

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

*Memory Care

*Activities may vary

February 2025



"February is short and very sweet!"

9:15 Happy Feet Walk
 9:45 Stretch & Flex
 10:30 Sing-Along
 11:30 Balloon Volleyball
 12:45 Home Trivia
2:00 Garden Ice Cream Social
 3:00 Outdoor Reading 101

<p><u>Grammy Awards</u> <u>Honor WWII Veteran's Day</u> <u>Groundhog Day</u></p> <p>2</p> <p>9:15 Sit & Fit 9:45 Walk & Chat 12:45 Bullseye 2:30 Sing-along 3:30 Racquetball</p>	<p><u>Norman Rockwell Day</u></p> <p>3</p> <p>9:15 Morning Walk 9:45 Soothing Exercise 10:30 Balloon Toss/ Kick 12:45 Art & Impact 1:45 English 101 2:30 Bingo! 3:30 Math w/ Emma</p>	<p><u>Rosa Park's Day</u> <u>Cancer Day</u></p> <p>4</p> <p>9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Golden Trails Tour 10:30 Balloon Volleyball 1:00 Trivia 1:45 Kickball 2:30 Bingo! 3:30 Exercise w/ music for your mind, heart & soul.</p>	<p><u>Happy Birthday Reader's Digest</u></p> <p>5</p> <p>9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Garden Chat 12:45 Bingo 1:30 Root Beer Floats 2:30 Sing-along 3:00 Racquetball</p>	<p><u>Mary Leakey Day</u></p> <p>6</p> <p>9:15 Walk & Chat 9:30 Delightful Diners- Outing 9:45 Sit & Fit 10:30 Balloon Volleyball 12:45 Let's Chat! 1:45 Math 101 3:30 History Lesson & Hot Chocolate</p>	<p><u>Wear Red Day</u></p> <p>7</p> <p>9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Balloon Racquetball 12:45 Arts & Crafts 2:30 Yoga w/ Jenny! 3:30 Getting To Know You</p>	<p>8</p> <p>9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Music Videos 12:45 Sing-Along 2:00 History Lesson 2:30 Volleyball</p>
<p><u>Super Bowl Sunday</u> <u>Random Acts of Kindness Week</u></p> <p>9</p> <p>9:15 Sit & Fit 9:45 Walk & Chat 12:45 Bullseye 1:45 Card Match 2:30 Sing-along 3:30 Super Bowl Sunday Celebration</p>	<p><u>Heart-2-Heart Day</u></p> <p>10</p> <p>9:15 Morning Walk 9:45 Soothing Exercise 10:30 Balloon Toss/ Kick 12:45 Art & Fun! 1:45 Bingo! 3:30 Manicure Monday</p>	<p><u>Make A Friend Day</u> <u>Happy Birthday Burt Reynolds</u></p> <p>11</p> <p>9:15 Stretch & Flex 9:45 Let's Dance! 10:30 Sing-along 12:45 Trivia 101 1:45 Outdoor Volleyball 2:30 History 101 3:30 Unity In Motion</p>	<p><u>Valentine's Day Celebration</u> <u>Tu B'Shevat Begins</u> <u>Abraham Lincoln's Birthday</u></p> <p>12</p> <p>9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Arts & Crafts 12:00 Valentine's Day Celeb.- ALDR 1:00 Ice Cream Social 2:30 Show & Tell 3:00 Bingo!</p>	<p>13</p> <p>9:15 Walk & Chat 9:30 Fun Adventure Day-Outing 9:45 Sit & Fit 10:30 Warm Chocolate Social 11:00 Celebration of Jewish Life w/ Rabbi Jim- ALAR 12:45 Garden Chat 1:45 Balloon Volleyball 2:30 Pretty Nails 3:30 Bingo!</p>	<p><u>Valentine's Day</u> <u>Ferris Wheel Day</u></p> <p>14</p> <p>9:15 Happy Feet 9:45 Soothing Exercise 10:30 Let's Travel 12:45 Show & Tell 1:45 Garden Chat 2:30 Yoga w/ Jenny! 3:30 Sing Along</p>	<p><u>Flag Day</u> <u>National Hippo Day</u></p> <p>15</p> <p>9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Aroma Therapy 12:45 Sing-along 2:00 History Lesson 3:00 Kickball</p>
