father Ron 10:30 Salon/manicure 1:00 Board games/Trivia/Bowling 2:00 Listening to Music & Dance 3:00 Group Games 6:00 Walk/Wheel Together 6:30 Movie 7:00 Hand Massage
12 9:30 Sunday Service with Father Ron 10:30 Salon/manicure 1:00 Current Events/Daily Delights 2:00 Listening to Music & Dance 6:00 Walk/Wheel Together 7:00 Hand Massage	13 9:00 Coffee & Devotion 10:00 Exercise 10:30 Salon/manicure 1:00 Current events/daily delights 2:00 Listening to Music & Dance 3:00 Games with Community Life 6:00 Walk/Wheel Together 7:00 Hand Massage	14 Valentine's Day 9:00 Coffee & Devotion 10:00 Exercise 10:30 Salon/manicure 1:00 Current events/daily delights 2:00 Listening to Music & Dance 3:00 Games with Community Life 6:00 Walk/Wheel Together 7:00 Hand Massage	15 9:00 Coffee & Devotion 10:00 Exercise 10:30 Salon/manicure 1:00 Current events/Daily delights 2:00 Listening to Music & Dance 3:00 Games with Community Life 6:00 Walk/Wheel Together 7:00 Hand Massage	16 9:00 Coffee & Devotion 10:00 Exercise 10:30 Salon/manicure 1:00 Current events/daily delights 2:00 Listening to Music & Dance 3:00 Games with Community Life 6:00 Walk/Wheel Together 7:00 Hand Massage	17 9:00 Coffee & Devotion 10:00 Exercise 10:30 Salon/manicure 1:00 Current events/daily delights 2:00 Listening to Music & Dance 3:00 Games with Community Life 6:00 Walk/Wheel Together 7:00 Hand Massage	18 9:00 Exercise 10:00 Bible stories with Father Ron 10:30 Salon/manicure 1:00 Board games/Trivia/Bowling 2:00 Listening to Music & Dance 3:00 Group Games 6:00 Walk/Wheel Together 6:30 Movie 7:00 Hand Massage



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 9:30 Sunday Service with Father Ron 10:30 Salon/manicure 1:00 Current events/daily delights 2:00 Listening to Music & Dance 3:00 Group Games 6:00 Walk/Wheel Together 7:00 Hand Massage	20 Presidents' Day 9:00 Coffee & Devotion 10:00 Exercise 10:30 Salon/manicure 1:00 Current events/daily delights 2:00 Listening to Music & Dance 3:00 Games with Community Life 6:00 Walk/Wheel Together 7:00 Hand Massage	21 9:00 Coffee & Devotion 10:00 Exercise 10:30 Salon/manicure 1:00 Current events/daily delights 2:00 Listening to Music & Dance 3:00 Games with Community Life 6:00 Walk/Wheel Together 7:00 Hand Massage	22 9:00 Coffee & Devotion 10:00 Exercise 10:30 Salon/manicure 1:00 Current events/daily delights 1:30 Live Music (DR) AL 2:00 Listening to Music & Dance 3:00 Games with Community Life 6:00 Walk/Wheel Together 7:00 Hand Massage	23 9:00 Coffee & Devotion 10:00 Exercise 10:30 Salon/manicure 1:00 Current events/daily delights 2:00 Listening to Music & Dance 3:00 Games with Community Life 6:00 Walk/Wheel Together 7:00 Hand Massage	24 9:00 Coffee & Devotion 10:00 Exercise 10:30 Salon/manicure 1:00 Current events/daily delights 2:00 Listening to Music & Dance 3:00 Games with Community Life 6:00 Walk/Wheel Together 7:00 Hand Massage	25 9:00 Exercise 10:00 Bible stories with Father Ron 10:30 Salon/manicure 1:00 Board games/Trivia/Bowling 2:00 Listening to Music & Dance 3:00 Games with Community Life 3:00 Group Games 6:00 Walk/Wheel Together 6:30 Movie
26 9:30 Sunday Service with Father Ron 10:30 Salon/manicure 2:00 Listening to Music & Dance 3:00 Group Games 6:00 Walk/Wheel Together 7:00 Hand Massage	27 9:00 Coffee & Devotion 10:00 Exercise 10:30 Salon/manicure 1:00 Current events/daily delights 2:00 Listening to Music & Dance 3:00 Games with Community Life 6:00 Walk/Wheel Together 7:00 Hand Massage	28 9:00 Coffee & Devotion 10:00 Exercise 10:30 Salon/manicure 1:00 Current events/daily delights 2:00 Listening to Music & Dance 3:00 Games with Community Life 6:00 Walk/Wheel Together 7:00 Hand Massage				