

February 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Birthdays 2/6 - Meredith B. 2/10 - Mahwa B. 2/12 - Rebecca G. 2/12 - Dusu S. 2/22 - Sasha M. 2/23 - Giovanni M. 2/24 - Alonna Lawrence		1 Chinese New Year 9:15 Chair Chi - Ch 2 10:30 Coffee Lovers - ALDR 11:00 Bowling - HCRR 11:45 Healthy Habits - ALDR 2:00 Tasty Tuesday - ALDR 2:30 Crafty Class - ALRR 4:45 Would You Rather? - ALRR	2 Groundhog Day 10:30 Current Events - HCRR 11:00 Fun & Fit - HCRR 11:45 Fact or Fib? - ALDR 1:30 Trivia - ALRR 3:30 Gather for Prayer - HCRR 4:45 Funnies - ALDR	3 9:15 Chair Chi - Ch 2 10:30 Thoughtful Thursday - ALDR 11:00 Stretch & Renew - HCRR 11:45 Healthy Habits - ALDR 1:30 Crafty Class - ALRR 3:00 Resident Council - ALRR 4:45 Would You Rather? - ALDR	4 Wear Red Day 10:00 Walking Club: Lobby 10:30 Fun Fact Friday - ALDR 11:00 Move & Groove - HCRR 11:45 Fact or Fib? - ALDR 3:00 Happy Hour Signature Cocktails 3:30 Musical Entertainment	5 9:15 Chair Aerobics - Ch 2 10:00 Coffee, Cookies, and Conversation - ALDR 11:00 Gentle Fitness Fun - HCRR 11:45 Did You Know...? - ALDR 1:30 Bingo - ALRR 3:00 Women's Club - ALDR
6 10:00 Catholic Mass - Ch 2 10:30 Inspirational Service - Ch 2 10:30 This Week in History - ALDR 11:15 Balloon Racquetball - HCRR 1:30 Hymnal Sing-a-long - Ch 2 3:00 Popcorn & Sunday Movie	7 10:30 Morning Meditations - HCRR 11:00 Move & Stretch - HCRR 11:45 Fact or Fib? - ALDR 11:45 Fact or Fib? - ALDR 2:30 Musical Mondays - ALRR 4:45 Funnies - ALDR	8 9:15 Chair Chi - Ch 2 10:30 Coffee Lovers - ALDR 11:00 Bowling - HCRR 11:45 Healthy Habits - ALDR 1:30 Music Lyric Match Up - HCRR 2:00 Bingo Bash - ALRR 2:00 Tasty Tuesday - ALDR	9 10:30 Current Events - HCRR 11:00 Fun & Fit - HCRR 11:45 Fact or Fib? - ALDR 11:45 Fact or Fib? - ALDR 1:30 Trivia - ALRR 3:30 Gather for Prayer - HCRR 4:45 Funnies - ALDR	10 9:15 Chair Chi - Ch 2 10:30 Thoughtful Thursday - ALDR 11:00 Stretch & Renew - HCRR 11:45 Healthy Habits - ALDR 1:30 Crafty Class - ALRR 4:45 Would You Rather? - ALDR 6:00 Game Night - ALRR	11 10:00 Walking Club: Lobby 10:30 Fun Fact Friday - ALDR 11:00 Move & Groove - HCRR 11:45 Fact or Fib? - ALDR 11:45 Fact or Fib? - ALDR 3:00 Happy Hour Signature Cocktails 3:30 Musical Entertainment	12 9:15 Chair Aerobics - Ch 2 10:00 Coffee, Cookies, and Conversation - ALDR 11:00 Gentle Fitness Fun - HCRR 1:30 Bingo - ALRR 3:00 Men's Club: Card Games - ALRR
13 10:00 Catholic Mass - Ch 2 10:30 Inspirational Service - Ch 2 10:30 This Week in History - ALDR 11:15 Balloon Racquetball - HCRR 1:30 Hymnal Sing-a-long - Ch 2 3:00 Popcorn & Sunday Movie	14 Valentine's Day 10:30 Morning Meditations - HCRR 11:00 Move & Stretch - HCRR 11:45 Fact or Fib? - ALDR 11:45 Fact or Fib? - ALDR 2:30 Musical Mondays - ALRR 4:45 Funnies - ALDR	15 9:15 Chair Chi - Ch 2 10:30 Coffee Lovers - ALDR 11:00 Bowling - HCRR 11:45 Healthy Habits - ALDR 2:00 Bingo Bash - ALRR 2:00 Tasty