<p><u>NASCAR Day</u> <u>NBA All-Star Game</u></p> <p>16</p> <p>9:15 Sit & Fit 9:45 Walk & Chat 1:45 Karaoke 2:00 History 101 3:15 Racquetball 4:00 Travel w/ Emma</p>	<p><u>President's Day</u></p> <p>17</p> <p>9:15 Morning Walk 9:45 Soothing Exercise 10:30 Kickball 12:45 Arts & Crafts 1:45 Bingo! 2:30 Let's Bake Cookies! 3:30 History w/ Emma</p>	<p><u>Battery Day</u></p> <p>18</p> <p>9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Ball Toss 12:45 Sing-along 1:45 Puzzle Pieces & Hot Chocolate 2:30 Art with Impact 3:30 Exercise w/ music for your mind, heart & soul.</p>	<p>19</p> <p>9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Sing-along 12:45 Show & Tell 1:30 Bingo! 2:30 Arts & Crafts 3:30 Racquetball</p>	<p>20</p> <p>9:00 Walk & Chat 9:30 Delightful Diners- Outing 9:30 Sit & Fit 10:00 Weekly Outing! 12:45 Sing-along 1:30 Travel w/ Armando 3:00 Card Match</p>	<p><u>Caregiver's Day</u> <u>First Ladies Day</u></p> <p>21</p> <p>9:15 Happy Feet 9:45 Soothing Exercise 10:30 Let's Dance! 12:45 Trivia w/ Emma 2:30 Yoga w/ Jenny! 3:30 Lots of Dots</p>	<p><u>Washington's Birthday</u></p> <p>22</p> <p>9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Sing-along 12:45 History Lesson 2:00 Let's Bake Cookies 3:00 Show & Tell</p>
<p><u>"As Time Goes By" Day</u></p> <p>23</p> <p>9:15 Sit & Fit 10:30 Walk & Chat 12:45 Bullseye 1:45 Let's Decorate Cupcakes 2:30 Sing-along 3:30 Racquetball 4:00 Movie- Night</p>	<p><u>Bee Gees Signing Anniversary</u></p> <p>24</p> <p>9:15 Morning Walk 9:45 Soothing Exercise 10:30 Balloon Toss/ Kick 12:45 Card Match 2:30 Bingo! 3:30 Manicure Monday</p>	<p><u>Your Show of Shows Premiere Anniversary</u></p> <p>25</p> <p>9:15 Happy Feet 9:45 Stretch & Flex 10:30 Let's Dance! 12:45 Trivia Tuesday 1:30 Bingo! 3:30 Unity In Motion</p>	<p><u>Johnny Cash Day</u></p> <p>26</p> <p>9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Card Match 1:00 Sing-along 1:00 Resident Council Meeting 1:30 Town Hall Meeting 1:30 Racquetball 2:30 Unity In Motion 3:00 Movie Matinee</p>	<p><u>Polar Bear Day</u></p> <p>27</p> <p>9:15 Walk & Chat 9:30 Delightful Diners- Outing 9:45 Sit & Fit 10:30 Puzzle Pieces 12:45 Sing-along 1:30 Getting To Know You 1:45 Lots of Dots Art 2:30 Math 101 3:30 Aroma Therapy</p>	<p><u>DNA Discovery Day</u></p> <p>28</p> <p>9:15 Happy Feet 9:45 Soothing Exercise 10:30 Balloon Volleyball 12:45 Let's Travel 1:30 Drawing 101 2:30 Yoga W/ Jenny! 3:30 Bullseye!</p> <p>Ramadan Begins</p>	<p><u>Key Note</u> Assisted Living Dining Room- ALDR Assisted Living Activity Room- ALAR</p> 

