

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1	2	3	4	5	6	7
8:00am Rest and Recharge 11:00am Gaithers Sing Along  Tu B'Shevat Begins	9:30am Mindful Movement 9:45am Sip and Social 10:00am Hello February 1:30pm Spot the Groundhog 6:00pm Bingo  Groundhog Day	9:30am Gentle Stretches 9:45am Sip and Social 10:00am Yarn Art 1:30pm Bird Feeder Crafting	9:30am Morning Motion 9:45am Sip and Social 10:00am Sweet Treats 1:30pm You Pick Games 6:00pm Creation Station	9:30am Rise and Stretch 9:45am Sip and Social 10:00am Paint Therapy 1:30pm Happy Hour	9:30am Feels-Good Fitness 9:45am Sip and Social 10:00am Bingo 1:30pm Movie and popcorn	9:30am Chair Yoga 9:45am Sip and Social 10:00am Craft and Create
8	9	10	11	12	13	14
8:00am Rest and Recharge 11:00am Gaithers Sing Along	9:30am Mindful Movement 9:45am Sip and Social 10:00am Treats with Donna 1:30pm Nail Station 6:00pm Bingo	9:30am Gentle Stretches 9:45am Sip and Social 10:00am Rose Hearts 1:30pm Paper Fan Hearts	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	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	9:30am Feels-Good Fitness 9:45am Sip and Social 10:00am Bingo 1:30pm Paint Therapy	9:30am Chair Yoga 9:45am Sip and Social 10:00am Happy Valentines Day Celebration  Valentine's Day
15	16	17	18	19	20	21
8:00am Rest and Recharge 11:00am Gaithers Sing Along	9:30am Mindful Movement 9:45am Sip and Social 10:00am Heart Catchers 1:30pm Paint Therapy 6:00pm Bingo  Presidents' Day (U.S.)	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)	9:30am Morning Motion 9:45am Sip and Social 10:00am Bubble Dough 1:30pm Ash Wednesday 6:00pm Craft and Create	9:30am Rise and Stretch 9:45am Sip and Social 10:00am Music with Tim 1:30pm Happy Hour	9:30am Feels-Good Fitness 9:45am Sip and Social 10:00am Bingo 1:30pm No Sew Hearts	9:30am Chair Yoga 9:45am Sip and Social 10:00am Creation Station
22	23	24	25	26	27	28
8:00am Rest and Recharge 11:00am Gaithers Sing Along	9:30am Mindful Movement 9:45am Sip and Social 10:00am Puppy Visits 1:30pm Puppy Chow Baking 6:00pm Bingo	9:30am Gentle Stretches 9:45am Sip and Social/ Resident Council Meeting 10:00am Heart Wand 1:30pm Heart to Hearts	9:30am Morning Motion 9:45am Sip and Social 10:00am Puffy Hearts 1:30pm Nail Station 6:00pm Tabletop Games	9:30am Rise and Stretch 9:45am Sip and Social 10:00am Craft and Create 1:30pm Happy Hour 3:30pm Sandra Vistits	9:30am Feels-Good Fitness 9:45am Sip and Social 10:00am Bingo 1:30pm Paint Therapy	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.