Tuesday - ALDR 2:30 Crafty Class - ALRR 3:30 Table Games - HCRR	16 10:30 Current Events - HCRR 11:00 Fun & Fit - HCRR 11:45 Fact or Fib? - ALDR 11:45 Fact or Fib? - ALDR 1:30 Trivia - ALRR 3:30 Gather for Prayer - HCRR 4:45 Funnies - ALDR	17 9:15 Chair Chi - Ch 2 10:30 Thoughtful Thursday - ALDR 11:00 Stretch & Renew - HCRR 11:45 Healthy Habits - ALDR 1:30 Crafty Class - ALRR 4:45 Would You Rather? - ALDR 6:00 Game Night - ALRR	18 10:00 Walking Club: Lobby 10:30 Fun Fact Friday - ALDR 11:00 Move & Groove - HCRR 11:45 Fact or Fib? - ALDR 11:45 Fact or Fib? - ALDR 3:00 Happy Hour Signature Cocktails 3:30 Musical Entertainment	19 9:15 Chair Aerobics - Ch 2 10:00 Coffee, Cookies, and Conversation - ALDR 11:00 Gentle Fitness Fun - HCRR 1:30 Bingo - ALRR 3:00 Women's Club - ALDR
20 10:00 Catholic Mass - Ch 2 10:30 Inspirational Service - Ch 2 10:30 This Week in History - ALDR 11:15 Balloon Racquetball - HCRR 1:30 Hymnal Sing-a-long - Ch 2 3:00 Popcorn & Sunday Movie	21 Presidents' Day 10:30 Morning Meditations - HCRR 11:00 Move & Stretch - HCRR 11:45 Fact or Fib? - ALDR 11:45 Fact or Fib? - ALDR 2:30 Musical Mondays - ALRR 4:45 Funnies - ALDR	22 9:15 Chair Chi - Ch 2 10:30 Coffee Lovers - ALDR 11:00 Bowling - HCRR 11:45 Healthy Habits - ALDR 2:00 Bingo Bash - ALRR 2:00 Tasty Tuesday - ALDR 2:30 Crafty Class - ALRR 4:45 Would You Rather? - ALRR	23 10:30 Current Events - HCRR 11:00 Fun & Fit - HCRR 11:45 Fact or Fib? - ALDR 11:45 Fact or Fib? - ALDR 1:30 Trivia - ALRR 3:00 Activities Meeting - HCRR 3:30 Gather for Prayer - HCRR 4:45 Funnies - ALDR	24 9:15 Chair Chi - Ch 2 10:30 Thoughtful Thursday - ALDR 11:00 Stretch & Renew - HCRR 11:15 Calendar Planning Meeting-ALAR 11:45 Healthy Habits - ALDR 1:30 Crafty Class - ALRR	25 10:00 Walking Club: Lobby 10:30 Fun Fact Friday - ALDR 11:00 Move & Groove - HCRR 11:45 Fact or Fib? - ALDR 11:45 Fact or Fib? - ALDR 2:00 Giant Crossword - ALRR 3:00 Happy Hour Signature Cocktails	26 9:15 Chair Aerobics - Ch 2 10:00 Coffee, Cookies, and Conversation - ALDR 11:00 Gentle Fitness Fun - HCRR 1:30 Bingo - ALRR 3:00 Men's Club: Poker - ALRR
27 10:00 Catholic Mass - Ch 2 10:30 Inspirational Service - Ch 2 10:30 This Week in History - ALDR 11:15 Balloon Racquetball - HCRR 1:30 Hymnal Sing-a-long - Ch 2 3:00 Popcorn & Sunday Movie	28 10:30 Morning Meditations - HCRR 11:00 Move & Stretch - HCRR 11:45 Fact or Fib? - ALDR 11:45 Fact or Fib? - ALDR 2:30 Musical Mondays - ALRR 4:45 Funnies - ALDR					Activity Location Key: B: Broadcast Ch 2 R: In-Room HCRR: Health Care Rec Rm ALRR: Assisted Lvg Rec Rm HCDR: Health Care Dining ALDR: Assisted Lvg Dining C: Courtyard