Sunday

Monday

Tuesday

Wednesday

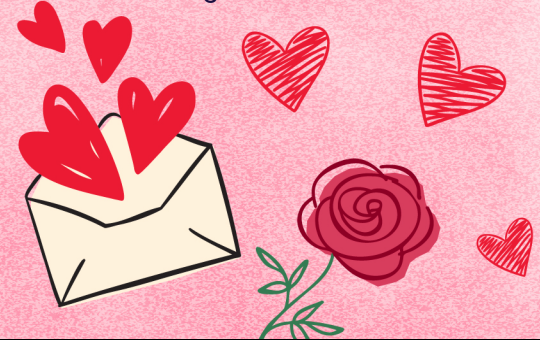
Thursday

Friday

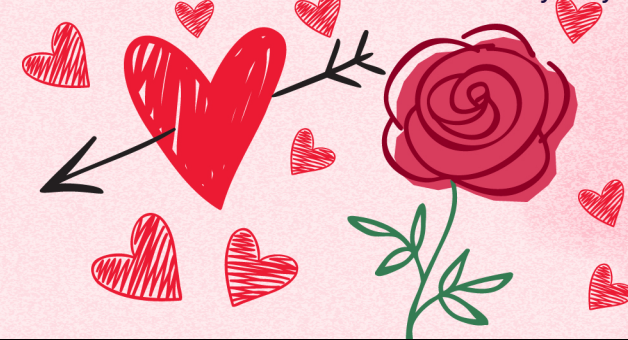
Saturday

*Assisted Living

*Activities may vary



February 2025



"Roses are red, violets are blue, February's better because of you!"

9:15	Walk & Chat	1
10:30	Volleyball- LR	
11:15	Stretch & Flex-LR	
1:30	Bingo- AR	
3:30	Advance Volleyball- LR	
5:30	Movie Night- LR (See Posting)	

