

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 February 2019 Manor & Cottage Activity Calendar Monthly Theme: At the End of The Day, Love Wins						
10:00 Exercise w/ Light Hand Weights (AR) 10:00 White Board Mind Jogger's (AR) 1:30 Pick-up Game of BINGO (AR) 2:00-7:00pm Super Bowl Viewing Party (MAR) 3:00 Mandela Art (AR)	10:00 Mandela Art (AR) 10:30 Coffee & Chronicles (AR) 11:00 Musical Pass the Ball (MAR) 1:30 Sit-Exercise (AR) 2:00 Trivia (AR) 2:30 CANDY BINGO (AR) 3:30 Resident's Choice Movie (TV)	10:00 Morning Exercise w/ Discussion "Chinese New Year" (MAR) 11:30 Tour the World Luncheon: Chinese New Year Luncheon (MDR) 1:30 Charades (AR) 2:00 Balloon Volleyball (AR) 3:30 Movie & Drinks (TV) 	8:00-9:30 Continental Breakfast for Residents (AR) 10:30 Chair Yoga and Aroma Therapy (AR) 1:30 Mexican Train Dominoes (AR) 3:00 Health Discussion: Sleep Apnea & Related Conditions (AR) 3:30 Black Jack or Poker? Dealers Choice (AR) 	10:00 Tai Chi Exercise (AR) 10:30 Beautification Nail Polish & Hand Massage (AR) 11:00 Word Search & Puzzles (AR) 1:30 Balloon Volleyball (AR) 2:30-3:30 Happy Hour Featuring Mike Elly (MDR) 3:45 Kings in The Corner (AR) 5:30 Mexican Train Dominoes (AR)	9:45 Exercise w/ Light Hand Weights (AR) 10:30 Catholic Communion (AR*) 10:30 Coffee Talk w/ Robinson Crusoe Discussion (MAR) 11:00 Musical Pass the Ball (MAR) 1:30 WII BOWLING (TV) 2:30 Step by Step Rose Drawing (AR)	10:00 Daily Chronicles & Groundhog Day Discussion w/ Shanel (AR) 10:45 Nix the Six Dice Game (AR) 11:00 Pass the Ball Challenge (AR) 2:30-4:00 Movie & Popcorn (TV) 3:30 Mandela Art (AR) 5:30 Dominoes (AR)
9:15 Boarding for Outing(L) 9:30 Rides to Church (SIL) 1:30 Pick-up Games (AR) 1:30 Traveling the Globe (TV) 2:30 Sit-Exercise w/ David (AR) 3:00 Girls Scout Troop Lead Craft (AR) 	10:00 Kids at Heart Ceramics Class (AR) 1:30 PRIZE BINGO (AR) 2:30 Cellphone Help (SIL-AR) 3:00 Adv. Exercise (AR) 3:30 Wine Social w/ Traveling the Globe Discussion (AR) 	10:00 Musical Pass the Ball (MAR) *10:15 Boarding for Outing (L)* 10:30-12:00 Shopping Outing to Walmart (SIL) 10:30 Balloon Volleyball (AR) 2:00-2:30 Balance Clinic (AR) 3:00 Paper Flower Pen's Part 1 (AR) 5:30 Movie & Drinks (TV)	10:15 Chair Yoga and Aroma Therapy (AR) 11:00 Valentine's Choir (AR) 1:30 I Love Lucy (TV) 3:00 Health Discussion: Well Balanced Diet (AR) 3:30 Resident Council Executives Pre-Meeting (AR) 4:15 Men's Brew Crew (SIL-CR) 	10:00 Valentine Mandela Art (AR) 11:30-1:00 Sweet Hearts Luncheon & Tunes (MDR) 1:30 Balloon Volleyball (AR) 2:30-3:30 Happy Hour Featuring Pamela (MDR) 2:30 A Chocolate Affair (MDR) 3:45 Valentine's Ornament Craft (AR) 	8AM-1PM ALTERATIONS BY SUSAN (AR) 9:45 Sit & Be Fit (TV) 10:15 Horseshoes (TV) 10:30 Catholic Communion (AR*) *1:15 Boarding for Outing(L)* 1:30-2:30 Master's Donuts w/ Scenic Drive SIL 2:45 WII BOWLING (TV) 3:30 Watercolor Spectacular (AR) 	9:45 Exercise w/ Light Hand Weights (AR) 10:30 Daily Chronicles & "Good Old Times" (MAR) 11:00 Pass the Ball Challenge (AR) 1:30 White Board Mind Jogger's Challenge (AR) 2:30-4:30 Movie Time & Popcorn (TV) 3:30 Mandela Art (AR)