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Chinese New Year 9:15 Chair Chi - Ch 2 1:30 Armchair Travelers: China - Ch 2 3:00 Tuesday TED Talks - Ch 2	2 Groundhog Day 9:15 Chair Yoga - Ch 2 1:30 Enjoy Nature: Animals Underground - Ch 2 3:00 Origin Stories:	3 9:15 Chair Chi - Ch 2 1:30 Scientific Inquiries: Heart Health - Ch 2 3:00 Concert Series: Ella Fitzgerald - Ch 2	4 9:15 Chair Yoga - Ch 2 1:30 History and Literature: Maya Angelou - Ch 2 3:00 Heart Health Series - Ch 2	5 9:15 Chair Aerobics - Ch 2 1:30 Explore the Fine Arts - Ch 2 3:00 Black History Month Series - Ch
6 10:00 Catholic Mass - Ch 2 10:30 Inspirational Service - Ch 2 1:30 Hymnal Sing-a-long - Ch 2	7 9:15 Mindful Mondays - Ch 2 1:30 On the Stage: Hello, Dolly! - Ch 2 3:00 From the Kitchen: Soul Food - Ch 2	8 9:15 Chair Chi - Ch 2 1:30 Armchair Travelers: Nigeria - Ch 2 3:00 Tuesday TED Talks - Ch 2	9 9:15 Chair Yoga - Ch 2 1:30 Enjoy Nature: Secret Language of Plants - Ch 2 3:00 Origin Stories: Pizza - Ch 2	10 9:15 Chair Chi - Ch 2 1:30 Scientific Inquiries: Famous Women in Science - Ch 2 3:00 Concert Series:	11 9:15 Chair Yoga - Ch 2 1:30 History and Literature: George Washington Carver - Ch 2 3:00 Heart Health	12 9:15 Chair Aerobics - Ch 2 1:30 Explore the Fine Arts - Ch 2 3:00 Black History Month Series - Ch
13 10:00 Catholic Mass - Ch 2 10:30 Inspirational Service - Ch 2 1:30 Hymnal Sing-a-long - Ch 2	14 Valentine's Day 9:15 Mindful Mondays - Ch 2 1:30 On the Stage: Ragtime, the Musical - Ch 2 3:00 From the Kitchen:	15 9:15 Chair Chi - Ch 2 1:30 Armchair Travelers: Sudan - Ch 2 3:00 Tuesday TED Talks - Ch 2	16 9:15 Chair Yoga - Ch 2 1:30 Enjoy Nature: Queen of the Sky - Ch 2 3:00 Origin Stories: Almonds - Ch 2	17 9:15 Chair Chi - Ch 2 1:30 Scientific Inquiries - Ch 2 3:00 Concert Series: Aretha Franklin - Ch 2	18 9:15 Chair Yoga - Ch 2 1:30 History and Literature: bell hooks - Ch 2 3:00 Heart Health Series - Ch 2	19 9:15 Chair Aerobics - Ch 2 1:30 Explore the Fine Arts - Ch 2 3:00 Black History Month Series - Ch
20 10:00 Catholic Mass - Ch 2 10:30 Inspirational Service - Ch 2 1:30 Hymnal Sing-a-long - Ch 2	21 Presidents' Day 9:15 Mindful Mondays - Ch 2 1:30 On the Stage: Oklahoma! - Ch 2 3:00 From the Kitchen: Jamaican Cuisine -	22 9:15 Chair Chi - Ch 2 1:30 Armchair Travelers: California - Ch 2 3:00 Tuesday TED Talks - Ch 2	23 9:15 Chair Yoga - Ch 2 1:30 Enjoy Nature: Mariana Trench - Ch 2 3:00 Origin Stories: Almonds - Ch 2	24 9:15 Chair Chi - Ch 2 1:30 Scientific Inquiries - Ch 2 3:00 Concert Series: Billie Holiday - Ch 2	25 9:15 Chair Yoga - Ch 2 1:30 History and Literature: Malcom X - Ch 2 3:00 Heart Health Series - Ch 2	26 9:15 Chair Aerobics - Ch 2 1:30 Explore the Fine Arts - Ch 2 3:00 Black History Month Series - Ch
27 10:00 Catholic Mass - Ch 2 10:30 Inspirational Service - Ch 2 1:30 Hymnal Sing-a-long - Ch 2	28 9:15 Mindful Mondays - Ch 2 1:30 On the Stage: Sweeney Todd - Ch 2 3:00 From the Kitchen:					