<p><u>Grammy Award</u> <u>Honor WWII Veterans Day</u> <u>Groundhog Day</u> 2</p> <p>9:15 Bullseye- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Bingo- AR 3:15 Poker- AR 5:30 Movie Night (See Posting) 8:00 The Grammys Live on TV</p>	<p><u>Norman Rockwell Day</u> 3</p> <p>9:15 Morning Walk 10:30 Volleyball - LR 10:30 Dollar Tree 11:15 Stretch & Flex- LR 1:30 Bingo- AR 2:00 Walgreen's 3:30 Advanced Volleyball- LR</p>	<p><u>Rosa Park's Day</u> <u>Cancer Day</u> 4</p> <p>9:15 Walk & Chat 10:30 Volleyball- LR 10:30 Golden Trails Tour 11:15 Sit & Fit- LR 1:15 Trivia Tuesday- AR 2:00 Post Office 2:30 Exercise w/ music for your mind, heart & Soul - LR 3:30 Poker- AR</p>	<p><u>Happy Birthday Reader's Digest</u> 5</p> <p>9:15 Walk for Wellness 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 1:30 Root Beer Day w/ Theresa!- LR 3:30 Jewelry Making- AR</p>	<p><u>Mary Leakey Day</u> <u>Remembering Zsa Zsa</u> 6</p> <p>9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Bingo- AR 3:30 Advanced Volleyball- LR 5:00 Documentary- LR (See Posting)</p>	<p><u>Wear Red Day</u> 7</p> <p>9:15 Morning Walk 10:30 Volleyball - LR 10:30 Ralph's 11:15 Stretch & Flex- LR 1:15 Fab & Fit Yoga- LR 2:00 Target 2:30 Rummikub- AR 3:30 Poker- AR</p>	<p>9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 1:30 Bingo- AR 3:30 Advanced Volleyball- LR 5:30 Movie Night- LR (See Posting)</p>
<p><u>Super Bowl Sunday</u> <u>Random Acts of Kindness Week</u> 9</p> <p>9:15 Bullseye- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Bingo- AR 3:30 Super Bowl Sunday Celebration!- LR</p>	<p><u>Heart-2-Heart Day</u> 10</p> <p>9:15 Morning Walk 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:30 Bingo- AR 3:30 Painting w/ Oscar- AR</p>	<p><u>Make A Friend Day</u> <u>Happy Birthday, Burt</u> 11</p> <p>9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:15 Trivia Tuesday- AR 2:30 Unity In Motion- LR 3:30 Poker-AR</p>	<p><u>Valentine's Day Celebration</u> <u>Tu B'Shevat Begins</u> <u>Abraham Lincoln's Day</u> 12</p> <p>9:15 Walk for Wellness 10:30 Volleyball- LR 11:15 Stretch & Flex- LR 12:00 Valentine's Day Celebration- DR 1:15 Documentary (See Posting) 3:30 Rummikub- AR</p>	<p>9:15 Walk & Chat 10:30 Volleyball- LR 11:00 Celebration of Jewish Life w/ Rabbi Jim!- AR 11:15 Sit & Fit- LR 11:30 Wicked at AMC Theatre 1:30 Bingo- AR 3:30 Advanced Volleyball- LR</p>	<p><u>Valentine's Day</u> <u>Ferris Wheel Day</u> <u>Happy Birthday, YouTube</u> 14</p> <p>9:15 Morning Walk 10:15 Trader Joe's 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:15 Fab & Fit Yoga- LR 1:30 Marshall's 2:15 Arts & Crafts- AR 3:30 Poker- AR</p>	<p><u>Flag Day</u> <u>National Hippo Day</u> 15</p> <p>9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 1:30 Bingo- AR 3:30 Advanced Volleyball- LR 5:30 Movie Night- LR (See Posting)</p>
<p><u>NASCAR Day</u> <u>NBA All-Star Game</u> 16</p> <p>9:15 Bullseye- AR 10:30 Volleyball - LR 11:15 Sit & Fit - LR 2:30 NASCAR Cup Series- LR 1:30 Bingo- AR 3:15 Poker- AR 5:30 Movie Night- LR</p>	<p><u>President's Day</u> <u>Happy Birthday, Michael Jordan</u> 17</p> <p>9:15 Morning Walk 10:30 Volleyball - LR 10:30 CVS 11:15 Stretch & Flex- LR 1:15 Mid-Valley Library 1:30 Bingo- AR 3:30 Advanced Volleyball- LR</p>	<p><u>Battery Day</u> 18</p> <p>9:15 Walk & Chat 10:30 Volleyball- LR 11:00 Brent's Deli 11:15 Sit & Fit- LR 1:15 Trivia Tuesday- AR 1:30 Sherman Wy. Farmer's Market 2:30 Exercise w/ music for your mind, heart & soul - LR 3:30 Poker- AR</p>	<p><u>Prize In The Box Day</u> 19</p> <p>9:15 Walk for Wellness 10:30 Volleyball- LR 11:15 Stretch & Flex - LR 1:30 Arts & Crafts w/ Theresa- LR 3:00 Spa Hour!- AR</p>	<p>9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Bingo- AR 3:00 Advanced Volleyball- LR</p>	<p><u>Caregivers Day</u> <u>First Ladies Day</u> 21</p> <p>9:15 Morning Walk 10:30 Volleyball - LR 10:30 Ralph's 11:15 Stretch & Flex- LR 1:15 Fab & Fit Yoga- LR 2:00 Ross 2:30 Movie Matinee- LR 3:30 Poker- AR</p>	<p><u>Washington's Birthday</u> 22</p> <p>9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 1:30 Bingo- AR 3:30 Advanced Volleyball- LR 5:30 Movie Night- LR (See Posting)</p>
<p><u>"As Time Goes By" Day</u> 23</p> <p>9:15 Bullseye- AR 10:30 Volleyball - LR 11:15 Sit & Fit - LR 1:30 Bingo- AR 3:15 Poker- AR 5:30 Movie Night- LR (See Posting)</p>	<p><u>Bee Gees Signing Anniversary</u> 24</p> <p>9:15 Morning Walk 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:30 Bingo- AR 1:30 Costco 3:30 Painting w/ Oscar- AR</p>	<p><u>Your Show of Shows Premiere Anniversary</u> 25</p> <p>9:00 Ronald Reagan Museum 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:15 Trivia Tuesday- AR 2:30 Unity In Motion- LR 3:30 Poker- AR</p>	<p><u>Margarita Day</u> <u>Johnny Cash Day</u> 26</p> <p>9:15 Walk for Wellness 10:30 Volleyball- LR 11:15 Stretch & Flex- LR 1:00 Resident Council Meeting- LR 1:30 Town Hall Meeting- LR 3:30 Happy Hour!- LR</p>	<p><u>Happy Birthday, People Magazine</u> <u>Polar Bear Day</u> 27</p> <p>9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Bingo- AR 3:00 Advanced Volleyball- LR</p>	<p><u>DNA Discovery Day</u> 28</p> <p>9:15 Morning Walk 10:30 Volleyball - LR 10:30 Ralph's Market 11:15 Stretch & Flex- LR 1:15 Fab & Fit Yoga- LR 1:30 Walmart 2:30 Suzanne's Travels- LR 3:30 Poker- AR</p> <p>Ramadan Begins</p>	<p><u>Key Note</u></p> <p>Living Room- LR Dining Room- DR Activity Room- AR</p>