

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1

8:00am Rest and Recharge  
11:00am Gaithers Sing Along

Tu B'Shevat Begins

2

9:30am Mindful Movement  
9:45am Sip and Social  
10:00am Hello February  
1:30pm Spot the Groundhog  
6:00pm Bingo

Groundhog Day

3

9:30am Gentle Stretches  
9:45am Sip and Social  
10:00am Yarn Art  
1:30pm Bird Feeder Crafting

4

9:30am Morning Motion  
9:45am Sip and Social  
10:00am Sweet Treats  
1:30pm You Pick Games  
6:00pm Creation Station

5

9:30am Rise and Stretch  
9:45am Sip and Social  
10:00am Paint Therapy  
1:30pm Happy Hour

6

9:30am Feels-Good Fitness  
9:45am Sip and Social  
10:00am Bingo  
1:30pm Movie and popcorn

7

9:30am Chair Yoga  
9:45am Sip and Social  
10:00am Craft and Create

8

8:00am Rest and Recharge  
11:00am Gaithers Sing Along

9

9:30am Mindful Movement  
9:45am Sip and Social  
10:00am Treats with Donna  
1:30pm Nail Station  
6:00pm Bingo

10

9:30am Gentle Stretches  
9:45am Sip and Social  
10:00am Rose Hearts  
1:30pm Paper Fan Hearts

11

9:30am Morning Motion  
9:45am Sip and Social  
10:00am Sparkle Charms  
1:30pm Valentines Match and Mate  
3:00pm Librarian Visits  
6:00pm Tabletop Games

12

9:30am Rise and Stretch  
9:45am Sip and Social  
10:00am Pastor Kal Visits  
10:30 Valentines Greeting Card Making  
1:30pm Happy Hour

13

9:30am Feels-Good Fitness  
9:45am Sip and Social  
10:00am Bingo  
1:30pm Paint Therapy

14

9:30am Chair Yoga  
9:45am Sip and Social  
10:00am Happy Valentines Day Celebration

Valentine's Day

15

8:00am Rest and Recharge  
11:00am Gaithers Sing Along

16

9:30am Mindful Movement  
9:45am Sip and Social  
10:00am Heart Catchers  
1:30pm Paint Therapy  
6:00pm Bingo

Presidents' Day (U.S.)

17

9:30am Gentle Stretches  
9:45am Sip and Social  
10:00am Music with Bumper  
1:30 Mardi Gras Party

Mardi Gras  
Chinese New Year  
(Year of the Horse)

18

9:30am Morning Motion  
9:45am Sip and Social  
10:00am Bubble Dough  
1:30pm Ash Wednesday  
6:00pm Craft and Create

19

9:30am Rise and Stretch  
9:45am Sip and Social  
10:00am Music with Tim  
1:30pm Happy Hour

20

9:30am Feels-Good Fitness  
9:45am Sip and Social  
10:00am Bingo  
1:30pm No Sew Hearts

21

9:30am Chair Yoga  
9:45am Sip and Social  
10:00am Creation Station

22

8:00am Rest and Recharge  
11:00am Gaithers Sing Along

23

9:30am Mindful Movement  
9:45am Sip and Social  
10:00am Puppy Visits  
1:30pm Puppy Chow Baking  
6:00pm Bingo

24

9:30am Gentle Stretches  
9:45am Sip and Social/  
Resident Council Meeting  
10:00am Heart Wand Baking  
1:30pm Heart to Hearts

25

9:30am Morning Motion  
9:45am Sip and Social  
10:00am Puffy Hearts  
1:30pm Nail Station  
6:00pm Tabletop Games

26

9:30am Rise and Stretch  
9:45am Sip and Social  
10:00am Craft and Create  
1:30pm Happy Hour  
3:30pm Sandra Visits

27

9:30am Feels-Good Fitness  
9:45am Sip and Social  
10:00am Bingo  
1:30pm Paint Therapy

28

9:30am Chair Yoga  
9:45am Sip and Social  
10:00am Tabletop games

Activities are held in the dining room but are subject to change in location, date and time. Pop up activities may occur. Outside activities are weather dependent.