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6 10:00 Mindful Moments - HCDR 10:00 Catholic Mass - Ch 2 10:30 Inspirational Service - Ch 2 11:15 Balloon Racquetball - HCRR 1:00 Mindful Moments - HCRR 1:30 Hymnal Sing-a-long - Ch 2 3:00 Popcorn & Sunday Movie	7 10:00 Mindful Moments - HCDR 10:30 Morning Meditations - HCRR 11:00 Move & Stretch - HCRR 11:45 Fact or Fib? - ALDR 11:45 Fact or Fib? - HCDR 1:00 Mindful Moments - HCRR 2:30 Musical Mondays - HCRR	8 9:15 Chair Chi - Ch 2 10:00 Mindful Moments - HCDR 11:00 Bowling - HCRR 11:45 Healthy Habits - HCDR 1:00 Mindful Moments - HCRR 1:30 Music Lyric Match Up - HCRR 1:30 Tasty Tuesday - HC Cafe	9 10:00 Mindful Moments - HCDR 10:00 Mindful Moments - HCRR 10:30 Current Events - HCRR 11:00 Fun & Fit - HCRR 11:45 Fact or Fib? - ALDR 11:45 Fact or Fib? - HCDR 1:00 Mindful Moments - HCRR 3:30 Gather for Prayer - HCRR	10 9:15 Chair Chi - Ch 2 10:00 Mindful Moments - HCDR 11:00 Stretch & Renew - HCRR 11:45 Healthy Habits - HCDR 1:00 Mindful Moments - HCRR	11 10:00 Mindful Moments - HCDR 11:00 Move & Groove - HCRR 11:45 Fact or Fib? - ALDR 11:45 Fact or Fib? - HCDR 1:00 Mindful Moments - HCRR 3:00 Happy Hour Signature Cocktails 3:30 Musical Entertainment	12 9:15 Chair Aerobics - Ch 2 10:00 Mindful Moments - HCDR 11:00 Gentle Fitness Fun - HCRR 11:45 Did You Know...? - HCDR 1:00 Mindful Moments - HCRR 1:30 Bingo - ALRR 3:00 Men's Club: Card Games - ALRR
13 10:00 Mindful Moments - HCDR 10:00 Catholic Mass - Ch 2 10:30 Inspirational Service - Ch 2 11:15 Balloon Racquetball - HCRR 1:00 Mindful Moments - HCRR 1:30 Hymnal Sing-a-long - Ch 2 3:00 Popcorn & Sunday Movie	14 Valentine's Day 10:00 Mindful Moments - HCDR 10:30 Morning Meditations - HCRR 11:00 Move & Stretch - HCRR 11:45 Fact or Fib? - ALDR 11:45 Fact or Fib? - HCDR 1:00 Mindful Moments - HCRR 2:30 Musical Mondays - HCRR	15 9:15 Chair Chi - Ch 2 10:00 Mindful Moments - HCDR 11:00 Bowling - HCRR 11:45 Healthy Habits - HCDR 1:00 Mindful Moments - HCRR 1:30 Tasty Tuesday - HC Cafe 2:00 Bingo Bash - ALRR 2:30 Crafty Class - ALRR	16 10:00 Mindful Moments - HCDR 10:00 Mindful Moments - HCRR 10:30 Current Events - HCRR 11:00 Fun & Fit - HCRR 11:45 Fact or Fib? - ALDR 11:45 Fact or Fib? - HCDR 1:00 Mindful Moments - HCRR 3:30 Gather for Prayer - HCRR	17 9:15 Chair Chi - Ch 2 10:00 Mindful Moments - HCDR 11:00 Stretch & Renew - HCRR 11:45 Healthy Habits - HCDR 1:00 Mindful Moments - HCRR	18 10:00 Mindful Moments - HCDR 11:00 Move & Groove - HCRR 11:45 Fact or Fib? - ALDR 11:45 Fact or Fib? - HCDR 1:00 Mindful Moments - HCRR 3:00 Happy Hour Signature Cocktails 3:30 Musical Entertainment	19 9:15 Chair Aerobics - Ch 2 10:00 Mindful Moments - HCDR 11:00 Gentle Fitness Fun - HCRR 11:45 Did You Know...? - HCDR 1:00 Mindful Moments - HCRR 1:30 Bingo - ALRR 3:00 Women's Club - ALDR