9:15 Boarding for Outing(L) 9:30 Rides to Church (SIL) 1:30 Pick-up Game of BINGO (AR) 1:30 Traveling the Globe (TV) 2:30 Sit-Exercise w/ David (AR) 3:00 Hedge Hog Sweethearts Class (AR)	9:45 Sunrise Karaoke Party w/ Mimosa's (CR-L) 1:30 PRIZE BINGO (AR) 3:00 Adv. Exercise (AR) 3:30 Happiness Advantage Discussion w/ Tanysha (AR-*) Presidents' Day (US) 	9:30 Sit & Be Fit (TV) *10:15 Boarding for Outing (L)* 10:30-12:00 Shopping Outing to Walmart (SIL) 10:00 Musical Pass the Ball (MAR) 2:00 Movie w/ a Menu (AR) 2:00-2:30 Balance Clinic (TV) 3:00 Wine Craft Day 1 (AR) 	10:30 Chair Yoga and Aroma Therapy (AR) 11:15-1pm Ladies Luncheon (SIL-AR) 1:30 Mexican Train Dominoes (AR) 2:45 Health Discussion: The Importance of Water (AR) 3:00 Resident Run RESIDENT COUNCIL (AR)	10:00 Tai Chi Exercise (AR) 10:30 Beatification -Charcoal Mask & Hand Massage (AR) 11:00 Word Search & Puzzles (AR) 1:30 Balloon Volleyball (AR) 2:30-3:30 Happy Hour Featuring Maidu Singers (MDR) 3:45 Kings in The Corner (AR) 5:30 Mexican Train Dominoes (AR)	~Wear Your Blue Jeans~ 9:45 Sit & Be Fit (TV) 10:00-10:30 Massage Therapy w/ Amanda *Please be on time* (SIL-MAR) 10:30 Catholic Communion (AR*) 10:15 Horseshoes (TV) *1:15 Boarding for Outing(L)* 1:30-2:30 Scenic Drive (SIL) 3:00-4:00 February Birthday Bash (AR) 	9:45 Exercise w/ Light Hand Weights (AR) 10:30 Facts about Tootsie Roll Candy & It's Tootsie Roll Day- 10:45 Tootsie Roll Craft 2:00-4:00 Movie & Popcorn (TV) 2:30 Karaoke Party Time (L-CR) 3:30 Mandela Art (AR) 5:30 Dominoes (AR)
9:15 Boarding for Outing(L) 9:30 Rides to Church (SIL) 1:30 Pick-up Games (AR) 1:30 Traveling the Globe (TV) 2:30 Sit-Exercise w/ David (AR) 3:00 Paper Flower Pen's Part 2 (AR) 3:00 Wine Craft Day 2 (AR)	10:30 Spiritual Musical Hour (AR) 1:30 PRIZE BINGO (AR) 3:00 Advanced Exercise (AR) 3:30 NEW RESIDENT Welcome Orientation Social (AR) 3:30 Wine Social & Update Your Picture (AR)	10:00 Drumming Circle (AR) 11:00 White Board Mind Jogger's (AR) 2:00-4:00 Vow Renewal Ceremony (AR) 4:00 Second Change at February Crafts (AR) 	10-11am NAVIGATOR SUPPORT GROUP (CR) 10:15 Coffee & Chronicles w/ Lainie (MAR) 10:45 Mexican Train Dominoes (MAR) 1:30 Pick-up Games (MAR) 3:45 Kings in The Corner (AR) 5:30 Resident's Choice Movie (TV)	10:00 Tai Chi Exercise (AR) 10:30 Word Search & Puzzles (AR) 1:30 Balloon Volleyball (AR) 2:30-3:30 Happy Hour Featuring Little Trouble Band (MDR) 3:45 Kings in The Corner (AR) 5:30 Dominoes (AR)	Location Key: (AR) Cottage Activity RM (L) Meet in Lobby (TV) Manor TV RM (CR) Compass Rose (MAR) Manor Activity RM (*) Location Varies (MDR) Manor Dining RM (SIL) Sign Up in Front Lobby Color Key: Outing *Dependent on Weather* Outside Vendor New Event Highlighting Event Exercise Resident Run Arts & Crafts	