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27 10:00 Mindful Moments - HCDR 10:00 Catholic Mass - Ch 2 10:30 Inspirational Service - Ch 2 11:15 Balloon Racquetball - HCRR 1:00 Mindful Moments - HCRR 1:30 Hymnal Sing-a-long - Ch 2 3:00 Popcorn & Sunday Movie	28 10:00 Mindful Moments - HCDR 10:30 Morning Meditations - HCRR 11:00 Move & Stretch - HCRR 11:45 Fact or Fib? - ALDR 11:45 Fact or Fib? - HCDR 1:00 Mindful Moments - HCRR 2:30 Musical Mondays - HCRR					Activity Location Key: B: Broadcast Ch 2 R: In-Room HCRR: Health Care Rec Rm ALRR: Assisted Lvg Rec Rm HCDR: Health Care Dining ALDR: Assisted Lvg Dining C: Courtyard

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6 10:00 Catholic Mass - Ch 2 10:30 Inspirational Service - Ch 2 10:30 This Week in History - ALDR 1:30 Hymnal Sing-a-long - Ch 2 3:00 Popcorn & Sunday Movie Matinee	7 9:15 Mindful Mondays - Ch 2 4:00 Inspired Living - Bistro	8 9:15 Chair Chi - Ch 2 10:30 Coffee Lovers - ALDR 2:00 Tasty Tuesday - ALDR 3:30 Bingo Bash: Sip & Win - Bistro 3:45 Crafty Class - Bistro	9 9:15 Chair Yoga - Ch 2 10:00 Current Events - Bistro 1:30 Enjoy Nature: Secret Language of Plants - Ch 2 1:30 Trivia - ALRR 3:30 Gather for Prayer - HCRR 6:00 Group Games - Bistro	10 9:15 Chair Chi - Ch 2 10:30 Thoughtful Thursday - ALDR 1:30 Scientific Inquiries: Famous Women in Science - Ch 2 6:30 Game Night - B	11 10:00 Walking Club: Lobby 10:30 Fun Fact Friday - ALDR 1:30 History and Literature: George Washington Carver - Ch 2 3:00 Happy Hour Signature Cocktails 3:30 Musical Entertainment	12 9:15 Chair Aerobics - Ch 2 10:00 Coffee, Cookies, and Conversation - ALDR 1:30 Explore the Fine Arts - Ch 2 3:00 Men's Club: Card Games - ALRR 3:00 Service Project Club-
13 10:00 Catholic Mass - Ch 2 10:30 Inspirational Service - Ch 2 10:30 This Week in History - ALDR 1:30 Hymnal Sing-a-long - Ch 2 3:00 Popcorn & Sunday Movie Matinee	14 Valentine's Day 9:15 Mindful Mondays - Ch 2	15 9:15 Chair Chi - Ch 2 10:30 Coffee Lovers - ALDR 2:00 Tasty Tuesday - ALDR 3:30 Bingo Bash: Sip & Win - Bistro 3:45 Crafty Class - Bistro	16 9:15 Chair Yoga - Ch 2 10:00 Current Events - Bistro 1:30 Enjoy Nature: Queen of the Sky - Ch 2 1:30 Trivia - ALRR 3:00 Trivial Pursuit - Bistro 3:30 Gather for Prayer - HCRR	17 9:15 Chair Chi - Ch 2 10:30 Thoughtful Thursday - ALDR 1:30 Scientific Inquiries - Ch 2 3:00 Just the Guys 6:30 Game Night - B	18 10:00 Walking Club: Lobby 10:30 Fun Fact Friday - ALDR 1:30 History and Literature: bell hooks - Ch 2 3:00 Happy Hour Signature Cocktails 3:30 Musical Entertainment	19 9:15 Chair Aerobics - Ch 2 10:00 Coffee, Cookies, and Conversation - ALDR 1:30 Explore the Fine Arts - Ch 2 3:00 Women's Club - ALDR
20 10:00 Catholic Mass - Ch 2 10:30 Inspirational Service - Ch 2 10:30 This Week in History - ALDR 1:30 Hymnal Sing-a-long - Ch 2 3:00 Popcorn & Sunday Movie Matinee	21 Presidents' Day 9:15 Mindful Mondays - Ch 2	22 9:15 Chair Chi - Ch 2 10:30 Coffee Lovers - ALDR 2:00 Tasty Tuesday - ALDR 3:30 Bingo Bash: Sip & Win - Bistro 3:45 Crafty Class - Bistro	23 9:15 Chair Yoga - Ch 2 10:00 Current Events - Bistro 1:30 Enjoy Nature: Mariana Trench - Ch 2 1:30 Trivia - ALRR 3:30 Gather for Prayer - HCRR 4:00 Tea Social - Bistro	24 9:15 Chair Chi - Ch 2 10:30 Thoughtful Thursday - ALDR 1:30 Scientific Inquiries - Ch 2 6:30 Game Night - B	25 10:00 Walking Club: Lobby 10:30 Fun Fact Friday - ALDR 1:30 History and Literature: Malcom X - Ch 2 2:00 Giant Crossword - ALRR 3:00 Happy Hour Signature Cocktails 3:30 Musical Entertainment	26 9:15 Chair Aerobics - Ch 2 10:00 Coffee, Cookies, and Conversation - ALDR 1:30 Explore the Fine Arts - Ch 2 3:00 Men's Club: Poker - ALRR 3:00 Service Project Club - Bistro
27 10:00 Catholic Mass - Ch 2 10:30 Inspirational Service - Ch 2 10:30 This Week in History - ALDR 1:30 Hymnal Sing-a-long - Ch 2 3:00 Popcorn & Sunday Movie Matinee	28 9:15 Mindful Mondays - Ch 2					

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daily Rhythms: Morning: 9:00 Vitality 9:30 Keeping it Sharp 10:00 Morning Refresher 10:30 Creative Cooking 11:30 Healthy Hands/Lunch Prep Early Afternoon:	Late Afternoon: 3:30 Musical Celebration 4:00 Group Games 4:30 Healthy Hands/Dinner Prep Evening: 6:00 Gathering of Friends 7:00 Nighttime Traditions	1 Chinese New Year V Snowball Fight K Tell Me Something Good CC Rise & Shine Parfaits Relax & Recharge A DIY Postcards M Toe Tapping Tuesday GG Snowflake Toss Healthy Hands	2 Groundhog Day V Quick Qigong K Famous Pairs CC Tropical Trail Mix Relax & Recharge A Bird Brain Portraits M Dance Your Own Way GG Throwing Horseshoes Healthy Hands	3 V Ballroom Dancing K Life Story CC Honey Spiced Bread Relax & Recharge A Creative Storytelling M Hippy Dance GG Word Works Healthy Hands	4 V Mindfulness Matters K Rolling 31 Days CC Classic Chocolate Chip Cookie Relax & Recharge A Love Collage M Float With Me Happy Hour GG Basketball Healthy Hands	5 V Drum Circle K New Year Word Poem CC Strawberry Hand Pies Relax & Recharge A Art & Poetry-Direction M Making Music GG Roll the Dice and Break the Ice Healthy Hands
6 V Balance K Guess the Animal CC Italian Pinwheel Sandwiches with Cream Cheese Relax & Recharge A Valentine Bookmarks M Lift Your Voices GG Parachute Circle	7 V What a Wonderful World Chair Yoga K Conversation Hearts CC Blueberry Oat Muffins Relax & Recharge A Black Glue Heart Art M Groovin' to Songs with Numbers	8 V Snowball Fight K Tell Me Something Good CC Apple Yogurt Parfaits Relax & Recharge A Valentine Hearts M Toe Tapping Tuesday GG Snowflake Toss Healthy Hands	9 V Quick Qigong K Famous Pairs CC Chocolate Raspberry Trail Mix Relax & Recharge A Canvas Hearts M Dance Your Own Way GG Throwing Horseshoes Healthy Hands	10 V Ballroom Dancing K Life Story CC Orange Cranberry Bread with Glaze Relax & Recharge A Creative Storytelling M Hippy Dance GG Word Works	11 V Mindfulness Matters K Rolling 31 Days CC Peanut Butter Cookies Relax & Recharge A Fizzing Heart Art M Float With Me Happy Hour GG Basketball Healthy Hands	12 V Drum Circle K New Year Word Poem CC Apple Hand Pies Relax & Recharge A Art Appreciation-Monet M Making Music GG Roll the Dice and Break the Ice Healthy Hands
13 V Balance K Guess the Animal CC Sandwich Pinwheel Relax & Recharge A Heart Candy Jar M Lift Your Voices GG Parachute Circle Healthy Hands	14 Valentine's Day V What a Wonderful World Chair Yoga K Conversation Hearts CC Banana Nut Muffins Relax & Recharge A Watercolor Love Print M Love Song Trivia GG Words of "LOVE"	15 V Snowball Fight K Tell Me Something Good CC Peanut Butter Banana Yogurt Parfaits Relax & Recharge A Monogrammed Cutout M Toe Tapping Tuesday GG Snowflake Toss	16 V Quick Qigong K Famous Pairs CC Ginger Apricot Trail Mix Relax & Recharge A Cubism Portraits M Dance Your Own Way GG Throwing Horseshoes Healthy Hands	17 V Ballroom Dancing K Life Story CC Apple Praline Bread Relax & Recharge A Act of Kindness Day M Hippy Dance GG Word Works Healthy Hands	18 V Mindfulness Matters K Rolling 31 Days CC S'more Cookies Relax & Recharge A Feel Good Art M Float With Me Happy Hour GG Basketball Healthy Hands	19 V Drum Circle K New Year Word Poem CC Blackberry Hand Pies Relax & Recharge A Art & Poetry-Winter M Making Music GG Roll the Dice and Break the Ice Healthy Hands
20 V Balance K Guess the Animal CC Buffalo Chicken Pinwheels Relax & Recharge A Hot Chocolate Gift Jar M Lift Your Voices GG Parachute Circle Healthy Hands	21 Presidents' Day V What a Wonderful World Chair Yoga K Conversation Hearts CC Cherries in the Snow Relax & Recharge A Watercolor Snowflake Resist M Groovin' to Songs with Numbers	22 V Snowball Fight K Tell Me Something Good CC Snowberry Parfait Relax & Recharge A Wool Photo Frames M Toe Tapping Tuesday GG Snowflake Toss Healthy Hands	23 V Quick Qigong K Famous Pairs CC Snowy Day Trail Mix Relax & Recharge A Bob Ross Art M Dance Your Own Way GG Throwing Horseshoes Healthy Hands	24 V Ballroom Dancing K Life Story CC Snowman Cupcake Relax & Recharge A Picture This M Let it Snow GG Word Works Healthy Hands	25 V Mindfulness Matters K Rolling 31 Days CC Snowfetti Cookies Relax & Recharge A Press & Paint M Float With Me Happy Hour GG Basketball Healthy Hands	26 V Drum Circle K New Year Word Poem CC Tomato Hand Pies Relax & Recharge A Art Appreciation-Norman Rockwell M Making Music GG Roll the Dice and Break the Ice
27 V Balance K Guess the Animal CC Cream Cheese Pinwheels-Fresh Veggies Relax & Recharge A Cookie in a Jar M Lift Your Voices GG Parachute Circle	28 V What a Wonderful World Chair Yoga K Conversation Hearts CC Apple Cinnamon Muffins Relax & Recharge A A Cup of Tea M Groovin' to Songs with Numbers	A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games K - Keeping it Sharp/Reminisce M - Music to My Ears V - Vitality		Birthdays 2/6 - Meredith B. 2/10 - Mahwa B. 2/12 - Rebecca G. 2/12 - Dusu S. 2/22 - Sasha M. 2/23 - Giovanni M. 2/24 - Alonna Lawrence		*Note: Housekeeping can take place at any time throughout the day, as part of the Daily Rhythms.